

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

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