

Hedingham School and Sixth Form
Relationships and Sex Education – Years 7-11



	Year 7	Year 8	Year 9	Year 10	Year 11
Session One	<p>Health and Well Being – My Journey Ahead (Single Gender Session)</p> <ul style="list-style-type: none"> ▪ To be able to manage growth and change as a normal part of growing up (including puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence. ▪ To be able to manage menstrual well-being (female). ▪ To know the importance of and ways of taking increased responsibility for your own physical health and personal hygiene. ▪ To understand the purpose and importance of immunisation and vaccination. 	<p>Healthy & Well Being Personal Responsibility</p> <ul style="list-style-type: none"> ▪ To know the importance of taking increased responsibility for your own physical health, including dental check-ups, sun safety and self-examination (including testicular and breast examination). ▪ To know strategies for maintaining personal hygiene, including oral health and prevention of infection. ▪ To know how to access health services when appropriate. 	<p>Healthy Relationships – Intimate Relationships</p> <ul style="list-style-type: none"> ▪ Understand the use of contraception, including condom and pill. ▪ Recognise that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain STIs. ▪ To gauge readiness for sexual intimacy. ▪ To know that intimate relationships should be pleasurable. 	<p>Healthy Relationships – Intimate Relationships</p> <ul style="list-style-type: none"> ▪ Explain a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. ▪ Understand you have a choice to delay sex or to enjoy intimacy without sex. 	<p>Healthy Relationships – Intimate Relationships</p> <ul style="list-style-type: none"> ▪ Understand the facts about the full range of contraceptive choices, efficacy and options available. ▪ Develop and recall the communication and negotiation skills necessary for contraceptive use in healthy relationships. ▪ Identify how people can actively communicate and recognise consent from others, including sexual consent and how and where consent can be withdrawn in all contexts, including on-line. (Revisited from Year 9).

Session Two

	Year 7	Year 8	Year 9	Year 10	Year 11
	<p>eSafety/ Healthy Relationships</p> <ul style="list-style-type: none"> To know the risks of sharing nudes/semi-nude images. To know the law and unacceptable nature in relation to pressuring individuals to share. To know appropriate language to use and understand the impact of sexual language and threatening words, both online and in person. 	<p>eSafety/ Healthy Relationships</p> <ul style="list-style-type: none"> To understand rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. To know that the sharing and viewing of indecent images of children, including those created by children, is a criminal offence which carries severe penalties, including jail. 	<p>Healthy Relationships – Understanding Consent</p> <ul style="list-style-type: none"> To understand the law in relation to consent. To know how to seek, give, not give and withdraw consent (in all contexts including on line). To know that being pressurised, manipulated or coerced to agree to something is not giving consent and how to seek help in such circumstances. To know that the seeker of consent is legally and morally responsible for ensuring that consent has been given: that if consent is not given or is withdrawn, that decision should always be respected. 	<p>Healthy Relationships – Identifying healthy and positive relationships</p> <ul style="list-style-type: none"> To understand types of behaviour within a relationship that are criminal including violent behaviour & coercive control. To understand what constitutes sexual harassment and sexual violence and why they are always unacceptable. To understand all aspects of health can be affected by choices you make in sex and relationships, positively or negatively eg physical, emotional, mental, sexual, reproductive health and well-being. 	<p>Healthy Relationships – The Law</p> <ul style="list-style-type: none"> The know the concepts of and law relating to sexual consent, sexual orientation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour based violence and how these can affect current and future relationships.

Session Three

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	<p>Health & Well Being First Aid</p> <ul style="list-style-type: none"> To know basic first aid for example dealing with common injuries, including head injuries. To become familiar with lifesaving skills, including cardio pulmonary resuscitation. To know how to make a clear and efficient call to emergency services if necessary. 	<p>Healthy Relationships Exploring Gender Identity</p> <ul style="list-style-type: none"> The difference between assigned/ biological sex, gender identity and sexual orientation. To recognise that sexual attraction and sexuality are diverse. To recognise that there is diversity in sexual attraction and developing sexuality. To understand the terms associated with sex, gender identity and sexual orientation and to understand acceptable terminology. 	<p>Health & Well Being – Alcohol, Drugs and Smoking</p> <ul style="list-style-type: none"> To have a knowledge about alcohol, nicotine and other legal and illegal substances, including the short-term and long term health risks associated with their use. To know how to manage the influence of drugs and alcohol on decision making within relationships and social situations. To know the personal and social risks and consequences of substance use and misuse including occasional use. To know the law relating to the supply, use and misuse of legal and illegal substances. To know about the concepts of dependence and addiction including awareness of help to overcome addictions. 	<p>eSafety/ Healthy Relationships - Online Content</p> <ul style="list-style-type: none"> To recognise that the portrayal of sex in the media and social media (including pornography) can affect people’s expectations of relationships and sex. To understand why not to provide material to others that they would not want shared further and not to share personal material which is shared with them. 	<p>eSafety – Healthy Relationships. Viewing Harmful Content</p> <ul style="list-style-type: none"> To understand the impact of viewing harmful content. To understand that specifically sexually explicit material eg pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards a sexual partner.