

Scheme of work for PSHE/SRE Year 10/11 KS4 ¹

	Lessons 1	Lessons 2	Lessons 3	Lessons 4	Lessons 5	Lessons 6
Focus	Ground rules/What do we know?	Appropriate relationships.	Risky behaviour.	Risky behaviour.	Understanding sexuality.	Sexual development.
Intro /starter	What ages are you aloud to do certain things for example Smoking, driving getting married etc.Differences in age appropriate activities. For example when you were 6 what was life like....when was bedtime, what did you enjoy watching on TV, playing with your friends etc....as opposed to what life is like at 26...going to the pub, cinema etc.	What is a relationship? Identify different types of relationships. Friends, families, community professionals. Teachers, doctors. How do we behave differently with these different people. How do we talk differently to each of our groups of people we have relationships with.	Generalised risky situations? How do you keep safe at your age now?...helmet on a bike, crossing the road at the zebra etc	How can you talk to people online? Messenger, DM's Xbox, instagram, facebook, etc.	Recap appropriate relationships. Recap ages of consent. Recap inappropriate relationship examples, i.e. age differences of underage young people	Separated lesson for boys and girls.
Main body	<p>Quiz, let's see what you know. What age can you....?</p> <p>Drive a car? Get married? Have a moped? Live on your own? Own a pet? Smoke? Lottery ticket? Vote? Have sex? Apply for a driving license?</p>	Who would have a girlfriend? Who would have a boyfriend? Brief discussion around sexual orientation LGBT. Covered in greater detail in lesson 5.	Risky situations regarding substance use and misuse.? What can these substances lead to? How do they put people at risk? - leading to unprotected sex, STD's vulnerable for rape.	What risks are there online? - leading to discussion on internet safety, grooming and how to report any activity and who to. What is appropriate to post online? Pictures you would be okay with your Grannie seeing!	What is being gay? What is transgender? What isopportunity for students to ask questions. Discussion on different family set ups, i.e Two gay parents. Is this okay? Is this acceptable? Should it make a difference?	<u>Girls</u> Periods Packs of pads and demonstrations of cycles.Discussion of any female related issues that students wish to discuss.
		What makes a good relationship? What makes a bad a relationship? Use of social stories to encourage discussion around positive traits in a relationship.	Depending on class and ability. Discussions around STD's contraception, rape consent' Local issues with cookson street massage parlours. What are they? What are the risks of people using them?	Social story around sexting. What are the legal ramifications of texting naked images.	Plenary. Word definition recap , ie. Hetrosexual etc. Freedom of speech, right to opinions. Societies acceptance of different relationships, gay marriage. This lesson must end with students being reminded of the ground rules in week 1.	<u>Boys</u> Wet dreams Privacy "Keeping my hands to myself".
Plenary	Plenary Going through answers and discussing any opinions from the class.	What do we want from a relationship? Love, trust, respect..etc. What should we look for in a friend.	Re-cap Signposting for help. Connect in Blackpool, Walk in centre, School nurse. What can you do if you find yourself in a risky situations. How to say no?	How to keep safe with privacy settings online. Who can see what?	Students are totally entitled to their own opinion on same sex relationships however they must be reminded that the are to respect the opinions of others also.	Re cap with a chance to ask questions from the last 5 weeks.

¹ M. Shanagher 2019