

## The Cowplain School – Personal Development Scheme of Work (Relationships, Sex and Health Education and Careers) Year 9

By the end of this year's work, I will understand my own sense of identity and know how to build my resilience, and physical and mental health in order to be safe, develop healthy relationships, cope positively with change, assess and manage risk, plan for my successful future and consider possible career choices.

Area of study – as a result I will:	Lesson	Big Question:	Knowledge, understanding and ability to:	RSE and HE statutory guidance
1. Understand how the choices I make and the risks I take impact on my health and relationships	1	What is the link between self-esteem and risky behaviour?	1.1 Differentiate between the influences that could impact positively and negatively on self-identity 1.2 Discuss the links between a person's self-esteem and risky behaviour choices	Families g Respectful relationships a, d & f Online and media a Mental wellbeing b & e Being safe a & b Intimate relationships a, b, d & k Drugs, alcohol and tobacco c
	2	How can I keep myself safe in Year 9?	1.3 Apply my knowledge about risk to suggest ways to keep myself safe	
2. Understand how prejudice, discrimination and bullying can arise and how these can affect mental health	3	How and why does bullying happen?	2.1 Discuss how prejudice or discrimination may lead to bullying or violence	Respectful relationships a, b, c, d, e, f & h Online and media a & d Mental wellbeing a, b & e Being safe a Internet safety
			2.2 Differentiate between behaviours that are bullying and those that are not	
	4	What is the impact of social media on mental health?	2.3 Explain how someone could get help if they were being bullied through the Internet or social media	
			2.4 Describe the links between either discrimination or bullying and mental ill-health	
3. Understand my own mental health and how to recognise signs of mental ill-health in myself and others	5	How are body image and mental health linked?	3.1 Explain how body image and mental health are linked	Respectful relationships a, b & d Online and media a, b, c, d & h Mental wellbeing a, b, c, d & e Internet safety a & b Physical health b Healthy eating a
			3.2 Explain why it is important to be discerning as a media consumer	
	6	What different types of mental ill health exist?	3.3 Describe examples of mental ill-health	
	7	How can we plan for a healthy future?	3.4 Give an example of how people can plan for their healthy future	
	8	How will making the right career choices now affect my future?	Careers: Apprenticeships	
9	How will making the right career choices now affect my future?	Careers: Further and Higher Education		

	10	What employment opportunities exist in our local area?	Careers: Local and regional employment opportunities. Revisit Fast Tomato and update	
4. Understand how substances can affect wellbeing	11	How do different substances affect my body and my health?	4.1 Explain ways that I can look after my body to help prevent disease/promote good health 4.2 Assess the various risks in scenarios involving different substances	Intimate relationships k Mental wellbeing a, d & e Physical health b Drugs, alcohol and tobacco a, b, c, d, e & f Health and prevention b Basic first aid b
	12	What are the laws relating to substance use and misuse?	4.3 Explain some of the laws relating to substance use and misuse	
	13	How can substance misuse lead to mental health problems?	4.4 Explain how mental health problems and substance misuse are linked	
	14	How can I help somebody who has a bad reaction to drugs?	4.5 Demonstrate how to respond in an emergency situation requiring first aid	
5. Understand that respect and choice underpin healthy intimate relationships	15	What choices do we have about sex?	5.1 Discuss the choices people have when considering starting a sexual relationship	Families b, f & g Respectful relationships a, b & g Being safe a & b Intimate relationships a, b, c, d, e, f, i, j & l Health and prevention a Changing adolescent body a
	16	What does the law say about sexual consent?	5.2 Describe the purpose of the law on sexual consent	
	17	How can we stay safe in a sexual relationship?	5.3 Explain how people can keep themselves safe within an intimate/sexual relationship	
6. Understand how change can affect mental health	18	Is change good or bad for me?	6.1 Describe scenarios in which people develop resilience to cope with emotionally challenging situations 6.2 Identify skills that help me manage change positively 6.3 Explain ways people can get help with mental health problems	Mental wellbeing a, c & e Health and prevention e
7. Review what I have learnt this year in Personal Development	19	What have I learnt in Personal Development this year?		