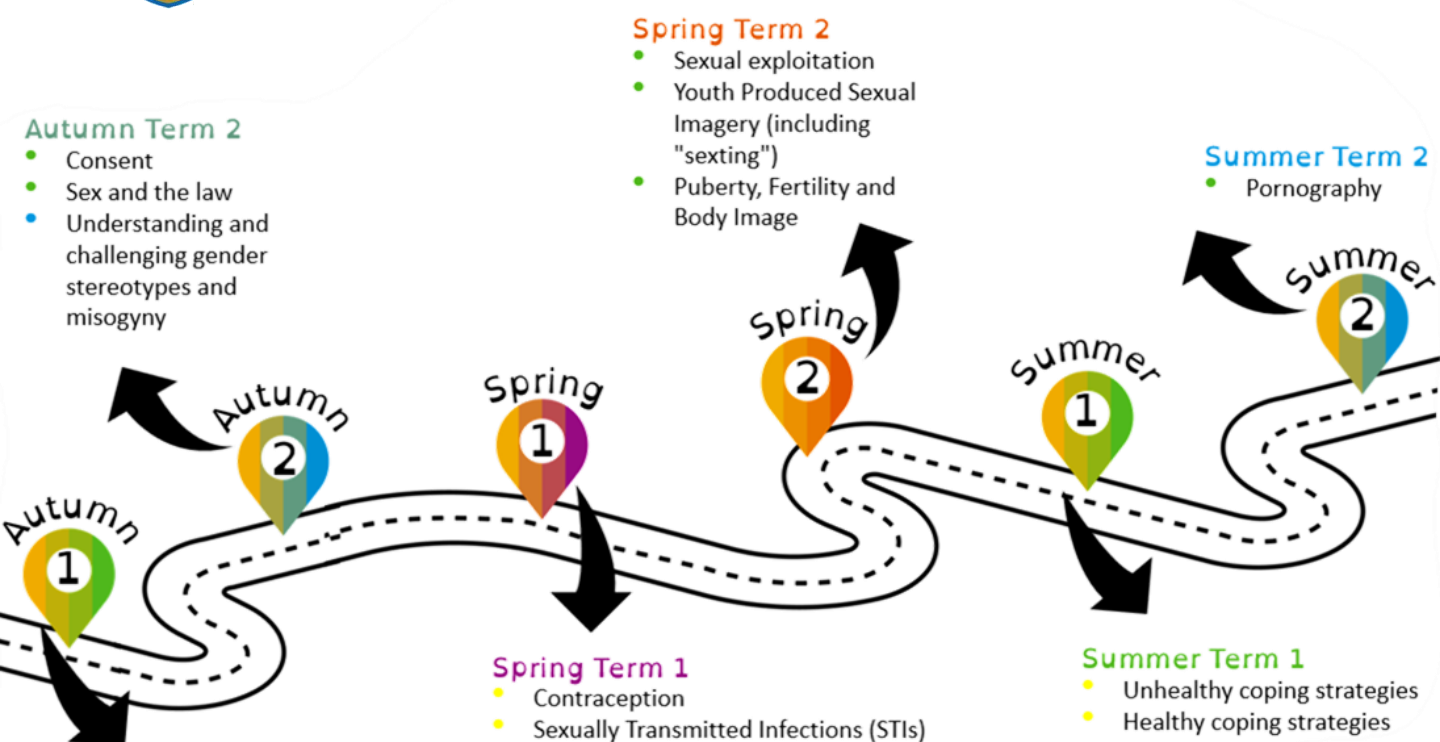




Year 9 Personal Development



The learning journey above shows the order in which topics are delivered in Year 9 Personal Development sessions. They are delivered by the Year 9 Form Tutors alongside assemblies, awareness weeks, career events, drop down sessions and extra curricular activities and guest speakers. The following pages give an enhanced breakdown of what is covered in each topic.

We have also included content sources and signposting for each unit. All pupils at UVHS complete an end of topic multiple choice quiz, and have the opportunity to give additional feedback on what they would like to see in their Personal Development program.



Personal Development

UVHS - Victoria Values

Relationships

Health & Wellbeing

Living In The Wider World

What will Year 9 be learning about in Personal Development in Autumn Term 1?

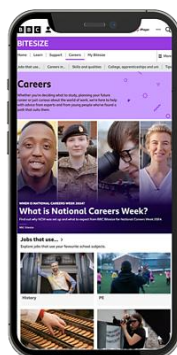
Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Autumn Term 1	The Journey To Your Career (Living In The Wider World Strand)	- Recognise the main stages of transition into employment - Understand the steps between now at the start of Y9 to our career ambition - Identify internal and external influences on our decision making - Identify key decisions linked to their potential long-term career goal - List the people, places and things that can help them at each stage or decision - Apply these to their own countdown to entering employment
	Different Types Of Relationships (Relationships Strand)	- Recognise qualities which we should look for in healthy relationships within families - Recognise that there are a variety of different types of families - Identify the differences between short and long term relationships - Explore how relationships can be legally recognised in marriage & civil partnerships - Understand that marriage is an important choice for some couples but should only be entered into freely and without force

