

PSHE Map Year 9 2026/2027

Autumn Term 1
Core Theme: RSHE
Alzheimer's PSHE Objectives: Mental Health and Wellbeing 11. how mental health and wellbeing can change throughout life, including the impact of changes, opportunities and challenges on wellbeing
Abusive Relationships PSHE Objectives: Harmful relationship behaviours 7. the characteristics of harmful behaviours online, including on social media, such as bullying, abuse and harassment; to recognise warning signs and how to report abusive behaviours or access support for themselves or others
CSE PSHE Objectives: Harmful Relationship Behaviours 2. the characteristics of exploitative behaviours, including grooming and sexual exploitation; to recognise warning signs that someone might need help and support; strategies to respond and get help
Harassment and Stalking PSHE Objectives: Harmful Relationship Behaviours 3. to distinguish between crushes, romantic gestures and obsessive fixation on others 14. to recognise when attention or behaviours are unwanted, fixated or obsessive; the legal implications of these behaviours; ways to manage obsessions and access help for own behaviour; how to report or seek help if experiencing unwanted attention and related behaviours 15. to recognise coercive and controlling behaviours online, including harassment and stalking; to manage the risks of technology being used to facilitate harassment and stalking; how to seek appropriate support and report concerns Inclusion, bullying and discrimination 15. to recognise and challenge bullying, harassment or abusive behaviour in a range of contexts, including online; the moral and legal responsibilities and protections everyone has in relation to bullying and harassment; how to report and seek support for self or others support for themselves or others
Readiness for Sexual Intimacy PSHE Objectives: Sex Education 1. to gauge readiness for sexual intimacy and that sexual, intimate relationships should be pleasurable and positive 7. to identify and clarify personal values and how these influence decisions and behaviours in sexual relationships; the skills to assess their readiness for sex as an individual and within a couple; that many young people wait to have sex until they are older
Teenage Pregnancy PSHE Objectives: Sex Education 6. the risks related to unprotected sex, including sexually transmitted infections (STIs) and unintended pregnancy
The Dangers of Pornography PSHE Objectives: Online harms 1. that some online content (e.g. graphic videos, pornography, some computer games) is inappropriate, disturbing, upsetting or encourages harmful behaviours and attitudes, such as misogyny, discrimination or violence 2. how to manage settings on platforms and services to avoid distressing content online, and

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the importance of speaking to someone if this content is seen, intentionally or accidentally 3. how the portrayal of relationships and sex in the media, including pornography, and some online communities, can influence relationship expectations and attitudes, and normalise harmful behaviours
Body Image PSHE Objectives: Online life 5. that what people share online about their life does not always reflect their reality; that media and social media can reinforce unrealistic expectations around physical appearance and relationships; the impact of comparing oneself to others online
Autumn Term 2
STIs PSHE Objectives: Sex Education 6. the risks related to unprotected sex, including sexually transmitted infections (STIs) and unintended pregnancy 7. about STIs, how they are spread and how they can be prevented and treated; the importance of regular testing for sexually active people
Endometriosis and Polycystic Ovarian Syndrome PSHE Objectives: Reproductive health and fertility 1. that the menstrual cycle, including periods, varies over time and between individuals; how to recognise regular and irregular patterns, menstrual health concerns or symptoms, including premenstrual syndrome (PMS), heavy bleeding, polycystic ovary syndrome (PCOS), endometriosis; how to advocate for themselves with healthcare professionals
Alcohol Awareness PSHE Objectives: Personal safety, influence and risk 4. to evaluate influences, attitudes, social norms and cultural values about alcohol, including the harms and law related to alcohol sale and consumption
Drugs and the Law PSHE Objectives: Personal safety, risk and influence 3. the law relating to the supply, possession, use and misuse of legal and illegal substances 2. about legal and illegal substances, including the short and long-term health risks associated with their use; that substances can be adulterated or counterfeit Drug Education 10. about wider and long-term implications of criminal drug convictions, e.g. for career, travel and future opportunities
Miscarriage PSHE Objectives: Reproductive health and fertility 5. about miscarriage and pregnancy loss and the support available

