



Dear Parents/Carers,

Your child will shortly be beginning the relationships and personal wellbeing unit in PSHE.

We wanted to contact you with an overview of the lessons that will be being covered and some useful website links.

Please don't hesitate to contact your child's PSHE teacher if you have any questions.

Lesson title	Lesson overview
Review of learning from previous years	Confidently identifying the different myths and facts around sex and your bodies. Helping others learn by expressing your views and opinions in class discussions. Positive affirmation and reflections on our personal qualities. Why we need RSE discussion and reflection on previous learning. Value continuum looking at issues around body image social media, age of consent, gender inequality. Team challenge-knowing our bodies and the facts not myths. Focus on misconceptions, laws, sexual body parts. Consolidating learning/opportunity to ask anonymous questions and signpost for support.
Consent	Explain what is meant by freedom and capacity to consent Recognise contexts where someone's freedom or capacity to consent have been reduced or removed, and why this means consent has no longer been given Explain why trying to make someone more vulnerable, or misleading them, is wrong, and can be a very serious offence Explain where, why and how to get advice and support for issues relating to consent. Group work to explore positive and negative relationships. Focus on a case study to explore 'red flags' support needed and how to access it. Was consent given video- students vote and discuss their perceptions before the law and clear guidance is provided. Consent battle- students work in groups to develop confidence on how to say/show 'no'. Highlight laws and our rights/responsibilities. Where to seek help and support.
Contraceptive choices	investigating examples of contraceptives. Sharing with others how they are used effectively. Helping yourself become a safer sex expert. Baseline check in. Students explore options available with teacher guidance and then move in to a marketplace research activity to further knowledge. Videos from SEXWISE to bust myths around contraception and develop learning. Support and information about unintended pregnancy and miscarriages-students will cover key facts, definitions and the laws.
Sexually transmitted infections and sexual health	The key symptoms and risks associated with a variety of different STI's Understanding what HIV is and how it can be transmitted Understand the importance of sexual Health Clinics (GUM) Explain why young people after unprotected sex should always get themselves checked out. Students explore what they know and still need to know. Explore stigma and myths around STIs, protection and treatment. Focus on facts on HPV and ways to remain protected. Marketplace/research task to develop STI flashcards. Sexual health clinics-what they do/how they support. Understanding HIV-focus on stigma/facts/myths/transmission and treatment. Check in/signposting and assess progress



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HEADTEACHER: Mrs M Smith

<p>The male condom</p>	<p>Understanding the correct steps for using an external or male condom Being able to describe three obstacles to condom use and explain how they can be overcome. Baseline Assessment-Students match a set of statements about contraception and discuss key points as a class. Contraceptive Methods-Students watch the clip about different contraceptive methods and note key information. Contraception negotiation-Students suggest appropriate responses to common excuses for not using contraception. They then review two versions of a conversation about contraception use Condom Demonstration-Teacher-led demonstration of the correct way to use a male condom (or video clip alternative). Card match Students match cards to ensure understanding of condom demonstration. Condom practical- Students practice using a condom with condom demonstrators. [Allow time to tidy up and wash hands.] Endpoint assessment and signposting-Students answer key questions to gauge understanding. They reflect on their standard response if asked to do something they are uncomfortable with and set a goal. Remind students of support available.</p>
<p>Pornography and the impact</p>	<p>Explain in detail the distortions about sex and relationships in pornography. Discuss the consequences this can have on young people's self-esteem and their future relationships. Students explore misconceptions of what is reality Vs what is created for entertainment. Work in groups to look at real world relationships Vs fantasy and fake world. Students will share opinions on the laws, body image, gender roles and stereotypes. Discussions on misconceptions about healthy and safe relationships, unhealthy sexual behaviours and self-esteem Update on the laws and recent facts-students will be signposted and given guidance on how to seek support</p>
<p>Revenge pornography- personal safety online</p>	<p>Identify what to do to prevent revenge porn and what to do if you become a victim Describe the long- and short-term consequences of sharing intimate images with partners or friends Explain, using new terminology in the correct context the legal, short and long-term consequences for perpetrators and victims. Students will explore what they know about the term revenge porn and look at how this can happen to a person. The lesson will explore a case study documentary lesson https://www.bbc.co.uk/iplayer/episode/p096h12v/zara-mcdermott-revenge-porn Students will reflect together on the lessons learned, the impact this can have on a victim and perpetrator. Signposting/guidance and support provided.</p>



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Sexual harassment, stalking and violent sexualised behaviours

Understand what sexual harassment is and consider the effects of harassment on everyone in society
To practice challenging harassment and consider the role of bystanders in this.
Key words and definitions activity-baseline of knowledge in the room.
Storyboard to reflect on the issues a young person may be facing in their lives.
Explore what is sexual harassment-in schools/work places/online and in society.
Is this harassment-value continuum activity.
Group discussion-how we handle unwanted sexual attention-support and laws we need to know.
Explore through case studies-what these news stories have taught us and lessons to be learned for the future.
An overview of the 'Me too' campaign and the developments it has created.
A campaign to make a difference- students use their creativity and knowledge to create a display for schools to educate and inform others about reducing harassment and how to report any concerns.

Useful websites to help you discuss this topic with your child.

<https://www.fpa.org.uk/for-parents/>

<https://www.brook.org.uk/>

<https://riseabove.org.uk/topic/love-life/>

<https://www.childnet.com/parents-and-carers/>

<https://www.childline.org.uk/info-advice/friends-relationships-sex/>

https://www.thinkuknow.co.uk/11_18/

The relationship and sexual health policy and safeguarding policy can be found on the school website. Also, on the school website you will find a link to our AWARE site, this contains lots of links to useful websites to support you and your child. <https://aware.wickersleypt.org/>

Yours sincerely,

Ellie Bannister
Director of PSHE

