

YEAR 7 PUBERTY

Do now, Turn and talk: Which picture best represents “puberty” and why?



I think the picture that most represents puberty is...

This is because...

Hint: journey, transformation, easy, difficult



Turn and talk: Which words and images best represent how people might feel during puberty and why?



I think the picture/ word that most represents emotions in puberty is...

This is because...

Nervous



confident



Excited

moody



Changeable

**YEAR 7
PUBERTY**



Case Study 1

YEAR 7 HEALTHY FRIENDSHIPS

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Emma and Lily have been best friends since they were little. They love spending time together, whether it's playing football at break, sharing secrets during lunch, or having sleepovers on the weekends.

One day, **Emma feels really nervous about an upcoming maths test.** She's been struggling with fractions and doesn't know what to do. Instead of keeping her worries to herself, she decides to **talk to Lily about it.** Lily listens carefully and **offers to help Emma** study after school.

After school, Lily patiently explains how to solve fractions problems, using colourful markers to make it more fun. **Emma feels relieved** that she's not alone in this, and she's grateful for Lily's support.

During the test, Emma remembers what Lily taught her and feels more confident. When the grades come back, Emma scores higher than she expected, and she's overjoyed. She rushes to tell Lily the good news, and they **celebrate together** with high-fives and giggles.

Fractions
What fraction does the colored area show?
Color in the bubble next to the correct answer.

1. 	<input type="radio"/> $\frac{1}{2}$	<input type="radio"/> $\frac{3}{4}$	<input type="radio"/> $\frac{1}{4}$	<input type="radio"/>
2. 	<input type="radio"/> $\frac{2}{3}$	<input type="radio"/> $\frac{2}{4}$	<input type="radio"/> $\frac{1}{4}$	<input type="radio"/>
3. 	<input type="radio"/> $\frac{3}{4}$	<input type="radio"/> $\frac{1}{2}$	<input type="radio"/> $\frac{2}{3}$	<input type="radio"/>
4. 	<input type="radio"/> $\frac{2}{4}$	<input type="radio"/> $\frac{3}{4}$	<input type="radio"/> $\frac{1}{3}$	<input type="radio"/>
5. 	<input type="radio"/> $\frac{3}{4}$	<input type="radio"/> $\frac{1}{3}$	<input type="radio"/> $\frac{2}{4}$	<input type="radio"/>

Jealousy in a romantic relationship

YEAR 8 HEALTHY RELATIONSHIPS

Think back to the do now- is this scenario healthy? Why or why not?

Being jealous if a member of the opposite sex messages you



Controlling behaviour- may start controlling who your partner messages

Invading privacy- may start checking partners phone without permission

Paranoia- may start worrying that your partner is cheating even if they aren't

Whilst some mild jealousy in a relationship may be a natural sign you like someone, too much can lead to controlling behaviour and invading privacy.

Think, pair share... what could be the consequences of jealousy in this scenario?



How to handle conflict: The CALM Method

C – Calm down

- Take a breath, pause before reacting



A – Ask & listen

- Let the other person speak
- Don't interrupt



L – Language matters

- Use “I feel...” instead of blaming
- Avoid insults



M – Move forward

- Find a compromise or solution



Activity 2:

1. Summarise the CALM method in your workbook.
2. Apply the method to each scenario in your workbook

**YEAR 8
MANAGING
CONFLICT**

Turn and talk: “People behave differently online than they do in real life”

Do you agree or disagree? Can you give any examples?

YEAR 8 RELATIONSHIPS AND THE INTERNET

ME: DEBATING
ONLINE



ME: ACTUALLY



One reason people behave differently online is because...

Online, people may feel more confident to...

In real life, someone might hesitate to..., but online they...

Social media can sometimes encourage people to...



*Anonymity,
Confidence,
Insecurity, Tone,
Misunderstood,
Fake, Unfiltered,
Keyboard warrior*

Turn and talk: Explain how the following factors
power imbalances in a relationship

**YEAR 9
POWER
IMBALANCES**

Age

Gender or sexuality

Money



Status

stereotypes

Disability



Eg. a younger person could be coerced by an older partner

Challenge: Use these words in your answer:

Manipulate: to influence someone's emotions to make them do something

Coerce: to force someone to do something against their will through threats, pressure or intimidation



**Targeting
Stage**

Selecting a child
Befriending them
Developing trust
Giving gifts



**Friendship
Forming
Stage**

Gift giving
Spending time together
Listening and “keeping secrets”
Offering protection



**Loving/
Caring
Relationship
Stage**

Being boyfriend/ girlfriend
Sexual relationship
Drugs and alcohol
Being inconsistent



**Abusive
Relationship
Stage**

Withdraws love
Isolates child
Threats and insults
Physical and sexual violence

YEAR 9 CHILD SEXUAL EXPLOITATION

Use the picture to
fill in the table in
your booklet

Activity 1: Grooming

Decide which grooming stage, each of these statements belongs to (Targeting, Friendship, Loving, Abusive)





Statement	Grooming stage	Statement	Grooming stage
Giving gifts or rewards		Offering protection	
Spending time together		Being their boyfriend or girlfriend	
Listening and remembering		Establishing a sexual relationship	
Keeping secrets		Lowering inhibitions – showing pornography	
Being ‘there for them’		Engaging in forbidden activities e.g. clubs, drugs, drinking	
Being their best friend		Being inconsistent, raising their hopes then letting them down or punishing	
Testing out physical contact ‘accidental’ touching		Becomes an ‘unloving’ relationship	

Activity 1: Is this ok?

