



**Scheme of Learning and further information for families**

<b>Unit title:</b> Sex and Relationships	<b>Year group:</b> Year 10	<b>Term:</b> Summer	<b>Unit duration:</b> 4 weeks
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Key skills, concepts and knowledge for students	Further information for families
Know that that all aspects of health can be affected by choices we make in sex and relationships, positively or negatively, including physical, emotional, mental, sexual and reproductive health and wellbeing.	<b>NHS</b> leaflet about talking to your child about sex and relationships <a href="#">here</a> <b>Family Lives</b> guidance and video on healthy relationships <a href="#">here</a> <b>Brook</b> advice on relationships <a href="#">here</a> <b>NSPCC</b> advice on talking about sex and relationships <a href="#">here</a>
Know the facts about reproductive health, including fertility and the menopause, and the potential impact of lifestyle choices.	<b>Brook</b> information about the body <a href="#">here</a> <b>NHS</b> advice on sexual health <a href="#">here</a>
Know that there are a range of strategies for identifying and managing and resisting sexual pressure.	<b>Video</b> about consent <a href="#">here</a> <b>FPA</b> factsheet about the law and sex <a href="#">here</a>
Know that everyone has the choice to delay sex or to enjoy intimacy without sex.	<b>Brook</b> advice on sex and consent <a href="#">here</a> <b>Family Lives</b> information about relationships and sex <a href="#">here</a>
Know the facts around pregnancy including miscarriage.	<b>Brook</b> advice on all aspects of pregnancy <a href="#">here</a>
Understand that sexually explicit material presents a distorted picture of sexual behaviours, can damage the way people see themselves and negatively affect how they behave.	<b>Family Lives</b> information on how to talk to your child about pornography <a href="#">here</a> <b>Government</b> advice on how to talk about pornography <a href="#">here</a> <b>NSPCC</b> advice on online pornography <a href="#">here</a>
Know how information and data is generated, collected, shared and used online.	<b>NSPCC</b> advice on online safety <a href="#">here</a> <b>UK Safer Internet Centre</b> advice and practical tips <a href="#">here</a>

**Please note: the links above are suggestions from trusted organisations but we are not responsible for the content which may change at any time.**