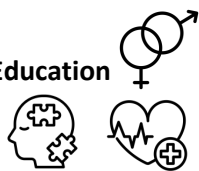


1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview: Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being. This Topic also includes a lesson on STIs & Contraception & key information on who what & where pupils can go for Contraception & STI advice & information

PSHCE Themes

Relationship & Sex Education



Health & Wellbeing

British Values addressed

1. Mutual Respect
2. Tolerance of Others
3. Individual Liberty
4. Rule of Law

SMSC addressed

- Spiritual
- Moral
- Social
- Cultural

Lesson Sequence:

Role of Intimacy and Pleasure

We are learning about the role of intimacy, readiness and pleasure in consensual relationships. Pupils will be able to recognise what enthusiastic consent looks and feels like. So they can assess the importance of readiness for intimacy as an individual and as a couple. We look at the role that communication and respect play in healthy relationships and consent.

Sexual Health

Pupils learn about sexual health, the potential consequences of sex and ways to reduce risk. We look at some of the most common STIs, their symptoms and consequences. We ensure pupils know how to access reliable sources of help to support sexual health or relating to unplanned pregnancy

Contraception

Pupils learn about different types of contraception and how they work. Pupils will be able to name the main types of contraception and how they prevent conception and/or protect against STIs. They will be able to describe when, where and how to access contraception, and how to seek help in the event of contraception failure.

Managing Conflict in Relationships

Pupils learn how to identify and manage appropriate and inappropriate conflict behaviours. We explore how to manage breakups respectfully and safely and to evaluate the acceptability of a range of relationship behaviours and identify when a relationship may be unsafe.

Addressing Relationship Abuse

Pupils learn how to end/and or get support for abusive relationships. We look at how to identify signs of different types of abuse & describe exit strategies and identify support for abusive relationships. We ensure pupils can identify likely thoughts and feelings which can affect decision-making and suggest how to overcome barriers to help-seeking. We end with advice & guidance on how to help others who may be in an abusive relationship.

Sequence of Lessons:		Topic Resources:	
1	Role of Intimacy and Pleasure	Knowledge Map:	Healthy Relationships
2	Sexual Health	Prescribed Sources:	
3	Contraception	Assessment:	
4	Managing Conflict in Relationships	Knowledge:	10 Question Assessment
5	Addressing Relationship Abuse	Application of Knowledge:	Class Debate
6	Assessment & Class debate	Supportive Reading:	
		https://pshe-association.org.uk/search?queryTerm=relationships+and+sex+education	
		Home Lets Talk About It	