Signposting & Content Sources For These Units:



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



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IWF
Internet
Watch
Foundation



What will Year 9 be learning about in Personal Development in Autumn Term 2?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Autumn Term 2	Consent (Relationships Strand)	- Recognise that the legal age of sexual consent in the UK is 16 and the law relating to consent - Recognise consent in terms of freedom, capacity and choice - Practice and explore how to ask and respond for consent using verbal and non-verbal language and body language, understanding that consent can be withdrawn - Identify myths about sex, sexual violence, rape and consent - Describe how to access local support services
	Sex & The Law (Relationships Strand)	- Recognise the key reasons people have sex, what sexual acts are in the eyes of the law and that the legal age of sexual consent in the UK is 16 - Describe what is meant by a 'position of trust' in relation to negotiating sexual consent - Recognise that some types of unhealthy behaviours within relationships are criminal - Describe why the law is there to protect you - Recognise that laws relating to sex vary in different countries - Describe how to access local support services
	Understanding & Challenging Gender Stereotypes & Misogyny (Living In The Wider World Strand)	- Identify sources of pressure for young people to conform to gender stereotypes. - Explain how gender stereotypes can negatively affect wellbeing and limit opportunities. - Define sexism and misogyny and how these can cause harm. - Describe ways to challenge gender stereotypes and misogyny. - Know where to get help and support with issues relating to harmful gender expectations or misogyny.

Signposting & Content Sources For These Units:



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111







What will Year 9 be learning about in Personal Development in Spring Term 1?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Spring Term 1	Contraception (Health & Wellbeing Strand)	- Describe what contraception is and how it works - Describe how contraception can reduce the risk of unplanned pregnancies and the transmission of STIs - Recognise different methods of contraception and key facts that may impact individual and sexual partnership choices - Demonstrate how to use a condom correctly (using a demonstrator) - Explain why it is important that all partners take responsibility for contraception - Describe how to access local health and support services in your area
	Sexually Transmitted Infections (Health & Wellbeing Strand)	- Identify and name the most common STIs and their signs and symptom - Identify how STIs are transmitted and the level of risk for different types of sexual activity - Identify how to prevent the transmission of STIs - Understand what HIV is and the misinformation surrounding this - Identify how to test for and treat common STIs - Describe how to access local health and support services

Signposting & Content Sources For These Units:



brook THE MIX Trust.



Cumbria Partnership NHS Foundation Trust

Birchwood Clinic, Barrow
Opening Times

What will Year 9 be learning about in Personal Development in Spring Term 2?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Spring Term 2	Sexual Exploitation (Relationships Strand)	- Be aware of sexual exploitation in order to improve personal safety including grooming - Identify different risks and warning signs in relationships and friendships, including gangs. - Recognise methods of power and control used by peers and adults. - Understand the law in relation to exploitation. - Identify where to access support.
	YPSI – Youth Produced Sexual Imagery (Including Sexting) (Relationships Strand)	- Describe your rights and responsibilities around digital images in relation to creating, possessing and sharing them - Recognise the risks and benefits of the online world - Understand the reasons why people might ask for or send digital images and how to deal with pressure around sexual imagery - Describe what you can do and where you can go for help and support for issues with online relationships.
	Puberty & Fertility (Relationships Strand)	- Define what puberty means and recap body changes. - Understand myths and taboos concerning periods - Define fertility and understand reproductive health issues - Understand the menopause, PMOS and endometriosis - Understand where to go to ask for help and support with questions about our bodies

Signposting & Content Sources For These Units:



















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Speak out. Stay safe.

What will Year 9 be learning about in Personal Development in Summer Term 1?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Summer Term 1	Healthy Coping Strategies (Health & Wellbeing Strand)	- Explain what loneliness and connection means - Give advice to a young person who wants to feel more connected - Evaluate different actions that can be used to build connections
	Unhealthy Coping Strategies (Health & Wellbeing Strand)	- Identify unhelpful thoughts - Explain different ways of challenging unhelpful thoughts and where to seek support

Signposting & Content Sources For These Units:





ONLINE, ON THE PHONE, ANYTIME



Crisis Messenger



Email



1 To 1 Chat



Counselling



Kooth is a free online service offering emotional and mental health support for children and young people



Anxious?
Stressed?
Need support?

Text **SHOUT** to **85258** for free and confidential support.

shout
85258
Texts free plus 24p

What will Year 9 be learning about in Personal Development in Summer Term 2?

Relationships

Health & Wellbeing

Living In The Wider World

When?	Topic	Content Summary
Summer Term 2	Pornography (Relationships Strand)	- Develop critical thinking skills around viewing sexual media including pornography - Recognise that there is diversity in bodies, relationships, sexual desires, gender and sexual identity that is not always represented through media and pornography - Understand pornography and the law - Develop skills to maintain healthy relationships

Signposting & Content Sources For This Unit:



Understanding consent is as easy as **FRIES**

Freely given
Reversible
Informed
Enthusiastic
Specific



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IWF
Internet Watch Foundation