

PSHE Curriculum incorporating Social, Moral, Spiritual and Cultural elements,
BUILD elements and British Values

Term 2: Relationships and Sex Education Unit for all year groups

Medium term plan in summary and the impact it will have on all students

1. How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting
2. How to recognise and manage emotions within a range of relationships
3. How to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters
4. About the concept of consent in a variety of contexts (including in sexual relationships)
5. To respect equality and be a productive member of a diverse community
6. About sexual pressure, sexual consent and delaying sex.
7. About sexual health, contraceptive methods and STIs.
8. How to identify and access appropriate advice and support.

***Note: Sex Education content is highlighted in green.**

Medium term plan – Term 2: Relationships Unit

| | Learning Outcomes during Tutor Time Sessions | Learning outcomes during Assemblies and drop down days. |
|---|---|---|
| 7 | <p>Half term 3 – Positive Relationships and Relationship Values W1: The role of families in bringing up children and the situation of young carers. W2: About trust and how we recognise this in our relationships. W3: Who can help if we are worried about family, friend or other relationships, dealing with changing friendships in the move to secondary school. W4: The ways in which friends support each other and solving conflict. W5: Common stereotypes and their impact, including understanding peers with SEND and how to support them. W6: About different types of bullying and Cyberbullying (including school policy and procedures).</p> <p>Half term 4 – Forming and Maintaining Respectful Relationships and Online Safety W1: Laws around sharing of indecent images, when to seek help for issues online and how to report material. and about the age restrictions on some sites and why these are in place. W2: About how information is generated, collected and shared online and where to access trustworthy information online. W3: What grooming is and how to seek help. W4: Awareness that there are a range of choices for someone who is pregnant, including keeping the baby, adoption or abortion (without going into detail) and mention contraceptive methods. W5: Evaluation week.</p> | <p>Assemblies:</p> <ul style="list-style-type: none"> • What Female Genital Mutilation is, laws in this country and how to get help. • The importance of personal identity and respecting everyone's right to their own identity. <p>Science:</p> <ul style="list-style-type: none"> • About human reproduction, misconceptions on how to get pregnant, pregnancy, and the ways that families can be made*. <p>PSHE Day:</p> <ul style="list-style-type: none"> • About the importance of consent in all relationships, (cup of tea video) consent in friendships (hugging, kissing) as well as mentioning the legal age for sexual consent. |



8 Half term 3 - Positive Relationships and Relationship Values
W1: Why marriage is an important choice for many couples.
W2: About marriage and civil partnership celebrations in different faiths and cultures.
W3: The different roles and responsibilities within families, and how this may change during adolescence.
W4: The characteristics of a healthy relationship and how recognise toxic relationships.
W5: The skills needed for successful, healthy relationships (friendship and romantic) and how to start and end relationships.
W6: The laws in relation to sexual activity, including consent.

Half term 4 - Forming and Maintaining Respectful Relationships and Consent
W1 and W2: About gender identity, including transgender and non-binary and the law.
W3: About radicalisation, how to recognise the signs and seek support and the law. Include risks online and role plays.
W4: About gangs and their impact on individuals, groups and communities and the law.
W5: Evaluation.

Assemblies:

- About laws around and warning signs of sexual exploitation.
- About commitment in relationships and the different ways that people may show this (marriage, civil partnership, roles and responsibilities).
- The impact of bullying on individuals.
- Gender identity.

PSHE Day:

- About reasons why people choose to have sex in relationships, in the context of relevant laws* and the characteristics of healthy intimate relationships*.
- Basic facts about some different methods of contraception*.
- Basic information about STIs (how they are transmitted and where they can be treated)*.



9 **Half term 3 - Positive Relationships and Relationship Values and How to Manage Conflict**

W1: The characteristics of successful parenting and about the challenges associated with being a teenage parent.

W2: About sources of support for those in unsafe relationships or situations and how to access them.

W3: What a hate crime is (including misogyny) and laws around this.

W4: What honour-based violence is, laws around it and how to get help.

W5: How to manage conflict in relationships.

W6: About different types of domestic abuse, including coercive control.

Half term 4 - Forming and Maintaining Respectful Relationships, Consent and Online Safety

W1: Laws around accessing pornography and sharing of sexual images.

W2: The potential impact of viewing harmful content online, including on mental health.

W3+4: Laws around consent and how to give and receive consent (role plays) linked to how to recognise the characteristics of a healthy intimate relationship*.

W5: Evaluation.

Assemblies:

- What constitutes sexual harassment, laws and impact.
- Legal status around different types of commitment, e.g. cohabiting, civil partnership, marriage.

PSHE Day:

- About Sexually Transmitted Infections, prevalence and treatment*.
- The range of contraceptive options and how these are accessed*.
- Know how condoms are used and where they can be accessed*.
- About choices people make around sex, including delaying sex or enjoying intimacy without sex*.
- About how pornography presents a distorted picture of sexual behaviours.
- Impact of alcohol use on decision-making around sex (including capacity to consent)*.



