	Session 1	Session 2	Session 3
Year 7	**Puberty recap** We examine the change that girls and boys go through, the aim being to inform and reassure the pupils that it is a normal part of growing up. WE work through key facts about puberty and the changing adolescent body, particularly from ages 9-11, including physical and emotional changes. We learn about menstrual wellbeing, including the key facts about the menstrual cycle. information.	**Introduction to Secondary RSE** The basis of knowledge of year 7 pupils can vary considerably dependent on the quality of their primary RSE provision or lack thereof. This lesson is designed to establish knowledge levels, ensure consistent accurate knowledge of core topics and back fill gaps*. Themes covered include proactive safeguarding, reproduction, puberty, relationships, body image, and reliable sources of	**Friend or Foe?** This lesson raises awareness of personal safety, questioning what is normal, realistic and age appropriate in relationships, giving tips for spotting potential grooming and exploitation. The resources are used are age-appropriate*
Year 8	**RSE Building on the Basics** In year 8 we address core themes within RSE, myth busting common misconceptions of young people around sex, risky behaviour, pregnancy, rights and responsibilities, as well as the law. The young people work with the team to clarify definitions of terms they may have heard but might not understand, as well as answering questions in a safe confidential environment.	**Understanding Sexuality** We work with the young people to discuss changes in friendships and relationships as some may begin to develop emotional and romantic attachments. This covers all types of relationships and as with all of our programme, is fully LGBTQ+ inclusive†*. The workshop covers a range of themes that affect relationships and young people's perception of what constitutes a healthy relationship. We address peer pressure, abusive relationships and gender stereotypes, as well as contemporary issues such as youth generated images (sexting), internet safety and the dangers of inappropriate websites which we demonstrate can distort a young persons' view of social norms*	Adapted based on identified knowledge-gaps. Specific identified students are provided with intervention sessions.
Year 9	**Sex: Your Decisions†** Building on the themes of consent and contraception from the previous lesson, this session introduces more of the choices that young people need to consider before entering a sexual relationship. Covering the most up to date contraception information with details on efficacy, is critical to help young people make informed decisions. To underline the consequences of decision making, we highlight the effects of unplanned parenthood on potential mothers and fathers! We highlight the limited power of fathers in decision making, the effects of pregnancy for mothers, as well as the financial and lifestyle impact for both.	**Infections and Protection** At this point we introduce young people to the dangers of sexually transmitted infections, ensuring they understand the short- and long-term effects, as well as which can be treated or cured, and which can't. † The lesson includes information on safer sex, a demonstration of condoms and the local information relating to how, (when the time is right for them) to access them for free†. Developing a greater awareness of the law, consent, better communication skills about safer sex and confidence to make good decisions are all objectives for this workshop.	Adapted based on identified knowledge-gaps. Specific identified students are provided with intervention sessions.
Year 10	**Mates, Dates, Loves, Hates** This lesson is designed to help young people identify abusive relationships and establish boundaries. Covering a wide range of abuse from verbal, emotional, financial, sexual and physical as well as isolation. By highlighting the warning signs of these we explore how young people could help their friends through these situations and where to get help, if they have concerns†*.	**New friends** This lesson is exclusively about child sexual exploitation, the session addresses grooming in an offline setting and how this can escalate from assumed friendship to sexual exploitation. Our resources for this lesson draw comparisons of healthy and unhealthy relationships to distinguish exploitation from relationships with trust and respect*. As CSE is often reported to friends first, we discuss with the pupils what they should do if a peer makes a disclosure of abuse or exploitation to them.	Adapted based on identified knowledge-gaps. Specific identified students are provided with intervention sessions.

Year 11	**RSE: Show what you know†** This is often the age at which some young people are thinking of becoming sexually active, so we review the essential material to ensure that the key topics are front of mind for the group. Covering consent, contraception, condoms and responsibilities, we once again highlight the ever present, potential risks of STIs and unplanned parenthood as well as the positives of pleasure and healthy relationships.	Adapted based on identified knowledge-gaps. Specific identified students are provided with intervention sessions.	Adapted based on identified knowledge-gaps. Specific identified students are provided with intervention sessions.

*https://www.sexeducationforum.org.uk/sites/default/files/field/attachment/Young%20Peo ples%20RSE%20Poll%202022%20-%20Report.pdf Sex Education Forum Young People's Poll 2022. Accessed March 2023

†https://www.brook.org.uk/wpcontent/uploads/2020/03/Case_Study_Report_2017_single_pages.pdf Going Beyond Biology, the Relationship & Sex Education Young People want and need 2020.