

Year 9 Learning Aid

Personal, Social, Health and Economic Education (PSHE)

What I will know and understand in PSHE by the end of the year.



	This year in PSHE, we will be learning about:	This links to:	Key Terms:
1	<p>Health and Wellbeing</p> <ol style="list-style-type: none"> The importance of physical activity for good mental health Characteristics of a healthy lifestyle, and why some activities have a positive or negative effect on health Why people donate blood and organs, and why it's important Characteristics of a healthy diet, why important, and the effects of a healthy diet on a person's lifestyle Health problems associated with an unhealthy diet and the effects it can have on a person's lifestyle Some of the ways choices about sex and relationships affect health Ways to promote reproductive health, and how lifestyle choices can impact reproductive health 	<ul style="list-style-type: none"> Year 7 – Human reproduction Year 8 – Positive and negative effects on mental health / Unhealthy and Healthy coping strategies / Maintaining and monitoring health Year 9 – Love / Fertility and contraception Year 10 – Pregnancy and abortion Year 11 – Pregnancy / The different choices made in relation to a pregnancy / Birth control / Eating disorders 	<ul style="list-style-type: none"> Physical activity – Bodily movement produced by muscles that requires energy Lifestyle – The way in which a person lives Organ Donation – Giving an organ to someone else who needs it to improve their health Healthy diet – Eating a variety of foods containing key nutrients you need for good health Unhealthy diet – A diet failing to provide the body with the correct amount and types of nutrient Miscarriage - When a baby (or foetus or embryo) dies in the uterus during pregnancy Reproduction – The process by which offspring are produced from their parents
2	<p>Relationships</p> <ol style="list-style-type: none"> The desire to love and be loved, and to understand romantic love, sexual attraction and intimacy Benefits of delaying sexual activity, and negative impacts of casual sex and pornography The difference between love and lust, and some negative impacts of making unwise sexual choices The different methods of managing contraception, and how different methods of contraception work The different types of stable and committed relationships and the importance of marriage Seeking, gaining, withholding and withdrawing non-physical consent The law in relation to consent, how to seek and gain consent, and the connection between human rights and consent 	<ul style="list-style-type: none"> Year 7 – Positive and healthy relationships Year 8 – Feelings Year 9 – How choices made about sex and relationships affect health Year 10 – Alcohol and risky sexual behaviour / STI's / Parenthood / Pregnancy and abortion Year 11 – Characteristics of a positive one-to-one intimate relationship/ Pregnancy/ Birth control/ Pornography / STI's 	<ul style="list-style-type: none"> Love – An intense feeling of deep affection / Lust – A strong sexual desire Sexual attraction – The feeling of liking someone sexually because of the way they look or behave Casual sex – Sexual activity between people who are not in a relationship Pornography – Printed or video material displaying sexual organs or activity intended to stimulate Artificial contraception – A product or procedure that uses artificial means to prevent a pregnancy Natural family planning – Preventing pregnancy without the use of medication or physical devices Consent – Give permission for something to happen Rights – A moral or legal entitlement to have or do something
3	<p>Living in the wider world – Work Related Learning</p> <ol style="list-style-type: none"> What is meant by Enterprise, and know what key skills are required for enterprise How you become enterprising, and how you can become enterprising in the community and at school How you can use creativity to come up with design ideas, and current Labour Market Information for NE The benefits of turning a passion into a business, and some of the potential problems The key skills involved, and the four steps to solving a problem The difference between, and the entry requirements for both Traineeships and Apprenticeships The difference between A Levels and BTEC's 	<ul style="list-style-type: none"> Year 7 – Employability skills / Dream jobs Year 8 – What is a career / Researching careers / Exploring your own skills and qualities Year 10 – Work Experience / Interviews /Health & Safety / Behaviour / Suitable skills / Persistence and Resilience Year 11 – Labour Market Information / Researching post 16 / CV's / Personal statements 	<ul style="list-style-type: none"> Enterprise – The ability to think of new things to do, together with an eagerness to do them Entrepreneur – Someone who uses their skills and positive attitude to set up/run a business Creativity – To come up with inventive ideas that will help you solve a problem Problem solving – Skills developed through the ability to find solutions to issues that arise Traineeship - A short, flexible education programmes to help young people develop and learn the essential skills that will help them find a career which includes a work placement Apprenticeship – A paid job with training, leading to a package of qualifications related to the job A Level – Usually focus on Academic subjects / BTEC – Vocational and work-related courses
4	<p>Living in the wider world – E-Safety</p> <ol style="list-style-type: none"> Staying safe online, the various forms of cyberbullying, and how people can be helped The risks to computer users on the internet, and how to reduce the likelihood of becoming a victim The risks of using devices and the importance of device security Content required for a social media (Facebook) platform page, and how to protect account/ information The risks and dangers of online gaming and how to minimise the dangers What is meant by sexting and the potential impact of sending sexts What is meant by the term Netiquette and how to follow netiquette principles 	<ul style="list-style-type: none"> Year 7 – Dangers of sharing online / legal implications / Dangers of viewing harmful content / Harmful behaviours online Year 8 – E-safety / Online safety/ Personal info and Cyberbullying / Harmful relationships Year 10 – Cybercrime / AUP and the real world 	<ul style="list-style-type: none"> Cyberbullying – The use of electronic communication to bully a person, typically by sending messages of a n intimidating or threatening nature Cybercrime – Criminal activities carried out by means of computers or the internet Two factor authentication - Two pieces of evidence are necessary to verify your identity Privacy settings - The part of a social media that allows you to control who sees info about you Sexting – Sending or receiving sexually explicit messages, photos or videos online Netiquette – A set of rules for acceptable online behaviour (Network Etiquette)
5.	<p>Living in the wider world – Learning Strategies / Risks</p> <ol style="list-style-type: none"> Developing understanding of memory and how this can help with revision in KS4 Different ways in which you can use technology to help you revise The term Metacognition and the importance of revision resources The factors that can help to reduce exam stress, and advice for people with exam stress My strengths and weakness and how they will serve me in the workplace Exploitation in teenage relationships and ways to overcome this How to tell if someone is being exploited by their boy/girlfriend or friend and the effects of exploitation 	<ul style="list-style-type: none"> Year 7 – Positive and healthy relationships Year 8 – Mental and emotional disorders / Unhealthy coping strategies / Exploring your own skills and qualities / Harmful relationships Year 9 – Mental wellbeing / Healthy lifestyle Year 10 – Abuse Year 11 – The law relating to sexual exploitation / Abusive relationships / Harmful relationships / Coercive control 	<ul style="list-style-type: none"> Memory – The faculty by which the mind stores and remembers information Metacognition – The processes involved when learners plan, monitor, evaluate and make changes to their own learning Mindfulness - Being aware of your body, mind, and feelings creating a feeling of calm Exploitation – Forced/coerced into doing something you don't want to do for someone else's gain. Child Sexual Exploitation (CSE) – “Someone taking advantage of you sexually for their own benefit. Through threats, bribes, violence, humiliation, or by telling you that they love you, they will have the power to get you to do sexual things for their own or other people's benefit or enjoyment.”