

## Relationship & Sex Education Teaching Content overview

<b>Year 7</b>	
<ul style="list-style-type: none"> <li>- puberty changes</li> <li>- FGM</li> <li>- breast flattening/ironing</li> <li>- responsibilities of parenthood</li> <li>- types of committed relationships</li> <li>- happiness and intimate relationships</li> <li>- media and self-esteem</li> <li>- self-image</li> <li>- brain changes in puberty</li> <li>- sources of help and support</li> </ul>	<ul style="list-style-type: none"> <li>- Characteristics of healthy relationships</li> <li>- healthy romantic relationships</li> <li>- consent</li> <li>- relationships and change</li> <li>- emotions within friendships</li> <li>- being discerning</li> <li>- assertiveness</li> <li>- sexting.</li> </ul>
<b>Year 8</b>	
<ul style="list-style-type: none"> <li>- Types of close intimate relationships</li> <li>- physical attraction</li> <li>- legal status of relationships</li> <li>- behaviours in healthy and unhealthy romantic relationships</li> <li>- pornography</li> <li>- sexuality</li> <li>- alcohol and risky behaviour</li> <li>- Positive relationship with self</li> <li>- social media and relationship with self</li> <li>- negative self-talk</li> </ul>	<ul style="list-style-type: none"> <li>- managing a range of relationships</li> <li>- personal space</li> <li>- online etiquette</li> <li>- online privacy and personal safety</li> <li>- coercion</li> <li>- unhealthy balance of power in relationships</li> <li>- sources of support.</li> </ul>
<b>Year 9</b>	
<ul style="list-style-type: none"> <li>- Mental health stigma</li> <li>- Triggers</li> <li>- support strategies</li> <li>- managing emotional changes</li> <li>- resilience and how to improve it</li> <li>- reflection on importance of sleep in relation to mental health</li> <li>- reflection on body and brain changes stereotypes</li> </ul>	<ul style="list-style-type: none"> <li>- Power and control in intimate relationships</li> <li>- risk in intimate relationships</li> <li>- importance of sexual consent</li> <li>- assertiveness skills</li> <li>- sex and the law</li> <li>- pornography and stereotypes</li> <li>- contraception choices</li> <li>- family planning</li> <li>- STIs</li> <li>- support and advice services</li> </ul>

Year 10	
	<ul style="list-style-type: none"> <li>- Impact of societal change on young people</li> <li>- role of media on societal change</li> <li>- reflection on change so far and how to manage it successfully</li> <li>- decision making</li> <li>- sexual identity gender</li> <li>- spectrum of sexuality</li> <li>- stereotypes in romantic relationships</li> <li>- sexual identity and risk</li> <li>- family change</li> <li>- sources of support.</li> </ul>
	<ul style="list-style-type: none"> <li>- Sustaining long-term relationships</li> <li>- relationship choices</li> <li>- ending relationships safely</li> <li>- consequences of relationships ending e.g. bullying, revenge porn, grief-cycle</li> <li>- Divorce and separation</li> <li>- impact of family breakup on children</li> <li>- understanding love, fake news and rumourmongering</li> <li>- abuse in teenage relationships</li> <li>- Legislation, support and advice</li> </ul>
Year 11	
	<ul style="list-style-type: none"> <li>- Stages of intimate relationships</li> <li>- positive and negative connotations of sex</li> <li>- protecting sexual and reproductive health</li> <li>- safely ending relationships</li> <li>- spectrum of gender and sexuality</li> <li>- LGBT+ rights and protection under the Equality Act</li> <li>- “coming out” challenges</li> </ul>
	<ul style="list-style-type: none"> <li>- LGBT+ media stereotypes</li> <li>- power, control and sexual experimentation</li> <li>- forced marriage, honour-based violence, FGM and other abuses, hate crime</li> <li>- sources of support</li> </ul>