

Year Group	Autumn 2	Spring 2	Summer 2		
Year 7	L1 - Puberty - How the emotions are affected by puberty, how this may affect relationships and how to manage this.	L1 - Healthy Relationships - The qualities of healthy and unhealthy relationships	L1 - Introducing Consent - What consent means, both legally and ethically, and what it looks like in practice.		
7	L2 - Menstrual Wellbeing - Menstrual (period) wellbeing	L2 - Managing Family Conflict - Skills to manage relationship conflict in families	L2 - Relationship Values - Develop realistic and healthy relationship values and expectations.		
8	L1 - Relationship expectations - How to challenge unrealistic relationship expectations.	L1 - Respectful Relationship behaviours	L1 - Relationships in the media		
8	L2 - Sexual Orientation and Gender Identity - Understand and respect the spectrum of gender identities and sexual orientations.	L2 - The importance of consent - Common assumptions related to consent and how to challenge these.	L2 - Introduction to contraception - how and why different contraceptives are used		
9	L1 - Freedom and capacity to consent	L1 - Sexual Health	L1 - Managing the end of a relationship		
9	L2 - Relationship abuse	L2 - Contraception	L2 - Portrayal of relationships in the media.		
10	L1 - The role of intimacy and pleasure	L1 - Pressure, persuasion and coercion	L1 - Addressing abuse		
10	L2 - The impact of pornography	L2 - Managing relationship conflict and breakups	L2 - Family Conflict		
11	L1 - Long term commitment	L1 - Pregnancy outcomes			
11	L2 - Fertility, contraception and sexual health	L2 - Abortion			
					Relationships
					Sex Ed