

# Year 9 Personal Development Palette



## Health & Wellbeing



### AUTUMN

Healthy & Unhealthy Relationships

Healthy & Unhealthy Relationships Cont...

'Group Think' & How It Affects Behaviour

How To Manage Risk In Relation To Gangs

How To Manage Risk In Relation To Gangs Cont...

The Legal & Physical Risks Of Carrying A Knife

Legal & Health Risks In Relation To Alcohol Use

## Relationships



## Health & Wellbeing



### SPRING

The Relationship Between Physical & Mental Health

How To Work Towards Aspirations & Set Meaningful, Realistic Goals For The Future

Different Types Of Employment & Career Pathways

Transferable Skills, Abilities & Interests

## Living In The Wider World



How To Manage Relationships & Family Changes. How To Access Support Services

Conflict & Causes In Different Contexts & Resolution Strategies

Young People's Rights Under The UN Convention On The Rights Of The Child

About Different Families And Parenting

## Relationships



How To Make Informed Healthy Eating Choices

How To Manage Influences On Body Image

How To Take Increased Responsibility For Physical Health

Testicular Cancer, Breast Self-Examination

About Readiness For Sexual Activity

Facts & Misconceptions Relating To Consent



NATIONAL CAREERS WEEK

## Relationships



## Citizenship



Consolidation Of Learning (Careers)

Managing Your Personal Brand, Habits & Strategies To Support Progress

## SUMMER

How To Give & Act Upon Constructive Feedback

Skills For Enterprise & Employability

About Young People's Employment Rights & Responsibilities



How To Assess & Manage Risks Of Sending, Sharing Or Passing On Sexual Images



UK Laws & How They Affect Young People

Your Rights & The Police

The Youth Justice System, Youth Court & Sentencing

The British Values, Adult Courts, Civil Vs Criminal Courts

Juries In Criminal Courts

The Purpose Of Punishment, Restorative Justice