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Sleep

PSHE Objectives: Healthy Lifestyles

- 4. the importance of sleep, managing changing sleep patterns throughout adolescence and strategies to maintain good quality sleep
- 3. the benefits of sleep, physical activity, personal interests, hobbies and time outdoors/in nature for wellbeing, happiness and developing a positive relationship with oneself
- 9. about the impact of sleep on brain function and wellbeing, including the consequences of poor quality or lack of sleep; how to make informed choices regarding sleep, and develop sleep hygiene strategies

Substances and Society

PSHE Objectives: Drug Education

- 1. the importance of taking prescription and over-the-counter medicines correctly
- 2. about legal and illegal substances, including the short and long-term health risks associated with their use; that substances can be adulterated or counterfeit
- 8. the risks associated with the misuse of prescribed and over-the-counter medicines and how to recognise signs that something is wrong
- 9. the consequences of illegal substance use and misuse for the mental and physical health and wellbeing of individuals, their family and wider society

Spring Term 1

Self-examination

PSHE Objectives: Puberty and Adolescence

- 4. (at late key stage 3) how and why to carry out regular self-examination e.g. breast and testicular self examination

Responsibility for own physical health

PSHE Objectives: Keeping well, health services, and first aid

- 10. how to manage influences and maintain a balanced perspective on health and weight, body shape and size

Economic Wellbeing and Careers

Guidance for choosing your options

PSHE Objectives: Economic Wellbeing

- 8. the options available to them at key stage 4, sources of information, advice and support, and the skills to manage this decision-making process
- 9. how external influences, including stereotypes and family or cultural expectations, can affect key stage 4 option choices; how to manage emotions and pressures relating to options, including how to challenge influences that may limit aspirations

CDI Framework Goal

1, 3 and 4

Gatsby Benchmarks:

2 and 8

Impact of sex

PSHE Objectives: Sex Education

- 2. how choices about sex can impact physical health, relationships and mental wellbeing

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Anxiety

PSHE Objectives: Mental Health and Wellbeing

7. to recognise situations which may increase feelings of anxiety or worry; how to overcome barriers to participating in enjoyable or rewarding activities; that participating in these activities can help reduce anxiety over time

AI Chatbots

PSHE Objectives: Online Life

16. ways in which AI chatbots are designed to mimic human interaction and companionship; the potential risks and consequences of frequently engaging with AI chatbots; strategies for critically assessing the risks of new types of technology

Spring Term 2

Wellbeing and Resilience

PSHE Objectives: Mental health and wellbeing

11. how mental health and wellbeing can change throughout life, including the impact of changes, opportunities and challenges on wellbeing
13. how mental health and wellbeing can be affected positively and negatively by relationships; skills to discuss feelings with others; ways to safely manage feelings of loneliness
14. how wellbeing can be affected by negative thinking patterns; how to reframe negative thinking and learn from disappointments and setbacks
15. to evaluate a range of cognitive and practical strategies to promote wellbeing and overcome barriers to living a fulfilling life, including strategies for managing worry, rumination, stress or tension

Bacteria and Viruses

PSHE Objectives: Keeping well, health services, and first aid

11. how to help prevent and reduce the spread of bacteria and viruses; how to treat infection including responsible use of antibiotics and the risks presented by antimicrobial resistance

Assessment of RSHE

Core Theme: Economic Wellbeing and Careers

Tax and National Insurance

PSHE Objectives: Economic Wellbeing

10. the opportunities, risks and challenges involved in different financial decisions, including investments, pensions, contracts, loans and insurance

Careers Quiz

PSHE Objectives: Careers Education

2. to review their values and personal qualities, and develop their strengths, interests and skills; how these might impact their future education and career choices
3. to identify their own early career aspirations, and how to manage feelings about future employment, including anxiety, worry or uncertainty

CDI Framework Goal

2 and 6

Gatsby Benchmarks:

