



MY



Y7

# BALFOUR JOURNEY



## RELATIONSHIPS AND SEX EDUCATION

CORE THEME: RESPECTFUL RELATIONSHIPS INCLUDING FRIENDSHIPS

SCHOOL VALUE: RESPECT, KINDNESS AND COMPASSION FOR OURSELVES AND OTHERS

NAME: \_\_\_\_\_

RSE TEACHER NAME: \_\_\_\_\_

RSE ROOM: \_\_\_\_\_

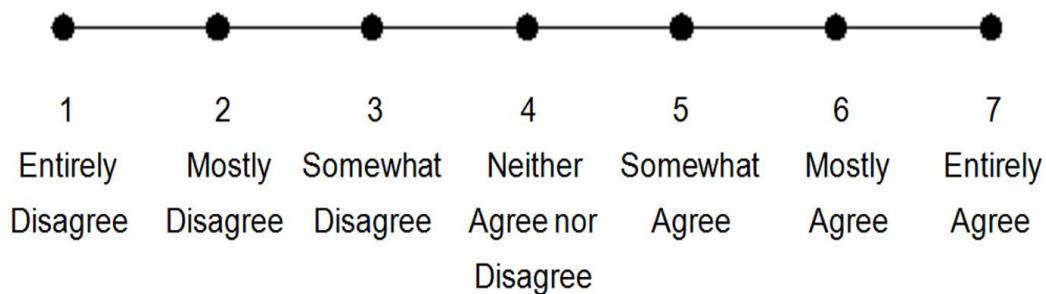
- LEARNING INTENTION:
- DEVELOP STRATEGIES FOR MANAGING THE EMOTIONAL CHANGES EXPERIENCED DURING PUBERTY

SUCCESS CRITERIA:

- DESCRIBE THE PHYSICAL AND EMOTIONAL CHANGES THAT HAPPEN DURING PUBERTY
- EVALUATE HOW EMOTIONAL CHANGES AFFECT RELATIONSHIPS

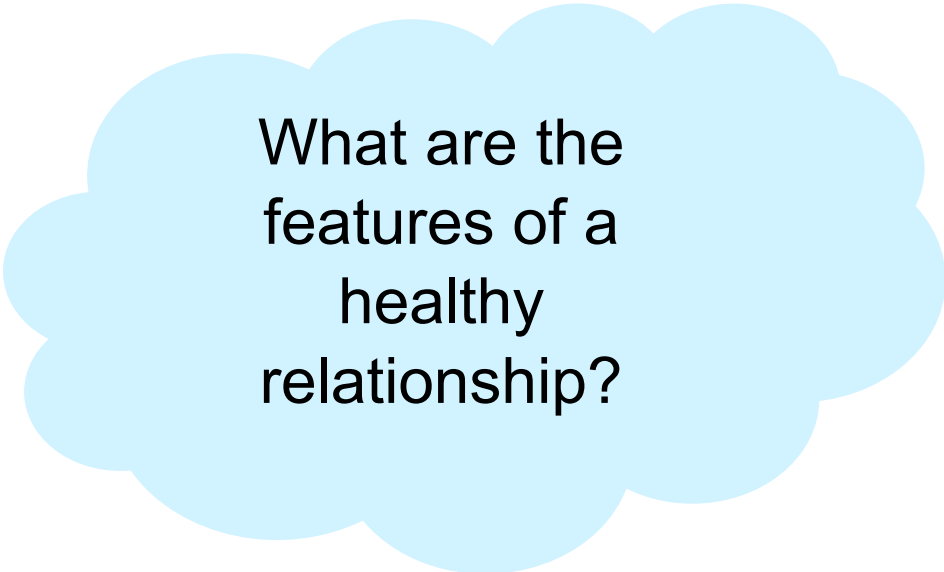
BASE LINE ASSESSMENT:

I HAVE A THOROUGH UNDERSTANDING OF HOW A PERSONS EMOTIONS CAN IMPACT UPON ANOTHER AND WHAT IS MEANT BY A CONSENSUAL RELATIONSHIP



**HOW WOULD YOU DEFINE 'RELATIONSHIP'?**

**WHO ARE THE DIFFERENT PEOPLE WE HAVE RELATIONSHIPS WITH?**



What are the features of a healthy relationship?


