



Year 9: Health and wellbeing		
Topics covered: digital footprints Sexting smartphone addiction the instagram effect self harm male body image	How it links to what has been studied before: You have studied ways to maintain good physical and mental health in year 7 and the challenges and risk factors in year 8. You will now start to look at how social media can impact this.	How it links to what will be studied: In year 10 we build on this further by looking at what can happen when you do not look after your mental and physical health and how you can get help and support if you are struggling.
Key words: Body image, identity, self esteem		Key skills: Discussion, debate, empathy, reflection
Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson		Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544 Contact pastoral leads in school or the safeguarding lead. Check the information page at the back of your book.
Why we study it: Learning in health and wellbeing ensures that you develop the knowledge and understanding, skills, capabilities and attributes which you need for mental, emotional, social and physical wellbeing now and in the future. It helps you to learn how to effectively, cope with day-to-day challenges, and develop into resilient young adults.		

Year 9: Living in the wider world		
Topics covered: your future the dream your job role reality bites unexpected events	How it links to what has been studied before: You will build on your work in year 8 on needs and wants and start to look at your future role in society considering how you will be able to budget and deal with real life.	How it links to what will be studied: In year 10 and 11 you will then look at life after Worthing High School and applying for college, university and jobs.
Key words: Salary, tax, pensions, needs and wants		Key skills: Discussion, debate, empathy, reflection
Assessment focus:		Where to get support:

<p>Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson</p>	<p><u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544</p> <p>Contact pastoral leads in school or the safeguarding lead.</p> <p>Check the information page at the back of your book.</p>
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Why we study it:

This includes learning about the different roles and responsibilities people have within their community. The benefits of living in a diverse community and strategies for challenging stereotypes and prejudice. Helping you to understand your feelings about money, financial decisions, careers and the economy is a vital part of preparing you for adult life, with clear links to health outcomes and relationships.

Year 9 Relationship and sex education

<p>Topics covered: Consent and the law Contraception miscarriage and unplanned pregnancy STIs Good sex abusive relationships controlling relationships safe relationships</p>	<p>How it links to what has been studied before: Last year you looked at different types of relationships, both positive and negative and how to keep yourself safe within these relationships. Now you will consider romantic and sexual relationships and the impact of these.</p>	<p>How it links to what will be studied: In years 10 and 11 you will continue this in more depth looking at issues around sex that face people today. You will also consider keeping yourself safe by self checking.</p>
<p>Key words: Abusive, controlling, coercive, miscarriage, contraception, STIs, pregnancy, consent.</p>	<p>Key skills: Discussion, debate, empathy, reflection</p>	
<p>Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson</p>	<p>Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544</p> <p>Contact pastoral leads in school or the safeguarding lead.</p> <p>Check the information page at the back of your book.</p>	

Why we study it:

To give you the information you need to help you develop healthy, nurturing relationships of all kinds, not just intimate relationships. To know what a healthy relationship looks like and what

makes a good friend, a good colleague and a successful marriage or other type of committed relationship. You will also develop an understanding of what is acceptable and unacceptable behaviour in relationships. This will help you understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.



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