

**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. The concept of consent in a variety of contexts (including in sexual relationships)
5. Respecting equality and be a productive member of a diverse community
6. Sexual pressure, sexual consent and delaying sex.
7. Sexual health, contraceptive methods and STIs.
8. How to identify and access appropriate advice and support.

There is no right to withdraw from Relationships Education or Health Education. The parts of our programme related to sex education will be delivered mostly on drop down days by external providers who will work closely with our staff.

The RSHE we provide is planned to meet the needs of all pupils and give them the knowledge and skills they need to lead healthy lives. Withdrawing pupils from Sex Education can be detrimental and lead to them receiving less accurate, second-hand information from peers.

Therefore, the workshops that you can choose for your child to opt out of are the ones that are assigned with an * under the PSHE day on the right-hand side of each year groups designated day below.

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 the definition of consent 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: 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: 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. Age restrictions on some sites and why these are in place. W2: How information is generated, collected and shared online and where to access trustworthy information online. W3: What grooming is and how to seek help. The legal age of sexual consent being 16, and the implications for men and women. Why is it set at 16? Feedback on ideas. 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"> • Female Genital Mutilation; what it 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>PSHE Day:</p> <ul style="list-style-type: none"> • Next Generation Movement – BLM and injustice • Mindfulness and Resilience • Puberty: How to cope with your changing body • Equation: Healthy Relationships • Kindness makes the world go round • Resilience; developing 'grit' and determination <p>PSHE Days reflect the needs of the students at that particular time and are subject to change.</p>

8 Half term 3 - Positive Relationships and Relationship Values

W1: Why marriage is an important choice for many couples. Religious viewpoints, for procreation and forming a family unity.

W2: 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 to recognise toxic relationships.

W5: The skills needed for successful, healthy relationships (friendship and romantic) and how to start and end relationships.

W6: Reasons why people choose to have sexual relationships. Characteristics of healthy intimate relationships. The laws in relation to sexual activity, including consent.

Half term 4 - Forming and Maintaining Respectful Relationships and Consent

W1: Gender identity, including transgender, non-binary and LGBTQ. Understanding the terminology and issues faced by young people.

W2: The laws in the UK regarding the above, where to seek support, agencies and associations that provide help and guidance.

W3: Radicalisation; how to recognise the signs and seek support and the law around extremist ideologies in the UK. Include risks online and role plays.

W4: Gangs and their impact on individuals, groups, communities and the law. Mention coercive behaviour in the role of recruitment for gang members.

W5: How to seek help and leave a gang. Agencies and online services that provide support. How to talk to someone who is trying to leave a gang or subject to coercive behaviour.

W6: Evaluation.

Assemblies:

- The laws around and warning signs of sexual exploitation.
- 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:

- Basic facts about some different methods of contraception*.
- Basic information about STIs (how they are transmitted and where they can be treated) *.
- Educating Equals; the Windrush scandal & finding your power
- Sexting and Online safety
- Forming healthy relationships and signs of unhealthy relationships
- The Sarah Everard case and the impact on society

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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 impact of viewing harmful content online including pornography, and the potential impact on mental health.

W3: The normalisation of harmful online sexual content in social media, TikTok etc. The distorted picture this gives young people of acceptable sexual behaviour and the impact of this.

W4: The laws around consent and how to consent. (role plays) What can impair the ability to consent knowingly? (Link to the impact of alcohol use on decision making) Linked to how to recognise the characteristics of a healthy intimate relationship.

W5: Staying Safe: Sexually Transmitted Infections, prevalence in society and treatment. Where to get help, confidentiality laws. Links with Science SoL.

W6: Protecting myself: Why is protection important in a sexual relationship? Understand the range of contraceptive options and how these can be accessed.

Assemblies:

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

PSHE Day:

- Choices people make around sex, including delaying sex or enjoying intimacy without sex*.
- Sexting and online safety
- Pornography and the law
- The Windrush scandal and finding your power
- The Sarah Everard case and the impact on society including Harassment

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10 Half term 3 - Forming and Maintaining Respectful Relationships

W1: Forced marriage laws, impact and support.

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

W3: Abuse in teen relationships; coercive control, strategies for coping and seeking help.

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

W5: Standing up for yourself: Resisting sexual pressures, strategies for identifying and managing pressures; peer, religious, societal etc.

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

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

W1: What is sexual exploitation? What is grooming? Exposing the reality and destroying the myths.

W2: How can fake identities lead to online grooming? Online predators and the various forms these can take.

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

W4: Misconceptions on how pregnancy can occur and skills for discussing contraception with a partner; being informed and staying safe.

W5: HIV, it's transmission, prevalence, treatment and living with the illness. Changing attitudes in society. Freddy Mercury/ Elton John Aids Foundation.

W6: What is the norm? The impact of sexualised imagery including pornography in music, media, the 'normalisation' of graphic content, misogynistic music and organisations (Pick-up artists and rape culture)

W7: Evaluation and where to get help, online support groups, organisations that advise on sexual health.

Assemblies:

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

PSHE Day:

- Misconceptions about pregnancy & use of contraception for both partners
- Identifying, managing and resisting sexual pressure
- Unreal expectations of relationships; the impact of pornography
- The Sarah Everard case and the impact on society including Harassment
- The Windrush scandal & finding your power

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11 Half term 3 – Forming and Maintaining Respectful Relationships, Consent, Contraception and Parenthood

W1: Being a parent, roles and responsibilities, including the physical changes of pregnancy on a woman's body. Possible changes to a couples daily life.
 W2: The importance for families of managing money effectively and budgeting for the costs incurred with a baby; nappies, food, pushchair etc How much is a pack of nappies? Are there 'green' alternatives?
 W3: The benefits of breastfeeding including alternatives for women who are not able to breast feed.
 W4: To recognise the signs of consent in a range of situations.
 W5: Looking out for signs that someone is being coercively controlled, either by a partner, family member or gang. How to help and strategies to use.
 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: The impact of drug, alcohol and substance use on choices around sex. The ability to make safe decisions when under the influence.
 W4: The range of organisations that support people experiencing relationship difficulties. Where to get advice on sexual health and how to access these services.
 W5: Sexually Transmitted Infections, their prevalence and treatment, the GU Clinic, and doctor – patient confidentiality. Can a doctor tell my parents?
 W5: The range of contraceptive options; keeping myself informed and staying safe; the use of contraception, how they are accessed and their efficacy.
 W6: 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.
- Services that support people who have experienced sexual violence, harassment and rape and how to access these.

PSHE Days:

- STIs and Contraception; staying safe*.
- Choices people make around sex, including delaying sex or enjoying intimacy without sex*.
- Unreal expectations of relationships; the impact of pornography
- The Sarah Everard case and the impact on society
- The Windrush scandal & finding your power
- Building resilience

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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.