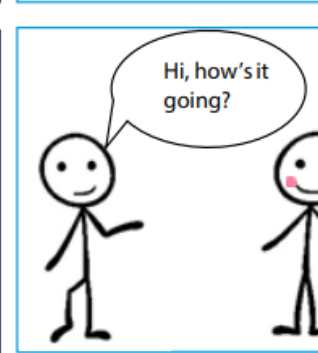
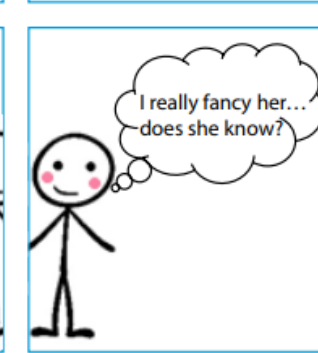
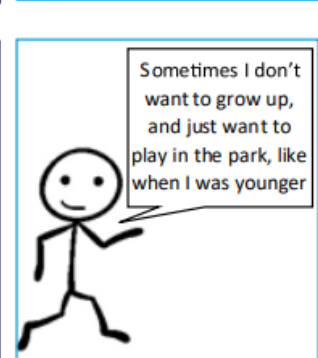
USING THE CARDS, ARRANGE THE CHANGES THAT MIGHT OCCUR DURING PUBERTY INTO THOSE WHICH ARE 'BIOLOGICALLY MALE', 'BIOLOGICALLY FEMALE', AND 'CAN HAPPEN TO ANYONE DURING PUBERTY'.

Voice changes to get deeper	Period starts	Sometimes nipples become fuller or darker	Moods seem to change a lot
Some people begin to masturbate	A white liquid (discharge) starts coming out of the vagina	Hair starts to grow under arms	Hair starts to grow on face
Hair starts to grow around the genitals	Start to sweat more and smell differently	The body starts to change shape and size	Shoulders become wider
Hips grow wider	Feeling intense emotions	Sexual feelings may begin	The penis and testes grow
Breasts begin to grow	May have spontaneous erections and wet dreams	Sperm starts being produced	Eggs start to mature
Hair may become greasy	Confusion about maturity	Can feel teary or angry for no reason	Spots might start appearing

**WHICH OF THE CHANGES WE HAVE JUST THOUGHT ABOUT MIGHT HAVE MOST EFFECT ON THE RELATIONSHIPS PEOPLE HAVE WITH OTHERS?**

**CREATE A SHORT SCRIPT OR CARTOON STRIP TO REPRESENT HOW THESE CHANGES MIGHT CAUSE CHALLENGES FOR PERSONAL RELATIONSHIPS.**

- Moods seem to change a lot
- Sexual feelings may begin
- Confusion about maturity
- Feeling intense emotions
- Can feel teary or angry for no reason

<p>Storyboard 1: Moods change a lot</p>				
<p>Storyboard 2: Sexual feelings may begin</p>				
<p>Storyboard 3: Confusion about maturity</p>		<p><b>But then. at other times...</b></p>		

**TASK:**

READ THE SCENARIO IN YOUR GROUPS

WHAT COULD THIS PERSON DO TO RESOLVE THE PROBLEM?

*TOP TIPS TO KEEP IN MIND:*

- *STAY CALM*
- *BE POSITIVE AND SOLUTION FOCUSED*
- *MAKE CLEAR POINTS*
- *BE OPEN AND HONEST*
- *BE WILLING TO NEGOTIATE*

My emotions are all over the place at the moment. One moment I feel really happy and over excited and then the next I feel really down. Often, when I'm sad, there isn't really any reason for it. My mum keeps asking me what's wrong, but it's so hard to explain it to her. She thinks there must be a reason why I'm sad and when I say "Nothing" she thinks I'm keeping secrets from her.

My parents are so strict. Everyone else is allowed to stay out after school so much later than me, and they all go round to each other's houses and hang out and play video games. My parents have so many rules and say I have to be back straight after school so I can do chores around the house. I still wanted to hang out with my friends, so I came back late a couple of times last week, and now I'm grounded for the rest of the month. I hate being a teenager!

I started my period but I'm too embarrassed to tell anyone at home. I have an older sister, but she's 6 years older than me so she is out of the house most of the time with her boyfriend or at work. Some blood leaked on my bedsheets overnight and I didn't know what to say so I told my family I had a nose bleed. I need to buy some sanitary products but I'm not sure what to get.

