

# CORE KNOWLEDGE

What I will know and understand by the end of Year 9.



This year in PSHE+ you will be able to:	This links to:	Key Vocabulary:
<p><b>Term 1</b></p> <p><b><u>Relationships and Sex Education</u></b>  <b>Evaluate the complexities of sexual intimacy.</b></p> <ul style="list-style-type: none"> <li>Understand that love is part of human nature and that sexual intercourse is the most intimate expression of human love.</li> <li>Know about sexual desire, causal sex and masturbation.</li> <li>Know the difference between love and lust.</li> <li>Evaluate how to challenge your values, attitudes, beliefs and how these ideas may influence your choices.</li> <li>Know the benefits of delaying sexual intimacy and know different methods of contraception.</li> <li>Evaluate different types of committed relationships, including forced marriage, monogamy, etc.</li> <li>Know about non-physical and online consent (physical consent and sexual exploitation), including Female Genital Mutilation (FGM).</li> <li>Know about physical consent and sexual exploitation.</li> </ul>	<ul style="list-style-type: none"> <li>- Y7: Changes that happen this year and how best to adapt to changes that may develop in school, at home or in the wider world.</li> <li>- Y8: Differences between different groups in society and how to live with tolerance, kindness and forgiveness. Including Protected Characteristics and LBGTQ+.</li> <li>- Y10: Different values that you hold and know about the different forms of abuse. Reality of sex, including pregnancy.</li> <li>- Y11: Risks of addiction and sexual intercourse. Including pornography, sexual desire, STIs.</li> </ul>	<p>Sex, Marriage, Objectify            Courage , Sexual Intimacy,            Choices            Fertility , Contraception,            Sexual Desire, Casual            Sex, Masturbation, Love,            Lust, Values, Attituds,            Committed Relationships,            Forced Marriage, Consent,            Sexual Exploitation,            Female Genital Mutilation            (FGM).</p>
<p><b>Term 2</b></p> <p><b><u>Living In The Wider World</u></b>  <b>Explain the Y9 Options process and know about the different pathways after school.</b></p> <ul style="list-style-type: none"> <li>Understand what Y9 Options means to you and your future.</li> <li>Know the different routes available Post 16.</li> <li>Understand the academic route of A Levels.</li> <li>Know the vocational route of apprenticeships and T Levels.</li> <li>Define what entrepreneurship is and how you could start your own business.</li> </ul> <p><b>Evaluate how to be a positive citizen in the UK today.</b></p> <ul style="list-style-type: none"> <li>Understand how and why Britain is a diverse and culturally accepting county.</li> <li>Understand the way in which different groups are discriminated against, stereotyped and bullied.</li> <li>Understand about extremism in our society and its impact.</li> <li>Understand how the news and media can manipulate my views.</li> <li>Know further what sextortion is and how it can impact lives.</li> <li>Know about Vaping risks and the law.</li> </ul>	<ul style="list-style-type: none"> <li>- Y7: Know how to be a responsible citizen; gangs and the law, anti-social behaviour, racism, sexism. More informed career decisions.</li> <li>-Y8: Strategies around positive mental health, focused on appearance ideals. Staying safe near water, dealing with peer pressure and making healthy financial decisions.</li> <li>- Y10: Recruitment process, online and offline. Local and National job roles in Government , including how new laws are proposed and made. Application process for Post 16.</li> <li>- Y11: Financial awareness post 16.</li> </ul>	<p>Career Destinations, T            Levels, Apprenticeships,            Entrepreneur, Career            Progression.</p> <p>Extremism, Racism,            Islamophobia, Diversity,            Stereotyping, Bullying,            Prejudice, Fake News,            Manipulation, County            Lines, Vaping.</p>
<p><b>Term 3</b></p> <p><b><u>Health and Wellbeing</u></b>  <b>Explain how to be mentally and physically healthy during the transition from KS3 to KS4</b></p> <ul style="list-style-type: none"> <li>Understand the mental, physical and social strategies that can support you mental and emotional health.</li> <li>Know the positives and negative ideas around transition from KS3 to KS4.</li> </ul> <p><b>Evaluate how to stay safe from understanding different types of drugs and the law around drug use.</b></p> <ul style="list-style-type: none"> <li>Identify the classification of different drugs in society.</li> <li>Understand the law around drug use, possession and production.</li> <li>Know the effects of misuse of New Psychoactive Substances and alcohol.</li> </ul> <p><b>Evaluate the dangers of risk taking.</b></p> <ul style="list-style-type: none"> <li>Understand the risks of gambling and its impact on you, family or friendship group.</li> <li>Evaluate the risks that smoking and vaping can cause.</li> </ul>	<ul style="list-style-type: none"> <li>-Y7: Own health and wellbeing, understand transitional challenges, sleep, resilience.</li> <li>- Y8: Strategies around positive mental health, focused on appearance ideals. Staying safe near water, dealing with peer pressure and making healthy financial decisions.</li> <li>- Y10: Know what Country Lines is and about Cannabis and Nitrous Oxide. Mortgage understanding and how financial crimes can happen online. Manage stress and your own health.</li> <li>Y11: Healthy Sleep routine and how it can support exams. Positive and negatives of prescription drugs.</li> </ul>	<p>Mental Health, Emotional            Health, Physical Health,            Transition, Support            Network, Classification            (drugs), Misuse of Drugs            Act, Psychological            Substances, Stop and            Search, Under Age, Binge            Drinking, Gambling, Risk            Taking, Consumer Rights,            Complaints.</p>