

Year 9 RSHE

Key Learning

Pre-Exposure Tasks

Area #1 Safeguarding and the Law

Throughout the year a key underpinning feature of our work is keeping safe in a range of environments. Wherever possible we seek to inform students of relevant laws to the area of study. In Year 9 this includes a particular focus on:

- The dangers of child sexual exploitation.
- The effects of domestic abuse on families and how help can be sought where this is a concern.

- 1) Search for 'NSPCC Parents Leaflets' to access a range of helpful information packs concerning safeguarding issues that may affect families. You may particularly want to read the information provided concerning Child Sexual Exploitation.

Area #2 Respectful Relationships

The importance of relationships is a second, significant underpinning idea in our study. The concepts of consent and communication feature throughout. Also, in Year 9 we have a particular focus on:

- The features of healthy and harmful relationships.
- How we can contribute positively to our communities.

- 1) Discuss with your child the features of healthy relationships. Are there aspects of relationships that can become unhealthy if misused?
- 2) Encourage your child to volunteer in their local community.

Area #3 Health and Wellbeing

A further area of study focuses on issues of health and wellbeing relevant to the lives of Year 9 students. This will include:

- The dangers of the misuse of drugs and the risks associated with it.
- The risks of sexually transmitted infections.

- 1) Review the Public Health England website for a range of resources and information sheets linked to health issues that affect young people (<https://campaignresources.phe.gov.uk/schools>).

Area #4 My Online Life

Having an online life is a significant part of the lives of many young people. We seek to equip our young people to live wisely in this area. Building on topics covered in Year 7 and 8, sessions for Year 9 students include:

- The significance of taking responsibility for our digital footprint.
- The concept of digital resilience and how we can develop it.

- 1) Review the Internet Matters website (<https://www.internetmatters.org/>) for accessible information and advice concerning a host of social media platforms to guide your conversations with your child.

Area #5 Intimate Relationships

An additional area of study that begins in Year 9 is to consider the development of intimate relationships. We seek to provide students with an understanding of the importance of safe and healthy intimate relationships. This is covered in Year 9 sessions including:

- Considering the features of healthy intimate relationships
- Recognising why thinking carefully about contraception is important.

- 1) If your child seeks out information from you, utilise the 'Let's Talk About It' resource created by the NHS.
- 2) When reflecting on TV, books or music together, ask them what they think about actions or words. What messages about relationships are being conveyed? Are they realistic or healthy messages? Are the characters' actions and words acceptable? Are there areas that would be a concern?