

Block Overview

This block of lessons explores the growing independence of young people and the importance of keeping themselves and others safe in various situations.

These lessons have been adapted for the Isle of Man from Scotland's national resource for relationships, sexual health and parenthood (RSHP).

Lesson 1

Going Out and Staying Safe

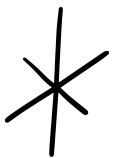
Learning Intentions

Students will learn how to keep themselves safe when going out with friends. They will learn how to plan for a safe night out, and how to respond and maintain personal safety if confronted with risk.

Success Criteria

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

- identify how to plan ahead, stay in control, and look after themselves and friends when going out
- discuss how they would respond if any risks were to arise
- explain the importance of checking in with themselves and friends to ensure everyone feels safe and well



Lesson 2

Online Dating

Learning Intentions

Students will learn the importance of keeping themselves safe when talking with, or choosing to meet, people online. Students will also reflect on 'dating apps' and how these influence the way people view relationships.

Success Criteria

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

- identify commonly used apps for meeting people, and safety measures used
- discuss the risks associated with meeting people online, and how to protect themselves
- describe how to support a friend who may have met someone 'dodgy' online



Lesson 3

Sex, Drugs, and Alcohol

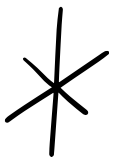
Learning Intentions

Students will learn about the role and impact of alcohol and drugs in relationships, and on choices and experiences regarding sexual behaviour.

Success Criteria

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

- describe the impact that using alcohol or drugs can have on relationships
- explain the connection between alcohol/drug use and experiences such as sexual violence or risky sexual behaviour
- identify where they can go for further support and information



Lesson 4

Knowing Your Body

Learning Intentions

Students will learn about the importance of knowing their bodies and performing self examinations of their breasts and testicles.

Success Criteria

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

- explain the importance of self-examination
- understand how to conduct a self-examination
- identify how to access sexual health services on island for further support



Lesson 5

The Importance of Communication

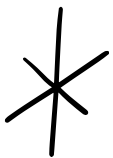
Learning Intentions

Students will learn about the different ways that people communicate in the context of personal relationships. They will also learn the importance of using positive behaviours whilst communicating on social media.

Success Criteria

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

- reflect on their own communication skills
- understand that communication can be verbal or nonverbal
- explain the importance of communication in a healthy relationship



Lesson 6

Getting Along and Managing Conflict

Learning Intentions

Students will learn that all relationships sometimes experience conflict, and that this requires resolution. They will also learn how to de-escalate conflict and ensure their personal safety.

Success Criteria

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

- understand that conflict can occur in any relationships
- describe strategies for de-escalating conflicts when they arise
- identify where to go if they need further support

