



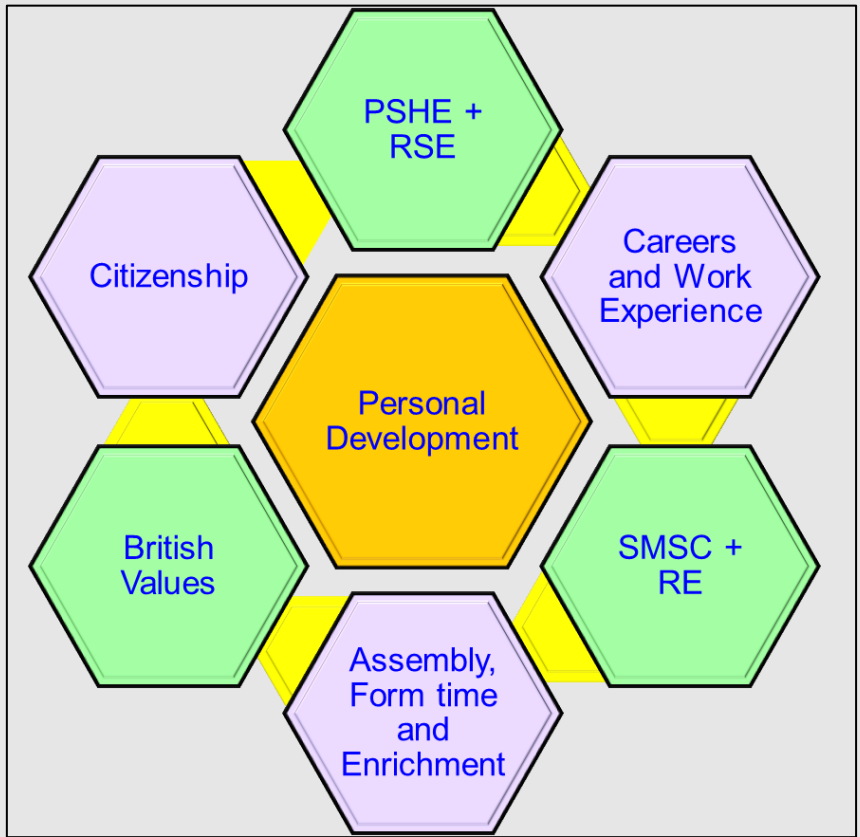
Welcome to Relationship and Sex Education

***Personal Development
Thornden School
Safeguarding Curriculum***

Focusing on Personal Development

You may hear the term 'Personal Development' used in quite a few subjects. Personal Development is an umbrella term for how we develop our personal qualities and attributes throughout school.

Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



Aims of PD at Thornden



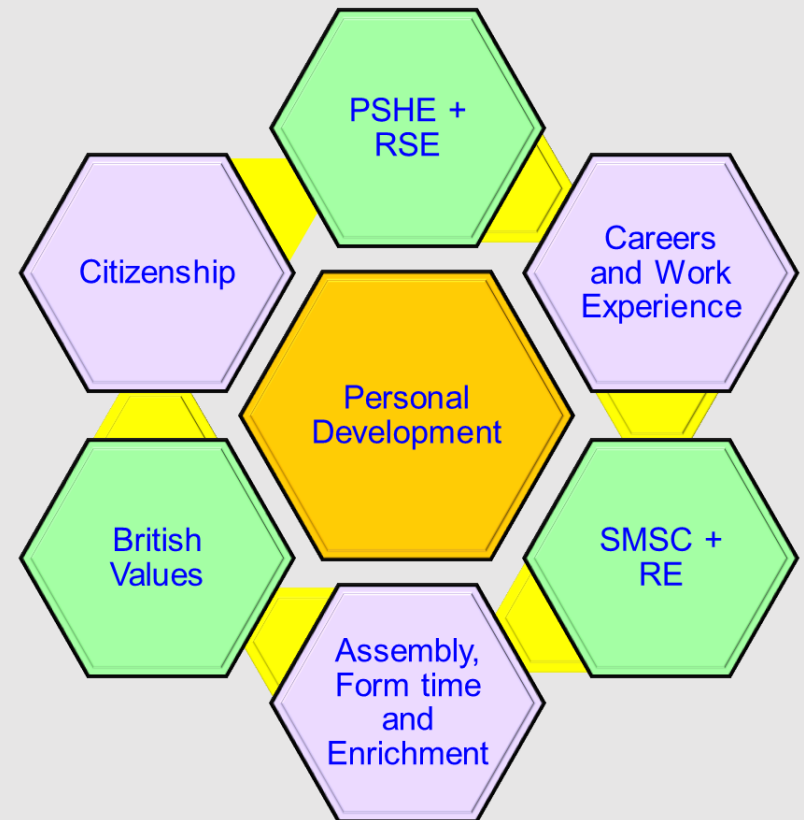
To help you understand:

