



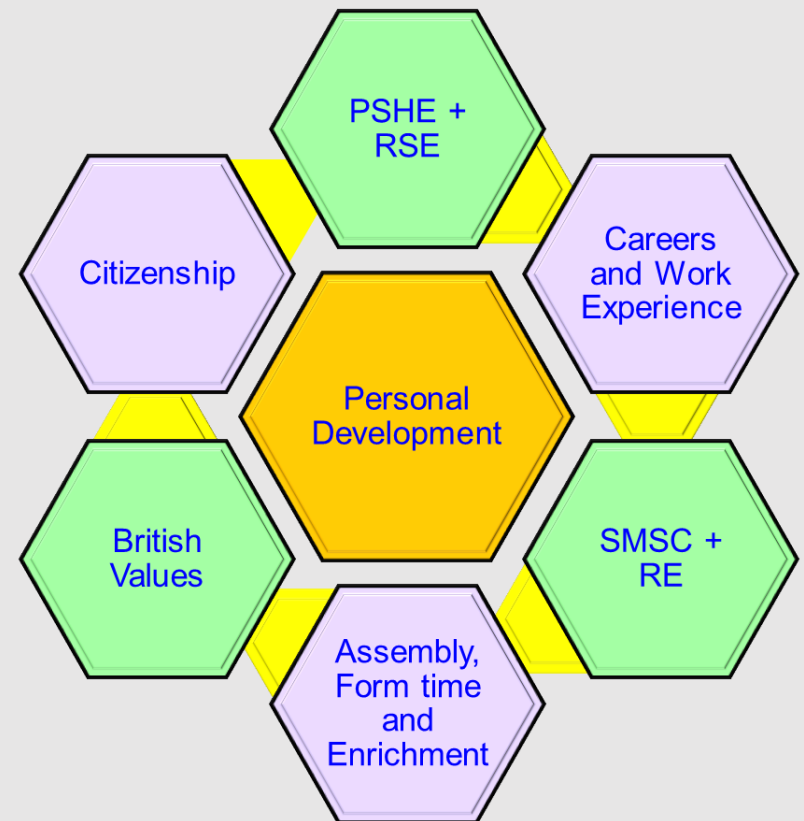
# **Welcome to Relationship and Sex Education**

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

# 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.



<https://www.youtube.com/watch?v=gCvMXBB-nrg>



## Learning outcomes:

Describe how in school and in wider society we can expect to be treated with respect by others, and that in turn we should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.

## Tolerance:

The ability or willingness to live with the existence of opinions or behaviour that one dislikes or disagrees with.

**Mutual respect:** Mutual respect involves accepting differences in a respectful manner – you can disagree on opinions, but still get on as people.

Before we go any further, let's just remind ourselves of the core British Values.



## 1. Individual liberty

A graphic illustration with a rainbow background. At the top, the words 'PRIDE', 'FAITH', and 'RESPECT' are written in yellow. In the center, 'Individual Liberty' is written in large white letters. Below this, 'RELIGION', 'AMBITION', and 'LOVE' are written in yellow. At the bottom, 'FREEDOM' is written in yellow. The illustration includes a photograph of Big Ben on the left, a couple kissing in the center, and two circular symbols with the Union Jack flag on the right. At the bottom, the text reads: 'We are free to be who we want, love who we want, believe what we want.'

PRIDE FAITH RESPECT

# Individual Liberty

RELIGION AMBITION LOVE

FREEDOM

We are free to be who we want, love who we want, believe what we want.

Before we go any further, let's just remind ourselves of the core British Values.

## 2. Rule of law



Before we go any further, let's just remind ourselves of the core British Values.



### 3. Democracy



Before we go any further, let's just remind ourselves of the core British Values.



**4 and 5: Mutual respect and tolerance – that's what we'll focus on today.**



## 2. Why these values matter today

Britain is now a diverse country, with people of many cultures, religions and backgrounds living side by side. Tolerance and mutual respect help communities to live peacefully together and to avoid conflict, discrimination and division.

Respect for people's religious beliefs is a key part of this. It means we should be willing to learn about other faiths and traditions, and avoid mocking or dismissing them. When we listen to others and try to understand their point of view, even if we do not agree with it, we help to build a society where everyone feels welcome and valued.

