

UR Choice Scheme of Work Y7

	Lesson Themes	Learning Objectives
Lesson 1	<p>Sexuality</p> <ul style="list-style-type: none"> • What is sexuality? • What is gender? • What are values? • What are my values? • What influences are values? • What key terms are associated with sexuality? 	<ol style="list-style-type: none"> 1. Consider what our values are 2. Identify what influences us and how reliable these influences are 3. Understand key terms associated with sexuality
Lesson 2	<p>Puberty</p> <ul style="list-style-type: none"> • What is puberty? • What changes happen in boys and girls? • How well do you know the human body? • Embarrassing aspects of puberty 	<ol style="list-style-type: none"> 1. Identify key bodily changes that occur in puberty 2. Recognise the parts of the body that make up the reproductive system 3. Consider some aspects of puberty that are not always talked about
Lesson 3	<p>Boundaries and Assertiveness</p> <ul style="list-style-type: none"> • What are boundaries? • Why are boundaries important? • Boundaries in relationships • Crossing boundaries • Enforcing boundaries • How to be assertive • Practising being assertive 	<ol style="list-style-type: none"> 1. Identify relationship boundaries and why they are important 2. Explain why being assertive is better than being passive or aggressive 3. Practice some assertiveness skills to enforce your boundaries

UR Choice Scheme of Work Y8

	Lesson Themes	Learning Objectives
Lesson 1	<p>Relationships and Puberty</p> <ul style="list-style-type: none"> • How do I want to be treated? • Healthy and unhealthy relationships • What do healthy, unhealthy and abusive relationships look like? • Puberty Quiz • Period help in school • Reproduction 	<ol style="list-style-type: none"> 1. Identify how we want to be treated in a relationship 2. Consider some of features of healthy and unhealthy relationships 3. Recall what we know about puberty
Lesson 2	<p>Why can Pornography be harmful?</p> <ul style="list-style-type: none"> • Where do we see sexual images? • What messages do these images send out? • What's so bad about pornography? • Is it legal, is it right? 	<ol style="list-style-type: none"> 1. Consider where we see sexual images 2. Understand why pornography can be harmful 3. Consider the laws and ethics of pornography
Lesson 3	<p>Consent and Abuse</p> <ul style="list-style-type: none"> • What is consent? • Sexual consent • Abuse in relationships • Problems with dating someone much older than you • Child sexual exploitation • Warning Signs of an unhealthy relationship • How to stay safe and where to get help 	<ol style="list-style-type: none"> 1. Understand what is meant by consent 2. Explain different types of abuse within relationships 3. Recognise signs of exploitation and explain how to get help

UR Choice Scheme of Work Y9

	Lesson Themes	Learning Objectives
Lesson 1	<p>Safe Sex</p> <ul style="list-style-type: none"> • What do you already know? questionnaire • What is sex? • How to use a condom, demo and practising 	<ol style="list-style-type: none"> 1. Identify what you already know about sex 2. Learn how to use a condom properly 3. Practise using a condom properly
Lesson 2	<p>Love is...</p> <ul style="list-style-type: none"> • What should sex be like? • Consent refresher • Assertiveness refresher • Pressures and concerns scenarios • Where to get emergency contraception • STIs • Fraser Guidelines 	<ol style="list-style-type: none"> 1. Explore pressures and concerns about sexuality and relationships. 2. Increase knowledge of safer sex and emergency contraception. 3. Increase knowledge of young people's rights and confidential services.
Lesson 3	<p>Consent and Abuse</p> <ul style="list-style-type: none"> • Sexting scenario • Building a relationship • What makes a good relationship? • Types of marriage including traditional same sex love marriage, same sex marriage, arranged marriage and forced marriage 	<ol style="list-style-type: none"> 1. Explore the different stages of building a relationship. 2. Consider what makes a good relationship. 3. Identify different types of marriage

UR Choice Scheme of Work Y10

	Lesson Themes	Learning Objectives
Lesson 1	<p>Exploding Myths</p> <ul style="list-style-type: none"> • Laws Quiz • FGM • What is pornography? • Choices, rights and dilemmas scenarios • 	<ol style="list-style-type: none"> 1. Learn about legal aspects of relationships, sex and pornography 2. Learn how to use a condom properly 3. Explore situations involving services and keeping safe
Lesson 2	<p>Abusive Relationships</p> <ul style="list-style-type: none"> • Teenage relationship abuse • "This is abuse" discussion work • Control methods • What can abuse lead to? • Domestic abuse • Gender and abuse quiz 	<ol style="list-style-type: none"> 1. Consider what makes relationships healthy or abusive. 2. Explain what stereotypes are and how they influence us. 3. Explore the importance of choice and consent in relationships. •
Lesson 3	<p>Relationships and Sexual Health</p> <ul style="list-style-type: none"> • STI scenarios- clips and discussion work • Different types of contraception • STIs • Sexual Health services 	<ol style="list-style-type: none"> 1. Identify the different contraceptive choices 2. Understand the common sexually transmitted infections (STIs) 3. Learn about services that support young people's sexual health