

What should we know?	Connections	What should we be able to do?
<ul style="list-style-type: none"> • Our school believes we are fearfully and wonderfully made - that God made sex to bring life and wellbeing; sex can be a good and fulfilling aspect of life. (Ethos) • The media can distort how we see ourselves and cause us to regard ourselves negatively or as undesirable; it can diminish our self-esteem. (Media/ Mental health and wellbeing) • How to protect ourselves online, including from sharing or viewing harmful content. (Safeguarding/Media) • How to recognise the characteristics and the positive aspects of healthy, one-to-one, intimate relationships (these include mutual respect; a spiritually careful 'noticing' of the other; consent' loyalty; trust; shared beliefs, values, interests and outlook; sex and friendship. • Many people believe that the best place to raise children is within healthy one-to-one intimate relationships. • The choices we make in sex and relationships can affect our mental, physical and emotional health either positively or negatively. • How to understand, identify and manage peer pressure around sex; how to resist peer pressure and not pressurise others. • That we have a choice to delay sex or to enjoy intimacy without sex; that some people may wish to only have sex within marriage and for some people sex is not something they want for themselves. (RE) • The facts about the full range of contraceptive choices and their efficacy. • Where to go to get support or to report a concern. 	<p style="text-align: center;"> And God saw that it was good</p> <p style="text-align: center;"> Long-term, healthy intimacy</p> <p style="text-align: center;"> Online: sharing materials and avoiding harmful content</p> <p style="text-align: center;"> Media, advertising and self-esteem</p> <p style="text-align: center;"> The impact of sexual choices</p> <p style="text-align: center;"> Peer pressure</p> <p style="text-align: center;"> Contraception</p>	<p>I can...</p> <ul style="list-style-type: none"> • Explain the school's beliefs surrounding sex (Ethos); give examples of how media and advertising can create a context where it is hard to feel attractive or have good self-esteem; describe some strategies, beliefs, campaigns or role models that I can use to challenge unrealistic images. (Media/ Mental health and wellbeing) • Explain the pitfalls surrounding sharing certain materials and images online; explain how someone can protect themselves from viewing harmful content. (Safeguarding/ Media) • Describe the characteristics of a long-term, positive and healthy intimate relationship; the factors that help sustain an intimate relationship over time; why this might be the best context for raising children. • Explain how negative and positive choices we make about sex can affect our mental, physical, emotional, spiritual and financial wellbeing. • Give examples of how peer pressure can affect how we speak about sex; explain why people might want to pressure their peers; describe strategies for handling peer pressure. • Talk about why delaying sexual activity might be a wise choice; explain why some people believe it is right to wait for marriage to have sex and why some people may positively choose to abstain from ever having sex. (RE) • Explain what contraception is and the facts concerning the full range of contraceptive choices; explain how they work, what they prevent, whose responsibility it is and how effective they are. (RE - not all people believe contraception is God's highest will for humanity.) • Go to someone - or tell someone else where to go - for support or to report a concern.

Vocabulary	Definition
Self-esteem	A realistic respect or favourable impression of oneself; self respect
Sexual intercourse	Genital contact (heterosexual - the insertion of the penis into the vagina), usually involving orgasm
Orgasm	The physical and emotional sensation experienced at the peak of sexual excitement, usually resulting from the stimulation of sexual organs (in the female: the clitoris, breasts, labia and vagina; in the male: the penis and testes). In the male it is usually accompanied by ejaculation
Ejaculation	The discharge of semen by the penis
Contraception	A variety of ways to prevent conception (pregnancy)
Peer pressure	Social pressure by members of one's peer group to take a certain action, adopt certain values or to conform in other ways in order to be accepted
Theological vocabulary	Definition
Created	We have been created and are carefully made.
Dignity	We need to see ourselves and treat others with huge respect as people who are crafted by God.
Worthy	Having great value; we are all worthy of looking after and protecting.
Community	We are a part of a group and our relationships have an impact on others. We should try to show kindness and help everyone feel happy and safe. Jesus taught "Love your neighbour as yourself" (Matthew 22:37-39).
Wisdom	Knowing what is true or right and discerning what are good actions; understanding how one might be 'played' and making loving choices.
Frail (Fallen)	People can make poor choices about their wellbeing, and the wellbeing of others - this is part of being human.
Forgiveness	We can start again if we recognise our bad choices and try not to make them again. Christians believe God can help us live with more care for ourselves and others.
Faithful	Staying true to someone and sticking by them; being loyal and constant even when it is difficult.