

# Lacon Childe School Sex & Relationships Education (SRE) Curriculum Overview

## Year 7 summary

- Lesson 1 Puberty
- Lesson 2 Menstrual Wellbeing
- Lesson 3 Healthy Relationships
- Lesson 4 Managing Conflict
- Lesson 5 Introduction to Consent

	Learning objective(s)	Learning outcomes	PoS references
Y7 L1 Puberty	We are learning about how the emotions are affected by puberty, how this may affect relationships and how to manage this.	<ul style="list-style-type: none"> <li>• I can describe the main physical and emotional changes experienced during puberty.</li> <li>• I can evaluate how relationships can be affected during puberty.</li> <li>• I have strategies for managing the emotional aspects of puberty.</li> </ul>	<ul style="list-style-type: none"> <li>• H2, H5, H6, H34</li> </ul>
Y7 L2 Menstrual wellbeing	We are learning about menstrual (period) wellbeing.	<ul style="list-style-type: none"> <li>• I can describe and evaluate a range of menstrual products.</li> <li>• I can give advice about managing menstrual wellbeing.</li> <li>• I can challenge assumptions and stereotypes about menstruation.</li> </ul>	<ul style="list-style-type: none"> <li>• H21, H34</li> </ul>
Y7 L3 Healthy relationships	We are learning about the qualities of healthy and unhealthy relationships.	<ul style="list-style-type: none"> <li>• I can describe the features of different committed, stable, healthy relationships.</li> <li>• I can identify healthy and unhealthy relationship behaviours.</li> <li>• I can explain appropriate online relationship behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>• R9, R13</li> </ul>
Y7 L4 Managing family conflict	We are learning skills to manage relationship conflict in families.	<ul style="list-style-type: none"> <li>• I can recognise that disagreements in family relationships are common but that effective communication can improve relationships.</li> <li>• I can explain different communication styles and their likely impacts.</li> <li>• I can give examples of effective communication.</li> </ul>	<ul style="list-style-type: none"> <li>• R1, R2, R16, R19</li> </ul>
Y7 L5 Introducing consent	We are learning about what consent means, both legally and ethically, and what it looks like in practice.	<ul style="list-style-type: none"> <li>• I can explain what consent means, both legally and ethically, and why it is so important.</li> <li>• I can describe how to recognise when a person is consenting and when they are not.</li> <li>• I can explain how consent is sought, given and not given in a healthy relationship.</li> <li>• I can describe or demonstrate what to say and do to seek the consent of another person.</li> </ul>	<ul style="list-style-type: none"> <li>• R11, R12, R16, R18, R23, R24, R25, R26, R27</li> </ul>

## Year 8 summary

- Lesson 1 Relationship Values
- Lesson 2 Influences on Relationship Expectations
- Lesson 3 Sexual Orientation and Gender Identity
- Lesson 4 Consent – Avoiding Assumptions
- Lesson 5 Introduction to Contraception

	Learning objective(s)	Learning outcomes	PoS references
Y8 L1 Relationship values	We are learning to develop realistic and healthy relationship values and expectations.	<ul style="list-style-type: none"> <li>• I can reflect on and articulate my relationship values</li> <li>• I can identify healthy and unhealthy relationship behaviours and suggest ways to respond.</li> </ul>	<ul style="list-style-type: none"> <li>• R2, R9, R10</li> </ul>
Y8 L2 Influences on relationship expectations	We are learning how to challenge unrealistic relationship expectations.	<ul style="list-style-type: none"> <li>• I can justify my views around expectations in relationships.</li> <li>• I can explain issues relating to the sharing of sexual images.</li> <li>• I can explain how the media can distort relationship expectations.</li> </ul>	<ul style="list-style-type: none"> <li>• H3, R2, R7, R8, R11, R14, R29, R30, R43, R44, L21, L24, L25, L27</li> </ul>
Y8 L3 Sexual orientation & gender identity	We are learning to understand and respect the spectrum of gender identities and sexual orientations.	<ul style="list-style-type: none"> <li>• I can explain the difference between sexual orientation and gender identity.</li> <li>• I can demonstrate support for those who have shared their sexual orientation and/or gender identity.</li> </ul>	<ul style="list-style-type: none"> <li>• R1, R3, R4, R5, R11, R40, R41</li> </ul>
Y8 L4 The importance of consent	We are learning about common assumptions related to consent and how to challenge these.	<ul style="list-style-type: none"> <li>• I can identify common assumptions related to consent and explain why these are wrong.</li> <li>• I can explain the right to not give/withdraw consent at any time and why this must be respected.</li> <li>• I can describe or demonstrate ways to avoid making assumptions related to consent, and strategies someone could use to not give or withdraw consent.</li> </ul>	<ul style="list-style-type: none"> <li>• R6, R7, R8, R24, R25, R26, R27, R28</li> </ul>
Y8 L5 Introduction to contraception	We are learning about how and why different contraceptives are used.	<ul style="list-style-type: none"> <li>• I can describe what is meant by contraception.</li> <li>• I can explain how and why condoms are used.</li> <li>• I can explain how and why the contraceptive pill is used.</li> <li>• I can state where to get contraception from.</li> </ul>	<ul style="list-style-type: none"> <li>• H21, H35, H36, R23, R33</li> </ul>

