

Secondary RSE Lessons

The RSE lessons for years 7-11 are taught as part of bi-weekly PlanetYou sessions and cover the entirety of statutory content from the DfE.



Autumn 2

yr.7

LESSON TITLE: Making and maintaining friendships	LESSON OVERVIEW/OUTCOMES: Examples/case studies of good friendships – what makes these friendships last? Identifying healthy/unhealthy features in friendships
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yr.10

LESSON TITLE: Developing risk management and support- seeking skills: Nature of committed relationships Forced marriage vs arranged marriage	LESSON OVERVIEW/OUTCOMES: What is commitment and how is it shown in relationships? What is the purpose of marriage? Marriages in different cultures - alternatives to marriage (civil partnerships, same-sex relationships)
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Spring 1

yr.7

LESSON TITLE: How do we stay safe during our teenage years?	LESSON OVERVIEW/OUTCOMES: To identify what puberty is and how it will change us; begin to examine ways of dealing with these changes
LESSON TITLE: Health and puberty Healthy routines,	LESSON OVERVIEW/OUTCOMES: To be able to identify features of a healthy routine, as well as assess how our routines might change with the onset of puberty
LESSON TITLE: Unwanted contact and FGM	LESSON OVERVIEW/OUTCOMES: What is personal space, respecting it, dealing with unwanted approaches; introduction to FGM

yr.9

LESSON TITLE: Respectful relationships	LESSON OVERVIEW/OUTCOMES: Families and parenting, healthy relationships, conflict resolution, and relationship changes - include different types of families/relationships (ie. single parent families, single gender families)
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Spring 2

yr.7

LESSON TITLE: What are relationship boundaries?	LESSON OVERVIEW/OUTCOMES: Using case studies to find healthy and unhealthy boundaries in friendships and relationships and developing skills to get out of unhealthy relationships/cases where boundaries have been pushed too far
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yr.11

LESSON TITLE: What is healthy communication in relationships? part 1	LESSON OVERVIEW/OUTCOMES: Putting across personal values, assertive communication (including in relation to contraception and sexual health)
LESSON TITLE: What is healthy communication in relationships? part 2	LESSON OVERVIEW/OUTCOMES: Abusive relationships, identification of and challenging them
LESSON TITLE: How can we say what we want and need without offending our friends?	LESSON OVERVIEW/OUTCOMES: Apply the features of assertive communication to a range of scenarios in relation to a variety of relationships

Summer 1

yr.11

LESSON TITLE: What does it mean to be part of a family?	LESSON OVERVIEW/OUTCOMES: Exploration of the different types of family units including single parent, extended, adopted, same-sex relationships, LGBTQ+
LESSON TITLE: What responsibilities do families have?	LESSON OVERVIEW/OUTCOMES: Family planning; dealing with unwanted pregnancies; contraception
LESSON TITLE: What does consent in families mean?	LESSON OVERVIEW/OUTCOMES: forced marriages vs arranged marriages; changing relationships inc LGBTQ+, impact of pornography

Summer 2

yr.8

LESSON TITLE: What are the different types of identities?	LESSON OVERVIEW/OUTCOMES: A beginning of an examination of concepts around Gender identity, sexual orientation, and sexual identity
LESSON TITLE: What are healthy habits in romantic relationships?	LESSON OVERVIEW/OUTCOMES: consent, 'sexting', and an introduction to contraception

yr.9

LESSON TITLE: What are intimate relationships and how can we stay healthy in them? part 1	LESSON OVERVIEW/OUTCOMES: Relationships and sex education including consent and contraception
LESSON TITLE: What are intimate relationships and how can we stay healthy in them? part 2	LESSON OVERVIEW/OUTCOMES: Relationships and sex education including the risks of STIs, and attitudes to pornography

yr.10

LESSON TITLE: How can we build healthy intimate relationships?	LESSON OVERVIEW/OUTCOMES: Managing expectations in relationships, including consent, saying no and warning signs
LESSON TITLE: How can we maintain healthy relationships? part 1	LESSON OVERVIEW/OUTCOMES: Relationships and sex expectations, myths, pleasure and challenges
LESSON TITLE: How can we maintain healthy relationships? part 2	LESSON OVERVIEW/OUTCOMES: Relationships expectations, including the impact of the media and pornography