



	Topics	In these sessions pupils will learn....	Lesson titles
<b>Year 7</b>	Puberty and health Healthy relationships	<ul style="list-style-type: none"> <li>That they are a completely unique person.</li> <li>That puberty involves physical, emotional and sexual development.</li> <li>About self-esteem: what contributes to it, how it can affect their lives and how to increase it.</li> <li>About sexual intercourse as more than just a physical act, but a gift from God.</li> <li>About different types of friendship and family structure.</li> <li>The effects of their actions on others and understand the concept of social responsibility.</li> </ul>	<ul style="list-style-type: none"> <li>Who am I?</li> <li>What makes a good friend.</li> <li>Changing bodies</li> <li>Healthy inside and out</li> <li>Where we come from</li> <li>Family and Friends</li> <li>Changing relationships</li> <li>Living in a Wider world</li> </ul>
<b>Year 8</b>	Healthy relationships Equality and Diversity Developing decision making	<ul style="list-style-type: none"> <li>What makes them scientifically unique, and that our deepest need is to love and be loved.</li> <li>The effects of pressure in relationships and how to seek help,</li> <li>Some of the ways in which people may choose to articulate their identity</li> <li>How to cope with peer pressure and influences.</li> <li>An increase in hormone production during puberty leads to physical and psychological changes.</li> <li>What happens during the different stages of pregnancy.</li> <li>The meaning of terms such as 'prejudice', 'discrimination', 'Protected Characteristics', 'tolerance', 'kindness' and 'forgiveness'.</li> <li>About the consequences of sharing images of a sexual nature.</li> </ul>	<ul style="list-style-type: none"> <li>Created and chosen</li> <li>Disrespect Nobody- Relationship Abuse</li> <li>Appreciating differences</li> <li>Different types of relationships</li> <li>Feelings</li> <li>Before I was born</li> <li>Tough relationships</li> <li>Think before you share</li> </ul>
<b>Year 9</b>	Consent Managing safety - including online Developing decision making, risk management and support seeking skills.	<ul style="list-style-type: none"> <li>About God's plan for romantic love, sexual attraction and intimacy.</li> <li>About objectification.</li> <li>About love and lust.</li> <li>The effects of pressure in relationships and how to seek help.</li> <li>How to cope with peer pressure and influences.</li> <li>About the consequences of sharing images of a sexual nature.</li> <li>About methods for managing conception.</li> <li>About different types of committed relationships.</li> <li>That consent is not just gaining permission for something but choosing to honour and respect one another.</li> <li>About healthy and unhealthy signs in relationships.</li> </ul>	<ul style="list-style-type: none"> <li>The search for Love</li> <li>Love people-Use things</li> <li>In control of my choices</li> <li>Pressure and influence</li> <li>Fertility and contraception</li> <li>Consent and the law</li> <li>One hundred percent</li> <li>Healthy Relationships</li> </ul>
<b>Year 10</b>	Consent Managing safety - including online Managing conflict	<ul style="list-style-type: none"> <li>About the objective reality of sex.</li> <li>About sexual harassment in the workplace and how to tackle it.</li> <li>What consent is and is not.</li> <li>Meaning of the terms 'beliefs', 'values' and 'attitudes', how crucial they are in shaping our choices.</li> <li>About the consequences of sharing images of a sexual nature.</li> <li>About the four main types of abuse, how to look out for danger signs, resist pressure, access support and know that abuse is never the victim's fault.</li> <li>About the stages of life in the womb.</li> </ul>	<ul style="list-style-type: none"> <li>Authentic Freedom</li> <li>Consent KS4-tea video</li> <li>Beliefs, Values and attitudes</li> <li>Parenthood</li> <li>Zara documentary and Follow up</li> <li>Abuse</li> <li>Pregnancy and Abortion</li> </ul>
<b>Year 11</b>	Consent Developing decision making, risk management and support seeking skills. Healthy relationships	<ul style="list-style-type: none"> <li>How formative experiences can shape a person's beliefs, values and attitudes</li> <li>About sexual harassment in the workplace and how to tackle it.</li> <li>About the counter-cultural idea of saving sex for marriage</li> <li>Learn about fertility and contraception.</li> <li>That porn gives unrealistic expectations and unhealthy sex Education.</li> </ul>	<ul style="list-style-type: none"> <li>Coercive control</li> <li>Self-worth</li> <li>STIs</li> <li>Fertility and Birth Control</li> <li>Pornography</li> </ul>