

Year 9 Pol-Ed Lessons

Curriculum Road Map

Strand one of the Pol-Ed curriculum in Year 9 deepens pupils' understanding of mental health, coping strategies and how relationships influence wellbeing. Through strand two, pupils learn to navigate online risks, including peer influence, harmful content and grooming. In strand three, pupils explore key safeguarding concepts such as exploitation, consent and the law. This supports resilience, help seeking and the ability to recognise and respond to harmful or coercive situations in both online and offline contexts.

1

What is expected of me?

How can relationships impact the way I feel?

How do I deal with setbacks?

What is self-harm?

What are my coping strategies?

What is mental health stigma?

How can I support the health of others?

2

How can I manage online relationships?

What's the issue with nudes?

What is asphyxiation?

How might the internet influence illegal behaviour?

How does the media portray sex and relationships?

What are the links between gaming and grooming?

What are microtransactions (gaming)?

3

What is sexism?

What is consent in a relationship?

Can I legally get contraception?

What makes a gang a gang?

What is child criminal exploitation?

What is child sexual exploitation?

What do we mean by intimidation?

What is anti-social behaviour?

What is victim support?

What are county lines?

