PSHE: Year 9 Lesson Journey

## Unit One: Health and Wellbeing

| Lesson number | Lesson focus |
|---|---|
| L1 | Peer pressure |
| L2 | Mental Health: anxiety and depression |
| L3 | Eating disorders |
| L4 | Self-harm |
| L5 | Drugs and county lines |

Drop down one: Staying safe online (delivered by PC Cornall) & Knife crime

Drop down two: Gaming addiction and CPR

## Unit Two: Relationships and Sex Education

| Lesson number | Lesson focus |
|---|---|
| L6 | Giving and withdrawing consent |
| L7 | Contraception & safe sex |
| L8 | STIs |
| L9 | FGM |
| L10 | Sexting |
| L11 | Domestic violence |

Drop down three: Control and coercion & What is sexual harassment

Drop down four: Forced marriage & Homophobia

## Unit Three: Living in the Wider World

| Lesson number | Lesson focus |
|---|---|
| L12 | British Values |
| L13 | Extremism and radicalisation |
| L14 | Terrorism |
| L15 | Finance |
| L16 | Spotlight on autism |
| L17 | Careers |
| L18 | Careers |
| L19 | Careers |

Drop down five: Addressing racism & Trolling

Drop down six: x2 Careers lessons