

	HT2 (8 WEEKS)	HT3 (7 WEEKS)	HT4 (5 WEEKS)	HT5 (5 WEEKS)	HT6 (9 WEEKS)
Year 7	Respectful relationships	Families	Online and media	Being safe	Intimate and sexual relationships, including sexual health
Year 8	Respectful relationships	Families	Online and media	Being safe	Intimate and sexual relationships, including sexual health
Year 9	Online and media	Respectful relationships	Families	Being safe	Intimate and sexual relationships, including sexual health
Year 10	Intimate and sexual relationships, including sexual health	Being safe	Online and media	Respectful relationships	Families
Year 11	Intimate and sexual relationships, including sexual health	Being safe	Online and media	Respectful relationships	

	HT2 (8 WEEKS)	HT3 (7 WEEKS)	HT4 (5 WEEKS)	HT5 (5 WEEKS)	HT6 (9 WEEKS)
Year 7	<p><u>Respectful relationships</u> Qualities of a good friendship and how to deal with changes in friendships</p> <p>How to act in different situations and how to maintain positive relationships</p> <p>Abusive behaviours and warning signs</p> <p>The impact of stereotyping and discrimination</p> <p>The importance of respect to peers and authority figures</p> <p>What are protected characteristics</p>	<p><u>Families</u> Friendships and transition</p> <p>Bullying (including silent bullying)</p> <p>Household stability</p> <p>Maintaining family and long term friend relationships</p> <p>How do people show their commitment</p> <p>Characteristics of a care-giver</p>	<p><u>Online and media</u> Positives of social media and how to act online and IRL</p> <p>Instagram vs reality The role of the influencer</p> <p>Personal safety online and IRL</p> <p>Establishing personal boundaries, how to safely manage personal information online and social media</p> <p>How to identify characteristics of grooming online</p>	<p><u>Being safe</u> Characteristics of abusive behaviours online and IRL</p> <p>Understand what consent is online and IRL (none sexual)</p>	<p><u>Intimate and sexual relationships, including sexual health</u> How to show interest and loyalty within friendship circles online and IRL</p> <p>What can change wellbeing and resilience</p> <p>Able to identify factors that can lead to peer pressure and how to resist</p> <p>How to decide what happens within a relationship</p> <p>Risks related to unprotected sex</p> <p>Alternatives to parenting.</p> <p>Introduction to contraception</p> <p>Where to get relationship advice from and how to access them</p>

