

Sexual Health and Relationships Curriculum Overview Plan: 5 year plan

Year 7	Year 8	Year 9	Year 10	Year 11
<p>Key Theme: Sexual Health and Relationships</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will learn about the changes that occur in the body during puberty including the introduction of the menstrual cycle for girls and the products that can be used to manage this. Pupils will also know and understand the changes in the male body. Pupils will gain an understanding of how to stay hygienic during puberty and the steps they can take to manage changes. They will learn how and why you clean private areas in a certain way. Along with how you can manage thoughts and feels during puberty. Pupils will learn about the common misconceptions surrounding puberty and how to start conversations surrounding the changes in puberty with family members and friends, Pupils will learn about the qualities that are needed in order to have a positive friendship. They will also know what qualities show</p>	<p>Key Theme: Sexual Health and Relationships</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will learn about the qualities of a respectful relationship including how and why these qualities are important and what to do if these qualities are not present in the relationship Pupils will learn about consent including what it is and if situations surrounding sexual activity is or isn't consent. Pupils will look at how consent must be given freely and without fear as well as having the capacity to consent. They will learn how to manage sexual pressures and that delaying sex until they are ready is acceptable. Pupils will identify strategies that can be used to reduce sexual pressures. Pupils will look at how they can be in a romantic relationship and show intimacy without having sexual intercourse. Pupils will learn about assumptions that can be made within a romantic relationship and how these assumptions can cause</p>	<p>Key Theme: Sexual Health and Relationships</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will know the difference between viral and bacterial sexually transmitted diseases and well as the signs and symptoms of these illnesses. They will learn how these diseases are treated. Pupils will also learn about when to test for STIs and how STIs are treated. Pupils will learn about the different factors that can affect a person's fertility as well as how and why these factors can cause fertility problems and the steps that can be taken to help improve the chances of getting pregnant if it is possible. Pupils will learn about the misconceptions surrounding people from the LGBT community having children. The pupils will also learn about the different methods available for having children and the advantages and disadvantages of each method, including adoption, surrogacy and co-parenting.</p>	<p>Key Theme: Sexual Health and Relationships</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will look at the definition of consent and what that actually means within a relationship. Pupils will determine the myths and facts surrounding rape and the impacts rape has on the victim. Pupils will look at peer on peer abuse including what emotional abuse is and who can be victims of this type of abuse. They will also learn the myths and facts surrounding abuse. Pupils will also know when and why people may want to continue a relationship if it isn't working as well as it could and when it is time to end the relationship. Pupils will also learn that most relationships need to be worked on but that should be for both parties in the relationship. Pupils will learn how to resolve conflicts and arguments in relationships productively and constructively without escalating situations and making it more hostile.</p>	<p>Key Theme: Sexual Health and Relationships</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will learn about the different laws surrounding sexual offences including rape and sexual health. Knowledge surrounding the rape culture and how the media portrays victims of rapes and the impact this has on the victims of rape including the reasons why people don't report these crimes. Pupils will learn about toxic masculinity and the ways in which men can be allies to women and call out unhealthy sexual behaviours. Pupils will understand what revenge pornography and revenge porn is and the effects these have on the victims. Pupils will be given knowledge of how they can help victims of both these crimes and information on the laws surrounding them. Pupils will learn about child sexual exploitation including risks and signs that people may have become a victim of these crimes as well as modern day slavery</p>

<p>a relationship is unhealthy and will identify strategies that they can use in order to end unhealthy friendships.</p> <p>Pupils will learn about the different ways people communicate within relationships and will identify how and why relationships may change over time including how and when it is right to end relationships.</p> <p>Links to Prior Learning:</p> <p>Tier 3 Vocabulary Vault: Puberty, Menstruation Menopause, Reproduction, Sanitary Conflict, Negotiation,</p> <p>Reading Exposure: Head, Heart, Hand, Mouth, Boot extract</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>issues surrounding conflict as well as positive ways to manage assumptions within romantic and sexual relationships. Pupils will also look at the different situations where coercion and control are involved and how these situations can be managed in a safe way to prevent issues surrounding non consensual sexual encounters.</p> <p>Links to Prior Learning: Primary school RSE curriculum - Different types of families.</p> <p>Tier 3 Vocabulary Vault:</p> <p>Reading Exposure:</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>Pupils will learn about the process of IVF as well as some of the advantages and disadvantages of this method of becoming pregnant. Pupils will also learn about the ways transgender people can have children that are biologically their own. They will learn about how some medication used by transgender individuals can cause fertility issues through prolonged use and how eggs and sperm can be frozen for use later.</p> <p>Links to Prior Learning: Year 8 Health and Wellbeing on HIV</p> <p>Tier 3 Vocabulary Vault:</p> <p>Reading Exposure:</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>Pupils will learn about what is seen as appropriate and inappropriate behaviour and what to do when you feel uncomfortable in a situation.</p> <p>Links to Prior Learning: Year 9 Unwanted sexual behaviour including coercion and peer abuse</p> <p>Tier 3 Vocabulary Vault:</p> <p>Reading Exposure:</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>what it is and how they can help reduce the number of people who become victims of modern day slavery.</p> <p>Pupils will learn about domestic violence including why victims don't report the crime or leave the abusive relationship reducing victim blaming. They will know the laws surrounding domestic abuse Pupils will know reasons why domestic violence could get worse and ways to support people who are victims of this type of abuse</p> <p>Links to Prior Learning: Yr 8 - consent and delaying intimate relationships. Y7-10 healthy relationships Y10 peer on peer abuse and unwanted behaviours</p> <p>Tier 3 Vocabulary Vault: toxic masculinity, rape culture, rape, sexual assault, consent, revenge pornography, upskirting, modern day slavery, sexual exploitation</p> <p>Reading Exposure: Strategies to enable new concepts, knowledge & skills to embed in long-term memory:DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>
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