

Central Hub Brighton – Curriculum Topic Information Sheet

Subject	Year/key stage	Term
PSHE Sex and Relationships	Year 7/8/9 KS3	Summer 2
Topic/s		
<ul style="list-style-type: none"> The emotional and physical changes relating to puberty. Linking the physical changes of puberty to reproduction Understanding the value of healthy relationships Consent (including the law) Contraceptive methods and effective ways to protect against STIs. Access to support and advice around sexual health 		
Content (Intent)		
Prior Learning (Topic/s):		
<ul style="list-style-type: none"> Healthy lifestyles Rights, Responsibilities and Respect Managing Personal Risk Drugs, alcohol, and substance misuse 		
Future Learning (Topic/s):		
<ul style="list-style-type: none"> Personal hygiene (Body odour, periods, wet dreams) Hormones and the impact on emotions Gender, identity, and sexuality Types of relationship: boundaries and expectations Safely manage privacy/intimacy/image sharing online Influences on relationship choices/intimacy/risky behaviour Pornography: the negative portrayal of sex and relationships 		
What Knowledge or Skills will be Taught? (Implementation)	How will your Understanding be Assessed and Recorded (Impact)	
Knowledge	On Going Assessment	
<ul style="list-style-type: none"> Understands the changes brought about by puberty. Describes the process of reproduction. Explains consent and the laws related to it. Identifies attributes of healthy and unhealthy relationships Recognises the negative representation of the media and pornography relating to relationships and sex 	<ul style="list-style-type: none"> Contributions to group discussion Diagrams, mind-maps, posters, and quiz responses End of session check in. 	
Skills	Formal Assessment	
<ul style="list-style-type: none"> Uses appropriate terms and vocabulary linked to topic. Contributes maturely to lesson content. Asks questions to support understanding of myths and misconceptions related to topic. Describes a range of strategies for staying safe online. 	<ul style="list-style-type: none"> Onwards & Upwards Reports to next educational provider/other agencies as required. AQA Unit Awards 	

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<ul style="list-style-type: none"> Explains where to get advice and support on relationships and sexual health 	
SEMh Curriculum Knowledge & Skills	Assessment of SEMh Development
<p>Emotional resilience:</p> <ul style="list-style-type: none"> How to describe emotions and how to manage difficult emotions in a healthy way. Recognize feelings about body image. <p>Self-esteem:</p> <ul style="list-style-type: none"> How to reduce risk through your own actions Where we can get appropriate help when we need support <p>Social skills:</p> <ul style="list-style-type: none"> The importance of friendship and beginning to consider love and sexual relationships in this context. Qualities & behaviours we should expect from ourselves and others in a wide variety of positive relationships. 	<ul style="list-style-type: none"> Pre and post topic evaluation Reach 2 Teach Weekly behaviour targets

How Can Families Help at Home?

Open and honest conversations about feelings, friendships, and relationships.
 Discuss media representations of relationships and whether these are realistic and/or positive models for young people.
 Reiterate the importance of developing healthy relationships and laws around consent.
 Encourage the engagement with information and services available via school (e.g. school nurse, sexual health drop ins)

Helpful Further Reading/Discussion (including Reading and Vocabulary Lists)

Reading	Vocabulary Lists
<p>https://www.healthforteens.co.uk/ - option to select local area services and advice, based on postcode</p> <p>https://www.familylives.org.uk/advice/teenagers/sex/talking-about-consent - advice for families</p> <p>https://www.bbc.co.uk/teach/class-clips-video/pshe-computing-gcse-pornography/zh76xyc - secondary resource</p> <p>https://teenagehelpline.org.uk/healthy-relationships/ - advice and helpline for teens</p> <p>https://www.verywellfamily.com/smelly-teen-lets-talk-teen-hygiene-3200879 - for parents</p> <p>https://www.bbc.co.uk/newsround/56267456 - menstruation</p> <p>https://www.plannedparenthood.org/learn/teens/puberty/</p>	<p>Adolescence, puberty, anatomy, body image, vagina, periods, menstruation, ovulation, menopause, sanitary, hygiene, sustainable, fertilisation, reproduction, pregnancy, miscarriage, abortion, erection, masturbation, ejaculation, wet dreams, sperm, consent, contraception (including methods), parenthood.</p> <p>Positive, respectful, honesty, caring, trust, communication, healthy, equality, privacy, supportive, consenting, pleasurable.</p> <p>Abusive, confrontational, coercive, pressured, power imbalance, fearful, secretive, conflict, demanding, forceful, shame, rejection, violent, criminal</p>