



Welcome to Relationship and Sex Education

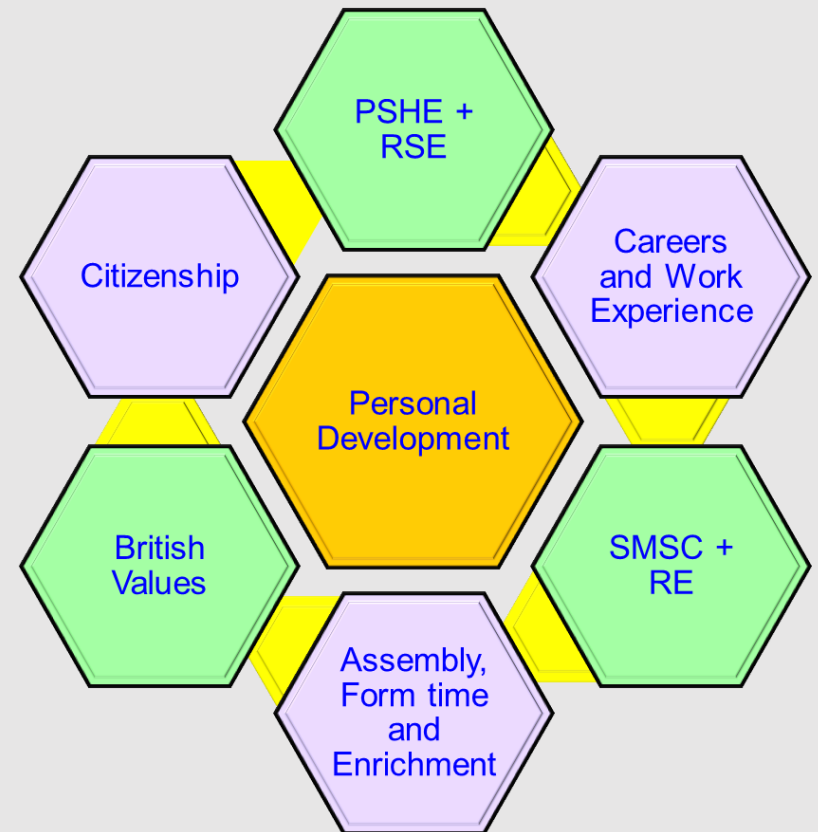
***Personal Development
Thornden School
Safeguarding Curriculum***

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



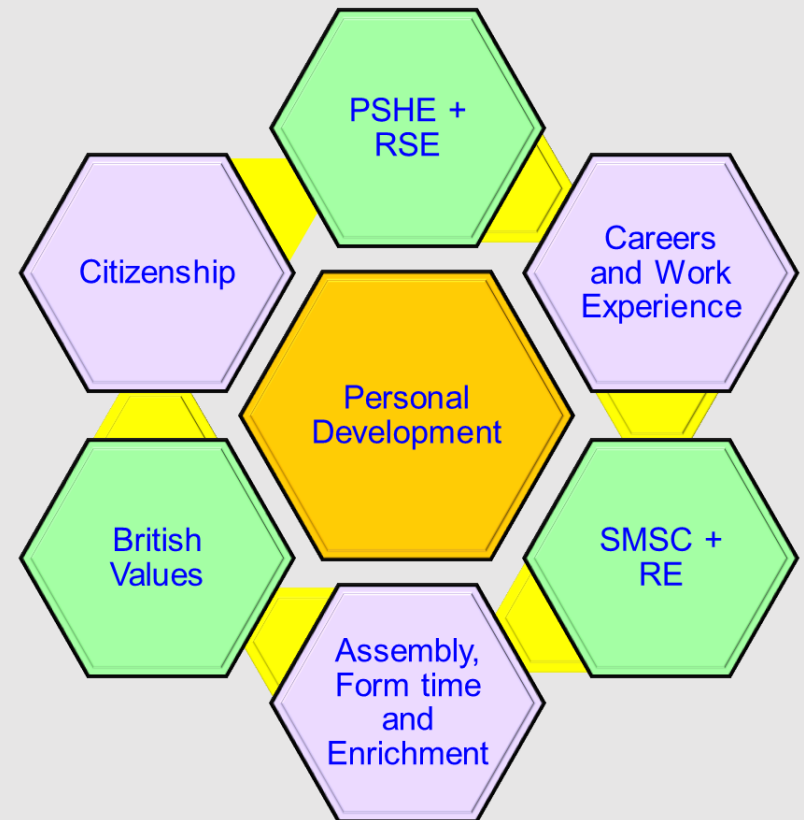
To help you understand:

- 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 7 Summer 1 – RSE Knowledge Check

