

Overview of Relationship and Sex Education 2021-2022

Year 7 - Spring/Summer 2021

Health and Puberty

Healthy routines, influences on health, puberty, unwanted contact, and FGM

- Healthy lifestyle choices including diet, dental health, physical activity and sleep
- How to manage influences relating to caffeine, smoking and alcohol
- How to manage physical and emotional changes during puberty
- Personal hygiene
- FGM and how to access help and support

Building Relationships

Self-worth, romance and friendships (including online) and relationship boundaries

- Developing self-worth and self-efficacy
- Qualities and behaviours relating to different types of positive relationships
- How to recognise unhealthy relationships
- How to recognise and challenge media and stereotypes
- How to evaluate expectations for romantic relationships
- About consent, and how to seek and assertively communicate consent

Year 8 - Spring/Summer 2021

Identity and Relationships

Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception

- The qualities of positive, healthy relationships
- How to demonstrate positive behaviours in healthy relationships
- About gender identity and sexual orientation
- About forming new partnerships and developing relationships
- About the law in relation to consent
- That the legal and moral duty is with the seeker of consent
- How to effectively communicate about consent in relationships
- About the risks of 'sexting' and how to manage requests or pressure to send an image
- About basic forms of contraception, eg. condom and pill

Year 9 - Spring/Summer 2021

Respectful relationships

Families and parenting, healthy relationships, conflict resolution, and relationship changes

- About different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering
- About positive relationships in the home and ways to reduce homelessness amongst young people
- About conflict and its causes in different contexts, eg. with family and friends
- Conflict resolution strategies
- How to manage relationship and family changes, including relationship breakdown, separation and divorce
- How to access support services

Intimate Relationships

Relationships and sex education including consent, contraception, the risks of STI's and attitudes to pornography

- About readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex
- About myths and misconceptions relating to consent
- About the continuous right to withdraw consent and paucity to consent
- About STIs, effective use of condoms and negotiating safer sex
- About the consequences of unprotected sex, including pregnancy
- How the portrayal of relationships in the media and pornography might affect expectations
- How to assess and manage risks of sending, sharing or passing on sexual images
- How to secure personal information online

Year 10 - Spring/Summer 2021

Healthy Relationships

Relationships and sex expectations, including myths, pleasure and challenges, including the impact of pornography

- About relationship values and the role of pleasure in relationships
- About myths, assumptions, misconceptions and social norms about sex, gender and relationships
- About the opportunities and risks of forming and conducting relationships online
- How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours
- About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent
- How to recognise and respond to pressure, coercion and exploitation, including and accessing appropriate support
- How to recognise and challenge victim blaming
- About asexuality, abstinence and celibacy

Year 11 - Spring/Summer 2021

Communication in Relationships

Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse

- About core values and emotions
- About gender identity, gender expression and sexual orientation
- How to communicate assertively
- How to communicate wants and needs
- How to handle unwanted attention, including online
- How to challenge harassment and stalking, including online
- About various forms of relationships abuse
- About unhealthy, exploitative and abusive relationships
- How to access support in abusive relationships and how to overcome challenges in seeking support

Families

Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships

- Different types of families and changing family structures
- How to evaluate readiness for parenthood and positive parenting qualities
- About fertility, including how it varies and changes
- About pregnancy, birth and miscarriage
- About unplanned pregnancy options, including abortion
- About adoption and fostering
- How to manage change, loss, grief and bereavement
- About 'honour based' violence and forced marriage and how to safely access support

Year 12 - 1 x session in General Studies 2021

Consent

Sex on Trial

Year 13 - 1 x session in General Studies 2021

Sexual Health

- Contraception
- Sexually Transmitted Infections (focus on Chlamydia) and testing
- Breast Health/Testicular Health
- Consent
- Myth Busting
- Sexual Health Clinics and Advice Centres