

PSHE in Year 7

Relationships	Changing Me
Characteristics of healthy relationships, Healthy romantic relationships Consent Relationships and changing emotions within friendships, Being discerning Assertiveness Sexting	Puberty changes FGM Breast flattening/ironing Responsibilities of parenthood Types of committed relationships Happiness and intimate relationships Media and self-esteem Self-image Brain changes in puberty Sources of help and support

PSHE in Year 8

Relationships	Changing Me
Positive relationship with self Social media relationship with self Negative self-talk Managing a range of relationships Personal space Online etiquette Online Privacy and personal safety Coercion Unhealthy balance of power in relationships Sources of support	Types of close intimate relationships Physical attraction Legal status of relationships Behaviours in healthy and unhealthy romantic relationships Pornography Sexuality Alcohol and risky behaviour