

Sexual Health and Relationship Education SESSIONS DELIVERED BY SHARE

YEAR 5

1 Session

- Learners 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. Male & female split.

YEAR 6

2 sessions

- To explore emotions & self-esteem as they relate to growing up. Extend prior knowledge about body changes at puberty, coping with them and accessing help and advice. Males and females are taught separately for this session.
- To promote healthy relationships and a responsible attitude towards parenthood & gently introduce conception, foetal development, and birth.

YEAR 7

2 sessions

- Extend prior knowledge on emotional and physical changes at puberty and related issues & where to access help & advice. Males & females are taught separately for this session.
- Extend prior knowledge on conception, foetal development and birth, parenthood, and family responsibilities.

YEAR 8

2 sessions

- Understanding of healthy relationships; exploring qualities of healthy and unhealthy relationships and furthering knowledge around consent.
- To build knowledge around “sex and the law” & exploring 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 cancers, being body aware and know where to access help and advice, males and females split.
- Healthy relationships, risk taking, and sexual health update. Reminder of where to obtain help and advice.
- To provide up to date information and encourage a mature attitude towards relationships and the digital world.

POST 16

1 session

- Sexual health and relationship update.