

Key Stage 3: Sex and Relationship Education Topics

Year 7

During Year 7 the following topics are studied:

- Puberty
- Managing feelings during puberty
- Sex - the basics

Students study the physical changes that occur during puberty and how the body gets ready for adulthood. They look at how emotions can be heightened or change during puberty. We talk about how to recognise and manage these emotions. We talk about sources of help and advice. Students will learn what happens during reproduction. We discuss relationships and healthy relationships and how to keep themselves safe and what to do if they feel unsafe.

Year 8

During Year 8 the following topics are studied:

- Friendship and peer pressure
- Relationships
- Feelings
- Types of contraception
- STIs - introduction

Students look at different types of relationships (including friendship). They will discuss positive and negative aspects of relationships and how to manage these. They will discuss how relationships can develop and look at a value continuum with different life stages and discuss how beliefs and values can play an important role in the decisions we make. We discuss how relationships are different for different people. We discuss the law and consent. Students are introduced to the idea of safer sex. We discuss different forms of contraception and explain different ways in which they work. They will also gain an overview of sexually transmitted diseases (STIs). Students will discuss the importance of relationships and of being comfortable with decisions that they are making.

Year 9

During Year 9 the following topics are studied:

- Tackling homophobia
- Recognising and managing risk within sexual relationships
- STIs and contraception – (more detailed than in previous years)
- Using condoms – condom demonstration
- HIV / AIDS

Students discuss relationships and different types of relationships. They will discuss sexuality. They look at issues such as homophobic bullying. Students will look at ways in which to keep safe and discuss how to manage risk. We will discuss consequences of risky behaviour. We look at STIs in more detail in year 9 and recap the different types of contraception. Students will also take part in a condom demonstration. We discuss HIV and AIDs in more detail and look at it from different perspectives e.g. as a world issue as well as a personal issue.

Some of the above issues will be dealt with sensitively by outside companies/agencies including SEX FM.

Please feel free to contact your Key Stage Manager if you want to discuss the content in more detail