



The Sutton Academy

Knowledge Rich Curriculum Plan

Year 9 PSHCE Curriculum



Year 9:				
Topic	Theme	Intended Knowledge: <i>Students will know that...</i>	Tiered Vocabulary	Prior Knowledge: <i>To know this, students, need to already know that...</i>
N/A	1-What is PSHE?- Introduction /Expectations/Baseline & How do I reframe my negative thinking?	<ul style="list-style-type: none"> Students will learn what they will study this year in PSHE Students will understand how PSHE links to the academy's standards and expectations Recognise signs that someone might have mental health issues such as a mood disorder, stress or anxiety Explain when and whom to tell if concerned for theirs or someone else's mental wellbeing Describe the range of support available for those with emotional or mental health problems, including how best to access local services. 	Body Image Self Care	<i>Students have been taught PSHE in primary schools and have completed the year 7 and 8 programme at TSA.</i> <i>Mindfulness and Wellbeing -Year 8</i>
Building Healthy Relationships	2- What are different types of relationships?	<ul style="list-style-type: none"> To understand the difference between platonic, romantic and sexual relationships. To know the features of a healthy sexual relationship. 	Abusive Platonic	<i>Bullying or Banter?-Year 8</i> <i>Respectful Relationships-Year 8</i> <i>Consent and Relationships-Year 8</i> <i>Respect and Tolerance-Year 8</i>
Building Equality in Relationships: misogyny	3-What is online sexual harassment?	<ul style="list-style-type: none"> Students will be able to define the term 'sexual harassment' Students will learn to recognise examples of online sexual harassment Students will understand how online sexual harassment can impact people Students will know how to and where they can get help from 	Harassment Degrading	<i>Respectful Relationships-Year 8</i> <i>Consent and Relationships-Year 8</i>
The Human Body	4-What support is there for young people in St Helens for sexual health needs and in other areas?	<ul style="list-style-type: none"> Students will learn about the range of services that are available locally in St Helens that may be appropriate to them Students will learn more about the specific support available in the following areas; bereavement, drugs and alcohol, sexual health, young carers, mental health and LGBTQ+ Students will know how to access help in School and who makes up the safeguarding team at TSA 	Sexual health Bereavement	<i>Safe Behaviour-Year 8</i> <i>A Healthy Me-Year 8</i>
Understanding Myself	5-Does it matter if I access age-inappropriate media content?	<ul style="list-style-type: none"> Students will understand how age classifications work Students will understand the impact of viewing content that isn't age appropriate Students will learn how to identify the unrealistic portrayals in the media and cinematography 	Explicit Pornography	<i>Safe Behaviour-Year 8</i> <i>Self Esteem and Social Media-Year 8</i>
Consent	6- What is enthusiastic consent? How do I avoid making negative assumptions about relationships?	<ul style="list-style-type: none"> Students will learn about intimacy and what it means Students will learn about enthusiastic consent and what it looks like Students will learn about how making assumptions about sex and consent can have a negative effect. 	Intimacy Enthusiastic	<i>Consent and Relationships-Year 8</i>

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My Relationship With Myself	7-Strategies to Improve my Mental Well-Being	<ul style="list-style-type: none"> Students will learn about how mental health is affecting adults in the UK Students will think specifically about teenage mental health in the UK Students will consider how the Covid pandemic effected mental health in the UK Students will learn how and where support for mental health can be accessed 	Depression	<i>A Healthy Me-Year 8 Neuro-Diversity-Year 8</i>
Harmful Behaviours	8-Drugs and Alcohol-County Lines	<ul style="list-style-type: none"> Students will learn about what county lines means Students will learn who might be at risk of exploitation Students will learn how and where to get support and advice if needed 	Grooming Cuckooing	<i>Drugs and the Alcohol in the UK-Year 8</i>
Well-Being	9-Careers	<ul style="list-style-type: none"> Students will learn about how option choices work Students will understand how GCSEs and post 16 education is linked Students will engage with careers links to their options 	Options Post 16	<i>2 year 8 careers session.</i>
Staying Safe 1	10-Careers	<ul style="list-style-type: none"> Students will learn about entry requirements Students will learn about levels of qualifications Students will learn about post 18 lessons 	Entry requirements Post 18 Conditional	<i>Two year 8 careers session.</i>
Careers Week	11-Serious Youth Violence	<ul style="list-style-type: none"> Students will learn the consequences of knife crime and other serious youth violence Students will learn that stop and search disproportionately effects global majority groups and the impact this has. Students will learn how to avoid becoming involved in serious youth violence and where to gain help and support 	Aggressive Organised Crime	<i>Safe Behaviour-Year 8</i>
Understanding Myself	12-Puberty-An Update. How is my body changing?	<ul style="list-style-type: none"> Students will learn about examples of changes bodies go through during puberty Students will understand what the menstrual cycle is, how it effects people and ways in which they can support people on their period Students will understand the reasons for the heightened emotions they may feel during puberty 	Emotions The Menstrual Cycle	<i>Puberty Year 7</i>
Looking After Those Around Me	13-First Aid	<ul style="list-style-type: none"> Students will learn about the different types of first aid and when they might be needed Students will learn what CPR is and how to administer it Students will learn about what happens to the body during CPR 	Obstruction CPR	<i>First Aid content from year 7.</i>
Staying Safe 2	14-Big Question: How do I avoid online financial harms?	<ul style="list-style-type: none"> Students will be able to: identify key consumer rights and seller responsibilities online assess the risks of different ways of making or spending money online and explain how to minimise these identify key features of digital assets, including recognising risks 	Consumer Crypto Currency	<i>Finance from KS2</i>

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Community Values	15-Human Trafficking	<ul style="list-style-type: none"> Students will learn about different types of exploitation Students will learn the facts of human trafficking and the statistics in the UK and elsewhere Students will learn how to stop the signs of exploitation and human trafficking and where to gain help and support 	Exploitation Human Trafficking	<i>Respectful Relationships-Year 8</i> <i>Consent ad Relationships-Year 8</i>
Understanding Myself	16-What options are available to those who are pregnant?	<ul style="list-style-type: none"> Students will learn about the range of options available in the event of an unplanned pregnancy Students will evaluate the different influences that might affect decisions about pregnancy, including emotions Students will be able to describe where and how to access impartial advice and support in relation to abortion 	Adoption Abortion	<i>Human Reproduction-Year 7</i>
Pride Month	17-Pride: Allyship and Inclusive Relationships	<ul style="list-style-type: none"> Students will learn to define what allyship is. Students will learn the importance of fostering LGBTQ+ inclusivity in all friendships and other relationships. Students will learn how to make friendships and other relationships more inclusive. 	Inclusivity Allyship	<i>Pride-Year 8</i>
Making Positive Choices	18-Alcohol and Safety	<ul style="list-style-type: none"> Students will learn about impacts of alcohol on diet and unhealthy weight gain Students will learn about the risks of taking illegal drugs, including the increased risk of potent synthetic drugs being added to illegal drugs Students will be able to analyse co-occurrence of alcohol/drug use and poor mental health is common 	Exacerbate Synthetic	<i>Avoiding Gambling-Year 8 (consequences)-Year 8</i> <i>Citizenship-Voting and Democracy-Year 8</i>
Staying Safe 2	19-FGM: My Body, My Rules	<ul style="list-style-type: none"> Students will learn what FGM is and why it happens Students will learn about the impact of FGM and that it has no medical benefits <p>Students will learn about how to support those at risk of FGM and how to support changes in culture and beliefs</p>	Circumcision Female Genital Mutilation	<i>Understanding Our Body-Year 8</i>