



Year 9 PSHE Plan

Term 1		Term 2		Term 3	
Lesson 1	Ways to well-being – post Covid/	Lesson 8	Challenging extremism and radicalisation	Lesson 14	Diet and exercise
Lesson 2	Peer Pressure - gangs	Lesson 9	Families and parenting	Lesson 15	Relationships and consent
Lesson 3	Healthy and unhealthy relationships	Lesson 10	Homophobia, transphobia and sexism	Lesson 16	Contraception 1
Lesson 4	Peer pressure	Lesson 11	Conflict and resolution	Lesson 17	Contraception 2
Lesson 5	Substance misuse	Lesson 12	Relationship changes	Lesson 18	STIs
Lesson 6	GCSE option choices	Lesson 13	Unhealthy coping strategies	Lesson 19	British values
Lesson 7	Setting goals and transition to KS4				

Health and Well-Being

Relationships

Living in the Wider World

[Type here]