

<b>Year 9</b>	
<p>Autumn 1 (September – October) &amp; Autumn 2 (October – December)</p>	<p style="text-align: center;"><b>Unit 1: Health &amp; Wellbeing</b> <b>Mental Health &amp; Wellbeing</b></p> <p>Addressing the challenges to mental health &amp; wellbeing and changes that young people experience, beginning with transition to high school.</p> <ul style="list-style-type: none"> <li>• Attitudes to mental health</li> <li>• Promoting emotional wellbeing</li> <li>• Promoting emotional wellbeing (Impact of social media)</li> <li>• Unhealthy coping strategies (self-harm and eating disorders)</li> <li>• Healthy coping strategies</li> </ul>
<p>Autumn 1 (September – October) &amp; Autumn 2 (October – December)</p>	<p style="text-align: center;"><b>Unit 2: Health &amp; Wellbeing</b> <b>Drugs, Alcohol &amp; Tobacco</b></p> <p>Developing strategies to manage a range of influences on drug, alcohol and tobacco use, including peers.</p> <ul style="list-style-type: none"> <li>• Exploring attitudes to drugs and alcohol</li> <li>• Drugs, the law and managing risk</li> <li>• Drugs and their effects: alcohol and cannabis</li> <li>• Managing influence</li> </ul>
<p>Spring 1 (January – February) &amp; Spring 2 (February – March)</p>	<p style="text-align: center;"><b>Unit 3: Relationships</b> <b>Relationships &amp; Sex Education</b></p> <p>To explore healthy and unhealthy relationships, consent, sexual health and intimacy.</p> <ul style="list-style-type: none"> <li>• Respectful relationship behaviours</li> <li>• Freedom and capacity to consent</li> <li>• Sexual Health</li> <li>• Contraception</li> <li>• Managing the end of relationships</li> </ul>
	<p style="text-align: center;"><b>Unit 4: Living in the Wider World</b> <b>Gambling</b></p> <ul style="list-style-type: none"> <li>• Promoting resilience</li> <li>• Managing risk and personal safety</li> <li>• How can we manage risk?</li> <li>• How can we manage impulses and influences to gamble?</li> <li>• How can we help people who have developed a problem with gambling?</li> </ul>

<p>Summer 1 (April – June) Summer 2 (June – July)</p>	<p><b>Unit 5: Students are given the opportunity to apply what they have learnt from each theme to real-life scenarios</b></p> <p style="text-align: center;"><b>Being Victor</b></p> <p>Positive relationships, relationship values, forming and maintaining respectful relationships and consent. Drugs, alcohol, mental health and risk-taking behaviour Students choose a character and chart their fortunes during twenty short episodes of drama whilst discussing, applying and reflecting on the key themes studied during the year.</p>
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