

Spring 2 - Student Wellbeing topics for Y7

This half term the theme for Student Wellbeing lessons is Sexual Health and Positive Relationships , Within this topic theme year 7 will be learning about the following topics:

Wk1: Puberty Changes

Wk2: Menstrual health

Wk3: Healthy relationships
relationships

Wk4: Unhealthy

Wk5: Communication
friendships

Week 6: Changing

Spring 2 - Student Wellbeing topics for Y8

This half term the theme for Student Wellbeing lessons is Sexual Health and Positive Relationships, Within this topic theme year 8 will be learning about the following topics:

Wk 1: Respectful relationships

Wk 2: Consent

Wk 3: Consent

Wk 4:

Assumptions & consent

Wk 5: Freedom of consent

Wk 6: Coercion and Control

Spring 2 - Student Wellbeing topics for Y9

This half term the theme for Student Wellbeing lessons is Sexual Health and Positive Relationships. Within this topic theme year 9 will be learning about the following topics:

Week 1: STIs

Week 2: STIs and Contraception

Week 3: Fertility and health

Week 4/5: Options available for people with fertility issues

Week 6: Options available for people within the LGBT community

Useful Websites -

Below are some useful websites that can be used to talk to your children about the topics they have been working on in Wellbeing.

- <https://www.brook.org.uk/>
<https://www.bishuk.com/>
- <https://www.nhs.uk/live-well/sexual-health/>
www.bigtalkeducation.co.uk/
- <https://spectrumhealth.org.uk/>
<https://www.sexwise.org>
- <https://www.heygirls.co.uk/learn/parents/>
www.disrespectnobody.co.uk

• www.loveisrespect.org

<https://respectnotfear.co.uk/>