

# RELATIONSHIP SAFETY & SEXUAL HEALTH

PSHE/YEAR 9/BLOCK 3

## Block Overview

This block of lessons aims to help young people recognise concerning behaviour and identify characteristics of abusive and exploitative relationships. This is achieved through a series of four sessions developed by the NSPCC, with interconnecting stories and characters, titled "It's Not Ok." The block concludes with two sessions on sexual health.

### Lesson 1

## It's Not Ok: Becky (Grooming)

### Learning Intentions

In this lesson, young people will be exploring the relationships that Becky has with her family members, with a key focus on Becky's relationship with her mum's new boyfriend, Kevin.

### Success Criteria

*By the end of the lesson, students will be able to:*

- identify the features of a positive relationship
- explain how to get support if they find themselves in a negative relationship
- describe how to challenge or resist harmful thoughts and behaviours



## Lesson 2

### It's Not Ok: Harry (Sexting)

#### Learning Intentions

In this lesson, young people will be exploring the relationships that Harry has with Becky, Lee-Ann and Mikey.

#### Success Criteria

*By the end of the lesson, students will be able to:*

- explain the dangers of sexting
- understand the role of a bystander and its potential negative impacts
- identify how to respond to concerns



## Lesson 3

### It's Not Ok: Lee-Ann (E-Safety)

#### Learning Intentions

In this lesson, young people will be exploring the relationships that Lee-Ann has with her family members, friends and the online community - including the boyfriend she met online.

#### Success Criteria

*By the end of the lesson, students will be able to:*

- understand the importance of e-safety
- explain the term grooming and how to recognise the signs of a potential grooming situation
- discuss relationship boundaries and how to prevent grooming



## Lesson 4

# It's Not Ok: Mikey (Emotions)

## Learning Intentions

In this lesson, young people will be exploring the relationships that Mikey has with his school friends (who are older), his family (including his mum's new boyfriend, Kevin) and who he interacts with through online gaming.

## Success Criteria

*By the end of the lesson, students will be able to:*

- identify what a positive and negative emotion is and how to cope with them
- describe what is meant by "sexting"
- understand and discuss the potential risks when gaming online

## Lesson 5

# Contraception

## Learning Intentions

Students will learn about the main methods of contraception and how these protect against pregnancy and STIs.

## Success Criteria

*By the end of the lesson, students will be able to:*

- identify the different types of contraception available
- explain how different contraceptive methods are used, and the pros/cons of each
- understand where to go for further support and advice on island

## Lesson 6

# STIs & The Impact of HIV

### Learning Intentions

Students will learn about common sexually transmitted infections (STIs) and the associated symptoms. Students will consider the impact of living with a sexually transmitted infection, and will be encouraged to display empathy towards those living with a condition such as HIV. Students will also learn how to access sexual health services on the Isle of Man.

### Success Criteria

*By the end of the lesson, students will be able to:*

- identify some of the more common STIs and their symptoms
- understand the impact of living with a sexually transmitted infection
- explain how to access sexual health services on island

