

## Year 9 PSHRE Overview

Autumn term 1

Healthy Lifestyles  
Body confidence

Autumn Term 2

Alcohol and Tobacco  
Mental Health  
Growth and Fixed mindsets

Spring Term 1

Bullying  
First Aid  
Gender Identity

Spring Term 2

Online Safety  
Feeling unwell  
Dealing with emergency situations

Summer Term 1

Money  
Puberty  
Sex and Sexual Health

Summer Term 2

Relationships