Please refer to the Southam College whole school policy on Sex and Relationships Education. This document provides additional guidance on the content and lesson titles for our Sex and Relationship Education curriculum within the Life Skills department. This applies to the current cohort of students from year 8-11, academic year 2016/2017. This program of study has been carefully considered to ensure that it is guided by the National Curriculum statutory (PSHEE) programme of study for students within KS3 and 4. The teaching and the materials used are also carefully selected to ensure that they are appropriate to the age, and sensitive to the cultural background of the pupils concerned. Teachers may use their professional judgement to adapt the standardised lesson materials which are provided to all Life Skills staff. This is to ensure consistency of content delivery but adaptation is allowed to ensure that content is suitable and accessible for the classes the teacher is responsible to teach ie in order to be sensitive to the particular needs of the students, ability or a particular class. A variety of teaching approaches are taken to deliver the Sex and Relationships curriculum which take into consideration the emotional maturity of the students. Ground rules are established clearly at the start of the topic across all year groups to help promote a safe environment. In addition, teachers use role play and scenarios in order to de personilse discussion and distance the topic area from students directly. SRE education within Life Skills at Southam College is a ‘Spiral programme’ which introduces new and more challenging learning, while building on what has gone before, which reflects and meets the personal developmental needs of the students.

**YEAR 8 - AUTUMN TERM - SEX AND RELATIONSHIPS TOPIC- COVERED FROM SEPTEMBER TO OCTOBER HALF TERM.**

- Lesson title:  
  - Body Image x 2  
  - Self esteem  
  - Relationships, Partnerships and Families  
  - Contraception x 2  
  - Sexually Transmitted Infections  
  - End of topic Assessment

**YEAR 9 – AUTUMN TERM- SEX AND REALTIONSHIPS TOPIC- COVERED FROM OCTOBER HALF TERM TO CHRISTMAS END OF AUTUMN TERM.**

- Lesson title:  
  - Introduction to the topic - Healthy relationships, expectations and key concepts  
  - Sex and relationships- Risks and consequences  
  - Human sexuality and sexual relationships (heterosexual, homosexual and bisexual relationships)- Diversity.  
  - Developing your identity and image- including the importance of Age of consent.  
  - Safer sex and Contraception  
  - Sexually transmitted infections/HIV and Aids  
  - The purpose of marriage and commitment- marriage ceremonies  
  - Changing relationships, Break ups and Divorce  
  - The role of parenting  
  - Assessment lessons end of topic test
*NEW* YEAR 10 – SPRING TERM - PERSONAL WELLBEING INCLUDING STRESS AND MENTAL HEALTH

Lesson title:
- What is mental health? What is stress?- Managing and coping with stress and change.
- Feeling down, feeling stressed- my emotions
- Managing your time and studies- Revision skills
- Emergency first aid – coping with an emergency, shock and resuscitation.
- Binge Drinking and smoking – Risky behaviour
- Looking after your own health – tattoos, sunbathing, body piercing
- Sexting – Police visitor into school.
- Parenting and parenthood – pregnancy, your choices and bringing up a child
- Sex and relationships explained - A-Z- VISITOR
- Building confidence and resilience- getting to know yourself to prepare for the workplace
- Personal impact- Communication, body language and assertiveness.
- Positive personal presentation.

THE CURRENT YEAR 11 STUDENTS HAVE ALSO COMPLETED THE FOLLOWING SEX AND RELATIONSHIPS CONTENT DURING YEAR 10- SEE BELOW. THIS IS PART OF THEIR RELIGION AND RELATIONSHIPS UNIT FOR THEIR FULL COURSE GCSE CITIZENSHIP AND RELIGION- AQA RELIGIOUS STUDIES B UNIT 1. DUE TO THE CHANGE IN THE LIFE SKILLS CURRICULUM THAT HAS HAPPENED OVER THE LAST FEW YEARS IE NEW SCHEMES WHICH WERE BROUGHT INTO YEAR 9/10 LAST YEAR FOR SRE- STUDYING THE CONTENT BELOW ENSURED THAT THIS PARTICULAR COHORT OF STUDENTS DID NOT MISS OUT AND HAD THE SAME EQUAL OPPORTUNITY AS THE OTHER YEAR GROUPS WITH THE NEW SRE PROGRAM.

Lesson title:
- An introduction to relationships- concepts of commitment, responsibility, contract and covenant.
- Human sexuality and sexual relationships (heterosexual, Bisexual, homosexual relationships, age of consent)
- Sex before marriage
- Religious attitudes towards contraception
- The purpose and character of marriage
- Religious weddings
- Marriage and other choices of commitment
- The role of parenting
- Divorce & sex outside of marriage
- Consolidation and revision lesson
- End of topic assessment/review

Our students wellbeing and safety is our top priority. If you have questions or would like to discuss the SRE education within Life Skills further you are more than welcome to contact the Head of Department-Miss S Campbell- Campbell.s@welearn365.com.

Many thanks,

Miss S Campbell.