

RSE outline Y7 to 13

Relationships and Sex Education at Wadebridge School is a graduated, age appropriate programme whose outline is based upon the following themes:

Who	When	Relationships	Emotions/Risk	Bodies	Sex/Sexual activity	Contraception STI's	Pregnancy
Y7	Via a series of lessons in PD	<p>**Friendships and what makes a good relationship?</p> <p>**Range of possible relationships</p>	<p>**Managing 'change' – identifying /managing feelings associated with puberty</p>	<p>** Naming parts of the body including reproductive organs and genital areas</p> <p>**Puberty – what happens ?– physical and emotional changes</p>	<p>**Recap on reproduction as already covered in science lessons Links between puberty and reproduction</p> <p>**What do they know? Myths and misconceptions</p>		
Y8	Via a series of lessons in PD	<p>**Exploring different kinds of relationships, including sexual</p> <p>** What makes a healthy relationship?</p>	<p>**Consider consequences of sexual behaviour,</p> <p>**Understand concept of positive sexual health</p>		<p>**Conception – how does it occur?</p> <p>** Awareness of consequences of unprotected sex</p>	<p>**Basic contraception methods covered – condom and pill (variations on pill e.g. implant)</p> <p>**How to put on a condom demonstration</p>	

Y9	Via a series of lessons in PD	<p>**Discussion about different types of relationships – including looking at sexual orientation</p>	<p>**Recognising risks associated with sexual behaviour</p>	<p>**Explore how body image affects young people</p>	<p>**Myths and facts about sexual activity</p> <p>** The concept of ‘consent’</p> <p>**Why people choose to, or not to , have sex</p> <p>** The influence of porn on young people’s sexual behaviour</p>	<p>**Common contraception methods covered – condom and pill (variations on pill e.g. implant)</p> <p>**How to put on a condom demonstration and C-Card scheme explained</p> <p>**Concept of positive sexual health</p> <p>**Basic information on some STIs and protection given by condoms</p>	
Y10	Via collapsed curriculum days / one off events	<p>**Boys and Girls view of relationships – similarities and differences</p> <p>**Code of Conduct for teenage relationships</p>		<p>**Images of genital areas, naming all parts of the genital areas – looking at what’s ‘normal’</p>	<p>**What is sex? The law</p> <p>** The concept of ‘consent’</p> <p>** Sexual activity – range of ‘typical’ activities – what’s ‘normal’?</p> <p>**Confidential information session with Brook</p>	<p>** Why use contraception? Whole range of contraception choices shown and explained</p> <p>**How to put on a condom demonstration and C-Card scheme explained</p> <p>** STIs – talk from HIV Positive charity</p>	

Y11	Via collapsed curriculum days / one off events	<p>**Risks and relationships</p> <p>**What makes a 'healthy' or 'unhealthy' relationship?</p> <p>**Discussion about different types of relationships – looking at sexual orientation</p>	**Risks and relationships – further exploration	<p>**Am I normal?</p> <p>**Checking your own body</p> <p>**Explore how body image affects young people</p>	<p>**Confidential information session with Brook</p> <p>** The influence of porn on young people's sexual behaviour</p>	<p>** Recap on contraception, including condom demo and C-Card explained</p> <p>**STIs – mixing fluids activity – more about a variety of common STIs – how to avoid STIs, what to do if you are concerned.</p> <p>**Information on Chlamydia testing</p>	<p>** How does pregnancy occur? Changes to body, choices to make, being pregnant</p> <p>**Birth explained – video shown</p>
Y12/13	Via a Sexual Health Awareness week			<p>** Checking bodies for 'health'</p>	<p>**What is sex? The law and issues surrounding social media and relationships and sex</p> <p>** The concept of 'consent'</p>	<p>** C-Card scheme in use in KS5 includes the distribution of condoms</p> <p>**Chlamydia testing team in school yearly for information giving and confidential testing</p>	

All year groups have the opportunity to ask questions in a confidential manner to the class teacher. They also have the opportunity to discuss any matters concerning them personally which arise from sessions with our Pastoral Support partners in each Key Stage.