

RELATIONSHIP SAFETY & SEXUAL HEALTH

PSHE / YEAR 10 / BLOCK 3

Block Overview

This block of lessons explores some important features of healthy and safe relationships, including effective communication and the ability to recognise unhealthy/abusive relationship behaviours. Later in the block, students will learn critical sexual health information, including how to use a condom, the impact of STIs, and how to access local sexual health services.

Lesson 1

Communication

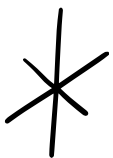
Learning Intentions

Students will learn about different kinds of communication styles and how these can impact relationships.

Success Criteria

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

- identify different types of communication
- identify pros and cons to different types of communication
- self reflect on communication preferences within the context of relationships



Lesson 2

Social Attitudes to Sending Nudes

Learning Intentions

Students will be encouraged to challenge perceptions and social norms related to explicit image sharing, whilst learning strategies for managing unwanted images and the pressure to share such images with others.

Success Criteria

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

- analyse attitudes associated with requesting, sending and passing on nude images
- describe the legal and moral implications of sharing images
- explain strategies to manage unwanted images, unwanted requests and pressure to send images
- challenge the views of others and perceived social norms relating to sending and receiving nude images



Lesson 3

Abusive Relationships

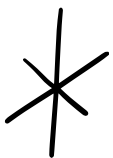
Learning Intentions

Students will learn about the different types of domestic abuse, and how to identify the early signs of abusive behaviour in relationships. Students will also learn where they can access help and support if they are in an abusive situation, or are worried about another person.

Success Criteria

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

- explain the definition of domestic abuse
- identify different types of domestic abuse
- identify early signs of abuse in a relationship
- identify three places to get help



Lesson 4

Condoms

Learning Intentions

Students will learn accurate information about condoms as a method of contraception and STI prevention. This lesson includes a demonstration (using a model) to build confidence and correct condom use skills.

Success Criteria

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

- understand how condoms work to prevent pregnancy and reduce the risk of sexually transmitted infections (STIs)
- identify the correct steps for using a condom effectively
- develop confidence in discussing and making informed decisions about safer sex practices



Lesson 5

STIs and the Impact of HIV

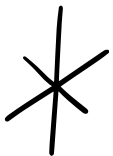
Learning Intentions

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.

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



Lesson 6

Sexual Health Services on Island: MISH

Learning Intentions

Students will learn how to access the local sexual health clinic and explore the common reasons why people might use these services. Students will also view a film which illustrates what to expect at a typical appointment and aims to provide answers to common questions/concerns.

Success Criteria

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

- identify questions young people may have before accessing sexual health services
- describe the location of (local) sexual health services
- explain some of the processes involved with accessing (local) sexual health services.
- reassure friends/classmates about accessing (sexual) health services.

