



Subject: PSHE

Year Group: YEAR 9

Rationale: The PSHE course for OIC Brighton is based around our well-being principles: **R**elate, **O**bserve, **C**are, **K**eep Learning and **S**tay Active. The majority of lessons are part of the Thoughtbox programme of resources; some are drawn from or adapted for the PSHE Association resources, while others are unique to the ethos and focus of OIC Brighton. We have developed this curriculum with full awareness of the RSE statutory guidance from the DfE, and we are working in alignment with the “Social and Emotional Learning: CASEL Framework” and the CASEL wheel of competencies.

Term:	Week beginning:	Topic:
Autumn Term 1 (Self Care)	08.09.25	Happiness – What is Happiness
	15.09.25	Happiness – Feeling Whole
	22.09.25	Happiness – Money Can't Buy
	29.09.25	Happiness – Emotional Health
	06.10.25	Happiness Film
	13.10.25	Film Screenings
Autumn Term 2 (People Care)	20.10.25	Love and Relationships – Building Relationships
	03.11.25	Love and Relationships – What is Love
	10.11.25	Love and Relationships – Resolving Conflict and Love
	17.11.25	Project Planning
	24.11.25	Play Performances
	01.12.25	Play Performances