## 3. Problems caused by lack of tolerance

When tolerance and respect are missing, societies can become divided and unstable. Prejudice, which is having unfair negative beliefs about a group, can easily lead to discrimination, which is treating people unfairly because of those beliefs. Stereotyping, where people make over-simplified assumptions about others, often adds to the problem.

Injustice occurs when people are denied fair treatment or equal opportunities, for example through discrimination or oppression. Such injustices often lead to resentment, anger and conflict. In many countries around the world, lack of tolerance and respect has fuelled division, violence and even war.

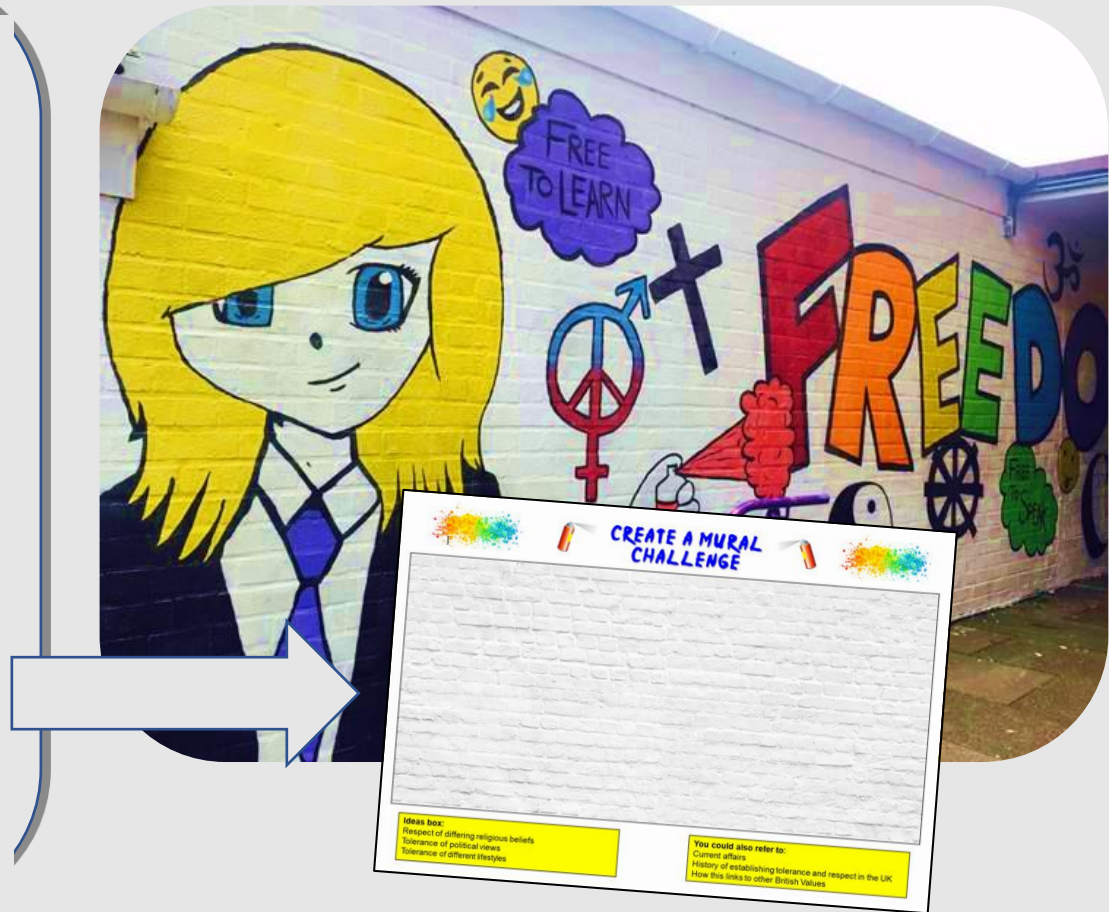


# British Values: Tolerance and mutual respect



Using your information from today, create a design for a mural to appear on a school wall to remind us all of our core British Value of tolerance and mutual respect.

You can use the template to help you – ensure you stress the importance of these values, the history behind them and why we still need tolerance and mutual respect today.



