**Next steps**

You will develop further knowledge and understanding of these topics and look at other age appropriate topics surrounding health and well-being.

L**esson 2 Drugs and the law**

Describe our opinions on current UK law after studying source evidence and government legislation. Describe the short and long term risks of illegal drug use.

**Links to previous learning**

Work carried out this term builds on work covered in years 7 and 8. We will be looking at further issues that can impact on health, both physical and mental, and how we can use strategies to help keep ourselves safe.

**Lesson 4 Mental health (coping with stress)**

Describe possible ways for us to retain good mental health and how we can deal positively with stress

**Lesson 3 Self harm**

Correctly identify cases of self-harm, dematillomania, anxiety and depression.

Learning Journey- *Year 9 PSHRE Term 4*

**Lesson 1 Alcohol awareness**

Explain how excessive alcohol drinking can damage the body.