

## 14-19 Phase Content

Content as in Upper Phase– Additional content covered in below sub strands:

### **CG4– Intimate relationships, consent and contraception**

Content delivered in Upper Phase will be revisited, along with additional emphasis placed on understanding of the portrayal of sex in the media (social media and pornography), specifically the tendency for this to give an unrealistic idea of what is expected or acceptable in an intimate relationship, and an understanding of how to access sexual health services if needed. As in Upper Phase, the main focus when delivering this sub strand is to support pupils to engage in healthy, happy relationships should they wish to, whilst giving them the knowledge and skills to ensure they are safeguarded as far as possible.

### **CG5– Long term relationships and parenthood**

We will revisit Upper Phase content, and explore in more detail the potential causes of family/ relationship breakdown, and the potential consequences of divorce and separation. From a safeguarding angle we will also explore rules and rights regarding choices relating to marriage, and choices around pregnancy, including termination.

#### **Key vocabulary** (All previous vocabulary, along with the following additional terms):

consent   realistic   sexual health   pornography   abortion  
termination   divorce   safeguarding   disclosure   pregnancy

## PSHE including Relationships, Sex, Health Education Information for Families

### **Strand: Changing and Growing**

#### **Term: Summer first half**

The content of the PSHE curriculum is taken from the PSHE association SEND framework, and meets all statutory requirements for PSHE Education, including Sex Education, for schools in England.

During the Lower, Middle and Upper phases, the content is delivered as part of a 3 year curriculum cycle. Pupils in Lower and Middle Phases will repeat the content in full, in order to allow for increased understanding and engagement with the content as the pupils grow and develop.

In 14-19 Phase, there is a 2 year cycle, which students repeat in full.

The rationale behind this repetition is the same as for our younger students, as there will be a need to reinforce and expand on concepts as the students prepare for adulthood, and may develop both physically and emotionally at different rates.

To promote a key theme and consistency across the school, each half term the same strand will be delivered to all classes.

If you wish to discuss any of the content please do not hesitate to contact the PSHE Co-ordinators (Amy Croft and Sarah Johnson).

## Lower and Middle Phase Content

### Sub strands:

#### **CG1– Baby to adult**

Including identifying some of the differences between babies, children and adults, recognising our changing needs and skills as we grow, and identifying stages of the human life cycle.

#### **CG3– Dealing with touch**

Including identifying some of the ways in which trusted adults/ family members may physically touch us as part of our daily care, during play or to show affection, that our bodies belong to us and we have a right to feel safe, and the difference between acceptable and unacceptable touching.

#### **CG4– Different types of relationships**

Including identifying who is in our family, different types of families, and that a romantic relationship is different to a friendship

Workshops for Year 6 pupils:

CG3– Changes at puberty

Including the names of body parts (including genitalia), the main physical differences between male and female bodies, main changes during puberty, and the onset of menstruation (including management).

#### **Key vocabulary:**

baby child adult grow change touch hug help care  
love hurt good bad friend family boyfriend/girlfriend  
husband/wife

Puberty: penis testicles breasts vulva vagina pubic hair  
period menstruation

## Upper Phase Content

### Sub strands:

#### **CG1– Puberty**

Including identifying some of the different stages of change as people progress to adulthood (physical, emotional, social), the importance of personal hygiene during puberty, and the specific changes which happen during puberty (including menstruation, wet dreams, skin and voice changes, body hair and mood swings).

#### **CG4– Intimate relationships, consent and contraception**

Including the meaning of the word ‘consent’, the difference between friendships and romantic relationships, sexual activity (specifically– intimate touching and intercourse), the safe use of condoms, basic laws around the age of consent, the potential for pregnancy or STIs following unsafe sex, and appropriate and inappropriate relationship behaviours in public places. Safeguarding and how to seek support will provide a key focus throughout this sub strand.

#### **CG5– Long term relationships and parenthood**

Including identifying adults we know who are in a long term relationship, what being in a family means, understanding that marriage, civil partnerships and living together are choices couple might make as part of their commitment to each other, and identifying some of the responsibilities of being a parent.

#### **Key vocabulary:** (All previous vocabulary, along with the following additional terms)

Menstruation wet dreams mood swings hormones yes no  
consent kiss touch erection appropriate inappropriate  
public private masturbate intercourse sperm egg  
pregnant baby boyfriend girlfriend husband wife  
homosexual/gay marriage civil partnership age of consent  
contraception