

Clitheroe Royal Grammar School

Personal Development

Year Group: 9

Theme and Topic: Relationships and Sex Education (RSE)

Delivered by: PD Specialists SGI and BB

Lessons: 10



Note

Note: Students must have an equal opportunity to explore the features of stable and healthy same sex relationships. This is integrated appropriately rather than addressed separately or in only one lesson. LGBT specific content is also integrated throughout the programme of study.

Note: When taught about the law, students are made aware of relevant legal provisions whose purpose is to protect young people and some which ensure young people take responsibility for their actions

Note: Where topics occur equally on and offline, they are accommodated in the core content under the most applicable theme, with the assumption that teachers will deliver them in a way that reflects that pupils will be negotiating issues and opportunities in these areas in all contexts, including online. Where there are topics with exclusively online content or implications, this is drawn out explicitly.

Note: Throughout Sex and Relationships, pupils are taught how to judge when they, or someone they know, needs support and where they can seek help if they have concerns.

Note: Other cultures and religious beliefs are discussed when appropriate

Key themes

Relationships Education

Sex Education/ Sexual Health Education

Sexual Health Education & The law

Lesson Number	Learning Objectives
1 Relationships Education	Intro to RSE and Healthy and unhealthy relationships <ul style="list-style-type: none"> • Know ground rules • Know what they will be learning about over the course of the RSE lessons • Note: Encourage an atmosphere that encourages openness and where pupils feel they can check their understanding and ask questions in a safe environment • The importance of trust in relationships and the behaviours that can undermine or build trust • Be able to distinguish between healthy relationships and those that are distorted or harmful and how such situations can be managed • Know the practical steps they can take in a range of different contexts to improve or support respectful relationships • Develop conflict management skills and strategies to reconcile after disagreements • Know the benefits of healthy relationships to their mental wellbeing and self-respect • Know how to manage the breakdown of a relationship (including its digital legacy), loss and change in relationships. • Know to respect themselves and others
2 Relationships Education	Criminal behaviours in relationships <ul style="list-style-type: none"> • As well as addressing contexts of the law, know when relationships are unhealthy or abusive – assault, sexual assault, stalking, harassment and blackmail • Know that unhealthy relationships can have a lasting, negative impact on mental wellbeing • Know who to go to if I experience an unhealthy relationship
3 Sex Education	Intimate Relationships <ul style="list-style-type: none"> • Know how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • Know what the law says about relationships and young people • Know factors that can affect romantic and intimate relationships • Clarify their own values in love and sexual relationships • Know the hormones related to sex

	<ul style="list-style-type: none"> • Know acceptable and unacceptable behaviours in relationships • Know the facts and the law about sex in the UK • Understand human sexuality and respect themselves and others • Recognise that sexual attraction and sexuality are diverse • Know the facts and the law about sexuality, sexual orientation and gender identity • Know the difference between biological sex, gender identity and sexual orientation
4 Sexual Health Education and the law	<p>The law and consent</p> <ul style="list-style-type: none"> • Understand the concepts of, and law relating to, consent, including sexual consent. This includes what consent is (and isn't) and the age of consent. • Know how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)
5 Sex Education	<p>A choice to delay sex</p> <ul style="list-style-type: none"> • Know that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressuring others • Learn about resisting pressure to have sex and not applying pressure • Understand that they have a choice to delay sex • Know that some cultures don't believe in sex before marriage • Know what abstinence is and know why some people are abstinent
6 Sexual Health Education	<p>Contraception</p> <ul style="list-style-type: none"> • Know the facts about the full range of contraceptive choices, efficacy and options available • How to choose and access appropriate contraception (including emergency contraception) • The communication and negotiation skills necessary for contraceptive use in healthy relationships • How and where to access contraception and advice • Learn about condoms and how to use them effectively
7 Sexual Health Education	<p>STI's</p> <ul style="list-style-type: none"> • Understand the risks associated with sexual activity • Know the facts and the law about sexual health • Know how different sexually transmitted infections (STIs), including HIV/AIDS, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing • Know about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.

	<ul style="list-style-type: none"> • Know how to respond if someone has, or may have, an STI (including ways to access sexual health services) • Learn about circumstances that might lead to unprotected sex and the consequences and choices that might result from it • Understand how the use of alcohol and drugs can lead to risky sexual behaviour • Know about the support and services available to them should they feel, or believe others feel, they are being abused or in an unhealthy relationship and how to access them • Other areas of advice and support for themselves or others and how to report concerns
8 Sexual Health Education	Reproductive Health – Fertility <ul style="list-style-type: none"> • Understand that all aspects of health can be affected by choices made in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing • Know the facts about reproductive health, including fertility and the potential impact of lifestyle for men and women and menopause • Know what IVF is and why some people may choose to have it • Know what the menopause is • Know how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment and reporting concerns about others
9 Sexual Health Education	The facts around pregnancy including miscarriage <ul style="list-style-type: none"> • Know the facts around pregnancy including miscarriage • Know that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • The law relating to abortion • Discuss different religious viewpoints on abortion • The consequences of unintended pregnancy and sources of support
10 Sexual Health Education & The law	Image sharing <ul style="list-style-type: none"> • Discuss online behaviours • Know the law and risks regarding sharing personal information, pictures (including explicit images), videos and other material using technology (including 'sexting', youth-produced sexual imagery, revenge porn, nudes and pornography etc) • Know that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners • Recognise the portrayal and impact of sex in the media and social media can affect people's expectations of relationships and sex (which might include music videos, advertising and sexual images shared between young people, the unrealistic portrayal of relationships and sex in pornography)

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| | <ul style="list-style-type: none">• Understand the impact of viewing harmful content online |
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