

Year 9 PSHE Curriculum Map 2025 2026

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1								
Being Me in My World	How can I be 'me' in a group?	What are the expectations and perceptions of relationships?	Why is peer approval important?	What are 'Risks'?	What is Consent?	Assessment		
Autumn 2								
Celebrating difference	What is Equality ?	How do we understand difference?	What is the power of positive language?	What is Bullying?	What is Discrimination?	Assessment		
Spring 1								
Dreams and Goals	What are my personal strengths?	What is the power of planning?	What are my dreams for my life?	What do I need to know about Mental health and illness?	How might media manipulation affect mental health?	Assessment		
Spring 2								
Healthy Me	What is the amazing teenage brain?	How can we protect the teenage brain?	What are the effects of risk taking and group behaviour?	What life-saving skills do I need to know?	What is mental health first aid?			
Summer 1								

Relationships	How can we have quality in relationships?	Why is assertiveness and saying no important?	What is the impact of Pornography?	What is Contraception?	What are the consequences of unprotected sex?	Assessment		
Summer 2								
Changing Me	How does mental health affect addiction?	How does change affect our emotions?	How do I get better sleep?	How do I build resilience?	How do I cope with changing and growing ?	Assessment		