





Meden School Curriculum Planning							
Subject	PD	Year Group	9	Sequence No.	3	Topic	3

Retrieval	Core Knowledge and Student Thinking
What do teachers need retrieve from students before they start teaching new content ?	<p>What specific ambitious knowledge do teachers need teach students in this sequence of learning?</p> <p>What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'</p>
<p>What are the signs of a healthy relationship? What are the signs of an unhealthy relationship?</p> <p>Who can you talk to at school if you are having friendship issues?</p>	<p>What are the characteristics and positives of one-to-one relationships?</p> <p>What do we mean by a one-to-one relationship? In this context, a one-to-one relationship means a romantic relationship eg boyfriend or girlfriend, or husband or wife, or partner!</p> <div data-bbox="672 667 1312 1034" data-label="Complex-Block">   <p>WHAT'S THE LINK?</p> <p>Talk Task: Make a link/ links between each idea Think – make a decision and give reasons Pair – justify your reasons to your partner Share – feedback to the rest of the class</p>  <p>Our words are:</p> <p>Consent, shared interests and outlooks on life, sex and friendship.</p>  <p>ASPIRATION EXCELLENCE ACHIEVE</p> </div> <p>The link was that all of these characteristics are key components of what a positive one-to-one relationship is.</p> <p>They aren't the only key components, but will provide a good basis for a positive one-to-one relationship.</p> <p>What do we think is meant by shared interests and outlooks on life? Having similar beliefs about important or cultural things eg tastes in music, how society looks after vulnerable people, etc.</p>

How can social media bring people together?

What are the dangers of social media when making friends?

How does the law protect us?
How old do you have to be to vote? Why is this a different age to the age of consent?

Talk Task: shared interests are the most important factor in developing a positive one-to-one relationship.

S H A P E

Daisy
I disagree as if you are friends then interests won't matter.

Tom
I agree because shared interests can lead to better relationships.

Lacey
I disagree because consent is so important in relationships.

Roger
I disagree as I believe people can develop different interests over time.

ASPIRATION EXCELLENCE ACHIEVE

The law around sex and relationships.

- In the UK the age of consent is 16.
- Anyone aged 16 or over, regardless of gender or sexuality can legally consent to sex.
- There are exceptions to this rule. It is illegal for anyone in a position of trust to have sexual contact with anyone aged 17 or under who is in their care. Someone in a position of trust includes teachers, youth workers, sports coaches and anyone who is in a position of trust with a young person.
- It is a criminal offence for anyone in a position of trust to force sexual relations on someone within that trust or to take advantage of their position of trust in order to encourage sexual relations with individuals in their care.
- It is also illegal for anyone under the age of 18 to take/have taken and/or send a sexual image of themselves, even if this is to a partner and they have fully consented to having this picture taken or taken it themselves.



QUICK QUIZ – GPA ANY EXTRA INFO YOU COULD INCLUDE/CORRECT YOUR ANSWERS

1. What is meant by consent? *permission for something to happen or agreement to do something.*
2. Up to what age is it illegal for people to take sexual images of themselves? *18*
3. Is the above still true even if the person taking the picture has consented to it? *YES!*
4. What does it mean to have shared interests and outlooks? *Having similar beliefs about important or cultural things eg tastes in music, how society looks after vulnerable people, etc.*



ASPIRATION EXCELLENCE ACHIEVE

What are the signs of a healthy relationship?

Is it possible to have intimacy in a relationship without sex?

Intimacy meaning.

close familiarity or friendship.

Eg "the intimacy between a husband and wife"

Intimacy does not just mean sex, there are a number of ways people in loving relationships can be intimate without having sex.

What ways do you think people in relationships can be intimate without having sex?

- Kissing
- Hugging
- Holding hands
- Develop a new interest together that is specifically yours as a couple – eg a new hobby
- "Outercourse" (this is any form of sensual and sexual activity that does not involve the exchange of body fluids)

Can people still have a relationship without sex?

<https://www.Youtube.Com/watch?V=cxbfdklwrza>

Intimacy changes in a relationship over time.

What do you remember about reproduction from your science lessons?

