

Sexual Health and Relationship Education

SESSIONS DELIVERED BY SHARE

YEAR 5

1 session

- Introduce the concept of puberty and promote a healthy attitude towards growing up, hygiene and self-esteem.

YEAR 6

3 sessions

- Emotions, self-esteem and puberty.
- Body changes at puberty.
- 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.
- Personal safety in a digital world.

YEAR 8

2 sessions

- Expand prior knowledge on conception, foetal development and birth, parenthood and family responsibilities.
- Healthy relationships, pressures on teenagers and 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

- To promote healthy relationships. To explore unintended pregnancy and the options available.
- Contraception suitable for young people and where to access help and advice.
- To ensure pupils have knowledge of the most common STIs and where to obtain help and advice.

YEAR 11

2-3 sessions

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