



Year 9 Medium Term Plan – Life to the Full (RSHE)

St Patrick's RC High School

Week	Theme	Title	Description	Simple Scripture / Quote
1	Religious Understanding	The Search for Love	Students explore the meaning of real love, going beyond feelings to choosing what is good for others.	<i>"Love one another."</i> – John 13:34
2	My Body	Love People, Use Things	Students learn how consumer culture can lead to treating people like objects and reflect on everyone's God-given dignity.	<i>"Treat others as you want to be treated."</i> – Luke 6:31
3	Emotional Wellbeing	In Control of My Choices	Students explore how desire and attraction influence choices and how self-control helps healthy relationships.	<i>"Do what is right."</i> – 3 John 1:11
4	Life Cycles	Fertility and Contraception	Students reflect on fertility as a gift and responsibility and consider Catholic teaching on God's plan for sex.	<i>"Children are a gift from the Lord."</i> – Psalm 127:3
5	Personal Relationships	Commitment and Marriage	Students learn about different kinds of commitment, including marriage, and understand sex as part of lifelong commitment.	<i>"Love never fails."</i> – 1 Corinthians 13:8
6	Keeping Safe	Understanding Consent	Students learn that consent is about respect, boundaries and caring for another person's dignity.	<i>"Let your yes mean yes."</i> – Matthew 5:37
7	Wider World	Human Rights – And Wrongs	Students examine sexual exploitation and how everyone has a right to safety and respect.	<i>"Speak up for others."</i> – Proverbs 31:8