<p>Year 8</p>	<p><u>Respectful relationships</u> Friendships online and IRL</p> <p>Bullying including silent bullying</p> <p>The importance of showing respect to others in school and the wider community</p> <p>How to spot and stop discrimination – promoting inclusion</p> <p>Unrealistic views on relationships.</p> <p>Warning signs of grooming and exploitation</p> <p>Unacceptability of homophobia, biphobia and transphobia</p> <p>What are protected characteristics? How to promote inclusion relating to racism, ableism and faith-based prejudice</p>	<p><u>Families</u></p> <p>Importance of friendship</p> <p>Internet safety</p> <p>The impact of household stability</p> <p>Developing intimate relationships</p> <p>Long term relationships and stable environments</p> <p>What is marriage</p>	<p><u>Online and media</u></p> <p>The spread of information on the internet</p> <p>How to know what information to share and with whom</p> <p>How to react to requests of images online of themselves or others</p> <p>How to manage requests for images</p> <p>How the media portrays relationships and the expectations people then have</p>	<p><u>Being safe</u></p> <p>Understand what consent is online and IRL (sexual)</p> <p>Sexual consent and the law</p>	<p><u>Intimate and sexual relationships, including sexual health</u></p> <p>How to act when friends don't share the same loyalty or interest (link to peer pressure and consent)</p> <p>What happens when a friend becomes more than friend</p> <p>How to identify when consent has been manipulated or coerced</p> <p>How to show commitment and intimacy within a relationship</p> <p>Different types of contraception and their use</p> <p>How likely a person is to get pregnant from unprotected sex</p> <p>Contraception intro link to safer sex</p> <p>Introduction to STIs</p> <p>How alcohol and drugs affect our judgements</p> <p>Where to get sexual health relationship from and how to access them</p>
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<p>Year 9</p>	<p><u>Online and media</u></p> <p>'Private' does not stay private online</p> <p>Digital legacies after relationship breakdowns</p> <p>The impact of sharing sexual images without consent</p> <p>How to seek help when things go wrong CEOP</p> <p>To watch or not to watch – appropriate digital content</p>	<p><u>Respectful relationships</u></p> <p>How to deal with changes to friendships</p> <p>Way to stop peer pressure Bullying or banter?</p> <p>Respecting other peoples beliefs regardless of how they are or what they believe</p> <p>Unrealistic views on sex and relationships</p> <p>Sexual consent and the law</p> <p>Sexual abuse warning signs and how to report them</p> <p>What are protected characteristics? How to promote inclusion relating to sexism, homophobia, biphobia, transphobia</p>	<p><u>Families</u></p> <p>Roles and responsibilities in relationships</p> <p>Impact on life chances – 'heat or eat'</p> <p>Why do people choose to get married</p> <p>Navigating blended and same sex families</p> <p>Cooperation and respect between care-givers and children</p> <p>Peer pressure</p>	<p><u>Being safe</u></p> <p>The law and consent</p> <p>FGM and the law</p>	<p><u>Intimate and sexual relationships, including sexual health</u></p> <p>The importance of trust and mutual consent within a relationship, how couples show loyalty, sexual intimacy</p> <p>STI's, contraception and risks relating to unprotected sex</p> <p>The role of peer pressure within a relationship.</p> <p>How to resist peer pressure When consent has been manipulated or coerced</p> <p>Barrier contraceptives used to stop spread of STIs</p> <p>How to access sexual health services. Invisible STIs and testing</p> <p>The role of contraception as a way to regulate periods</p> <p>Miscarriage</p> <p>Pregnancy choices</p> <p>The (negative) role of alcohol and its impact on intimate decisions</p> <p>Services available to support abusive behaviours</p>
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Year 10	<u>Intimate and sexual relationships, including sexual health</u> How consent changes as relationships develop and mature How self esteem, confidence and mental health are influenced and their impact Fertility changes and the menopause Understanding when a person might be ready or not ready for sex Setting boundaries within a sexual relationship How to negotiate potentially awkward/embarrassing conversations with parents or partners around contraceptive use Contraception inc. emergency. Types and treatments of STIs One night stands and the role of drugs and alcohol How to get sexual health advice and the potential problems you might face	<u>Being safe</u> Sexting and sharing images without consent. Characteristics of abusive behaviour Communicating sexual attraction and how to manage rejection or relationship breakdown	<u>Online and media</u> How to act online and its implications on future life The future impact of sexting on careers How to protect personal and professional reputations online Catfishing and its impact Instagram vs reality The role of the influencer – focus on body image	<u>Respectful relationships</u> Controlling and abusive relationships What bullying looks like as a teenager How to deal with long term relationship breakdown intimate and family The impact of negative stereotypes in careers, relationships and friendships The role of faith and culture in relationships Recognising coercive relationships Stalking, abuse and the law What are protected characteristics? Discrimination at work	<u>Families</u> Positive impact of relationships Parenting skills and qualities Parent/teenager relationships and role Difference between legal and unregistered marriages Forced and arranged marriage Negative aspects of relationships – coercion, gas lighting Pressure on when to have sex/role of the internet on portraying healthy relationships

<p>Year 11</p>	<p><u>Intimate and sexual relationships, including sexual health</u></p> <p>Different types of intimacy, STIs, contraception and how to reduce the risk of transmission</p> <p>Mutual sexual pleasure including orgasms</p> <p>Miscarriage Reasons why people might adopt/foster</p> <p>Rape culture and when no means no</p> <p>How to access emergency contraception, Emotional consequences of using emergency contraception</p> <p>Unplanned pregnancy, alternatives to parenting inc. abortion</p> <p>How to access STI screenings and the repercussions if positive (inc treatment)</p> <p>Dangers connected with sex, drugs and alcohol reduced inhibitions</p>	<p><u>Being safe</u></p> <p>Communicating within relationships to create pleasurable experiences. Risks of unprotected sex</p> <p>Understand the role of alcohol and drugs on decision making and sexual consent</p>	<p><u>Online and media</u></p> <p>Online world and the law</p> <p>Revenge porn and the law</p> <p>Revenge porn and its emotional and social impact</p> <p>Ways to report and gain support from the unsolicited sharing of images online</p> <p>Portrayal of sex in porn and other media and the expectations people then have</p>	<p><u>Respectful relationships</u></p> <p>How to deal with grief and separation (divorce)</p> <p>Promoting diversity through positions of influence</p> <p>Bullying in relationships; the role of the bystander</p> <p>How to respond to extreme views</p> <p>Managing abuse relationships, identifying illegal content within a relationship</p> <p>The impact of negative stereotypes in careers, relationships and friendships</p> <p>Discrimination and harassment at work</p> <p>What are protected characteristics? Diversity in relationships and discrimination</p>	
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