

CITIZENSHIP: Year 7 Autumn Term: Relationships & Sex Education

What are we learning about?

During this term we will learn about the structure of different families.

Marriage and the differences between forced and arranged marriages.

We will also look at relationships, break ups and how best to manage them.

We then look at puberty and periods.



Why are we learning about it?

So we are informed on how to make, maintain positive relationships.

To be informed about the changes your bodies will go through during puberty and periods.



What new KNOWLEDGE will I gain?

Scientific terms about puberty and periods.

Where to go for help and advice about relationships, marriage and puberty.

How to handle peer pressure.



How does this build on the SKILLS I already have?

You will be able to have stronger, positive relationships with your friends.

You will have a better understanding of what you or your friends are going through at any given time.



What new SKILLS will I develop?

Confidence
Resilience
Responsibility
Emotional literacy



How does this build on the KNOWLEDGE I already have?

Deeper understanding of puberty and periods.

How best to manage conflict in relationships.

How to keep safe and positive relationships.