1. On a scale of 1 to 5, how confident do you feel that you can describe what a healthy family relationship looks like and why it matters?
2. On a scale of 1 to 5, how confident do you feel that you can identify the different types of families people might belong to?
3. On a scale of 1 to 5, how confident do you feel that you can explain the role of love and care in close relationships?
4. On a scale of 1 to 5, how confident do you feel that you can recognise the early signs of romantic attraction and new feelings?
5. On a scale of 1 to 5, how confident do you feel that you can explain what makes someone a good partner in a healthy relationship?
6. On a scale of 1 to 5, how confident do you feel that you can describe what marriage is and why it must be freely entered into?
7. On a scale of 1 to 5, how confident do you feel that you can understand the difference between healthy and unhealthy relationship behaviours?
8. On a scale of 1 to 5, how confident do you feel that you can explain what online grooming is and how to stay safe from it?
9. On a scale of 1 to 5, how confident do you feel that you can identify who to talk to and where to go if you have concerns about a relationship?
10. On a scale of 1 to 5, how confident do you feel that you can explain how to report something that worries you online or in person?



**Please
complete
this on
Satchel
this week**

Do Now

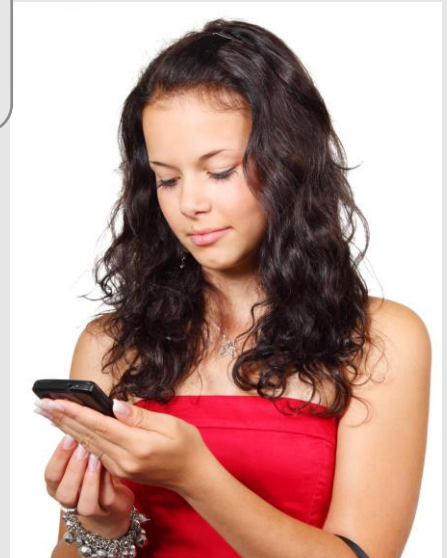
How do we recognise the signs of online grooming?



Kiera has been chatting to Aiden online for a few weeks now. She thinks he looks so hot on his pics. Aiden likes and shares all of Keira's TikToks - and also seems to like asking Kiera lots of questions about herself too. 'He must be interested in me, OMG.' Thinks Keira, happily.

Discuss: Why should Keira be extra careful in this situation?

We've been chatting a while now, gonna send some pics?



Why should we never share personal information or over-familiar images with people we don't know in real life?

CLUES: identity safety privacy

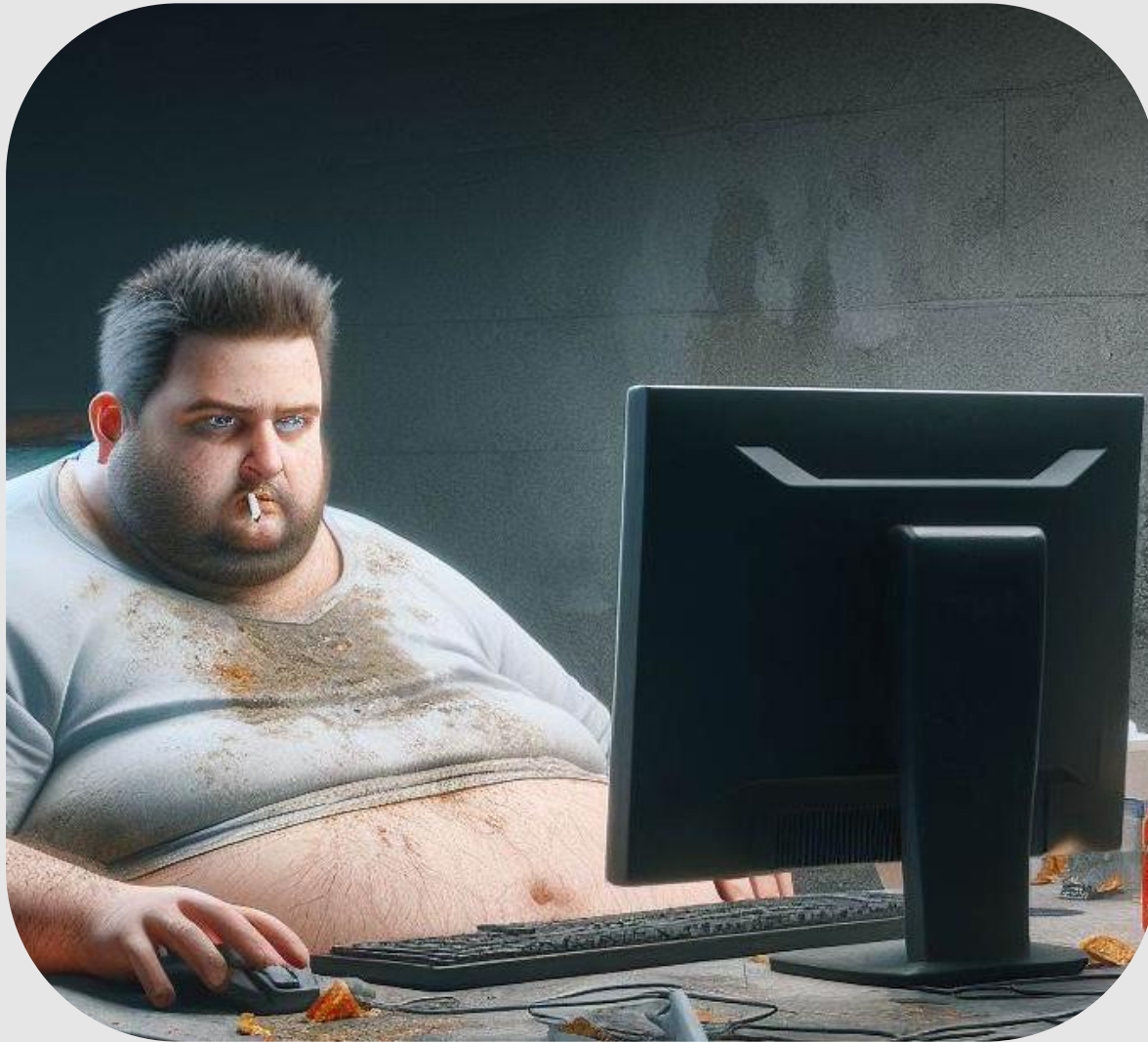
Online Predator - A cyber predator, predator, or online predator is a person on the Internet who seeks out vulnerable people for exploitation (it could be money, it could be indecent images). These people often target children.

