



Scheme of Learning and further information for families

Unit title: Sex and Relationships	Year group: Year 11	Term: Summer	Unit duration: 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.	NHS leaflet about talking to your child about sex and relationships here Family Lives guidance and video on healthy relationships here Brook advice on relationships here NSPCC advice on talking about sex and relationships here
Know the facts about reproductive health, including fertility and the menopause, and the potential impact of lifestyle choices.	Brook information about the body here NHS advice on sexual health here
Know the facts about pregnancy, including miscarriage. Know that there are choices in relations to pregnancy, with medical and legally accurate, impartial information on all options including keeping the baby, adoption, abortion and where to seek extra help	Brook advice on all aspects of pregnancy here NHS guidance on pregnancy here NHS teenage pregnancy support here Family Lives advice on teenage pregnancy here
Know how the use of alcohol and drugs can lead to risky sexual behaviour and where to get help and advice, including how and where to access confidential sexual and reproductive help advice and treatment	Family Lives information on alcohol here and on drugs here Family Lives A-Z of illegal drugs here London Borough of Ealing information on sexual health services here
Know that there are a range of strategies for identifying and managing and resisting sexual pressure.	Video about consent here FPA factsheet about the law and sex here
Know that everyone has the choice to delay sex or to enjoy intimacy without sex.	Brook advice on sex and consent here Family Lives information about relationships and sex here
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.	Family Lives information on how to talk to your child about pornography here Government advice on how to talk about pornography here NSPCC advice on online pornography here
Know how information and data is generated, collected, shared and used online.	NSPCC advice on online safety here UK Safer Internet Centre advice and practical tips here

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