## Year 9 summary

- Lesson 1 Respectful Relationship Behaviours
- Lesson 2 Capacity to Consent
- Lesson 3 Sexual Health
- Lesson 4 Contraception
- Lesson 5 Managing the Ending of Relationships

	Learning objective(s)	Learning outcomes	PoS references
Y9 L1 Respectful relationship behaviours	We are learning about beginning and growing positive relationships to assess readiness for intimacy.	<ul style="list-style-type: none"> <li>• I can explain the difference between welcome and unwelcome interest.</li> <li>• I can describe respectful behaviour looks like in both everyday and romantic contexts and describe ways to challenge inappropriate behaviour.</li> <li>• I can list questions which help a person to assess their readiness for intimacy.</li> <li>• I can explain when and how to access support if encountering inappropriate behaviours.</li> </ul>	<ul style="list-style-type: none"> <li>• R2, R9, R11, R13, R14, R20, R37, R43</li> </ul>
Y9 L2 Freedom and capacity to consent	We are learning about what 'freedom' and 'capacity' to consent mean in different contexts.	<ul style="list-style-type: none"> <li>• I can explain what is meant by freedom and capacity to consent.</li> <li>• I can recognise contexts where freedom or capacity to consent have been reduced or removed, and why this means consent has no longer been given.</li> <li>• I can explain why seeking to make someone more vulnerable or misleading them is wrong, and can be a very serious offence.</li> <li>• I can explain where, why and how to get advice and support for issues relating to consent.</li> </ul>	<ul style="list-style-type: none"> <li>• R20, R24, R25, R26, R27, R28</li> </ul>
Y9 L3 Sexual health	We are learning about sexual health, the potential consequences of sex and ways to reduce risk.	<ul style="list-style-type: none"> <li>• I can list some of the most common STIs, their symptoms and consequences</li> <li>• I can name the contraceptive methods which provide some protection against STI infection and describe where to get contraceptives</li> <li>• I know how to access reliable sources of help to support sexual health or relating to unplanned pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>• H21, H35, H36, R23, R32, R33</li> </ul>
Y9 L4 Contraception	We are learning about different types of contraception and how they work.	<ul style="list-style-type: none"> <li>• I can name the main types of contraception and how they prevent conception and/or protect against STIs.</li> <li>• I can describe when, where and how to access contraception, and how to seek help in the event of contraception failure.</li> <li>• I have increased confidence in being able to positively negotiate condom use within a relationship.</li> </ul>	<ul style="list-style-type: none"> <li>• H21, H35, H36, R12, R16, R23, R24, R26, R32, R33, R34</li> </ul>
Y9 L5 Managing the ending of relationships	We are learning how to manage the end of an intimate relationship.	<ul style="list-style-type: none"> <li>• I can identify the range of emotions associated with breakups.</li> <li>• I can describe ways to manage a break-up safely and appropriately.</li> <li>• I can suggest strategies to help manage emotions during a break-up.</li> <li>• I can explain how and where to get help for managing difficult relationship breakups.</li> </ul>	<ul style="list-style-type: none"> <li>• H2, H6, H9, R18, R19, R21, R22, L21</li> </ul>

## Year 10 summary

- Lesson 1 Role of Intimacy and Pleasure
- Lesson 2 The Impact of Pornography
- Lesson 3 Pressure, Persuasion and Coercion
- Lesson 4 Managing Conflict in Relationships
- Lesson 5 Addressing Relationship Abuse

