

Langley Senior Year 9 PDE Programme

Your child will be taught PDE by a teacher who has been specially trained to deliver it. PDE is taught once per week in lessons of one hour. Themes we cover in PDE will also be enriched at the same time by the pastoral team in their assemblies and tutor time. We aim to provide a broad and rich curriculum, supporting your child's personal development in areas such as self-concept and identity, physical and mental health, study skills and careers and relationships and sex education. If you scan down the left-hand column in the table below, you can see what your child will be taught each term this year. We hope that by seeing what your child will learn this year, you will be able to support them at home.

A note about RSE (Relationships and Sex Education) in Year 9 RSE is a statutory requirement by the government and underpins our PDE curriculum at Langley Senior. Relationships education is broad and covers one's relationship with oneself and others, including intimate relationships. The Sex Education element covers the same content as that which appears in the statutory Science Curriculum for Key Stage 3, aiming to reinforce it, and give children the emotional skills they will need when experiencing puberty and developing sexuality. It is best practice to teach Sex education within the context of healthy, safe and lawful Relationships. **However, parents and guardians may withdraw their children from the Sex Education elements of the RSE curriculum at Langley School, provided that the elements they are withdrawn from are not the content covered in the statutory Science curriculum.** For example, students cannot be withdrawn from a lesson about sexual reproduction or puberty but can be withdrawn from portions of lessons that might refer to sexual pleasure, practices and sex lives. If and when discussion or questions about sexual pleasure, practices or sex lives arise, the RSE trained teacher would address them in an age-appropriate way. We would like parents and guardians to be aware that that this is likely to be safer than children trying to find answers to questions online, or via their peers, and that the details we deliver are determined by what we know Langley Year 9s encounter in their social and school lives. **If you scan down the table, you will see green text detailing the lessons where Sex Education is taught, and where withdrawal may be possible before three terms prior to your child's 16th birthday.** We are always happy to discuss our curriculum with parents and guardians, so please do be in touch should you require more information.

Please note that if you have withdrawn your child from elements of RSE, the school has a statutory responsibility to deliver this education no later than three terms before the child's 16th birthday (for most this means that at some point in Year 10 they will be taught all of their RSE).

Year 9	
Lesson	Learning Objectives
Autumn Term 1	Optimising Character Strengths Lesson goals To evaluate the use of character strengths and determine the impact of under and overusing them. Measures of success Identify my top character strengths. Reflect on the ways I use my strengths. Evaluate times when I have used my strengths inappropriately.
	GCSE Transition Planning Learning goals To explore GCSE choices and make informed choices about future pathways. Measures of success Identify the GCSE options available and what they lead to. Explain how personal strengths, interests and goals influence subject choices. Apply strategies for managing decisions, setbacks and future planning.
	Managing Anxiety Learning goals To develop techniques to address anxiety and improve mental health and wellbeing. Measures of success Develop awareness of what can trigger anxiety. Recognise the origins of anxiety and the negative impact of technology on anxiety. Develop strategies to support friends with anxiety.
	Phones And Sleep Learning Goals To identify the importance of healthy sleep patterns, the role phones play in my sleep quality, and to create consistent and healthy sleep patterns. Measures of Success Identify the elements that impact sleep quality. Explain the impact that a phone can have on sleep. Create a simple bedtime routine to help limit phone use before bed.
	Instagram vs Reality Learning goals To recognise that what we see online often doesn't match reality, which can have an impact on a person's mental health and self-esteem. Measures of success Recognise that social media often doesn't reflect reality. Understand the impact unrealistic online lifestyles have on us and others. Reflect on our own social media use.
	Positive vs Negative Humour Lesson goals To understand the differences between positive and negative humour and their impact on our relationships. Measures of success Compare and contrast positive and negative humour. Share stories of positive and negative humour and their impact. Be able to identify positive humour by selecting an appropriate clip.

Autumn Term 2	Online Grooming	Learning goal To identify how to recognise the signs of online grooming and what to do about it. Measures of success Recognise the prevalence of online grooming. Identify the signs of being groomed/online grooming. Determine the steps to go through if it ever happens.
	Knife Crime	Learning goal To recognise the risks, laws and consequences of knife crime, and identify how to stay safe or seek help. Measures of success Define knife crime and explain key laws. Identify why carrying a knife increases risk, rather than keeping someone safe. Describe how to reduce risk and seek help in situations with knives.
	Informed Drug & Alcohol Choices	Learning goals To get the knowledge and skills needed to make good decisions about using drugs or alcohol and to deal with peer pressure effectively. Measures of success Identify the potential risks and long-term effects of drug and alcohol use. Make informed decisions about whether to engage in drug and alcohol use. Develop strategies to handle peer pressure.
	Gambling Addiction	Lesson goal To understand how gambling addiction works and the effect it can have. Measures of success To understand how easy it is to become addicted to gambling. To identify the techniques used to keep you addicted. To identify the impact of gambling addiction.
	Exploitation	Learning goal To recognise signs of exploitation and grooming and apply strategies to keep safe. Measures of success Demonstrate understanding of exploitation and grooming terminology. Recognise the warning signs and red flags. Determine how to seek help for yourself or others.
	Sextortion	Learning goals To understand sextortion, recognise its risks, and learn how to respond safely. Measures of success Explain what sextortion is and its risks. Identify warning signs of sextortion. Know steps to prevent and report sextortion.
Spring Term 1	Online Masculine Narratives	Learning goal To examine the spread of harmful online narratives about masculinity and develop strategies to challenge them. Measures of success Discuss our own views on masculinity. Define key terms associated with harmful masculine narratives and why they're harmful. Practise challenging those narratives.
	Avoiding & Preventing Harassment	Learning goals To identify different forms of harassment, the damage they cause, and how we can provide support to victims. Measures of success Recognise different forms of harassment in society. Identify the damage caused by harassment. Identify ways to support each other when victims of harassment.
	Stalking and Unwanted Behaviour	Learning goals To understand how attention in relationships can become uncomfortable or unwanted, and how to respond and seek support. Measures of success Identify when healthy attention becomes uncomfortable or unwanted. Explain the impact unwanted behaviours can have on others. Recognise who to speak to and how to get support if needed.
	Put a Ring On It?	Learning goal To recognise the significance of marriage as a relationship choice, the importance of entering marriage freely, and to explore alternative relationship options. Measures of success Examine reasons why people may choose to get married. Compare different types of romantic relationships. Recognise that marriages must be freely entered into.