3 and 8

Summer Term 1

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What is sustainability and how can we personally live in a more sustainable way PSHE Objectives: Economic Wellbeing 4. how to manage influences on spending, including advertising, peers, climate and ethical business practices; what makes something 'good value for money' and how this can be different for different people
Who are UNICEF and how do they help around the world RS Human rights link pp 124 PSHE Objectives: Healthy, positive relationships 7. how their behaviour affects others, and the role of kindness and respect in supporting inclusive communities; how to behave kindly and respectfully in all contexts, including in public spaces and in interactions with people they don't know
Financial decisions (KS4 objectives) Financial Decisions RS pp. 5-7 PSHE Objectives: Economic Wellbeing 5. how personal values and attitudes can affect financial decisions 7. to recognise and manage a range of influences on their financial decisions 8. the skills to evaluate the reliability of sources of financial advice for young people 10. the opportunities, risks and challenges involved in different financial decisions, including investments, pensions, contracts, loans and insurance 11. factors to consider before taking on debt and ways of managing debt
Careers and Their Impact on the World Around Us PSHE Objectives: Careers Education 13. how careers can impact, and be impacted by, the natural environment, community and society, politics and the economy CDI Framework Goal 4 and 6 Gatsby Benchmarks: 8
Employment Sectors PSHE Objectives: Careers Education 15. different employment sectors and types, and changing patterns of employment, including hybrid or home working, zero hours contracts and the gig economy CDI Framework Goal 2 and 6 Gatsby Benchmarks: 5 and 3

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Labour Market Information

PSHE Objectives: Careers Education

- L8. about routes into work, training and other vocational and academic opportunities, and progression routes
- L1. study, organisational, research and presentation skills
- L12 about different work roles and career pathways, including clarifying their own early aspirations

- L7. about the labour market, local, national and international employment opportunities

CDI Framework Goal

2

Gatsby Benchmarks:

2 and 3

Making Informed Decisions

PSHE Objectives: Careers Education

- 16. how a range of factors might influence career decisions (e.g. contract types, salary, risks and rewards, working patterns, the labour market, personal circumstances, qualifications, values, interests and strengths)

CDI Framework Goal

3, 5 and 6

Gatsby Benchmarks:

8

Summer Term 2

Money Matters

PSHE Objectives: Economic Wellbeing

- 1. about different values and attitudes relating to finance, including debt; that families and individuals need to actively manage their finance
- 3. how to assess and manage risk in relation to financial decisions that young people might make
- 7. to recognise and manage a range of influences on their financial decisions

Skills for Life

PSHE Objectives: Careers Education

- 2. to review their values and personal qualities, and develop their strengths, interests and skills; how these might impact their future education and career choices
- 5. to identify transferable skills and qualities that will benefit someone throughout their education and career; how to develop study, organisational, research, digital, and presentation skills, flexibility creativity and initiative

CDI Framework Goal

1

Gatsby Benchmarks:

3 and 8

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Stereotypes and Discrimination in the workplace PSHE Objectives: Inclusion, bullying and discrimination 4. the impact of stereotypes, prejudice and discrimination on individuals and relationships, including online; that prejudice-based language and behaviour, including sexism, homophobia, biphobia, transphobia, racism, ageism, ableism and faith-based prejudice, are unacceptable and cause harm to individuals and communities; how to challenge discrimination safely 6. about everyone's right to be treated with respect, and how the Equality Act applies in different contexts, including schools, workplaces, public spaces and online
Interview Skills PSHE Objectives: Careers Education 18. how to communicate their personal strengths and maximise their chances when applying for education or employment opportunities; the importance of recording achievements and experiences; how to write a CV and develop interview skills CDI Framework Goal 1 Gatsby Benchmarks: 3 and 8
Assessment of Economic Wellbeing and Careers
PD Passport
End of year quiz

