



Name:
Teacher:



Childline
0800 – 11
11

Learning Journey: Year 9

Life - Long -Learning



Safety Education – Autumn Term 1

- Laws relating to alcohol and associated risks, including impact to mental health
- Social norms regarding the use of alcohol
- Our responsibilities to ourselves and others regarding alcohol
- The effects of binge drinking
- How to manage peer pressure with regards to alcohol.
- How to support those with addiction and where support is available

Health Education – Autumn term 2

- Healthy eating – What is it?
- Planning and preparing a range of healthy meals
- The impact of a poor diet – risks such as obesity and on other behaviours including eating disorders and cancer.
- The impact of Video games/ Social Media



Careers Education – Spring term 1

- Career Influences
- Careers talk
- LMI
- Kudos - Revisit
- The skills and qualities desired by employers
- Subject choices - How can the Options you choose at GCSE help you?



Relationships Education – Spring 2

- Types of bullying/ peer on peer abuse
- The impact of bullying and responsibilities of bystanders
- Managing conflict at home, the dangers of running away from home/befriending strangers online.
- How to improve relationships, or seek help/ advice from others



Relationships and sexual health – Summer term 1

- The biological and emotional aspects of sex
- Condom demonstration
- Circumstances that may lead to unprotected sex and its consequences The thoughts and feelings young people have about losing their virginity
- How to manage the ending of relationships

Mental health – Summer 2

- What do we mean by mental health?
- About stress, its causes and recognizing stressors
- To identify how the Media can cause issues of 'body image' and low confidence
- To explore and evaluate ways to raise self esteem
- To explore the role different people have in our lives and how they are a strength
- Managing loss positively and where to go to get help



LEARNING
HABITS

Hard working
Inquisitive
Resilient



CHARACTER
HABITS

Respectful
Responsible
Aspirational