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| **Year Group** | **Autumn** | **Spring** | **Summer** |
| Year 7 | Boys and Girls- Differences and body parts. Our bodies belong to us. Knowing our disability/diagnosis.  | Touch- What is ok/not (handshakes, high fives, hugs, kisses, and who they are appropriate with) what does consent mean? | What is puberty and changes at puberty.How have we changed? New opportunities and responsibilities as we grow older.  |
| Year 8/9 Year 1 | Body parts for boys and girls and how they may change as we grow | Periods- What are they, who can help us and the changes we might feel.Unwanted erections/wet dreams  | Public and private, personal space- Body parts, places and activities. Clothes that cover us, keeping ourselves safe and how to recognise and respond to something we don’t like.  |
| Year 8/9 Year 2 | Hygeine focusing on puberty- Changing underwear, washing correctly, wiping.Hormones and where we can get help. Explain why puberty happens.Describe specific physical and emotional changes that happen during puberty including menstruation, wet dreams, skin and voice changes, body hair and mood swings.  | Relationships- Different types of relationship ( family, friends, professional, boyfriend, girlfriend, breaking up, fancying someone- crushes)Identify who we can talk to about relationships.  | Touch and masturbation- Personal space, where is private for us to touch ourselves. What is appropriate and not appropriate in public and at home.  |
| Year 10/11 Year 1 | Autumn 1- Public and private- Identify aspects of life we may wish to keep private and why. Understand what we share online is public. Specific information that is ok to be public and what needs to be kept private. Recognise that sharing and/or viewing images of anyone under 18 (including those created by anyone under 18) is against the law. Autumn 2- Diversity awareness and law including stereotypes. (race, gender, sexuality LGBTQ+), age) Secure knowledge of young/old, female/male | Spring 1- Self- Esteem and self-worth. Our relationship with ourselves and how it affects others. Recognise and appreciate personal strength in other people and know how our skills and strengths may help us in our future lives. Knowing our disability/diagnosis. Spring 2- Different types of relationships and ways to behave. Being safe and appropriate sexual behaviour. STIS, FGM and masturbation. CSE, HBV and forced marriage  | Summer 1- Sex and sexuality- Appropriate use of vocabulary. Gender identity and sexual orientation. Sexual relationships and touching. Who to talk to if we don’t feel safe. Sexual consent and Rape.Summer 2- Pornography- Recognise that sharing and/or viewing images of anyone under 18 (including those created by anyone under 18) is against the law. |
| Year 10/11 Year 2 | Autumn 1- Bodies changing and puberty/hormones. Abuse- Feeling safe around our peers, peer pressure, saying no, the law- Rights and responsibilities. Knowing it is ok to say no.Autumn 2- Building safe relationships- Cyber bullying and being safe online. (Online scams and keeping information and our bodies private)Mental and emotional needs in relationships.  | Spring 1- Sex and sexuality, what does intimacy mean and what are the risks? Appropriate use of vocab associated with sex, sexual reproduction, gender identity and sexual orientations.Spring 2- Reproductive health and how babies are made. (contraception, pregnancy and fertility) Identify the functions of the reproductive organs and how conception occurs. | Summer 1- Consent. Sexual abuse and saying no *(How to report concerns of abuse, how to ask for advice when they do not feel comfortable around someone)* Awareness of young/old and vocab related to male/female. Summer 2- What is sex? Sex in relationships, abuse, saying no, consent, sexual health, consequences of sex. Who you can talk to if you need help. Are we ready for sex? (Link with relationships, abuse, saying no, giving consent, sexual health and masturbation) Legal age of sex.  |
| Year 12/13/14 Year 1 | Personal identity- Who am I (body image)* Eating disorders
* Body positivity
* Body dysmorphia
* Body types
* Media Representation
* Health campaigns
* Gender
 | Understanding relationships- Rights and responsibilities.* Positive relationships / friendships
* Harmful relationships / friendships
* Ending a relationship / Relationship difficulties
 | Sex and intimacy* The Law
* Grooming
* Abuse – verbal, emotional, financial, sexual, physical and isolation
* Good and Bad strangers
* Seeking help
* FGM
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| Year 12/13/14 Year 2 | Me and my family- * Different family set ups
* Feelings of responsibility towards family members
* Being treated equally and fairly
* Being treated with respect
* Asking for help
 | Safe choices in relationships- * Attraction
* Feelings and Emotions
* Dating (safely)
* Marriage
* Cultural differences
* Mutual masturbation
* Communication styles
* Passive, assertive and aggressive behaviours in relationships
 | Sexual Awareness * Anatomy
* Gender
* Privacy and appropriate locations
* Attraction and sexuality
* Planned / unplanned pregnancy and abortion
* Sexting
* Fertility
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| Year 12/13/14 Year 3 | Managing my mental health * Having an awareness of charities
* Creating my own ‘toolkit’
* What bad mental health looks like and what it can lead to (suicide, depression)
* What taking care of your mental health looks like
* Recognising when someone may need help with their mental health.
 | Managing myself- Feeling body positive and keeping clean * Shaving (legs, face)
* Getting a hair cut
* Make up
* Hair styles
* Accessing hair and beauty treatments
* Nails
* Skin care
* Showering / bathing
* Intimate care
 | Consensual relationships - Physical and virtual relationships * Masturbation
* Consent
* Having sex
* Online Safety
* Contraception
* HIV, STI’s and keeping safe – seeking help
* Puberty

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