

Year	Term	Session topic	Learning objectives	Statutory outcomes	Resources and teaching guidance	Assessment evidence
Year 9	Autumn 1	Antibullying - how to be an upstander	<ul style="list-style-type: none"> • What bullying looks like • How bullying is harmful • How to be an upstander when bullying occurs 	Relationships; Citizenship; Mental wellbeing	Antibullying lesson	PSHE reflection diary, teacher observation.
		The Black Power Movement	<ul style="list-style-type: none"> • What the BPM was • Why the BPM was needed • How relevant the BPM is today 	Citizenship; Rights and responsibilities; Relationships	Black Power Movement lesson	
		The pressures and pitfalls of sexting	<ul style="list-style-type: none"> • What sexting is • Why people feel pressured into sexting • How to keep yourself and others safe 	Online safety; Relationships; Safeguarding	Sexting lesson	
	Autumn 2	Understanding sexual consent	<ul style="list-style-type: none"> • What consent is • Why consent is important • How to know whether you have consent 	Relationships; Citizenship; Rights and Responsibilities; Safeguarding	Understanding sexual consent lesson	PSHE reflection diary, teacher observation.
		The GCSE options process	<ul style="list-style-type: none"> • How to identify what your goals are • How to decide what subject choices are best for you • Realistic ways to make a good decision 	Careers education	The GCSE options process lesson	
		Talking about mental health	<ul style="list-style-type: none"> • What we mean by mental health • Why mental health is hard to talk about • How to be more open about mental health issues 	Health and wellbeing; Safeguarding	Talking about mental health lesson	
		The dangers of carrying a knife	<ul style="list-style-type: none"> • What knife crime looks like in the UK • Why young people are carrying knives • The dangers of carrying a knife 	Relationships; Citizenship; Rights and responsibilities; Physical wellbeing and safety; Safeguarding	The dangers of carrying a knife lesson	
	Spring 1	Having positive relationships with women	<ul style="list-style-type: none"> • What misogyny is • Why someone might have misogynistic attitudes • What positive relationships with women look like 	Relationships; Citizenship; Rights and Responsibilities; Safeguarding	Relationships with women lesson	PSHE reflection diary, teacher observation.
		How pornography can be damaging	<ul style="list-style-type: none"> • What pornography is • How pornography can be damaging • What realistic attitudes towards sex look like 	Relationships; Sex education; Safeguarding	How pornography can be damaging lesson	
		Safer Internet Day PSHE	Theme changes depending on year	Online safety	Safety Internet Day archive	
	Spring 2	Managing conflict at home	<ul style="list-style-type: none"> • What conflict is • How we might experience conflict at home • Ways to manage conflict at home 	Relationships; Health and wellbeing	Managing conflict at home lesson	PSHE reflection diary, teacher observation.
		Developing positive body image	<ul style="list-style-type: none"> • What is body image • How bad body image can lead to eating disorders • How to develop a positive body image 	Health and wellbeing; Safeguarding	Positive body image lesson	
		Digital careers	<ul style="list-style-type: none"> • What digital careers are • Why digital careers are so relevant today • How to ensure you have a good digital footprint 	Careers education	Digital careers lesson	
	Summer 1	The manosphere and incel culture	TBC	Relationships; Online safety		PSHE reflection diary, teacher observation.
		Stress and its effect	<ul style="list-style-type: none"> • Why we experience stress • How stress affects the mind and body • Ways that we can manage stress when it occurs 	Health and wellbeing; Safeguarding	Stress and its effect lesson	
		Being aware of microaggressions	<ul style="list-style-type: none"> • What a microaggression is • How microaggressions can be harmful • How we can be aware of microaggressions 	Citizenship; Rights and responsibilities; Relationships	Being aware of microaggressions lesson	
		Elections and voting	<ul style="list-style-type: none"> • What general elections are • How voting works in the UK • Ways that we can improve voter turnout 	Citizenship; Rights and responsibilities	Elections and voting lesson	
	Summer 2	Being aware of misinformation	<ul style="list-style-type: none"> • What misinformation is • How misinformation can be harmful • How we can develop a positive relationship with social media 	Online safety; Citizenship; Rights and responsibilities	Being aware of misinformation lesson	PSHE reflection diary, teacher observation.
		Careers	TBC	Careers education		
		Values week	RSE external provision - Your Choice Your Voice	Relationships and sex education		