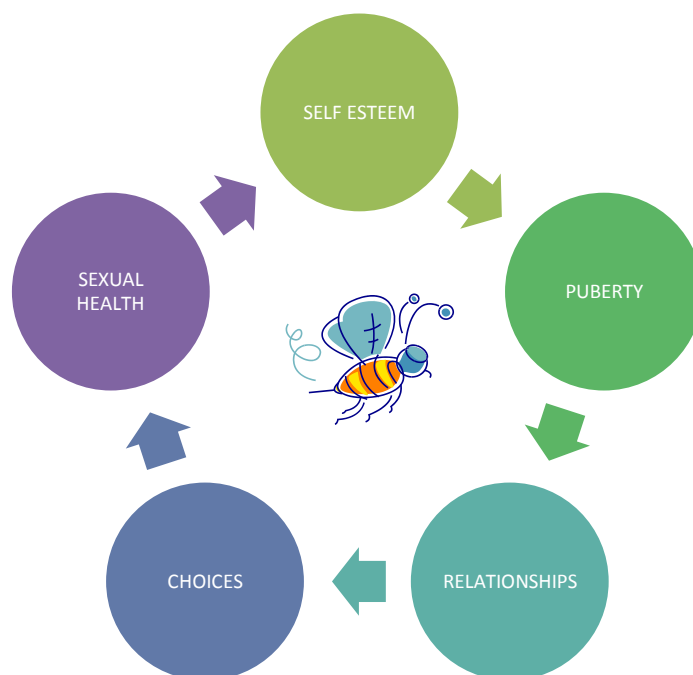


SHARE

Sexual Health And Relationship Education



Secondary service level agreement

SHARE
Les Ozouets Campus
St Peter Port
GY1 2UB
Tel 733072
Email SHARE@gov.gg

Sexual Health and Relationship Education

SESSIONS DELIVERED BY SHARE

YEAR 5

2 sessions

- Pupils will understand some ways to stay safe and the importance of good personal hygiene.
- Introduce the concept of puberty and promote a healthy attitude towards growing up, hygiene and self-esteem (gender split).

YEAR 6

3 sessions

- Emotions, self-esteem and puberty.
- Body changes at puberty.
- Baby in the family.

YEAR 7

2 sessions

- Healthy lifestyles and taking care of our physical and emotional needs.
- Extend prior knowledge on emotional and physical changes at puberty and related issues & where to access help & advice (gender split).

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,

Sexual Health and Relationship Education

YEAR 7

SESSION TITLE

Digital Safety

LESSON AIM

To develop personal safety in a digital world.

OBJECTIVES

- Pupils will improve their knowledge of digital safety.
- Pupils will learn about possible dangers to their personal safety and the law regarding sexual imagery.
- Pupils will feel confident about where to obtain help and advice and reporting any concerns.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Round or brainstorm or bingo*
- *Film clips to prompt discussion*
- *Scenarios/situations how to react*
- *Help and advice*

RESOURCES

Bingo, selection of Film clips, Internet scenarios or discussion cards, leaflets.

CLASSROOM

Around desks, activity, group work and Film clips.

Sexual Health and Relationship Education

YEAR 7

SESSION TITLE Boys Puberty

LESSON AIM

To extend prior knowledge on the emotional and physical changes during puberty, to discuss concerns about puberty and related issues.

OBJECTIVES

- Pupils will improve their knowledge of the male reproductive system.
- Pupils will learn about the physical and emotional changes experienced during puberty, and associated gender issues.
- Pupils will learn to cope with personal issues, hygiene and where to access help and advice.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Round or brainstorm*
- *Activity/ cards /group work*
- *Male A & P with posters*
- *Film on puberty/growing up*
- *Help & advice*
- *Question time*

RESOURCES

Year 7 boys pack, posters, activity, Film & leaflets.

CLASSROOM

Circle/around desks – DVD

Sexual Health and Relationship Education

YEAR 7

SESSION TITLE

Girls Puberty

LESSON AIM

To extend prior knowledge on the emotional and physical changes during puberty, menstruation management, and related issues.