Spring Term 2	Sexual Orientation	Learning goals To recognise sexual orientation exists on a spectrum, they can be fluid, and all forms deserve respect. Measures of success Recognise sexuality can be fluid and exist along a spectrum. Determine the various forms of sexual orientation. Identify ways to support people of all sexualities.
	Understanding Consent	Learning goals To acknowledge the importance of respectful communication in relationships and identify what constitutes legal consent for sexual activity. Measures of success Identify the elements required for consent to be granted. Know the legal age for consent where I live. Practise asking for consent and responding with an assertive no.
	Reproductive Health	Learning goals To identify the different stages of reproductive health and how lifestyle can impact potential fertility. Measures of success Identify the elements of a safe sex life. Identify how lifestyle can impact potential fertility. Recognise the symptoms and impact of menopause.
	Safe & Healthy Sex	Learning goals To understand the different types of contraception and how they protect against STIs and unwanted pregnancies. Measures of success Recognise different forms of STIs and how pregnancy can be prevented. Evaluate the suitability of contraception forms for different lifestyles. Evaluate contraception choices for different lifestyles.
	Contraception Essentials	Learning goal To compare the suitability of various methods of contraception for people with different lifestyles. Measures of success Identify the elements of different forms of contraception. Compare the effectiveness of each. Determine their suitability based on people's lifestyles.
	Pregnancy Choices	Learning goals To investigate the available pregnancy options and understand their respective consequences. Measures of success Compare the choice to give birth, adopt or abort. Examine the impact of each choice. Identify the support required for people in this situation.
	Empowering Positive Masculinity	Learning goals Understand positive masculinity, encourage people to challenge societal norms and demonstrate positive behaviours for masculinity. Measures of success Identify why positive masculinity matters. Recognise the factors that shape masculine identity. Explore ways to develop and strengthen positive masculinity.
	Discussing Pornography	Learning goal To recognise the dangers of pornography on behaviours and attitudes towards sex. Measures of success Identify common problems around pornography. Recognise the harmful behaviours that result from these problems. Identify ways to address the issues presented by pornography.
	Stereotypes and Prejudice	Learning goals Analyse the link between stereotypes and prejudice and actively apply strategies to combat prejudice. Measures of success Explain the link between stereotypes and prejudice and their impact on society. Apply critical thinking skills to analyse scenarios involving stereotypes and prejudice. Identify ways to reduce stereotypes and prejudice in your community.

Summer Term 1	Substance Addiction	Learning goals Understand the factors contributing to substance addiction, its consequences, and strategies to prevent it. Measures of success Identify behaviours that lead to substance addiction. Explain how substance addiction harms wellbeing. Create an action plan to prevent substance addiction.
	Drug Laws in the UK	Learning goal To identify the laws around different categories of drugs and their corresponding penalties. Measures of success Identify the major controlled drugs. Recognise the different classes of drugs. Identify the different types of drug related crime and their penalties.
	Drugs and County Lines	Learning goal Recognise how county lines drug organisations operate and how to safeguard against them. Measures of success Recognise what "county lines" as a term refers to. Identify the techniques gangs use to recruit and exploit young people. Identify the negative impact of gangs and county lines.
	How Laws Are Made	Learning goal To understand the structure of Parliament and how laws are made. Measures of success To understand the two house system of Parliament. To know the composition and purpose of each House. To know that various stages involved in making a law.
	The Role of the Courts & Tribunals	Learning goals To compare the roles of tribunals and courts in the UK legal system. Measures of success Identify the purpose of courts and tribunals. Recognise the hierarchy of courts and tribunals. Play the role of judge and sentence a criminal case.
	Organ Donation	Learning goals To examine the reasons, emotions and process behind blood, stem cell, and organ donation. Measures of success Recognise the importance of donation. Determine the process for donating blood, organs and stem cells. Evaluate the reasons and emotions surrounding donation.
	Volunteering in My Community	Learning goals To recognise the benefits provided by volunteering and identify opportunities that exist in your local area. Measures of success Determine the benefits of volunteering. Identifying the volunteering opportunities available. Identifying volunteering opportunities suitable to each person's skills.
	Financial Risk	Learning goal To recognise financial risks and make informed decisions to minimise them. Measures of success Identify different levels of financial risk and reward. Evaluate financial decisions based on risk, reward, and long-term impact. Justify a financial choice with a risk assessment.
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