

# Sex and Relationship Education

## Scheme of work for PSHE/SRE KS4

### Outcomes for the unit

- To be able to debate age related activities in the UK.
- To be able to recognise and assimilate for different relationships that people have.
- To understand that some people have a different sexual preference/be aware of the different terms for sexual orientation.
- To understand sexual health and where to go for help.
- To understand contraception and be able to describe how to use it effectively.
- To be aware of the law regarding marriage and civil partnerships.
- To understand what makes a good relationship.
- To be able to describe the positive aspects of relationships that are long term.
- To be aware of the link between substance abuse and risky sex.
- To be aware of the dangers that massage parlours pose both with physical health and sexual health.
- To understand and describe the term sex trafficking
- To be able to describe how to keep safe online and understand the implications of sexting
- To understand what masturbation is.
- To gain a better understanding of sexuality and age appropriate relationships.

### Resources: Contraception kit

## Scheme of work for PSHE/SRE year 10/11 KS4

	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 allowed 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	Quiz, let's see what you know. What age can you....?  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	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	What is being gay? What is transgender? What is .....opportunity 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	<u>Girls</u> Periods Packs of pads and demonstrations of cycles.Discussion of any female related issues that students wish to discuss.

	license?			Grannie seeing!	difference?	
		<p>What makes a good relationship?          What makes a bad a relationship?          Use of social stories to encourage discussion around positive traits in a relationship.          Discussion around forced marriage and the legal age to marry. The Marriage and Civil Partnership (Minimum Age) Act 2022 comes into force on Monday 27 February 2023. Under existing law, people can enter a marriage or civil partnership at age 18, or 16 to 17 with parental or judicial consent. The Act raises the minimum marriage and civil partnership age to 18, removing all consent requirements. The Act extends existing forced marriage legislation, so it will be an offence to carry out any conduct causing a child to marry before their eighteenth birthday, even if violence, threats or another form of coercion aren't used.</p>	<p>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? This is also an opportunity to discuss grooming and sex trafficking. This links to online safety and will lead into next lesson on sexting.</p>	<p>Social story around sexting.           What are the legal ramifications of texting naked images.</p>	<p>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. Students are totally entitled to their own opinion on same sex relationships however they must be reminded that they are to respect the opinions of others also.</p>	<p><u>Boys</u>          Wet dreams          Privacy          "Keeping my hands to myself".</p>
Plenary	Plenary Going through answers and discussing any opinions from the class.	<p>What do we want from a relationship?          Love, trust, respect..etc.          What should we look for in a friend.</p>	<p>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?</p>	<p>How to keep safe with privacy settings online.          Who can see what?</p>		<p>Re cap with a chance to ask questions from the last 5 weeks.</p>