# Year 9 PSHCE Curriculum Map

Colour code key: Key Areas

| Relationship and Sex Education | Health Education | Keeping safe and the law | Citizenship and Democracy | Careers Education |
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| Week | Unit | Lesson title |
|---|---|---|
| 1 | Unit 1 | What is expected of me? |
| 2 | | How can relationships impact the way I feel? |
| 3 | | How do I deal with setbacks? |
| 4 | | What is mental health stigma? |
| 5 | | What are my coping strategies? |
| 6 | | What is self-harm? |
| 7 | | How can I support the health of others? |
| 8 | Unit 2 | How can I manage online relationships |
| 9 | | How might the internet influence illegal behaviour? |
| 10 | | What's the issue with nudes? |
| 11 | | How does the media portray sex and relationships? |
| 12 | | What are the links between gaming and grooming? |
| 13 | | What are microtransactions (gaming)? |
| 14 | Unit 3 | How can I stay safe from knife crime where I live? |
| 15 | | How can I help others if they are involved in knife crime? |
| 16 | | Is social media a help or hindrance when thinking about knife safety? |
| 17 | | What are the effects of knife crime? |
| 18 | Unit 4 | CAREERS What choices do I have when choosing my options? |
| 19 | | CAREERS How does stereotyping impact my career options? |

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| 20 | | CAREERS How can I fulfil my dreams and ambitions? |
| 21 | | What is my relationship with AI? |
| 22 | Unit 5 | What is sexism? |
| 23 | | What is consent in a relationship? |
| 24 | | Can I legally get contraception? |
| 25 | | What are my rights and responsibilities when thinking about contraception (condom navigation)? |
| 26 | | How can I stay safe from sexually transmitted Infections |
| 27 | | What is child sexual exploitation? |
| 28 | | What is child criminal exploitation? |
| 29 | Unit 6 | Political Parties |
| 30 | | Election Timeline |
| 31 | | How does voting work |
| 32 | | Forming a Government |
| 33 | | Mock election |
| 34 | | Mock election |