OBJECTIVES

- Pupils will improve their knowledge of the female reproductive system.
- Pupils will learn about the physical and emotional changes experienced during puberty, and associated gender issues.
- Pupils will feel confident toward menstruation management, personal hygiene and related issues and know where to access help and advice.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Round or brainstorm*
- *Activity/cards/group work*
- *A & P revised with posters*
- *Menstruation management*
- *Film clip*
- *Body Image*
- *Help & Advice*

RESOURCES

Discussion cards and posters, body image pictures, Film, Pads and tampons, Leaflets.

CLASSROOM

Circle /around desks – Film clip

Sexual Health and Relationship Education

YEAR 8

SESSION TITLE **Reproduction**

LESSON AIM

To expand prior knowledge of conception, foetal development and birth, relationships within parenthood and family responsibilities.

OBJECTIVES

- Pupils will further their understanding of conception, foetal development and birth.
- Pupils will learn about parenting, including the father's role, and the importance of planning a family.
- Pupils will identify where to obtain professional help and advice relating to pregnancy and family planning.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Round/activity or discussion on parenting considerations, families and fathers role.*
- *Male & female A & P revised.*
- *Conception, foetal development and birth with posters and models*
- *DVD Reproduction*
- *Questions/discussion*

RESOURCES

Egg, 3D model display, Parenting activity/cards, DVD, leaflets

CLASSROOM

Around tables, DVD shown

Sexual Health and Relationship Education

YEAR 8

SESSION TITLE Relationships & Teen Parents

LESSON AIM

To develop understanding of relationships, pressures on teenagers to have sex and teen pregnancy.

OBJECTIVES

- Pupils will be able to identify the qualities needed in a health relationship.
- Pupils will learn that abstinence is a choice and the importance of love and commitment in a sexual relationship.
- Pupils will learn about pressures on teenagers to have sex and the difficulties faced by teen parents.
- Pupils will know where to access professional help and advice.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Relationships, card activity*
- *Brainstorm pressures to have sex*
- *Teen pregnancy DVD clip*
- *Help & Advice*
- *Questions/discussion*

RESOURCES

Egg, Relationship activity/cards, DVDs, leaflets

CLASSROOM

Circle around desks, DVD

Sexual Health and Relationship Education

YEAR 9

SESSION TITLE **Choices – Are You Ready?**

SESSION AIM

To understand the responsibilities, choices and consequences of a sexual relationship.

OBJECTIVES

- Pupils will learn the qualities needed for a successful relationship and understand the pressures young people might experience.
- Pupils will learn that abstinence is a choice and to take a responsible attitude when considering a sexual relationship.
- Pupils will understand the meaning of consent.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Film clips*
- *APAUSE brainstorm on board (abstinence/R U Ready)*
- *Year 9 Contraceptive packs*
- *Clinics, help and advice*
- *Question time*

RESOURCES

Film, Board markers, leaflets.

CLASSROOM

Around desks/group work with board work, Film clips shown

Sexual Health and Relationship Education

YEAR 9

SESSION TITLE **Keeping safe in a sexual relationship**

SESSION AIM

Pupils will have the knowledge and skills to keep safe in a sexual relationship.

OBJECTIVES

- Pupils will have knowledge of reliable contraception suitable for young people.
- Pupils will learn about safe and effective condom use.
- Pupils will understand how emergency contraception works and will know where to seek professional help and advice.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *DVD relationship clips*
- *APAUSE brainstorm on board (abstinence/R U Ready)*
- *Year 9 Contraceptive packs*
- *Clinics, help and advice*
- *Question time*

RESOURCES

DVD, Board markers, leaflets.

CLASSROOM

Around desks/group work with board work, DVD clip shown

Sexual Health and Relationship Education

YEAR 9

SESSION TITLE **Introduction to Sexually Transmitted Infections**

LESSON AIM

To provide up to date information about HIV and Chlamydia

OBJECTIVES

- Pupils will learn about HIV & AIDS and know how HIV is transmitted and prevented.
- Pupils will have an understanding of how Chlamydia is diagnosed and treated.
- Pupils will learn where to obtain help and advice.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Brainstorm STIs on the board/paper*
- *HIV power point*
- *Chlamydia Film*
- *Quiz*
- *Help and Advice*

RESOURCES

Board markers, HIV power point, Chlamydia film, quiz, leaflets, ribbons

CLASSROOM

At desks, power point and film shown

Sexual Health and Relationship Education

YEAR 10

SESSION TITLE **Contraception**

LESSON AIM

To expand prior learning of contraception.

