



Relationships, Sex and Health Education (RSHE) At Greenford High School



Year 7

L1: Changes in Puberty Part 1

- Physical and mental changes in puberty in males and females

L2: Changes in Puberty Part 2

- Hygiene during puberty
- The menstrual cycle
- Coping with the menstrual cycle

L3: Female Genital Mutilation - delivered by an external speaker

- Basic facts about FGM (not including types)
- Effects of FGM
- The law surrounding FGM

L4: Gender stereotypes

- Explore gender stereotypes and why they exist
- Examine why gender stereotypes can be limiting
- Understand the protected characteristics of gender and sexuality as set out in the UK Equality Act 2010

L4: Healthy and unhealthy relationships- friendship

- Understand the characteristics of healthy and unhealthy friendships
- Explore the concept of values
- Understand what to do if a relationship becomes unhealthy

Year 8

L1: Healthy Relationships

- Features of healthy and unhealthy relationships
- Jealousy and how it can be dealt with
- Imbalance of power in a relationship and how it can be dealt with
- Insults in a relationship and how it can be dealt with

L2. Managing Conflict

- To develop skills for managing and resolving conflict in relationships and friendships.
- To understand how to end relationships or friendships with kindness and manage feelings such as disappointment, hurt, or frustration.
- To recognise how social media can escalate conflict and learn strategies to prevent this.

L3: Relationships and the internet

- Exploring the pros and cons of internet use in relationships
- Social media and friendships
- Sexting- definition, laws and impacts

L4: Consent

- Definition of consent using FRIES
- Consent in everyday life
- Law surrounding sexual consent
- How to recognise non-consent

- Gender stereotypes, sexism and sexual harassment

L5: The risks of Unhealthy relationships

- Understanding the concepts of coercive control, honour based violence and domestic violence

Year 9

L1: What makes a healthy relationship?

- Communication in a relationship- active, passive or assertive
- The law surrounding sexual consent
- Understanding boundaries and consent and how to maintain these assertively

L2: Power imbalances

- To understand how power imbalances can affect behaviour and respect within relationships.
- To explore how online communities and subcultures can influence attitudes towards relationships and sexual ethics.
- To develop strategies to recognise, resist, and avoid pressure in relationships, including peer and sexual pressure.

L3: Child Sexual exploitation

- Definitions of CSE and grooming
- Understanding the grooming process
- The role of drugs and alcohol in the grooming process
- “Sextortion”

L4: Sexting

- The law surrounding “sexting” and “sending nudes”
- The risks of sexting and the impact it can have on young people

L5: Sexual bullying

- Understanding the concepts of sexual bullying and sexual harassment
- Examining the impact of sexual harassment in schools
- Understanding how to gain support and be an active bystander

Year 10

L1: Positive romantic relationships

- The features of a romantic relationship
- Understanding and setting boundaries in a romantic relationship
- Understanding boundaries and consent and how to maintain these assertively

L2: Consent

- Definition of consent using FRIES
- Consent in everyday life
- Law surrounding sexual consent
- How to recognise non-consent

L3 : Sexual harms

- To understand the key concepts and laws relating to sexual violence, including rape and sexual assault.
- To recognise different forms of harmful sexual behaviour, including sexual harassment and inappropriate sexual language.

- To understand the impact of harmful sexual behaviours and the importance of respectful, lawful conduct.

L4: Domestic Violence

- To understand that repeated, obsessive or unwanted behaviours can be abusive and may be criminal.
- To recognise different forms of exploitation and abuse, including sexual, criminal, and financial exploitation, as well as grooming.
- To understand that strangulation and suffocation are serious criminal offences and highly dangerous behaviours.
- To know how and where to seek support for abusive situations or concerning behaviour, including reporting and accessing medical help.

L5: Contraception (Delivered by an external speaker)

- Understand the advantages and disadvantages of different types of contraception
- Awareness of responsibility regarding contraception
- How contraception can be accessed

L6: STIs (Delivered by an external speaker)

- Understanding of different STIs and their signs and symptoms
- How STIs can be treated and avoided

L7: Pornography (Delivered by an external speaker)

- Define Pornography
- Understand the law surrounding pornography
- Examine reasons why young people may access pornography
- Explore the impact of pornography on relationships

Year 11

Lesson 1 Consent and healthy relationships

- To explain what is meant by consent
- To describe the law surrounding sexual consent
- To identify “red flags” in relationships and see how these relate to consent.

Lesson 2: Unhealthy relationships

- To explore unhealthy relationships with a focus on forced marriage and honour based violence (HBV)
- To recognise an unhealthy relationship and know where to get support

Lesson 3: Pregnancy and fertility

- To explore about the choices available following an unplanned conception
- To understand the factors that affect fertility in men and women

Lesson 4: Parenting and Caregiving

- Learning about the responsibilities of being a parent or caregiver and how committed, stable relationships can be important for bringing up children

Lesson 5: Long term commitments

- To investigate different types of relationships, including legal marriage and forced marriage