

Year Group	Topics	In these sessions pupils will learn....	Lesson titles
Year 7	Puberty and health Healthy relationships Emotional development	<ul style="list-style-type: none"> To understand that sexual intercourse is more than just a physical act To know how sex is a gift from God for married couples and His plan for how babies are made Key characteristics of positive friendships, such as trust, respect, and empathy How behaviours like honesty, active listening, and support influence the strength and quality of friendships How friendships stretch online and how to manage these Explore different types of relationships (family, friends, peers) and how these may evolve as they grow older The importance of inclusion, respect, and acceptance of difference Ways to communicate effectively, show empathy, and manage changes in relationships positively To explore different types of friendship and family structure To know how to better manage their behaviour through consideration of thoughts, feelings and actions 	<ul style="list-style-type: none"> 10:10 Where we come from What makes a good friend? Changing relationships 10:10 family & friends
Year 8	Healthy relationships Developing decision making	<ul style="list-style-type: none"> To know what makes them scientifically unique To understand that our deepest need is to love and be loved To know what happens during the different stages of pregnancy To understand the importance of pre-natal care To explore the emotional, real-life impact of pregnancies carried to full term and otherwise To understand the relationship between sex, gender and identity To be encouraged to value the dignity of each person, whatever their differences To know the consequences of sharing images of a sexual nature To explore how to resist pressure to do this To understand the importance of setting rules to keep themselves safe online Definition of consent, explain that it must be freely given, informed, and reversible, and recognize that consent applies to all types of interactions To identify examples of peer pressure, social pressure, and emotional pressure, and understand how these can influence decision-making Set personal boundaries and know where to go for support if they feel pressured 	<ul style="list-style-type: none"> 10:10-Created and Chosen 10:10- Before I was born 10:10 Appreciating Differences 10:10 Think before you shar Consent and pressure
Year 9	Consent Managing safety - including online Developing decision making, risk management and support seeking skills	<ul style="list-style-type: none"> To reflect on the deep human desire to love and be loved To explore the concept of romantic love To understand a Catholic perspective in which sex is oriented Define sexual consent, explain why it must be freely given, informed, and reversible, and recognize that consent applies to all types of relationships. Practical ways to communicate consent, respect other peoples boundaries, and identify situations where consent cannot be given Will understand the age of consent in the UK, the laws protecting individuals from sexual exploitation To consider commitment, what it involves and why it matters To understand different forms of commitment, including marriage To know the Catholic teaching on marriage and consider their thoughts Definitions of key terms relating to sexuality Understand how protected characteristics relate to preventing discrimination Respecting different characteristics is essential for equality 	<ul style="list-style-type: none"> 10:10 The search for Love Consent and the law 10:10 Marriage and commitment Sexuality

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Year 10	Consent Managing safety - Including online safety Managing conflict	<ul style="list-style-type: none"> To explore different accounts and attitudes of people who have experienced abortion, interspersed with students' views To understand the law on abortion and the different methods used to carry it out To know different types of abuse and understand what does or does not constitute abuse To recognise some of the signs of an abusive relationship by looking at examples To understand how to respond to abuse and where to go for support and help To understand the development of human life in the womb and the central question of who the unborn are To explore the pro-life position To be able to define what is meant by Revenge Porn Clear understanding of the law around Revenge Porn To understand the damaging effects of Revenge Porn 	<ul style="list-style-type: none"> 10:10 pregnancy and abortion 10:10 Abuse Revenge Porn
Year 11	Consent Healthy relationships Sexual health	<ul style="list-style-type: none"> To recognise warning signs of unhealthy relationships To identify harmful behaviours including online About the importance of consent About the importance of consent To recognise stereotyping because of gender and how to tackle it To understand what sexual harassment is and how it can effect victims To reflect on scenarios and discuss actions to take To know where to report sexual harassment in school and life post 16 To understand how upbringing and peer pressure might have an impact To know facts and figures about Sexually Transmitted Infections (STIs) To explore the emotional/psychological impacts of (regularly) engaging in casual sex To understand how recognising our true value can bring 	<ul style="list-style-type: none"> 10:10 Coercive control Tackling misogyny Sexual harassment in the workplace Sexually Transmitted Infections (STIs)