

Essential Life Skills Relationships

Essential Life Skills (ELS) Relationships is the first ELS topic to be taught this academic year (2019-2020), with the whole school following the same theme from October half term to Christmas. ELS is taught once a week during a thirty minute tutor-led session, with key questions followed up during tutor time. The 'Relationships and Sex Education' theme is directed by the Department for Education and you can find further information in their [parent guidance leaflet](#).

The first session for every year group will set out the ground rules for the forthcoming theme. This also sets out our school values and develops individual student's understanding of their own value base. This forms the basis for approaching each topic within the Relationships theme, which consists of:

- Families
- Respectful relationships, including friendship.
- Online and media
- Being safe
- The Law
- Health

During the school year, representatives from the NHS and the Terrence Higgins Trust will come into school to deliver assemblies on sexual health, healthy relationships and where to find support for each year group across the course of the academic year. These will be delivered in an age appropriate manner by trained health experts. In addition, the coverage below explains how we have woven the new curriculum across our core subjects. Where topics lend themselves to the theme of 'relationships' we have included explicit links to this topic, to highlight its importance to the students. This embeds the learning developed in ELS and strengthens the breadth and depth of our curriculum offering. ELS is not delivered in isolation, we believe students should understand these topics fully and not just see them as isolated lessons. The Mental Health Foundation (2016) states that:

“Extensive evidence shows that having good-quality relationships can help us to live longer and happier lives with fewer mental health problems. Having close, positive relationships can give us a purpose and sense of belonging”. ([Relationships in the 21st Century](#))

The ELS Relationships theme aims to consolidate the information that students will be learning throughout their school curriculum. The time with their tutor allows for open discussion, enabling students to develop greater self-awareness and understanding of the changing world around them.

Below is the planned outline for all year groups. This will remain in draft format this academic year (2019-2020) whilst lessons are developed, students have fed back and the programme evolves.

YEAR 7

ELS	Transition week	PBL and Oracy	Science	English
<ul style="list-style-type: none"> ▪ What does family mean? How do I feel about 'differences'? ▪ How do we manage 'risky' situations? How does the media impact the way we see ourselves? ▪ How do I practice refusal skills? ▪ How do I work best with others? 	<p>Focus for first half term:</p> <ul style="list-style-type: none"> ▪ Ready respect reward ▪ Building friendships ▪ Conflict resolution ▪ Netiquette ▪ Online safety ▪ Police Liaison visit to establish e-safety laws and precautions. 	<p>Oracy - All sessions encourage understanding of the importance of sharing the air.</p> <p>Term 1:</p> <ul style="list-style-type: none"> ▪ Week 6: Understand that disagreement is useful and can help us to change our minds and form opinions. Be able to challenge other people's ideas politely. ▪ Week 8: Understand that questions are productive to a discussion that will help the person who is speaking share their point of view. ▪ Week 9: Know the different contexts in which questions might need to be asked. ▪ Week 10: Understand the need to compromise. <p>Term 2:</p> <ul style="list-style-type: none"> ▪ Week 1: Understand that questions are productive to a discussion to help the listener understand better and the speaker to express themselves fully. ▪ Week 2: Know what it means to reach a consensus and a shared conclusion. ▪ Week 4: Be able to work in groups to share ideas and provide reasons to support arguments to prepare for a successful panel discussion. <p>PBL - Topic Belonging</p> <ul style="list-style-type: none"> ▪ Week 1: Who are we? Key Questions: What does it mean to be British? What if you are not British? ▪ Week 2/3: What groups do we belong to? Who and what do we identify with/ why? ▪ Week 5/6/7: Identity Key Questions: What groups do we 	<p>Health and Wellbeing ELS covers the following:</p> <ul style="list-style-type: none"> ▪ How do women get pregnant? What occurs during gestation? Why do some couples struggle to get pregnant? Dangers and lifestyle choices during pregnancy. ▪ Changes that occur to boys, girls and to both to include emotional, physical and sexual changes. Including detail on the menstrual cycle and how this might affect women. Challenging the myths, misconceptions and cultural perspectives about menstruation. ▪ Male and female reproductive systems, correct language to use. <p>Relationships ELS covers the following:</p> <ul style="list-style-type: none"> ▪ How this affects us physiologically but also emotionally, socially, economically, and the impact it can have on our relationships. 	<p>Refugee Boy:</p> <ul style="list-style-type: none"> ▪ How stereotypes can be damaging. ▪ Everyone is created equal. ▪ Familial relationships and the impact of separation due to war. <p>The Boy in the Striped Pyjamas and Poetry:</p> <ul style="list-style-type: none"> ▪ Familial relationships. ▪ The impact of stereotypes. ▪ The effects of grief on a family relationship. ▪ Tolerance and inequality.

