



## **ST.OSMUND'S MIDDLE SCHOOL SEX AND RELATIONSHIPS EDUCATION (SRE) PROGRAMME**

(Updated *January 2018*)

The following programme has been developed by the Coordinator for PSHCE in conjunction with the School Nurses. The main themes intended for coverage at the Upper School have also been included in this programme.

### Year 5      **"How does life begin?"**

- Differences between male and female
- Correct naming of body parts
- Creating a baby
- Birth of a baby

### Year 6      **"Puberty – body changes"**

- Physical changes in boys / girls
- Menstruation and personal hygiene

*Topics will be covered in single-sex groups and resources provided by the School Nurses.*

### Year 7      **"Relationships, friendships and responsibilities"**

- Revision / reinforcement of Year 6 work on 'Puberty'
- Emotional changes in puberty / managing emotions
- 'My image and influences on me'
- Friendships and relationships
- Responsibilities of parenthood

### Year 8      **"Contraception and risk-taking"**

- Why young people have sexual relationships and whether their decisions are right
- Methods of contraception (a chance for children to see and handle resources)
- Safety / risk-taking / responsibility in sexual relationships

*Topics will be covered in mixed groups and resources provided by the School Nurses.*

### **Themes covered at the Upper School:**

#### Year 9      **Contraception revisited & Body Confidence**

- Sex and the media
- Relationships and responsibilities
- Teen pregnancies
- Homosexuality / bisexuality / transgender issues

#### Year 10      **Sexually Transmitted Diseases**

- Including STIs, HIV and AIDS
- Consent
- Positive / abusive relationships
- Pornography

#### Year 11      **Taking care of your own body**

- Testicular Cancer, Breast Cancer and Cervical Cancer.

P.Absolom (January 2018)