I've just started dating someone at school and I really want to tell my parents all about it. Before, I've always told my parents everything and we have a really close bond as a family. But I'm worried that they will tell me I'm too young and that I should focus on school and getting good grades. I've become really anxious about letting them down recently and they are putting more pressure on me to do well. How will they react if I tell them I've fallen in love?

## LESSON 2

### LEARNING INTENTION

- DEMONSTRATE ACTIVE LISTENING AND ASSERTIVENESS SKILLS

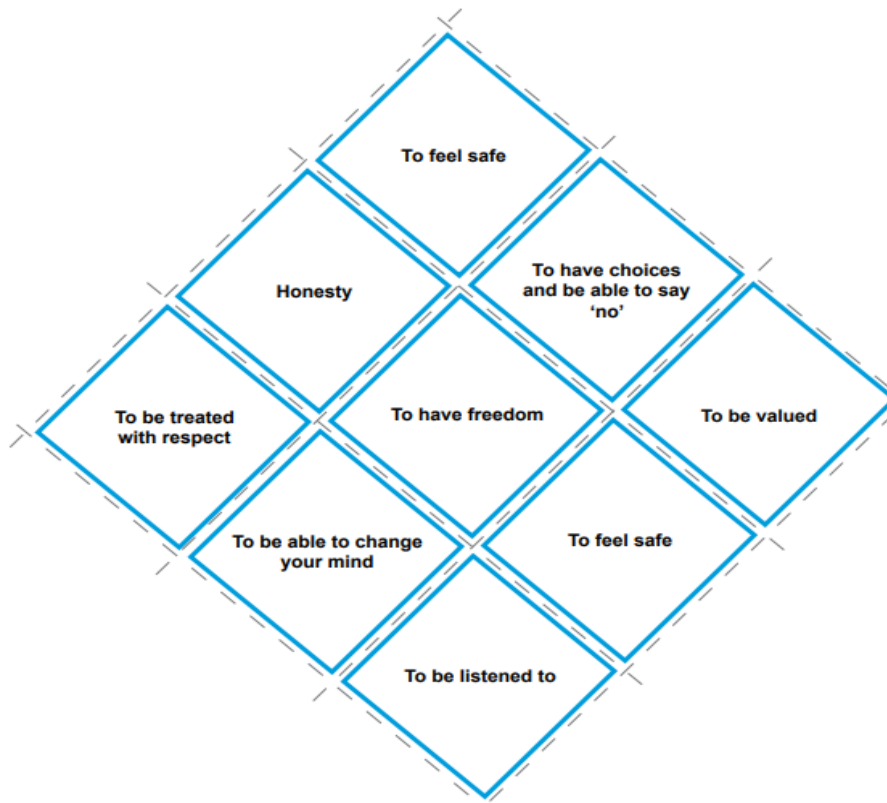
### SUCCESS CRITERIA

- IDENTIFY HEALTHY AND UNHEALTHY RELATIONSHIP BEHAVIOURS
- DESCRIBE THE CONSEQUENCES OF DIFFERENT RELATIONSHIP COMMUNICATION STYLES

WHICH ARE THE MOST IMPORTANT RIGHTS WITHIN A RELATIONSHIP?

CAN YOU THINK OF ANY MORE YOU WANT TO ADD?

1. *FOR EACH RIGHT, SUGGEST A RESPONSIBILITY THAT A PERSON WOULD HAVE ALONGSIDE THIS RIGHT.*
2. *ARE THESE RIGHTS AND RESPONSIBILITIES THE SAME IN ALL RELATIONSHIPS OR ONLY IN ROMANTIC ONES?*





## MANAGING RELATIONSHIPS

### HOW WOULD YOU ADVISE EACH CHARACTER RESPONDS IN THESE RELATIONSHIP DIFFICULTIES?

Q1: Asha's mum is constantly nagging her to pick up her things in the lounge. She just is really busy with school work at the moment and forgets to sort things out when she is tired. Yesterday it turned into a big row and Asha told her mum she hates her then stormed out to hang out with a friend whilst things cooled down.

Do you advise Asha to:

- A. Yell at her mum to make sure she knows how strongly she feels.
- B. Not say anything and hope things improve.
- C. Organise a shopping trip to smooth things over.
- D. Ask to talk with her mum after school.
- E. Something else...

