Year 9 PSHE

Where can I get help at school?
Your form tutor
Mrs Bugg
Mrs Trinder
Mrs Jevon (Pastoral Support Coordinator)
staysafe@ jfk.herts.sch.uk
Any trusted adult

Ten: Ten Relationships and Sex Programme
Parent Portal Details
Login:https: //www.tentenresources.co.uk/parent-portal/
Username: opp-jfk-01 Password: rse-parent-purple

PSHE Contact details
Mrs Holton
kholton@ jfk.herts.sch.uk
Instagram @jfk.pshe

Whole School:
Black History Month

Autumn 1

Relationships

- Healthy and unhealthy relationships
- Banter vs bullying

Autumn 2

Whole School:Anti-Bullying Week

Living in the wider world First Give Project
Post 16 routes intro, employability skills

Spring 1

Mental Health - coping strategies - stress,
- anger management

Spring 1

Relationships and Sex
- fertility and contraception
- consent
- healthy relationships

Summer 1

Physical Health
Women's health, navigating the NHS, serious health conditions, misuse of drugs

Summer 2

Digital Citizenship

sharing images - consequences and law

Useful websites
https://natwestthrive.com/
https: //www.youngminds.org.uk/ https: //www.hertsmindnetwork.org/ Vaping - https://www.dsmfoundation.org.uk/
Online safety - www.thinkuknow.org.uk