

YEAR 9 PSHCE SCHEME OF WORK 2025-26

TOPIC	OBJECTIVES/KEY QUESTIONS/ACTIVITIES
Introduction to PSHCE and Well-Being at HBS	Introduction to PSHCE curriculum, establishment of expectations and ground rules Well-being and support at HBS; PSHCE handbook
Self-esteem	Identify the factors that contribute to a person's high/low self-esteem Develop techniques for boosting self-esteem Draw link between self-esteem and choices that we make
Relationships: Managing Expectations	Understanding and managing own expectations and the expectations of others
Mental Health: healthy coping strategies	Recognise a range of difficult emotions Use a range of strategies to manage difficult emotions Know where and how to access further support
Mental Health: eating disorders	Learning about signs to look out for, facts about eating disorders and how to get support
Discrimination: Hemisphere training	Racial literacy training – programme from Hemisphere
Unifrog and Careers	Identify that good career choices combine strengths, interests, preferences and personality traits. Considering benefits and impact of different GCSE choices Q&A session with Careers Adviser Explore the features of Unifrog and create profile
Online Safety: Content, Propaganda, Contact	Understand the concept of critical thinking and application to information online Develop strategies to evaluate what is trustworthy online Explore the term propaganda, potential impact and techniques to assess information

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	Explore possible hidden motives of online contact and ways to report concerns
Death and bereavement	Understanding different forms of grief Learning how to deal with grief and bereavement
Discussion of World Issues	Discussion of world issues, in particular 'Honour based violence' including <ul style="list-style-type: none"> - a focus on understanding the facts and myths around HIV and AIDS and the effect of stigma - a focus on understanding FGM, the health risks, the law and availability of support
Relationships: Online Safety	Understand the issues around sharing sexual images online and in particular the potential emotional and legal consequences Learn strategies to help themselves and others
Study Skills	Strategies for improving note taking and revision techniques Strategies for avoiding procrastination
Enterprise: understanding business basics	Understand business basics including <ul style="list-style-type: none"> - Product development - Brand identity - Market research and marketing - Pricing and finance
Reflection	A reflection on the year, and the transition between Key Stages