

Scalby School Sex and Relationships Curriculum

Scheme of learning for students in Years 7-11 based upon national guidance and advice from North Yorkshire County Council.

Age and overall summary	Relationships	My body	Feelings and attitudes	Life Cycles	Keeping safe & looking after myself	People who help me
<p>Ages 11-13 At this age most young people will be entering puberty and will be interested in hormones, how they will be affected by them, the menstrual cycle, wet dreams, erections, fertility, pregnancy – how it can be avoided, and safer sex. They may also be wondering if their physical development is 'normal'. They will want to know about the difference between sexual attraction and love and whether it is normal to be</p>	<ul style="list-style-type: none"> • What makes a relationship happy or unhappy? • Why do relationships change during adolescence? • How can I cope with changing relationships with my family and friends? • Why do people get married or have a civil partnership? • What can I do about family and friendship break-up? • What are the qualities I should look for in a partner? • Should everyone have a boyfriend or girlfriend at my age? 	<ul style="list-style-type: none"> • Am I normal? What is normal for my age? If I am a late-developer, will I catch up? • Why do the media show so many pictures of thin/muscle/perfect celebrities? Should we all look like this? • People say our hormones are raging during adolescence - what effect do they have on the body? • How do hormones affect boys and girls differently? 	<ul style="list-style-type: none"> • What is the difference between sexual attraction and love? • How will I know if I am in love? • Is it normal to be attracted or in love with someone of the same gender? Does this mean I am gay or lesbian? • Do you have to have sex to show someone you love them? 	<p>This is present in the primary school aged questions – it may need to be refreshed in year 7.</p>	<ul style="list-style-type: none"> • What is safer sex? • Should everyone who is sexually active carry condoms? • What infections can be caught from having sex? What are the symptoms? What is the impact on your health? • What is HIV and AIDS, how do you get it? Is it always through sex? • How do women get pregnant and how does the baby develop? • 	<ul style="list-style-type: none"> • If I think I have a sexually transmitted infection, where can I get it treated? • If a woman gets pregnant, what choices does she have? • What are the best websites on sex and relationships for young people? • How can I find out about local contraception and sexual health services, and what should I expect from them? • Can I see a nurse or doctor in private?
<p>Year 7 Year 8 Year 9 Year 10/Year 11</p>						

<p>attracted or in love with someone of the same gender. Young people will be asking questions about relationships, when is the right time to have sex, how to avoid pressure and where they can get more information if they need it, including the best websites, confidential services etc.</p>	<ul style="list-style-type: none"> • At what age is it legal to have sex? At what age is it legal to get married/ or have a civil partnership? • How do I know when I am ready to have sex/be intimate with my boyfriend/girlfriend? • Do males and females have different expectations in relationships? • What does it mean to be gay, lesbian, bisexual or transgender? • What is the difference between transvestite acceptable touching and behaviour and trans-sexual? • What is amongst my peers? 	<ul style="list-style-type: none"> • What is the menstrual cycle and how does it affect fertility? • Why do boys get erections? • What is the menopause, when does it happen in a woman's life and do men go through it too? • What is happening to my body when I get sexually excited? • What is an orgasm and how can I have one? • Do males and females experience orgasm in the same way? • What are normal bodily fluids secreted from penis and vagina? 	<ul style="list-style-type: none"> • What should I do if I feel I am being pressured into having sex? Is everybody doing it? • In my community being a teenage parent is acceptable- is this wrong? • My religion says that being gay or having sex before is marriage is wrong, what should I think? 		<ul style="list-style-type: none"> • Does sex always lead to pregnancy? How can conception be prevented? • Are there ways of enjoying sex that don't risk pregnancy or infection? • What are the different methods of contraception? Are some easier to use than others? • When should emergency contraception be used? • Who should be responsible for contraception/safer sex in a relationship? • If someone is on the pill, why do they have to use a condom as well? • Does drinking alcohol or using drugs affect my decisions about 	
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Age and overall summary	Relationships	My body	Feelings and attitudes	Keeping safe & looking after myself	People who help me
<p>Ages 14-16</p> <p>At this age some young people will either be sexually experimental or know friends who are. They will be interested to know what they should expect of a partner and how to talk to them. They will need more information on contraception, sexual health and how to access services. They will want to know about different types of relationships and homophobia. They may want to know about how to cope with strong feelings and how to cope with the pressures to have sex. They will start to ask questions about parenthood and may like to know how they can talk</p>	<ul style="list-style-type: none"> • What should I expect of my partner in a sexual relationship? • What can I do to make a sexual relationship more enjoyable? • Do people try to control or exploit one another through sexual relationships? • How can I recognise when this might be happening and respond to it? 	<p>This is present for 11-13 year olds.</p>	<p>How can I cope with strong feelings such as anger, sadness, desire and love?</p> <ul style="list-style-type: none"> • What are the biggest influences on me and my friends sexual behaviour and health? • What do different cultures and religions believe about sex and relationships? • How does how I feel about my body affect my self esteem and my relationship with others? • Pornography is easy 	<ul style="list-style-type: none"> • What are the different types of contraception, their advantages and disadvantages, and how can I choose between them? • Are all methods of contraception also protection against sexually transmitted infections including HIV? What are the risks of different sexual activities? • Should I be responsible for contraception in a relationship? Can I negotiate this with my partner or should I trust them? 	<ul style="list-style-type: none"> • What are my rights as a young person to information, sexual health services and confidentiality? • What is the full range of services, help and information available to me, where can I find out about them and how can I make the most of these services? • I'd like to talk to my parents or a trusted adult about sex and relationships - what is the best way to go about this? • If a woman gets pregnant, what choices does she have and what influences these choices?

<p>Year 7 Year 8 Year 9 Year 10/Year 11</p>

<p>to their own parents or a trusted adult. They will also be interested in other influences on sexual decision making such as the law, different cultures and religious beliefs, pornography, the media and the effects of drugs and alcohol.</p>	<ul style="list-style-type: none"> • What is the most effective way to resist pressure from friends or partner to do things I don't want to do? • How can I help a friend in an abusive relationship • What is homophobia, what effect does it have on people and what can I do if I or a friend experiences it? • What is most important to me in my relationships with friends, family and sexual partner? • What are the causes of conflict in young people's relationships with friends, family and peers and how 		<p>to access on the internet - does it show what real sexual relationships are like/should be like?</p> <ul style="list-style-type: none"> • Why do people stereotype gays and lesbians/ male, females and transgender/ and stigmatise people with STIs such as HIV? 	<ul style="list-style-type: none"> • I know that alcohol and drugs may affect sexual choices and behaviour - how can I reduce the risks from this? • How do I use a condom and does it affect sexual performance? 	<ul style="list-style-type: none"> • What are the laws on sexual offences?
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	<p>can we deal with it?</p> <ul style="list-style-type: none"> • What communication skills would help me in my relationships? • When is the right time to become a parent? • What responsibilities do parents have and what skills do they need? • How can young people cope with family break-up, divorce and bereavement and who can provide support? • What are the challenges of being a single parent? What help is available to single parents? • What is the best way to challenge bullying 				
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