- how to be responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults
- fundamental British values (democracy, individual liberty, law, respect and tolerance)
- how to develop confidence, resilience and knowledge so that they can keep themselves mentally healthy
- how to keep physically healthy, eat healthily and maintain an active lifestyle
- the importance of healthy relationships through appropriate relationships and sex education

Why Do We Learn Relationship and Sex Education at School?



At Thornden School we teach Relationships and Sex Education (RSE) to help students develop the knowledge, confidence, and values to manage more mature relationships and make informed, responsible choices about their well-being and future. It covers important topics such as healthy relationships, consent, contraception, sexual health, and recognising harmful behaviours, including those online. RSE at this stage prepares students for adult life, supports their emotional and physical safety, and contributes to safeguarding by helping them understand their rights and responsibilities in different situations.



Year 11 Autumn 2 RSE – Knowledge Check

Confidence Scale:

1 = Not confident at all | 5 = Very confident

1. On a scale of 1 to 5, how confident do you feel that you can explain the concept of consent in image sharing and the risks linked to deepfakes and AI-generated content?
2. On a scale of 1 to 5, how confident do you feel that you can describe how the media can sexualise individuals and the potential impact this has on relationships and self-image?
3. On a scale of 1 to 5, how confident do you feel that you can assess how language, including microaggressions, can contribute to a culture of disrespect or harm?
4. On a scale of 1 to 5, how confident do you feel that you can understand how offensive language and bullying are connected and why both must be addressed?
5. On a scale of 1 to 5, how confident do you feel that you can identify the potential benefits and risks of online dating, including how to stay safe on first dates?
6. On a scale of 1 to 5, how confident do you feel that you can describe the role of pleasure in healthy sexual relationships, including the importance of consent and mutual respect?
7. On a scale of 1 to 5, how confident do you feel that you can explain the importance of using correct pronouns and inclusive language in supporting identity and equality?
8. On a scale of 1 to 5, how confident do you feel that you can understand the responsibilities and emotional considerations involved in becoming a parent?
9. On a scale of 1 to 5, how confident do you feel that you can discuss societal trends in parenthood, such as the declining UK birth rate and rising childcare costs?
10. On a scale of 1 to 5, how confident do you feel that you can apply what you've learned to make respectful and safe decisions in your future relationships?



Yr11 RSE Autumn 2 Knowledge Check



Do Now

What are pronouns and neo-pronouns?
Why is everyone talking about them?



Raila and Kerry are watching TikTok. One of their favourite creators has just released a video explaining that they have decided on some new pronouns. 'From now on, please use Xe, Xer and Xerself when addressing me.' The TikToker states. 'What does *that* mean?' asks Kerry. 'Sounds a bit confusing.'

**Discuss: What does this mean?
What are pronouns?**



Why are the words we use in our everyday speech so important?

CLUES: *communication meaning accuracy truth misunderstanding*

What are pronouns and neo-pronouns? Why is everyone talking about them?



Learning outcomes:

Describe the difference between biological sex and gender identity and describe the meaning of intersex.

Describe how social media may disproportionately feature exaggerated or inaccurate information, to recognise why and how this may influence opinions and perceptions of people and events.

Pronouns - a word that can function as a noun phrase used by itself and that refers either to the participants in the discourse (e.g. I, you) or to someone or something mentioned elsewhere in the discourse (e.g. she, it, this).

