

## Topic: Y9 PSHE – Health and Wellbeing



**Specification: What are the Dangers of Knives?** The focus will be on looking at the dangers of knives. Specifically looking at knife crime and reasons why people may choose to carry knives and the potential consequences.



**Specification: How Do I Keep Myself Safe when 'Going Out'?** The focus will be on looking at the benefits and potential consequences of going on a night out – looking at the dangers of alcohol, spiking and drugs.



**Specification: Are Legal Highs Safe?** The focus will be on looking at what legal highs actually are, what affects they can have on the body, including mental state and their potential dangers.