Q2: Joe and Lara are part of a group of friends who laugh and joke around all the time, share lots of things in common, and do nice things for each other like sharing equipment in lessons and exchanging playlists. After a really fun day by the coast, Lara asks Joe out. Joe really likes Lara so says yes but is worried about things going too quickly and ruining the friendship group. He says this to one of their mutual friends and Lara found out; she seems really hurt.

Do you advise Joe to:

- A. get angry at their friend and hope Lara sees this was a secret.
- B. ignore each other for a bit and hope things get back to normal.
- C. plan a nice day out for their group of friends and make an effort with Lara in the hope that things will go well.
- D. talk with Lara about how they feel and make a decision together.
- E. something else...

Q3: Jess's brother is a few years older than her. He often brings his mates over to watch a film or play on the PC. But Jess has coursework to do – she left it till the last minute as usual – so Jess needs the PC but her brother has taken it over with his mates and initially ignores Jess when she asks to use the computer.

Do you advise Jess to:

- A. start shouting at her brother that he is a selfish idiot and has to get off the PC so she can do her coursework.
- B. Just give up and think of a good excuse for her teachers in the morning; Jess didn't really want to do it anyway.
- C. Go to the library to work instead.
- D. Ask her brother if he can help her out by letting her work on her coursework, maybe come to an agreement about who gets to use it for the rest of the week.
- E. Something else...

Q4: Kev has never been out with anyone before. So when Dionne - a girl he really likes - spends lots of time with him on a school trip, he wonders whether she might want to go out with him. He's worried about making a mistake but friends say he should just go for it; she must really like him as she puts up with all his boring stories. So when she goes off on her own to get her bag, he goes after her and kisses her, like they do in the movies. Dionne looks really shocked then runs away, back to her friends.

Do you advise Kev to:

- A. Accuse Dionne of leading him on.
- B. Try and forget about the whole thing and hope Dionne does the same.
- C. Give Dionne a gift via her friends.
- D. Apologise to Dionne and explain the error honestly. Kev should also check in on how Dionne is feeling.
- E. Something else...



Q5: Georgie really likes Yana and they got on great at a recent party. But they rarely see each other and the usual online ways of contacting her haven't worked—she must have good privacy settings. That weekend, Georgie spies Yana in the shopping centre.

Do you advise Georgie to:

- A. Shout over to Yana and swear at her when she doesn't respond.
- B. Hope Yana notices her by looking up occasionally.
- C. Invite Georgie's friends to a party that night, hoping they'll bring Georgie too.
- D. Go over to Yana and ask if she has time to grab a smoothie.
- E. Something else...

Q6: Sohail's best friend teases him about a selfie he posted online last night. He doesn't want to blow things out of proportion but it really hurt his feelings.

Do you advise Sohail to:

- A. Post something negative on their friend's profile page so they know how it feels.
- B. Just try and get over it. If their friend mentions it, just say it was no big deal.
- C. Post a new photo which you hope they'll say something nice about this time.
- D. Mention it when you next see them – using your usual charms to make sure it doesn't sound too mean.
- E. Something else...

Q7: Jayden's friend Zeek really fancies his sister. But he knows his sister is already in a relationship and doesn't think it is right to split them up – even for his friend. Zeek starts to put pressure on Jayden to set him up with his sister.

Do you advise Jayden to:

- A. Push Zeek and tell him to shut up.
- B. Avoid Zeek for a few weeks hoping the situation will resolve itself.
- C. Invite Zeek over to his place hoping that his sister will be there.
- D. Tell Zeek how unacceptable it is that they don't respect their existing relationship and ask them to stop going on about it.
- E. Something else...

Q8: Drizee's girlfriend keeps borrowing money off him. When Drizee says 'no' one day, Shana humiliates him in front of their group of friends and threatens to tell everyone Drizee is a really bad kisser if he can't help her out when she needs money to buy cigarettes.

Do you advise Drizee to:

- A. Dump her – preferably publically so she knows how poor her behaviour is.
- B. Lend Shana money, however much it annoys him.
- C. Buy a round of drinks to get everyone back on side.
- D. Tell Shana it's not okay and that he's not prepared to lend her money.
- E. Something else...