In Curriculum
Literacy for Life
PSHE Objectives: Inclusion, bullying and discrimination 1. that people have different values and perspectives, and how to manage differences constructively and respectfully 2. the legal rights and responsibilities everyone has as a unique and equal member of an inclusive, diverse community; the laws that protect people with protected characteristics from discrimination 3. the impact of stereotypes, prejudice and discrimination on individuals and relationships, including online; that prejudice-based language and behaviour, including sexism, homophobia, biphobia, transphobia, racism, ageism, ableism and faith-based prejudice, are unacceptable and cause harm to individuals and communities; how to challenge discrimination safely 4. to recognise bullying, and its impact, in all its forms; the skills and strategies to respond to experiencing, or witnessing others, being bullied Online harms 3. that features of the internet can amplify risks and opportunities, e.g. the speed and scale of information sharing, blurred public and private boundaries and a perception of anonymity; strategies to identify and reduce risk from people online that they do not already know, including managing personal information, privacy and location setting Healthy lifestyles 5. about nutrition and the role of a balanced diet as part of a healthy lifestyle Careers education 1. that everyone has a different pathway through life, education and work; that all jobs and

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careers have different challenges and rewards; routes into work, training and other vocational and academic opportunities - to review their values and personal qualities, and develop their strengths, interests and skills; how these might impact their future education and career choices - to identify their own early career aspirations, and how to manage feelings about future employment, including anxiety, worry or uncertainty - about different work roles, career pathways, employment sectors, types and patterns of work, including employment, self-employment, entrepreneurialism and voluntary work; the factors that might influence a person's type of employment CDI Framework: 1, 2 and 6 Gatsby Benchmarks: 1,2, 3 and 4
Science
PSHE Objectives: Mental health and wellbeing - how to manage emotions and promote a sense of individual agency when they may feel powerless or overwhelmed, e.g. in response to the climate crisis or distressing events Healthy Lifestyles - about nutrition and the role of a balanced diet as part of a healthy lifestyle
English
Design
PSHE Objectives: Personal Safety, risk and influence skills to predict, assess and manage risk in the context of increasing independence, e.g. around roads, railways, level crossings and water (including the water safety code); how to manage personal safety in public spaces and when socialising with friends, family, the wider community or people they don't know
P.E
PSHE Objectives: Healthy lifestyles - the benefits of physical activity and exercise for health and wellbeing - to recognise positive and negative influences on, and barriers to, physical activity; strategies to reduce the impact of barriers and respond to influence Mental Health - the benefits of sleep, physical activity, personal interests, hobbies and time outdoors/in nature for wellbeing, happiness and developing a positive relationship with oneself
Languages
Careers Education - to identify transferable skills and qualities that will benefit someone throughout their education and career; how to develop study, organisational, research, digital, and presentation skills, flexibility creativity and initiative Inclusion, bullying and discrimination - that a tolerant community requires building mutual respect and understanding for others' beliefs, perspectives and cultures
Maths
PSHE Objectives: Careers Education to identify transferable skills and qualities that will benefit someone throughout their education and career; how to develop study, organisational, research, digital, and presentation skills, flexibility creativity and initiative

