



RELATIONSHIPS AND SEX EDUCATION PROGRAMME

| Week | Proposed content |
|------|--|
| 1 | Welcome and introductions Working together How do you feel about talking and learning about sex? Baseline discussion – what would you like us to cover in these sessions? Developing and introducing our characters Discussing the characteristics which make us who we are - things we like people to know about us, or don't like, things we can choose or not choose |
| 2 | Further develop characters Discuss likes and dislikes, preferences, choices, consent What qualities and characteristics about us make us who we are? Recap sex and gender – including physicality of male and female, and genitals Discuss sexuality and sexual orientation, who people fancy Practise negotiation in friendships e.g peer pressure scenarios, fairness |
| 3 | Characters starting a romantic relationship Telling someone you fancy them Deciding to go out together Talking about intimate touch – what types of touch, when is it allowed Talking about having sex, what people do and why Talking about consent – what it means, how you know if someone is giving consent or not, negotiation in relationships |
| 4 | How our behaviour makes others feel Scenarios to do with personal space, public and private, flirting, intimidation, banter, sexualised behaviour, requests for nudes, unwanted touching What behaviours are appropriate in college / out of college / with different people – reflect on relationships circle activity Consent and pressure |
| 5 | All about sex Human sexual response Masturbation What sex is Risks associated with sex – pregnancy, STIs, regret Ways to protect yourself and your partner Condom demonstration and practice |
| 6 | Keeping ourselves safe Revisit contraception / condoms / consent Safe places / safe people Understanding online relationships Law around explicit imagery and pornography Reporting if something happens that makes you feel unsafe |

NEXT REVIEWED: 01/09/2022