AUTUMN TERM YEAR 9 – HEALTHY LIFESTYLES
Looking After Myself

Learning Objectives	Key Words
To understand the importance of, and how to, maintain personal hygiene. To understand how germs and infections can spread and identify the importance of handwashing. To understand the importance of sleep and quality of sleep. To understand what it means to have good oral hygiene and how to maintain good oral hygiene. To understand the importance of personal presentation and how others may perceive me. To be able to identify toiletry products and understand how to use these effectively to manage my own cleanliness.	• **Personal** • **Hygiene** • **Odour** • **Wash** • **Germ** • **Contamination** • **Quality** • **Routine** • **Energy** • **Tooth decay** • **Presentation** • **Perception** • **Toiletry** • **Cleanliness**

SPRING TERM YEAR 9 – SELF-CARE, SUPPORT & SAFETY
Alcohol & Tobacco

Learning Objectives	Key Words
To learn about substances they might come across, that may be harmful and how to keep themselves and others safe. To identify how smoking and drinking alcohol can affect people's health. To learn to react appropriately and safely if they are offered a substance that might be harmful to their health or safety. To understand the risks and consequences of substance use. To understand about different pressures that might be felt in relation to alcohol and other drugs. To learn how to manage influences in relation to alcohol and other drugs.	• **Substance** • **Harmful** • **Abuse** • **Drinking** • **Alcohol** • **Tobacco** • **Unhealthy** • **Body** • **Smoking** • **Vaping** • **Consequence** • **Legal** • **Illegal** • **Pressure** • **Peer** • **Influence** • **Assertive**

SUMMER TERM YEAR 9 – THE WORLD I LIVE IN	
Online information	
Learning Objectives	**Key Words**
To develop strategies for keeping information safe online. To identify responsibilities and risks around sharing information on social media. To be able to identify trustworthy and untrustworthy online sources. To understand how to manage my digital footprint and why this is important. To understand how websites use our personal information and how information can be targeted. To be able to identify things we should and shouldn't post on the internet and where we can get help.	• **Information** • **Online** • **Safe** • **Consequence** • **Identity** • **Fraud** • **Social media** • **Private** • **Trustworthy** • **Fake news** • **Virus** • **Digital** • **Personal** • **Influence** • **Adverts** • **Post** • **Share** • **Support**