### Mostly A's

Behaving aggressively is asking for what you want or saying how you feel in a threatening or humiliating way that may offend the other person(s). An aggressive response is very rarely in your best interest, because it almost always leads to increased conflict. This isn't an absolute rule, though. In a self-defence situation, for example, behaving forcefully may be appropriate.

It is important that people don't feel they have to bottle things up if they are feeling angry or upset – these feelings are a sign that something maybe wrong. But it is normally best to find a more tactful and respectful way of resolving things.

### Mostly B's

Behaving passively means not expressing your own needs and feelings, or expressing them so weakly that they will not be addressed. A passive response is not usually in your best interest, because it allows other people to violate your rights. Yet there are times when being passive is the most appropriate response. It is important to assess whether a situation is dangerous and choose the response most likely to keep you safe. It may also be appropriate to let trivial matters go if you assess that this is the best approach in a particular situation, perhaps because a friend was stressed at the time and doesn't normally behave that way.

### Mostly C's

Smoothing things over with nice gestures can sometimes provide people with a more positive atmosphere in which to resolve disagreements. Olive branches can be helpful but if this is the only thing a person does, and they don't communicate about what happened, the problem may not be fully resolved.

Sometimes small disagreements in long-term relationships can be resolved without discussing things further. But it is important to think about whether this situation keeps happening – sometimes smoothing things over doesn't resolve them.

### Mostly D's

Behaving assertively means asking for what you want or saying how you feel in an honest and respectful way that doesn't infringe on others' rights or put them down.

An assertive response is almost always in your best interests, since it is your best chance of getting what you want without offending the other person(s). But if tempers are high, if people have been using alcohol or other drugs, if people have weapons or if you are in an unsafe place, being assertive may not be the safest choice.

### Mostly E's

Often there is no one 'right' or 'wrong' way to handle a situation and people often behave differently in different types of situations, perhaps because there are other factors involved. So it is likely that people might want to do something slightly different to the options provided – we are all different. However, there are clear limits to what is okay and not okay. Think back to the work we did on rights and responsibilities in relationships. Some actions – like violence or threatening behaviour – are never okay.

## WHICH HAS MOST BENEFICIAL CONSEQUENCES?

Select a situation and suggest 3 or 4 possible responses based on the passive, assertive and aggressive communication styles.

1

*A classmate has just ruined your bag by spilling their bright pink drink all over it.*

2

*A teacher has wrongly accused a student of forgetting to hand in their homework – they actually sent it via email last week.*

3

*A friend asked to borrow a game disk but they've passed it back with a scratch on it and it doesn't work properly any more.*

- Let your partner explain which was the best response in their opinion and why.
- Afterwards, swap roles and pick a new scenario.

## LESSON 3

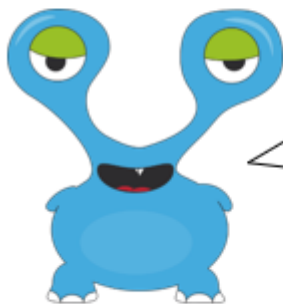
### LEARNING INTENTION

- DESCRIBE HOW CONSENT IS SOUGHT, GIVEN AND NOT GIVEN IN A HEALTHY RELATIONSHIP

### SUCCESS CRITERIA

- EXPLAIN WHAT CONSENT MEANS, BOTH LEGALLY AND ETHICALLY, AND WHY IT IS SO IMPORTANT
- IDENTIFY SIGNS OF WHEN SOMEONE IS CONSENTING AND WHEN THEY ARE NOT
- GIVE REASONS WHY MOST YOUNG PEOPLE DO NOT HAVE SEX UNTIL AFTER THEY HAVE PASSED THE AGE OF CONSENT

### EXPLAIN TO AN ALIEN



*We've heard that something called 'consent' is really important but we don't know what this means. Explain please Earthlings!*

## **SIGNS OF CONSENT**

WITH YOUR PARTNER OR GROUP, SORT THE 'SIGNS OF CONSENT' CARDS INTO TWO COLUMNS: SIGNS OF CONSENT AND SIGNS OF NON-CONSENT

NOW SORT EACH COLUMN INTO VISUAL SIGNS AND VERBAL SIGNS.

