

Sex and Relationship Education

Scheme of work for PSHE/SRE KS3 year 9

Outcomes for the unit

- To gain an understanding of puberty and the changes that the human body goes through. To be able to name the different changes that males and females go through.
- To develop an awareness and understanding of positive relationships and what a good relationship looks like. To be able to describe this.
- To understand what sex is and the risks associated with a physical relationship.
- To be able to describe what pornography is and how it impacts on young people, the risks associated with viewing it and also the legal implications.
- To develop an understanding of the practicalities of online safety. To demonstrate a solid awareness of online safety.
- To be aware of STD's and the health implications of these. To be able to state where to go for help and advice on sexual health.
- To understand the basic concepts and products available for contraception.

Resources: Contraception kit

	Lessons 1	Lessons 2	Lessons 3	Lessons 4	Lessons 5	Lessons 6
Focus	Puberty and changes	Physical relationships.	What is pornography? What do we know about it?		STD's	Re cap of unit and chance to ask anything.
Intro /starter	Ground rules. What is your body getting ready to do?	What are the aspects of positive relationships?	Mobile device guidance. Sending pics, the dangers of online activity.		What are STD's	Ask it basket. An anonymous basket of questions that the class can go through.
Main body	Changes in boys and girls. Physical and emotional.	What is sex? What is it for?	The legal implications of sex and online pornography. What is grooming? Internet safety.	Information and advice on STD's (images if appropriate for the class.)	Including signposting to health professionals.	
		What happens?				
Plenary	Changes in the way we treat each other as we are getting older. Respecting others bodies.	Are there any negatives of sex? Is it risky? This will lead into next lesson.	Review of safety online and what to do if you think you are at risk.		Safe sex and contraception.	