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Art
PSHE Objectives: Careers Education 5.to identify transferable skills and qualities that will benefit someone throughout their education and career; how to develop study, organisational, research, digital, and presentation skills, flexibility creativity and initiative Mental health and wellbeing 7. how to manage emotions and promote a sense of individual agency when they may feel powerless or overwhelmed, e.g. in response to the climate crisis or distressing events
Focus Days
Sex Education Focus Day (22/09/26): PSHE Objectives: Sex Education 2. how choices about sex can impact physical health, relationships and mental wellbeing ISR4 3. the law relating to sexual consent 4. about the purpose and efficacy of different contraceptives; how and where to access contraception and medically accurate advice 5. the communication skills to effectively discuss contraceptive use (including condoms) with a partner 6. the risks related to unprotected sex, including sexually transmitted infections (STIs) and unintended pregnancy 7. about STIs, how they are spread and how they can be prevented and treated; the importance of regular testing for sexually active people 8.how to access confidential advice and treatment regarding sexual health Boundaries and Consent 4. about influences on peoples' decision to engage in sexual activity e.g. values, faith, law; that everyone has the choice to delay sex, or to enjoy intimacy without sex Culture Day (19/03/27) PSHE Objectives: Inclusion, bullying and discrimination 6. about everyone's right to be treated with respect, and how the Equality Act applies in different contexts, including schools, workplaces, public spaces and online 7. that a tolerant community requires building mutual respect and understanding for others' beliefs, perspectives and cultures Careers (27/05/27) PSHE Objectives: Careers 1. that everyone has a different pathway through life, education and work; that all jobs and careers have different challenges and rewards; routes into work, training and other vocational and academic opportunities 2. to review their values and personal qualities, and develop their strengths, interests and skills; how these might impact their future education and career choices 3. to identify their own early career aspirations, and how to manage feelings about future employment, including anxiety, worry or uncertainty 4. how to set realistic yet ambitious targets and goals; the benefits of setting ambitious goals and being open to opportunities in all aspects of life 5. to identify transferable skills and qualities that will benefit someone throughout their education and career; how to develop study, organisational, research, digital, and presentation skills, flexibility, creativity and initiative 6. about different work roles, career pathways, employment sectors, types and patterns of work, including employment, self-employment, entrepreneurialism and voluntary work; the factors that

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might influence a person's type of employment
Assemblies
See assembly rota with audit.
External Agencies
Brook PSHE Objectives: Sex Education 2. how choices about sex can impact physical health, relationships and mental wellbeing ISR4 3. the law relating to sexual consent 4. about the purpose and efficacy of different contraceptives; how and where to access contraception and medically accurate advice 5. the communication skills to effectively discuss contraceptive use (including condoms) with a partner 6. the risks related to unprotected sex, including sexually transmitted infections (STIs) and unintended pregnancy 7. about STIs, how they are spread and how they can be prevented and treated; the importance of regular testing for sexually active people 8. how to access confidential advice and treatment regarding sexual health Boundaries and Consent 4. about influences on peoples' decision to engage in sexual activity e.g. values, faith, law; that everyone has the choice to delay sex, or to enjoy intimacy without sex
Loudmouth PSHE Objectives: Sex Education 2. how choices about sex can impact physical health, relationships and mental wellbeing ISR4 3. the law relating to sexual consent 4. about the purpose and efficacy of different contraceptives; how and where to access contraception and medically accurate advice 5. the communication skills to effectively discuss contraceptive use (including condoms) with a partner 6. the risks related to unprotected sex, including sexually transmitted infections (STIs) and unintended pregnancy 7. about STIs, how they are spread and how they can be prevented and treated; the importance of regular testing for sexually active people 8. how to access confidential advice and treatment regarding sexual health Boundaries and Consent 5. about influences on peoples' decision to engage in sexual activity e.g. values, faith, law; that everyone has the choice to delay sex, or to enjoy intimacy without sex
Nurse Roadshow PSHE Objectives: Sex Education 2. how choices about sex can impact physical health, relationships and mental wellbeing ISR4 3. the law relating to sexual consent 4. about the purpose and efficacy of different contraceptives; how and where to access contraception and medically accurate advice 5. the communication skills to effectively discuss contraceptive use (including condoms) with a partner

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- 6. the risks related to unprotected sex, including sexually transmitted infections (STIs) and unintended pregnancy
 - 7. about STIs, how they are spread and how they can be prevented and treated; the importance of regular testing for sexually active people
 - 8. how to access confidential advice and treatment regarding sexual health
- Boundaries and Consent**
- 4. about influences on peoples' decision to engage in sexual activity e.g. values, faith, law; that everyone has the choice to delay sex, or to enjoy intimacy without sex

DECCA

PSHE Objectives: Drug Education

- 4. to evaluate influences, attitudes, social norms and cultural values about alcohol, including the harms and law related to alcohol sale and consumption
- 6. strategies to manage pressure to vape; the risks associated with non-smokers using vapes, including the risks of illicit vapes containing drugs
- 7. strategies to manage a range of influences, including peer influence, on drug use; about problematic and harmful drug use, including sources of help and support