

YEAR
9

PSHE OVERVIEW



St John Bosco
ARTS COLLEGE

Health and wellbeing:

- Healthy and unhealthy relationships
- Assertiveness
- Gang exploitation
- Substance and alcohol misuse
- Knife crime

In Year 9, health and wellbeing education within PSHE helps pupils recognise healthy and unhealthy relationships, including romantic relationships, and develop assertiveness skills to set boundaries. Pupils learn about the risks of gang exploitation, substance and alcohol misuse, and knife crime. This learning equips pupils to make safe, responsible choices and maintain their personal wellbeing.

Living in the wider world:

- Post-16 options
- GCSE

In Year 9, living in the wider world education within PSHE supports pupils in exploring their post-16 options and understanding the importance of GCSE choices. Pupils are guided to make informed decisions about their future pathways, preparing them for further education, training or careers.

Relationships and sex:

- Homelessness
- Parenting and families
- Conflict resolution

In Year 9, relationships and sex education within PSHE helps pupils understand the challenges of homelessness and the responsibilities involved in parenting and family life. Pupils also develop skills in conflict resolution, learning strategies to manage disagreements constructively and maintain positive relationships. This learning supports empathy, resilience and responsible decision-making.

Health and wellbeing:

- Making healthy choices
- First aid including CPR
- Increased responsibility for physical health

In Year 9, health and wellbeing education within PSHE supports pupils in making informed, healthy choices and taking increased responsibility for their physical health. Pupils learn essential first aid skills, including CPR and preparing them to respond confidently in emergency situations. This learning promotes independence, personal responsibility and lifelong wellbeing.

Relationships and sex:

- Consent and boundaries
- Securing personal information
- Risks of sharing sexual images
- Contraception and STIs

In Year 9, relationships and sex education within PSHE focuses on consent, setting personal boundaries, and keeping personal information secure. Pupils learn about the risks of sharing sexual images and are taught about contraception and sexually transmitted infections (STIs). This learning supports pupils in making informed, responsible choices and developing safe, healthy relationships.

Living in the wider world:

- Employment rights and responsibilities
- Skills of an entrepreneur
- Online businesses

In Year 9, living in the wider world education within PSHE introduces pupils to employment rights and responsibilities, helping them understand their future role in the workplace. Pupils also explore the skills needed to be an entrepreneur and learn about setting up and managing online businesses. This learning supports ambition, independence and preparation for future careers.