		<p>belong to? Who and what do we identify with who and why? Establish what makes you unique.</p> <ul style="list-style-type: none"> ▪ Week 9/10: What makes a positive community? <p>Key Questions: How can we help our community? What charities are supporting local social issues? Why are the charities you have researched inspiring to you and your class community?</p> <p>What legacy would you like to leave your community? Why is it important to you? How does it link to your set text?</p>		
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Year 8		
ELS	PBL	English
<ul style="list-style-type: none"> ▪ How can I contribute to family life? ▪ How can I stay safe online? ▪ Who can help me keep safe? ▪ What kind of relationships are there? ▪ How do I respond to other people? ▪ How can we value each other? 	<p>Tomorrow's World Spectacular Start (summer term). Off timetable day to run gender specific workshops created for the needs of year 8 boys and girls. Workshops consist of :</p> <ul style="list-style-type: none"> ▪ Differences between boys and girls. ▪ Puberty and how sanitary ware works. ▪ Ask it based on the resources provided by school ▪ Sexting importance of knowing what to share and not to share. ▪ The law and the impact it has on healthy relationships. 	<p>A Midsummer Night's Dream:</p> <ul style="list-style-type: none"> ▪ Romantic relationships ▪ Inequality in relationships ▪ Power imbalance <p>Texts linked fiction and non-fiction from around the world, context - Slavery, Apartheid, Racism, Prejudice:</p> <ul style="list-style-type: none"> ▪ The effect of inequality on a person's wellbeing. ▪ Mental health and its effects on relationships. <p>The Hunger Games:</p> <ul style="list-style-type: none"> ▪ Power and control within a relationship. ▪ Exploitation

YEAR 9

ELS	Science	English
<ul style="list-style-type: none"> ▪ What happens when relationships breakdown? ▪ What is involved in commitment? ▪ Staying safe online - media influences ▪ Healthy relationships - 'what if I don't want to'? ▪ What does the law say? ▪ Who can help to keep me safe? 	<p>Different types of contraception to include hormonal and non-hormonal:</p> <ul style="list-style-type: none"> ▪ How do different types of contraception work? Making the right choice for yourself, and as a couple. Why do different people make different choices of contraception and IVF? 	<p>Relationships threads throughout all topics and texts taught in year 9. Examples of topics:</p> <ul style="list-style-type: none"> ▪ Changing relationships over time - 'Much Ado about nothing' ▪ Exploitation/Power - 'An inspector calls'. <p>Poetry from the 'Moon On The Tides' anthology:</p> <ul style="list-style-type: none"> ▪ Breakdown of romantic relationships and the emotional effects of this. ▪ Self-esteem

YEAR 10

ELS	RS	Science	English
<ul style="list-style-type: none"> ▪ Respectful relationships - health and unhealthy relationships. ▪ The law and consent. ▪ Families - the impact of separation, divorce and bereavement. ▪ Being safe - stereotypes and barriers. 	<p>Families and Relationships topic for GCSE RS:</p> <ul style="list-style-type: none"> ▪ Types of families ▪ Sexuality ▪ Divorce ▪ Morality of contraception 	<ul style="list-style-type: none"> ▪ Why do some couples require IVF? What is the general process? Advantages and disadvantages of IVF to include emotional, economic and cultural pressures. 	<p>Jekyll and Hyde:</p> <ul style="list-style-type: none"> ▪ Relationship with the self. ▪ Reflective practice. ▪ Mental health. ▪ Violence and its consequences. <p>Power and Conflict:</p> <ul style="list-style-type: none"> ▪ Romantic relationships. ▪ Falling in love. ▪ Power and control in a relationship. ▪ Ageing

YEAR 11

ELS	RS	Science	English
<ul style="list-style-type: none"> ▪ Online Safety and Media representations - knowledge of staying safe online and apps. ▪ Families - being a young parent 	Religion and Life topic for GCSE RS: <ul style="list-style-type: none"> ▪ Attitudes and law on abortion. 	<ul style="list-style-type: none"> ▪ Examples of STIs - specifically HIV and how it is contracted. Challenging the myths and misconceptions around HIV. ▪ How are diseases spread (party example) with reference to having sexual partners and making choices about who we have sexual relationships with. 	Romeo and Juliet: <ul style="list-style-type: none"> ▪ Romantic relationships. ▪ Adolescence ▪ Familial relationships and familial pressures. ▪ Platonic relationships.

YEAR 12 and 13

Year 12 and 13 are taught together. We teach Sixth Form A for the first year and Sixth Form B for the second year, thus enabling students to experience the full curriculum coverage across the two years.

Sixth Form A 2019-2020:

- Healthy and Unhealthy relationships.
- Consent
- Relationships myths.
- Where do you find free health advice?
- The Law
- STI research lesson in groups.
- Alcohol and Drugs and their influence on relationships.