- WHY IS IT IMPORTANT TO LOOK FOR VISUAL SIGNS AS WELL AS LISTENING TO SOMEONE'S WORDS?
- IF WE WEREN'T SURE WHETHER THE OTHER PERSON WAS GIVING THEIR CONSENT, HOW COULD WE CHECK?
- THINK OF TWO OR THREE QUESTIONS WE COULD ASK.

<b>I want to do this</b>	<b>I don't want to do this</b>
<b>I'm sure</b>	<b>I'm not sure</b>
<b>This is the right thing to do</b>	<b>I thought I wanted to, but...</b>
<b>I'm ready</b>	<b>This is the wrong thing to do</b>
<b>I feel good about this</b>	<b>This is the wrong thing to do</b>
<b>Direct eye contact</b>	<b>Avoiding eye contact</b>
<b>Nodding</b>	<b>Avoiding touch</b>
<b>Looking comfortable and relaxed</b>	<b>Looking uncomfortable/tense/frozen</b>
<b>Laughter and/or smiling</b>	<b>Shaking head</b>
<b>Laughter and/or smiling</b>	<b>Not actively taking part</b>

## AGE OF CONSENT AND THE LAW

Imagine two young people aged 15 were talking to a friend.

*We both really want to start having sex.  
We've been together for ages!  
We really love each other.  
It's no one's business but ours what we do!*



- If they asked their friend for advice, what do you think the friend should say? Why?
- What might be the consequences of following or failing to follow that advice?
- Now imagine that one of the two was aged 21 and the other 15. Does this make a difference? If so, why?

### KEY MESSAGES

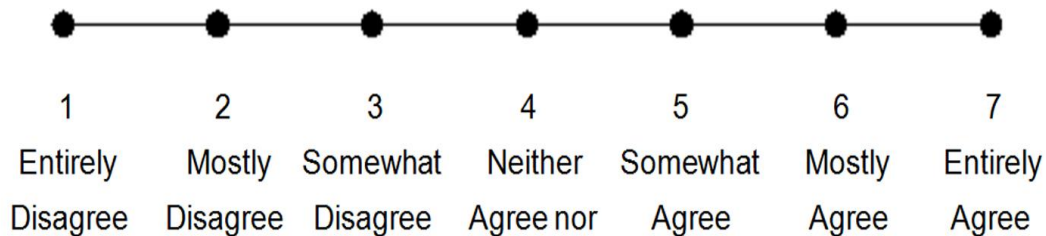
- 'Not saying no' is not giving consent.
- A key sign of consent is that the person clearly wants to engage in the activity and actively demonstrates this.
- Keep checking for consent.
- Responsibility for ensuring consent has been given lies with the person seeking consent, both ethically and in law.
- It is not consent if the other person is not actively consenting, does not have the capacity to consent (e.g. not old enough, impaired judgement due to alcohol etc), or is being manipulated, exploited or coerced.

**Anything I still don't understand or need help with:**

**The most important thing I learned this lesson was:**

**END OF UNIT ASSESSMENT:**

**I HAVE A THOROUGH UNDERSTANDING OF HOW A PERSONS EMOTIONS CAN IMPACT UPON ANOTHER AND WHAT IS MEANT BY A CONSENSUAL RELATIONSHIP**



**STUDENT COMMENT: WHAT IS THE MOST IMPORTANT THING YOU LEARNT DURING THIS TOPIC?**

**RSE TEACHER ACKNOWLEDGEMENT**

1 The student frequently makes a valuable contribution to PSHE lessons and is able to engage with challenging / sensitive topics with maturity, showing respect for the opinions of others	
2 The student is attentive during PSHE lessons and willing to engage with class discussion of challenging / sensitive topics	
3 The student's approach to PSHE lessons is inconsistent, finding it difficult to engage with challenging / sensitive topics with maturity	
4 The student does not engage in PSHE lessons	

**RSE TEACHER SIGNATURE: \_\_\_\_\_**

## SIGNPOSTING

If you want to talk to someone about today's lesson:



- Tutor or Head of Year
- Childline
  - 0800 1111
  - Online chat available at [www.childline.org.uk](http://www.childline.org.uk)
- Relate Relationships Advice
  - 0300 100 1234
  - Online chat available at [www.relate.org.uk](http://www.relate.org.uk)
- Brook
  - 0808 802 1234
  - Website [www.askbrook.org.uk](http://www.askbrook.org.uk)