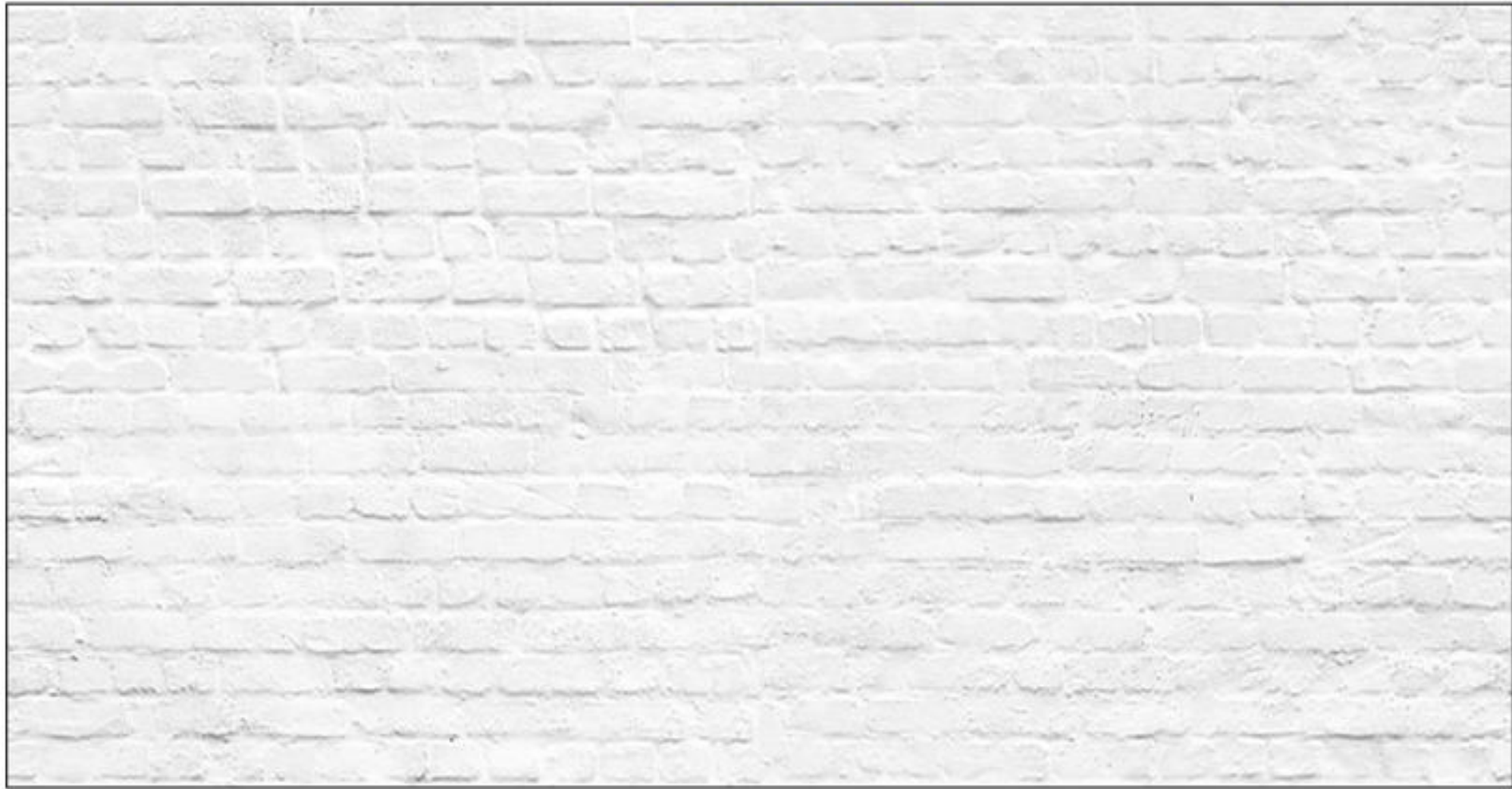


# Year 8 Create Mural Competition

- Mr Jewell would like to create a display outside of his office of the work you have done in your PD lesson today and encourage tolerance and mutual respect in Thornden.
- The competition is to design a Mural that can be collated and put into the display.
- All entries will receive achievement points.
- The tutor group with the most entries will receive a box of sweets.
- The top 3 entries will be announced in assembly next week.
- All entries to Mr Jewell by end of the day Monday 10th November.
- The design is completely up to you!



# CREATE A MURAL CHALLENGE



## **Ideas box:**

Respect of differing religious beliefs  
Tolerance of political views  
Tolerance of different lifestyles

## **You could also refer to:**

Current affairs  
History of establishing tolerance and respect in the UK  
How this links to other British Values

# 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/>