

## Relationships Health and Sex Education Middle School – Long Term Plan

**Objectives highlighted in yellow are for Year 7, 8 and 9 only**

<u>Term</u>	<u>Topic</u>	<u>Lesson objectives</u>	<u>Exposure</u>	<u>Engagement</u>	<u>Participation</u>
Autumn 1	Families and People who care for me	<ul style="list-style-type: none"> <li>• That families are important for children growing up as they can give love, security and stability.</li> <li>• The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</li> <li>• That there are different types of committed, stable relationships</li> <li>• How these relationships may contribute to happiness and how relationships contribute to bringing up children. (Year 7 to 9)</li> <li>• That others' families, either in school or in the wider world, sometimes look different from their family, but they should respect those differences and know that other children's families are also characterised by love and care.</li> <li>• How to judge when their relationships are unsafe and how to seek help and advice.(Year 7 to 9)</li> </ul>			
Autumn 2	Caring Friendships	<ul style="list-style-type: none"> <li>• How important friendships are in making us feel happy and secure (online as well for students Yr7 to 9)</li> <li>• How people choose and make friends.</li> </ul>			

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		<ul style="list-style-type: none"> <li>• That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</li> <li>• That most friendships have ups and downs, and that these can often be worked through to repair or strengthen and that violence in unacceptable.</li> <li>• How to recognise who to trust and who not to trust</li> <li>• How to judge what a friendship is making them feel unhappy or uncomfortable.</li> <li>• How to manage conflict and seek advice or help from others if required.</li> </ul>			
Spring 1	Respectful relationships	<ul style="list-style-type: none"> <li>• The characteristics of positive and healthy friendships (both on and offline)</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>• That they should expect to be treated with respect by others and that they should respect others and others beliefs</li> <li>• How stereotypes can cause damage e.g. how they might normalise non- consensual behaviour or encourage prejudice</li> <li>• The different types of bullying (including cyberbullying), the impact of bullying and how to report it and where they can find help</li> <li>• The importance of permission seeking and giving in all relationships i.e with friends, peers, adults.</li> </ul>			

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		<ul style="list-style-type: none"> <li>• Certain types of behaviour in a relationship are criminal (Year 7 to 9)</li> </ul>			
Spring 2	Changing Adolescent body (Puberty)	<ul style="list-style-type: none"> <li>• Key facts about puberty and the changing adolescent body. Year 5 and 6 – different body parts and how these change as we grow – hair/shape/size Year 7-9 – as above – this includes physical and emotional changes.</li> <li>• Menstrual wellbeing/menstrual cycles</li> </ul>			
Summer 1	Online Relationships	<ul style="list-style-type: none"> <li>• Responsibilities and opportunities that being online provides</li> <li>• Awareness that people can behave differently online and could not be who they say they are.</li> <li>• Appropriate behaviour online as in other context – same principles apply: respect for others and ourselves.</li> <li>• Online risks – that any material shared online to another person had the potential to be re-shared and that it is not easy to get bad posts removed.</li> <li>• How to report harmful/unwanted content online.</li> </ul>			
Summer 2	Being Safe	<ul style="list-style-type: none"> <li>• Appropriate boundaries in friendships with peers and others (including in a digital context).</li> <li>• How people can actively communicate and recognise consent from others including sexual consent (Year 7 to 9)</li> <li>• How and when consent can be withdrawn (including online) (Year 7 to 9).</li> <li>• Privacy – for children and adults. How and when to share secrets if it relates to keeping someone or yourself safe.</li> </ul>	•		

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		<ul style="list-style-type: none"><li>• Your body belongs to you – differences between appropriate, inappropriate or unsafe physical or other contact.</li><li>• Recognising and reporting feelings about being unsafe that should be shared (peers or adults)</li><li>• How to report abuse – key vocabulary and confidence needed to do so.</li><li>• Support and advice – who can help, how they can help and where to get advice from until they are heard e.g in school, family and/or other sources.</li></ul>	
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