

L@kes

RSHE (Relationship Sex Health Education)

Programme of Study/Overview

<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>Year 10</u>	<u>Year 11</u>
<ul style="list-style-type: none"> • Growing up • Changes emotionally and physically (puberty). Inc awareness of changes in girls physically and emotionally (periods). • Let's talk periods • Personal hygiene • Getting along with parents/carers inc break up/divorce/separation • Feelings and emotions • Types of relationships • Healthy relationships • Friendships and appropriateness 	<ul style="list-style-type: none"> • What is a relationship (inc marriage, characteristics of other long term relationships, different types or committed stable relationships)? • What is a positive relationship? Features of a positive relationship (inc sexual and non-sexual) • What contributes to a negative relationship? • Roles and responsibility of parents inc successful parenting • How to deal with a breakdown in a relationship. • Appropriate/inappropriate relationships inc online relationships • Sharing indecent images of children and the law (sexting) 	<ul style="list-style-type: none"> • Child Sexual exploitation (CEOP) • Consent • Role of sex in the media inc pornography. The impact of viewing harmful content. • Use of social media and images. • Types of contraception and how to access. Safe sex and choices. • STIs • Impact of the internet and social media on relationships 	<ul style="list-style-type: none"> • Violent/unhealthy relationships (domestic abuse). What help is there? • FGM • STIs/STDs (inc sexual health clinics) • Review of contraception for men and women • How do you know when the time is right? • Underage and pregnant. Choices and options • Child on child abuse (inc sexual harassment) 	<ul style="list-style-type: none"> • Meaning of 'consent'. How/ways to seek consent and to respect others' right to give, not give or withdraw consent to engage in different degrees of sexual activity. • How the use of alcohol and drugs can lead to risky behaviour. • To recognise the impact of drugs Inc. alcohol in a relationship and sexual behaviour. • Expectations concerning relationships and sexual activity • Coercive control