

# RELATIONSHIPS, SEX AND HEALTH EDUCATION



LYMM  
HIGH SCHOOL

YEAR 7

- Puberty
- Menstrual wellbeing
- Discrimination due to sexuality
- Discrimination due to gender
- Healthy relationships and harassment
- Anti-bullying bystander responsibility
- Managing conflict
- Introduction to consent
- Abuse disclosures - who can you talk to?
- Self esteem and the media
- Pride

YEAR 8

- Pride
- My worth: Being positive and resilient
- About online communication and recognising misleading information
- Risks of 'sexting' and how to manage requests or pressure to send nudes
- Being an ally
- Identifying group think and how to build confidence challenging homophobia and gender-based discrimination
- Introduction to FGM and what to watch out for
- Introduction to contraception - why is it useful?
- Consent - avoiding assumptions
- Sexual orientation and gender identity
- Influences on relationship expectations
- Relationship values

YEAR 9

- Respectful relationship behaviours
- Getting out of unhealthy relationships
- Capacity to consent
- Sexual health
- Contraception and STIs
- Managing the ending of relationships
- Healthy and unhealthy relationships, group think, online risks and assertiveness
- Different family units, positive family relationships, homelessness and conflict resolution
- Online: Pornography, images and personal information (security and safety)
- Pride

YEAR 10

- Pride
- Sexual harassment workshops with Senior Staff
- Perceptions of sex, gender and relationships: pleasure, asexuality, abstinence, norms, risks of online media, porn
- Consent and the Law
- Contraception and STIs
- Addressing relationship abuse
- Managing conflict in relationships
- Pressure, persuasion and coercion
- The impact of pornography
- Role of intimacy and pleasure

YEAR 11

- Family conflict
- Long-term commitments - characteristics and legal status
- Fertility and routes to parenthood
- Pregnancy outcomes
- Pregnancy choices: Abortion
- Family: Long term commitments
- Family: The legal status of marriage
- Family: Parenting
- Gender and personal identity: Assertiveness
- Honor based violence and FGM
- Pride

YEAR 12

- Pride
- Honor based violence and Forced Marriage
- Alternative views about relationships (Religious Studies focus)
- Sexual harassment workshops with Senior Staff
- What does it mean to have an LGBTQIA+ education?
- Beyond equality 3: Preventing gender-based violence
- Beyond equality 2: Healthy relationships, sex and sexuality
- Beyond equality 1: Introduction to masculinities, privilege and emotions
- How have we done and how do we sustain this activity and establish a school environment against sexual harassment?
- Consent and the Law
- Sexual harassment - sexting, comments, upskirting (types and impact)
- Contraception and STIs
- Abortions
- Inclusion and boundaries in relationships
- Difficulties in relationships
- Consent and abuse (including withdrawing consent)

YEAR 13

- Healthy relationships
- Sexual harassment
- Compromised consent: Drugs and alcohol
- Difficulties in relationships
- Gendered attitudes to sex and sexuality
- The body and sexual pleasure
- Communication and boundary setting
- Alternative views about relationships (Religious Studies focus)
- Pride



\*Grooming, sexual exploitation and domestic abuse, including coercive and controlling behaviour, will be addressed sensitively and clearly. We will address the physical and emotional damage caused by female genital mutilation (FGM).  
\*We will be mindful that for pupils who are or have experienced unhealthy or unsafe relationships at home or socially, the school may have a particularly important role in being a place of consistency and safety where they can easily speak to trusted adults, report problems and find support