Neo-pronouns - a new pronoun, especially one that is intended to avoid using he, she or they.



Understanding Pronouns, Neo-Pronouns and Gender Identity

In recent years, more people have begun to talk about the words we use to refer to each other – especially pronouns. This is part of ongoing conversations about respect, inclusion, and understanding gender identity.

Pronouns are the words we use instead of someone's name for example: *he / him, she / her, they / them*. There are also neo-pronouns are newer pronouns that some people use instead of traditional ones for example include *ze / zir, xe / xem, or fae / faer*. They were created to give options to people who feel that existing pronouns don't reflect them.

The main difference is that traditional pronouns have long been part of English, while neo-pronouns have been introduced more recently to reflect a wider range of gender experiences.

Why Someone Might Change Their Pronouns

People may change the pronouns they ask others to use because they are transgender or non-binary and feel that their new pronouns better match their gender identity or they want to feel respected and recognised – being referred to by the right pronouns can reduce stress and improve mental well-being.



Understanding Pronouns, Neo-Pronouns and Gender Identity

Debates About Neo-Pronouns

Some people feel strongly about the rise of neo-pronouns as they believe that they allow people to express their gender identity more accurately and by using them they can help create a sense of inclusion for those who don't feel represented by traditional pronouns.

Other people disagree and don't think they matter as much. They believe that neo-pronouns are not yet widely known, so some find them confusing, and some argue that focusing on pronouns distracts attention from more urgent issues facing LGBT+ communities, such as discrimination and access to healthcare.



Understanding Pronouns, Neo-Pronouns and Gender Identity

Intersex people are born with physical traits (like chromosomes, hormones, or anatomy) that don't fit typical definitions of male or female. However, the recent rise in people choosing neo-pronouns is not linked to intersex people. Most intersex people use traditional pronouns (he, she, or sometimes they).

Some people use they/them pronouns because they identify as non-binary, meaning they don't see themselves as only male or only female, whereas others simply prefer these pronouns for personal reasons and others because they/them is not a neo-pronoun – it is a long-established part of English used as a singular pronoun for centuries.

Some trans people worry that public debate about neo-pronouns because it can create confusion or backlash that can overshadow the basic acceptance of established pronouns like he/him, she/her, or they/them, it is also felt that it might be used by critics to question or undermine wider recognition of trans people.

It is important to recognise that language changes over time. For many people, respecting someone's pronouns – whether traditional or new – is seen as a simple act of courtesy. Others may find it unfamiliar or difficult to adapt to. Open discussion and listening to each other can help reduce misunderstandings.

Answer the questions in your booklets.

Explain the difference between pronouns and neo-pronouns.

Explain two reasons why someone might change their pronouns.

Give two reasons why the emergence of neo-pronouns does matter and two reasons why the emergence of neo-pronouns doesn't matter.

Explain your personal opinion on this.

Explain what we mean by intersex people and why is it unlikely that intersex people are behind the rise of neo-pronouns.

Why might a person use they/them pronouns? Is this a neo-pronoun? Explain.

Why are some trans people concerned with the rise of neo-pronouns?

What's your opinion on them?



Watch the clips – one is for the use of neo-pronouns, and one is against.

As you watch the clips, note down as many ideas as you can on both side of the columns. An example which could fall under either column, based on opinion, is included.

Up to 5.15 - https://www.youtube.com/watch?v=OwfzKPza_fE

From 4.46 - 6.45

<https://www.youtube.com/watch?v=dqTIBWRpxEE>



Reasons for the use of neo-pronouns	Reasons against the use of neo-pronouns
They're used in science fiction so they're fun and creative	They're used in science fiction, so they're fictional and not based in reality

What are pronouns and neo-pronouns? Why is everyone talking about them?



Useful helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens struggling with any subject.

Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

[SANE](#). National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

[Mental Health Foundation](#). Information and support for anyone with mental health problems or learning disabilities.

[Rights online \(coe.int\)](#) Your rights online as a young person using social media sites



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>