

RELATIONSHIPS AND SEX EDUCATION - PROGRAMMES OF STUDY - PSHCEE

KS3

YEAR 7

- Body changes in girls and boys at puberty including implications for personal hygiene
- Menstruation; when, why, what happens, how to cope practically and emotionally
- Understanding of having control over their own bodies. This includes an awareness of Female Genital Mutilation (FGM) and the law.
- Healthy and unhealthy friendships
- Consent around unwanted physical contact within a friendship.

YEAR 8

- Different types of family relationship including reference to LGBT families.
- Changing relationships within the family;
- Healthy and unhealthy relationships
- Dealing with conflict in the family
- Discuss changing influences on girls' lives;
- Discuss the need for honesty, good communication and careful listening in successful relationships
- Talk about maintaining healthy relationships at home, with others;
- Discuss support systems - giving support to each other and where to get support from outside your friendship groups

YEAR 9

- Teenage sexual activity – a choice not a requirement.
- Discuss choices in a developing relationship considering; nature of relationship - self-esteem - mutual respect and understanding - consequences of choice;
- Consider emotional and practical maturity of an average 14 year old;
- Sexuality
- Contraception: detailed information on each form of contraception plus practical demonstrations of using a condom
- Sexually transmitted infections: What is a STI?, what are the common types of STI?, signs and symptoms, treatment, prevention.
- Sex, consent and the law
- Talk about pressure to have boyfriends/girlfriends, magazines, television, friends, etc.;
- Stress the positive aspects of having friends who are boys
- Boyfriends
- Discuss the myths and confusions about sex and reinforce the facts;
- Talk about sexual responsibility - resisting pressure and making your own decisions; responsibility in a developing sexual relationship

KS4

YEAR 10

- Child Sexual Exploitation (CSE) and grooming
- E-safety and the dangers of talking to strangers on the internet including some discussion around sending images.
- Healthy and unhealthy relationships
- Pregnancy choices including abortion, adoption and being a teenage parent

YEAR 11

- LGBT rights and discrimination.