



# Being a respectful and responsible Individual

## Lesson 1

**Title:** Changing family relationships

**Learning objectives:**

- To be aware of how families change.
- To know roles and responsibilities within a family may change.
- That there are a range of families in society.
- To know that marriage is a legal commitment between two people.

## Lesson 2

**Title:** Respecting differences in others

**Learning objectives:**

- To recognise that an action has a consequence for themselves and others.
- To consider why some groups are disadvantaged in society.
- To be able to express feelings in different ways and recognise the impact on others.
- To be aware of the importance of respect when dealing with others.

## Lesson 3

**Title:** Challenging prejudice and discrimination

**Learning objective:**

- To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including use of prejudice-based language, how to respond and ask for help)

Continued





# Being a respectful and responsible Individual (continued)

## Lesson 4

**Title:** Healthy and unhealthy relationships

**Learning objectives:**

- To understand how important it is to know your own qualities.
- To be aware and set your own boundaries and expectations.
- To reflect on the differences and similarities in different relationships.
- To know that there are qualities those are not conducive to positive relationships

## Lesson 5

**Title:** Building resilience

**Learning objective:**

- To be able to recognise negative influences.

## Lesson 6

**Title:** Growing up and Puberty

**Learning objectives:**

- To be aware of how body changes occur internally as well as externally
- To be aware of how the emotions change during puberty
- To know that humans, develop to old age

## Lesson 7

**Title:** How babies are made?

**Non Statutory – Sex Education lesson**

\*NB please note that parents can withdraw child from this lesson

**Learning objectives:**

- To understand how a baby is made
- To know that commitment and friendship is important in a positive relationship