Who can you go to in school if you have an issue that you need help with?

Having intimacy is important but having shared interests is more so.

What are the contraceptive choices available?

Contraceptive choices.

- caps or diaphragms
- combined pill
- condoms
- contraceptive implant
- contraceptive injection
- contraceptive patch
- female condoms
- IUD (intrauterine device or coil)
- IUS (intrauterine system or hormonal coil)
- natural family planning (fertility awareness)
- progestogen-only pill

https://www.youtube.com/watch?v=dlgPkyh3_n8



<https://www.contraceptionchoices.org/whats-right-for-me>

This website explains the different contraceptive choices that are available to people in Britain. It also offers advice on what types of contraception are the best for different situations.

Rules for teenagers and doctors.

- Contraception services are free and confidential, including for people under 16 years old.
- This means the doctor or nurse won't tell your parents or anyone else, as long as they believe you're mature enough to understand the information and decisions involved.
- There are strict guidelines for healthcare professionals who work with people under 16.
- If they believe there's a risk to your safety and welfare, they may decide to tell your parents.
- The risk would need to be serious, and they'd usually discuss this with you first.

Further guidance.

<https://www.nhs.uk/conditions/contraception/>

<https://www.contraceptionchoices.org/>

<https://www.sexwise.org.uk/contraception/which-method-contraception-right-me>

What is an STI?

- **Sexually transmitted infections (STIs)**

According to NHS UK, STI symptoms can be the following:

- an unusual discharge from the vagina, penis or anus
- pain when peeing
- lumps or skin growths around the genitals or bottom (anus)
- a rash
- unusual vaginal bleeding
- itchy genitals or anus
- blisters and sores around your genitals or anus
- warts around your genitals or anus

<p>Do you know what consent is?</p> <p>Links to pregnancy from the previous lesson.</p>	<ul style="list-style-type: none"> • warts in your mouth or throat, but this is very rare <ul style="list-style-type: none"> • 1. What are the risks of unprotected sex? STI's, unplanned pregnancy. • 2. What proportion of pregnancies in the UK are unplanned? Approximately one in three. • 3. Teen pregnancies are at their lowest rate in over 50 years. While every case is individual and there can be good outcomes for all pregnancies, what are the particular risks associated with teen pregnancies? Poor maternal mental health, studies interrupted which may impact career path, higher rates of child ill-health). Pregnancy-planning/health-matters-reproductive-health-and-pregnancy-planning . • 4. How can people protect themselves from unplanned pregnancies and STIs? Contraception reduces the chances of a pregnancy but isn't 100% effective. Barrier methods (especially condoms) reduce STI transmission but some infections can be passed on anyway – see lesson content <p><u>Puberty and emotional changes (examination)</u></p> <p>Knowing what changes a person body goes through during puberty and how to manage these changes.</p> <p>Checking for lumps in testicles and the breasts.</p> <p>Testicle examination: Hold your testicle between your thumbs and fingers with both hands and roll it gently between your fingers. Look and feel for any hard lumps or nodules (smooth rounded masses) or any change in the size, shape, or consistency of your testicles.</p> <p>Breast examination:</p>
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Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Mental health – sleep and good diet

Everyone should aim to eat, move, and snooze for the benefit of their body and mind. That's why good habits around sleep, diet, and exercise are dubbed the "big three" healthy lifestyle factors. Together, they reduce the risk of conditions like depression and anxiety.

- Teenagers need approximately 9 hours of sleep per night.
- Many are averaging approximately 7 hours.
- After puberty, the internal clock of an adolescent undergoes a biological shift of up to 2 hours later.
- The time that teenagers naturally wake up also shifts by up to 2 hours later.
- Teenagers will benefit from a regular sleep schedule.
- The time before bed (at least 60 minutes) should allow for winding down and must avoid screen use (e.g. TV, phones, tablets etc.).
- Teenagers should avoid caffeinated or high-sugar products such as fizzy drinks, tea or coffee and sweets.
- Spending time outdoors every day (especially in the morning) can be beneficial to sleep.

Sleep and puberty. Students make the connection between the changes to their body and sleep patterns.	
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