

Sex and Relationship Education

Scheme of work for PSHE/SRE KS3 year 7/8

Outcomes for the unit

- To be able to describe the qualities of a good friend
- To be aware of the negative aspects of relationships.
- To know what bullying is and the difference between someone not being nice.
- To understand how to maintain a friendship
- To be able to describe the different types of love.
- To gain a better awareness of the different family structures in society
- To be able to articulate what body image is.
- To be able to describe how photographs are edited and manipulated.
- To develop a positive self talk strategy
- To be able to state what physical changes boys and girls go through
- To gain a better understanding of the menstrual cycle.

Scheme of work for PSHE/SRE KS3 year 7 and 8.

	Lessons 1	Lessons 2	Lessons 3	Lessons 4	Lessons 5	Lessons 6
Focus	Friendships	Relationships		Self respect		Physical and emotional changes.
Intro /starter	What is a good friend?	Relationships		What is body image?		What changes happen when? What do we know?
Main body	Appropriate friendships. How to spot and good friend or a bad friend. Bullying - use of social stories.	What is love. What are the different types of love.		How to have positive self attitudes. Realisation of photoshop magazine culture.		Periods. Erections/wet dreams. How they happen and why?
		Family relationships. Are there different types of families? Gay parents, multicultural families? Looking at personal space.		Who is your body for?	'Hands out of my pants' booklet.	Appropriate conversations to have ? Personal hygiene.
Plenary	How to be a good friend. What ingredients make a good friend?	Role models for good relationships. How do we spot a good relationship. What do we want from a good relationship.		'Keeping my hands to myself' 'Touching curiosity' Social stories		Chance to reflect and ask questions.