

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