OBJECTIVES

- Pupils will learn about healthy relationships and sexuality.

- Pupils will learn that there are choices and consequences within a relationship, and be reminded that abstinence is a choice.
- Pupils will learn about contraception including emergency contraception.
- Pupils will improve their knowledge of safe condom use and about the use of Emergency Contraception and its availability.
- Pupils will know where to seek professional help and advice.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Relationships activity*
- *Contraceptive card activity*
- *Condom demo*
- *Clinics/help and advice*
- *Quiz*

RESOURCES

Relationship activity, contraceptive card, condoms etc. leaflets.

CLASSROOM

Circle or around desks – group work, practical.

Sexual Health and Relationship Education

YEAR 10

SESSION TITLE **Sexually Transmitted Infections**

LESSON AIM

To provide information about the most common STI's and where to obtain professional advice and treatment.

OBJECTIVES:

- Pupils will learn about the most common STI's and how they are transmitted.
- Pupils will learn about signs and symptoms of infection and that some STI's can have no symptoms.
- Pupils will learn that condoms can help prevent transmission of STIs.
- Pupils will know where to obtain professional advice and treatment.

STRATEGY AND ACTIVITIES.

- *Introduce self and session*
- *Ground rules*
- *STIs on board or activity/discussion*
- *Film clip*
- *Condom activity*
- *STI pack in groups*
- *Clinics/Help and advice*
- *Questions*

RESOURCES

STI packs, DVD, STI quiz, pencils and board markers, condoms and models, leaflets,

CLASSROOM

At desks, activity, board work & DVD clip shown.

Sexual Health and Relationship Education

YEAR 10

SESSION TITLE **Unintended pregnancy**

LESSON AIM

To promote healthy relationships and to explore unintended pregnancy and the options available

OBJECTIVES:

- Pupils will further their understanding of conception and signs of pregnancy.
- Pupils will learn about the choices available and the importance of planning and family.
- Pupils will know where to obtain professional help and advice.

STRATEGY AND ACTIVITIES.

- *Introduce self and session*
- *Ground rules*
- *Activity/discussion*
- *Power point*
- *Film clip*
- *Help and advice*
- *Questions*

RESOURCES

Power point, film, pencils and board markers, leaflets

CLASSROOM

At desks, activity, board work, power point and film clip shown.

Sexual Health and Relationship Education

YEAR 11

SESSION TITLE **Cancer Awareness & Self Examination**

LESSON AIM

To raise the awareness of cancer, to highlight the importance of self examination and to promote a positive attitude towards sexual health.

OBJECTIVES

- Students will understand the importance of making healthy lifestyle choices.
- Students will learn some signs/symptoms of cancer and that self-examination is one of the most effective ways to detect cancers early.
- Students will gain an insight into the possible treatments and procedures related to cancer.
- Girls will understand the importance of the HPV vaccine, regular sexual health check-ups including cervical screening.
- Boys will understand the importance of protecting their testicles during some sports.
- Students will know where to go for help and advice

STRATEGY

- *Introduce Self and Session*
- *Ground rules*
- *Warm up/Ice breaker*
- *Film clip/s on cancer awareness*
- *Examination techniques using models*
- *Sexual Health reminder*
- *Help and advice*
- *Quiz*

RESOURCES

Cancer Awareness DVD clips, leaflets, Quiz, models.

CLASSROOM

Gender split groups around desks DVD clip shown

Sexual Health and Relationship Education

YEAR 11

SESSION TITLE **Sexual Health Workshop**

SESSION AIM

To provide up to date information and encourage a mature attitude towards sexual health.

OBJECTIVES

- Students will be able to state some important qualities in a healthy relationship.
- Students will learn that sexual health could be compromised by influences such as low self-esteem, alcohol and the digital world.
- Students will know how to protect themselves from pregnancy and STIs and where to access professional help and advice

STRATEGY

- Introduce self and session
- Ground rules
- Relationship activity
- Film clip alcohol/risk taking
- Alcohol specs activity with condom use
- Sexual health update/reminder
- Help and advice
- Quiz

RESOURCES

Paper and pens, Film clips, specs activity, quiz, relationship cards, leaflets

CLASSROOM

Around desks, group activities & film shown

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