

Relationship & Sex Education Teaching Content overview

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

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