

Sexual Health and Relationship Education

SESSIONS DELIVERED BY SHARE

YEAR 5

1 Session

- Pupils will understand some ways to stay safe and healthy and the importance of good personal hygiene. We will introduce the concept of puberty and promote a healthy attitude towards growing up and identify who to ask for help. (gender split)

YEAR 6

2 sessions

- We deal with emotions, self-esteem and growing up and tell the students about body changes at puberty, coping with them and accessing help and advice
- Baby in the family.

YEAR 7

2 sessions

- Extend prior knowledge on emotional and physical changes at puberty and related issues & where to access help & advice. (gender split)
- Extend prior knowledge on conception, foetal development and birth, parenthood and family responsibilities.

YEAR 8

2 sessions

- Healthy relationships
- Pressures on teenagers to have sex and the consequences of unintended teen pregnancy.

YEAR 9

3 sessions

- To explore choices and consequences of a sexual relationship, consent and the law, and to understand that abstinence is a choice.
- Keeping safe in a sexual relationship and accessing help and advice.
- To provide up to date information on HIV and Chlamydia and to promote a safe attitude towards sexual health.

YEAR 10

3 sessions

- Healthy relationships and contraception suitable for young people
- STIs diagnosis and treatment and where to access help and advice
- To explore unintended pregnancy and the options available and where to obtain help and advice

YEAR 11

3 sessions

- To raise awareness of some male and female cancers, being body aware and know where to access help and advice. (gender split)
- Healthy relationships, risk taking, and sexual health update. Help and advice.
- The effects on relationships in a digital world, including pornography and sexting

POST 16

1 session

- Sexual health and relationship update