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Half term 3 - Forming and Maintaining Respectful Relationships

W1: About forced marriage laws, impact and support.

W2: How to recognise warning signs of abuse in relationships.

W3: About abuse in teen relationships.

W4 + 5: Facts about domestic abuse and how it impacts on individuals, children and families in the short and long-term and the support services available should they feel or believe others feel they are being abused and how to access them.

W6: 'Cat-fishing' and fake identities online.

Half term 4 – Safe Relationship, Respecting Self and Others, Social Influences and Choices around Pregnancy

W1+2: About sexual exploitation, including grooming. How can fake identities lead to online grooming.

W3: About choices around pregnancy, including keeping the baby, adoption, abortion and where to get further help.

W4: About HIV transmission, prevalence, treatment and living with the illness.

W5: Evaluation.

Assemblies:

- Facts and laws around stalking and harassment, both on and offline, and where to get help.

PSHE Day:

- Strategies for identifying, managing and resisting sexual pressure.
- Misconceptions on how to get pregnant.
- Skills for discussing contraception with a partner.
- How pornography shows an unreal representation of sex and the impact that watching it may have on expectations in relationships (based on videoclips, misogynist music).
- About the range of organisations that advise on sexual health.



11 **Half term 3 – Forming and Maintaining Respectful Relationships, Consent, Contraception and Parenthood**
W1: Being a parent, roles and responsibilities.
W2: The importance for families of managing money effectively and budgeting.
W3: About the benefits of breastfeeding.
W4: To recognise the signs of consent in a range of situations.
W5: About gangs, initiation and sexual abuse.
W6: Preparation for revision.

Half term 4 – Safe Relationships, Respecting Self and Others and Reproductive Health
W1: Facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women.
W2+3: About the impact of drug, alcohol and substance use on choices around sex.
W4: About the range of organisations that support people experiencing relationship difficulties and how to access them.
W5: Evaluation.

There is more flexibility to accommodate for mocks and revision with year 11.

Assemblies:

- Laws around and the impact of sexual violence, sexual harassment and rape.
- About services that support people who have experienced sexual violence, harassment and rape and how to access these.

PSHE Days:

- Know how condoms are used and where they can be accessed*.
- The range of contraceptive options and how these are accessed*.
- About Sexually Transmitted infections, prevalence and treatment*.
- About the range of organisations that advise on sexual health.
- About choices people make around sex, including delaying sex or enjoying intimacy without sex*.



Impact

Year 7

- To understand how families raise children.
- To be able to create and adapt to new relationships and respect and include students with SEND in friendship circles.
- To be able to solve conflict effectively.
- To be able to recognise bullying and know where to go for help.
- To understand how information is shared and the impact of sharing indecent material.
- To understand grooming and consent.
- To understand what FGM is and how to get help.
- To develop their understanding on human reproduction and pregnancy.
- To develop an understanding and respect for different choices around pregnancy.
- To understand and respect other people's choices on identity.

Year 8

- To understand different forms of commitment in different cultures.
- To be aware of different roles and responsibilities within families and how this can change.
- To recognise healthy relationships.
- To be aware of different forms of gender identity and the law.
- To be aware of radicalisation and recognise signs.
- To understand what gangs are and how they can impact individuals and communities.
- To be aware of the law regarding these issues.
- To be aware of different contraception methods and STIs.



Year 9

- To understand the characteristics of successful parenting.
- To be aware of the legal status of different types of commitments.
- To recognise healthy and unhealthy relationships.
- To understand hate crime and the law.
- To understand honour-based violence and the law.
- To be able to manage conflict successfully in relationships.
- To have an awareness of domestic abuse and coercive control.
- To be aware of the law regarding sharing sexual images and pornography.
- To understand what constitutes sexual harassment and the law.
- To understand the impact of harmful content online on mental health.
- To understand the impact of alcohol and drugs on choices around sex.
- To be aware of STIs and their treatments.
- To know how to access and use contraception.
- To develop an awareness of different choices people make around sex.

Year 10

- To understand the law regarding forced marriage, its impact and where to find support.
- To be able to recognise abuse in different types of relationships.
- To understand fake identities and how this can lead to grooming or sexual harassment.
- To be aware of what constitutes sexual exploitation.
- To be aware of different options around pregnancy.
- To understand about specific STIs and how to be protected.
- To develop strategies to manage sex choices and contraception.



NOTTINGHAM
GIRLS' ACADEMY
Year 11

- To understand the responsibilities of being a parent.
- To understand how families, work and what are good choices regarding budgeting effectively.
- To develop an understanding on gangs and the consequences of joining them.
- To be able to make healthy choices that could have an impact on fertility and reproductive health.
- To understand the impact of substance use on choices around sex.
- To understand the laws around sexual violence, sexual harassment and rape.
- To be able to use the services available if necessary, to access contraception or sexual health advice.
- To be able to make informed decisions about sexual activity and assess readiness for sex.