

# Act Fast NL Year 9 KS3 PSHE

## Autumn 01

### Peer Influence & Substance

*Healthy & Unhealthy friendships and assertiveness*

Substance misuse and gang exploitation

### Health & Wellbeing

*Students learn;*

How to distinguish between healthy and unhealthy friendships

*Assess risk and manage influences including Online*

How to recognise passive, aggressive and assertive behaviours and how to communicate assertively

How to manage the risk in relation to gangs and about 'group think', and how this affects behaviour

*The legal and physical risks of carrying a knife*

*Positive social norms in relation to drug and alcohol use,*

Legal and health risks in relation to drug & alcohol use including addiction and dependence



## Autumn 02

### Setting Goals

*Learning strengths and career options*

Goal setting as part of the GCSE options process

### Living in the Wider World

*Students learn;*

About transferable skills, abilities and interests

*How to demonstrate strengths*

About different types of employment and career pathways

*How to manage feelings relating to future employment*

How to work towards aspirations and set meaningful, realistic goals for the future

*About GCSE and Post-16 options*

Skills for decision making



## Spring 01

### Respectful Relationships

*Families & parenting and healthy relationships*

Conflict resolution and relationship changes

### Relationships

*Students learn;*

Different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering

*Positive relationships within the home*

Homelessness amongst young people

*Conflict and it's causes in different contexts*

How to manage relationship and family changes, including relationship breakdowns, separation and divorce

*How to access support services*



## Spring 02

### Healthy Lifestyle

*Diet, exercise and a lifestyle balance*

Healthy choices and first aid

### Health & Wellbeing

*Students learn;*

About the relationship between physical and mental health

*About balancing work, leisure, exercise and sleep*

How to manage influences on body image

*How to make informed healthy eating choices*

To make independent health choices

*To take increased responsibility for physical health, including testicular self-examination*



## Summer 01

### Intimate relationships

*Relationships and sex education including consent*

*Contraception, the risks of STI's and attitudes to pornography*

### Relationships

*Students learn;*

About readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex

*Myths and misconceptions relating to consent*

The continuous right to withdraw consent and capacity to consent

*STI's, effective use of condoms and negotiating safer sex*

The consequences of unprotected sex, including pregnancy

*How the portrayal of relationships in the media and pornography might affect expectations*

How assess and manage risks of sending, sharing or passing on sexual images

*How to secure professional information online*



## Summer 02

### Employability Skills

*Employability and online presence*

### Living in the Wider World

*Students learn;*

About young peoples employment rights and responsibilities

*Skills for enterprise and employability*

How to give and act upon constructive feedback

*How to manage their 'personal brand' online*

Habits and strategies to support progress

*How to identify and access support for concerns relating to life online*

