

**Year 9**

	<b>Lesson Title</b>	<b>Learning Objectives</b>
1	<b>What is the difference between a 'Healthy' and an 'Unhealthy' Relationship? (R)</b>	I am able to distinguish between a healthy and unhealthy romantic relationship I am able to identify the features of positive, stable, intimate relationships I am be able to explain when others might try to use their power to control, coerce and manipulate in an intimate relationship
2	<b>Why might some people have concerns about Romantic Relationships? (R)</b>	I am able to explain why some people might see romantic relationships as important I am able to identify some reasons why someone might not want a romantic relationship I am able to describe some concerns people have about romantic relationships
3	<b>What are same-sex relationships? (R)</b>	I am able to explain that there is a spectrum of sexuality and gender in relation to a range of romantic relationships I am able to identify and understand the legislation relating to a range of relationships I am able to identify where to find help and support around sexual identity and gender
4	<b>What is consent and why is this important? (R)</b>	I am able to define what consent is and what the law is about consent and sexual relations I am able to explain why physical intimacy can be considered important in a relationship but that everyone has a choice about this
6	<b>Why might parents and children sometimes have difficult relationships? (R)</b>	I am able to describe some negative actions both parents and children might do which effect their relationship I am able to describe how other, sometimes uncontrollable, factors can influence parent-child relationships I am able to identify what parents and children both might do to maintain a positive relationship
7	<b>What problems might families face? (R)</b>	I am able to understand the different problems some families may be faced with I am able to explain why teenage parents might have a more difficult time in raising a child I am able to explain how to support people who might experience this
8	<b>Why might someone run away from home? (R)</b>	I am able to understand why someone might run away from home I am able to explain the risks of running away I am able to describe how we can help people who might be thinking about running away from home
9	<b>What is meant by a 'healthy lifestyle' and how can we maintain one? (H)</b>	I am able to define the following terminology: healthy living, diet and extreme dieting I am able to understand the negative consequences of the media and their impact on healthy lifestyles To be able develop some strategies for maintain a healthy lifestyle
10	<b>What does it mean to be 'self aware'? (H)</b>	I am able to identify what self-awareness is I am able to explain ways we can work on our sensitivity and self-awareness I am able to explain how this might have an impact on a 'healthy lifestyle'

11	<b>What is meant by mental wellbeing? (H)</b>	I am able to understand that mental wellbeing is part of a maintaining a 'healthy lifestyle' I am able to describe how to recognise the early signs of mental wellbeing concerns I am able to describe common types of mental ill health
12	<b>How can we positively impact out mental wellbeing? (H)</b>	I am able to explain how different things might have a positive or negative effect on someone's mental health I am able to identify unhealthy and healthy coping strategies for our mental wellbeing
13	<b>What can we do to help manage anxiety? (H)</b>	I am able to define what is meant by the term anxiety I am able to identify some symptoms of anxiety I am able to identify ways of helping to cope with anxiety

(R) = Relationship Education, (S) = Sex Education, (H) = Health Education