Groomer – a groomer is someone who tries to build a relationship with a child or vulnerable person, often online, who really intends to exploit them, influence them or hurt them in some way. A groomer is a type of online predator.



Learning outcomes:

Identify the characteristics of abusive behaviours such as online grooming and exploitation. Describe the warning signs and how to report abusive behaviours and access support.



Unfortunately for Keira, this is what is actually going on in 'Aiden's' house.

Well, we say house, it's more of a dingey basement.

It took Trevor seconds to find the 'Aiden' avatar image.

He is fluent in speaking like a 14-year-old. After all, he chats to enough of them every day.

This may seem like a bit of an exaggerated warning, but it really isn't. Keira doesn't always listen in her PD lessons, or to her more sensible friends. **DISCUSS:** If you were one of Keira's friends, and she started talking about Aiden – what would you say to her?

How do we recognise the signs of online grooming?



Finished? Now today we're not going to write anything down whilst we watch the clip. We're just going to **watch and listen really carefully.**

The absolutely terrifying thing about this is just how innocent the friend request and initial chat seems to be. Emily had no way of knowing this wasn't another little girl.

'Daisy' talked just like one, and Emily may have accepted the friend request because she may have not wanted to hurt another girl's feelings, or maybe had a friend with that name. **But we can't let that cloud our judgement.**

Never accept a friend request from someone you don't know in real life.

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



How do we recognise the signs of online grooming?



Why do online groomers use these tactics and how can we spot manipulation?

Read the task sheet in your booklet and in pairs, complete the match up task in the first two columns (label the first column as A-G, we will go through the answers together afterwards).

Then, for each of the tactics, complete the final who columns and we'll collate our ideas as a class on the next slide.

Warning signs of an online groomer	What this means	Why they do this:	A consequence of you being persuaded to let this happen could be:
1. Receiving or sending personal pictures	A. Saying things like: 'you're the cutest girl ever' or 'you're the hottest boy ever'	1	
2. Inappropriate or sexual chat	B. Saying their webcam is broken, but asking you to use yours anyway.	2	
3. Flattering things	C. Talking about subjects that make you feel uncomfortable, referring to private parts of your body or sexual acts.	3	
4. Sudden changes of mood	D. Telling you not to tell anyone about the conversations you've had together.	4	
5. Private online chat	E. Sending you pictures which you might not have asked for and asking for some of you in return.	5	
6. Asking you to keep things secret or make things secret	F. Keeping out of group conversations	6	
7. They can see you, but you can't see them	G. If you don't do what they ask for, they might appear angry or eventually stop contacting you.	7	



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How do we recognise the signs of online grooming?

<https://www.youtube.com/watch?v=8GghOQ5mG1M>



There are different ways we can report abuse online. The most obvious would be to call the police. If someone is in immediate danger, never be afraid to call 999. If you think you or someone you know is being groomed, immediately tell a trusted adult, then call 101, or Crimestoppers on 0800 555 111 (you can be anonymous, meaning you don't have to give your name).



CEOP is a fantastic website to report online grooming very quickly too. You can just provide the link and the National Crime Agency will investigate it for you.

If you ever see an image of a young person who appears to have been abused you can also use the Internet Watch Foundation's discreet Report Remove tool. This is a very quick and easy way of getting an inappropriate image or video removed from any site.

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>

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

Healthy Lifestyle

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

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

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.

Eating Concerns

Beat Eating Disorders –

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

NHS Live Well – Eating Disorders –

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