Read the scenarios in your booklet and decide if they are **ok** or **sexual harassment/ bullying**

**YEAR 9
SEXUAL
BULLYING**

Activity 1: Is it ok?

<u>Situation</u>	<u>Is it ok? Y/N</u> <u>Explain your view</u>
Arun has fancied Maya for a few months, <u>after lesson</u> he finally approaches her and asks her out. She is flattered but says no, he accepts this and moves on	 Acceptable
A group of Y9 girls keep giggling and whispering whenever a certain Y11 boy walks by. They think he is attractive.	 Sexual Harassment- repeated behaviour could make someone uncomfortable
Jonathan thinks Rita is really pretty, he always asks to sit next to her in lessons and sometimes tries to touch her leg. Rita has told him she isn't interested and finds the situation awkward.	 Sexual Harassment- ignoring boundaries
Callum in Y10 posts a new profile picture of himself at the gym. He gets lots of comments complimenting his body and being flirty	 Borderline Depends if any comments cross into being explicit or make him uncomfortable, it could then become harassment.

Respect in a relationship

1. Watch this video clip
2. Discuss with your partner

What do you think about the behaviours which were mentioned in the film?

I think the behaviours were...

Look at the relationship green and red flags- do you agree? Is there any more you could add?

I agree/ disagree because...

Something I would add is...



RELATIONS ROMANTIC RED FLAG RELATIONSHIPS

LACK OF TRUST

NAME CALLING & PUTDOWNS

HONESTY & TRUST

RESPECTING SPACE & BOUNDARIES

PUSHING BOUNDARIES

FEELING UNSAFE OR SCARED

FEELING LIKE YOU CAN BE YOURSELF

MAKING DECISIONS TOGETHER

LIMITING TIME WITH FRIENDS OR FAMILY

WANTING SOCIAL MEDIA & PHONE PASSWORDS

HOLDING EACH OTHER TO THE SAME STANDARDS

OPEN COMMUNICATION

Turn and talk: Label each statement with...

Always, sometimes, never

I think this is always/ sometimes/ never true because...

Consent means saying “yes”

Consent can be withdrawn at any time

Consent is possible regardless of someone’s age/ mental or emotional state

**YEAR 10
CONSENT**



What is sexual harassment?

Now watch the video to find out more

This is **unwanted sexual behaviour** that makes someone feel uncomfortable, intimidated, or offended.

It can include things like:

- Sexual comments, jokes, or rumours
- Repeated unwanted messages or attention
- Someone making sexual gestures or remarks
- Being shown sexual content you didn't want to see

It's usually about **behaviour that creates a hostile or uncomfortable environment**, even if there is no physical contact.



Eg. stalking or following



Eg. sending unwanted nudes

**YEAR 10
SEXUAL HARMS**



Eg. repeated unwanted attention

Eg. catcalling

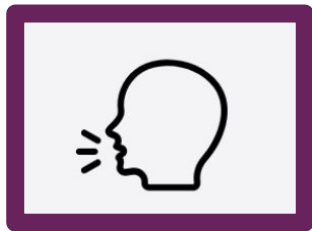
Cyberflashing is sending of explicit sexual images to a person without their consent eg, on Bluetooth, AirDrop, dating apps, or social media.

Eg. in person or cyber flashing

Can you have a healthy, romantic relationship with somebody who has been 'chosen for you'?

**YEAR 11
UNHEALTHY
RELATIONSHIPS**

What do you think about the question above? Be ready to share your view using the hint words and sentence starters below



I think you can because...
I don't think you can because...

Hint: forced marriage, arranged marriage, parents, family, choice, tradition, honour

YES

NO

Y11 PREGNANCY AND FERTILITY

Always, sometimes,
never

It is easy to get pregnant

Both members of a couple have equal responsibility in the case of an unplanned pregnancy

*I believe this because...
My view is based on the fact that...*

Abortion is always wrong



Choice, responsibility, fertility, freedom, opinion, religion, commitment

Activity 2: What are the most important factors to consider when deciding to enter a long term partnership?

Person C- feedback your ideas to the rest of the class.

Use these ideas to fill in the diamond 9 in your workbook

**Y11 LONG TERM
COMMITMENTS**

