

Year 8 - Intimate and Sexual Relationships - Staff overview and planning tool

Learning Outcomes

By the end of this module, pupils **WILL** be able to...

- Describe what a respectful relationship might look like, in particular the importance of consent and trust
- Understand that pressuring others into having sex is wrong and can be damaging
- Know that they have the option to delay having sex and that you can have a loving and respectful relationship without it
- Define contraception

By the end of this module, pupils **SHOULD** be able to...

- Discuss relationships between individuals of all genders and sexualities in a sensitive and respectful way

By the end of this module, pupils **COULD** be able to...

- Acknowledge the importance of having consent and trust in a relationship and reflect on their role in ensuring that it is present

William Ellis School Aims:

- To discuss respectful behaviour in intimate and sexual relationships, including LGBT ones
- To explore the pressures surrounding having sex for the first time, including the danger of putting pressure on another person and the option to delay
- To introduce the idea of contraception and signpost where to go for safe sex supplies (this will be covered more comprehensively next year)

Statutory Requirements—What pupils should know:

- how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship
- that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting peer pressure and not pressurising others
- that they have the choice to delay sex

Key Words:

Respect - due regard for the feelings, wishes, or rights of others

Consent - permission for something to happen or agreement to do something, in sexual acts this must be sought every time and for each act

Contraception - the deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse

Consistency:

All lessons should begin with a starter to settle the class. Students should write the date and title in their book before use. The three lessons should be planned as a sequence, with the above learning outcomes. These will be made explicit to the students. The lessons should include activities that allow the teacher to gauge how fully these learning outcomes have been reached.

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If you have found this topic has resonated with you or you would like to learn more see below...

Where can I get support?

If you are worried about yourself or a friend being pressured then please speak to an adult you trust.

If you believe that you or someone you know has been sexually assaulted please speak to an adult you trust or you can seek support from Survivor-SUK via their website at <https://www.survivorsuk.org/young-people/help-online/> or via the Whatsapp contact number 07491816064

If you would like more information on safe sex speak to your teacher or you could visit local sexual health clinic:

Young people's services: Brandon Centre 020 7267 4792
26 Prince of Wales Road, Kentish Town, London, NW5 3LG.

Useful websites:

Sexual health information: www.brook.org.uk

Info on contraception:
www.contraceptionchoices.org

Info on sexual health, relationships, the law, LGBT issues: www.bishuk.com

Detailed information on sexual health, relationships, feelings, and more: www.scarleteen.com