	Learning objective(s)	Learning outcomes	PoS references
Y10 L1 The role of intimacy and pleasure	We are learning about the role of intimacy, readiness and pleasure in consensual relationships.	<ul style="list-style-type: none"> <li>• I can recognise what enthusiastic consent looks and feels like.</li> <li>• I can assess the importance of readiness for intimacy as an individual and as a couple.</li> <li>• I can explain the role that communication and respect play in healthy relationships and consent.</li> </ul>	<ul style="list-style-type: none"> <li>• H26, R2, R7, R9, R17, R18, R19, R21,</li> </ul>
Y10 L2 The impact of pornography	We are learning about pornography and its impact on understanding consent.	<ul style="list-style-type: none"> <li>• I can evaluate the impact of pornography on people's understanding and expectations of consent.</li> <li>• I can challenge inaccurate and dangerous messages about sexuality, gender and consent perpetuated by pornography.</li> <li>• I can explain the law relating to pornography and sharing explicit images.</li> </ul>	<ul style="list-style-type: none"> <li>• H3, R7, R8, R17, R18, R22</li> </ul>
Y10 L3 Pressure, persuasion and coercion	<p>We are learning how consent sought through pressure and coercion is wrong and is not genuine.</p> <p>We are learning how to manage pressure to consent.</p>	<ul style="list-style-type: none"> <li>• I can recognise when asking for consent becomes inappropriately pressurising or persuasive.</li> <li>• I can recognise everyone's right to not give or withdraw consent and challenge victim blaming narratives.</li> <li>• I can explain the legal consequences of pressure, persuasion and coercion in relation to consent.</li> <li>• I can explain why, when and how to seek advice or support.</li> </ul>	<ul style="list-style-type: none"> <li>• H4, R3, R7, R17, R18, R19, R21, R22, R28, R35</li> </ul>
Y10 L4 Managing relationship conflict and breakups	<p>We are learning to identify and manage appropriate and inappropriate conflict behaviours.</p> <p>We are learning to manage breakups respectfully and safely.</p>	<ul style="list-style-type: none"> <li>• I can evaluate the acceptability of a range of relationship behaviours and identify when a relationship may be unsafe.</li> <li>• I can differentiate between healthy and unhealthy behaviours when managing conflict in relationships.</li> <li>• I can suggest effective ways to respond to inappropriate conflict behaviours.</li> <li>• I can explain ways to manage breakups safely, demonstrating awareness of the intense emotions which can be involved.</li> </ul>	<ul style="list-style-type: none"> <li>• R3, R7, R17</li> </ul>
Y10 L5 Addressing abuse	We are learning how to end and/or get support for abusive relationships.	<ul style="list-style-type: none"> <li>• I can identify signs of different types of abuse.</li> <li>• I can describe exit strategies and identify support for abusive relationships.</li> <li>• I can identify likely thoughts and feelings which can affect decision-making and suggest how to overcome barriers to help-seeking.</li> <li>• I can explain how to help others who may be in an abusive relationship.</li> </ul>	<ul style="list-style-type: none"> <li>• H6, R3, R7, R11, R12, R17, R28, R29, R30, R31, R32</li> </ul>

# YEAR 11 SUMMARY

## Year eleven

- Lesson 1 Family conflict
- Lesson 2 Long-term commitments
- Lesson 3 Fertility and Routes to Parenthood
- Lesson 4 Pregnancy Outcomes
- Lesson 5 Pregnancy Choices: Abortion

	Learning objective(s)	Learning outcomes	PoS references
Y11 L1 Family conflict	<p>We are learning about the links between emotional wellbeing and relationship conflict, and the implications of this.</p> <p>We are learning to further develop the understanding and skills required to negotiate relationship conflicts safely and effectively.</p>	<ul style="list-style-type: none"> <li>• I can explain how the outcome of family disagreements is dependent on each person's conduct.</li> <li>• I can explain the link between emotional wellbeing and the health of family relationships.</li> <li>• I can describe strategies for preventing and managing family conflict.</li> <li>• I can identify when support is needed to ensure personal safety and explain how to access appropriate help.</li> </ul>	<ul style="list-style-type: none"> <li>• R1, R3, R7, R17</li> </ul>
Y11 L2 Long term commitment	<p>We are learning about different types of commitment and why many people value commitment in relationships.</p>	<ul style="list-style-type: none"> <li>• I can describe the options available to people who wish to make a long-term commitment.</li> <li>• I can explain how a long-term relationship can become legally binding.</li> <li>• I can recognise the unacceptability of forced marriage and identify support for someone who may be at risk.</li> <li>• I can explain what commitment means and why this may be important in long-term relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• R1, R4, R7, R17</li> </ul>
Y11 L3 Fertility, contraception and sexual health	<p>We are learning about ways to promote sexual health and prevent unplanned pregnancy.</p> <p>We are learning about how fertility changes over time and the different routes to becoming a parent.</p>	<ul style="list-style-type: none"> <li>• I can identify different types of contraceptives.</li> <li>• I can explain how fertility changes over a person's lifetime and some of the factors affecting this.</li> <li>• I can explain ways to maintain a healthy pregnancy.</li> <li>• I can describe different routes to parenthood.</li> </ul>	<ul style="list-style-type: none"> <li>• H31, R23, R24, R26</li> </ul>
Y11 L4 Pregnancy outcomes	<p>We are learning about the possible outcomes in the event of an unplanned pregnancy.</p>	<ul style="list-style-type: none"> <li>• I can identify the range of options available in the event of an unplanned pregnancy.</li> <li>• I can describe the range of emotions someone might feel in the event of an unplanned or unwanted pregnancy.</li> <li>• I can evaluate the different influences that might affect decisions about pregnancy.</li> <li>• I can recognise that miscarriage can occur.</li> <li>• I can describe where and how to access impartial advice and support in relation to pregnancy or miscarriage.</li> </ul>	<ul style="list-style-type: none"> <li>• H13, H14, H27, H28, H29, H30, H32, H33, R24, R25</li> </ul>

Y11 L5 Abortion	We are learning about the laws related to abortion and support available.	<ul style="list-style-type: none"><li>• I can identify key legal considerations in relation to abortion.</li><li>• I can explain why there are strongly held views on abortion.</li><li>• I can explain where and how to access related medical services and emotional support.</li></ul>	<ul style="list-style-type: none"><li>• H13, H14, R9, R24, R25, R27</li></ul>
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