



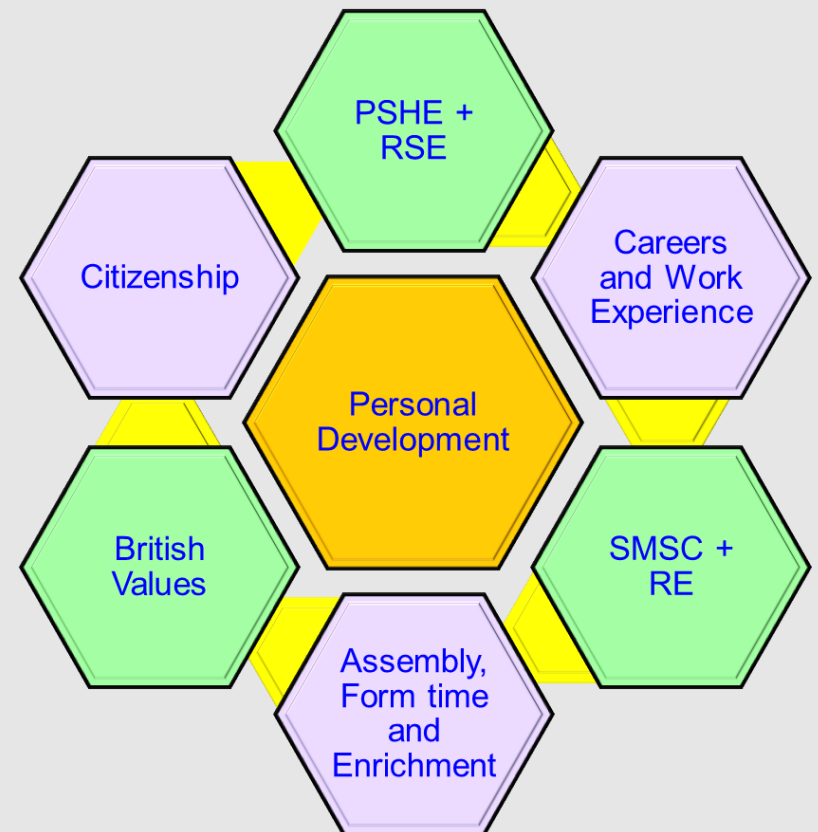
# **Welcome to Relationship and Sex Education**

***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



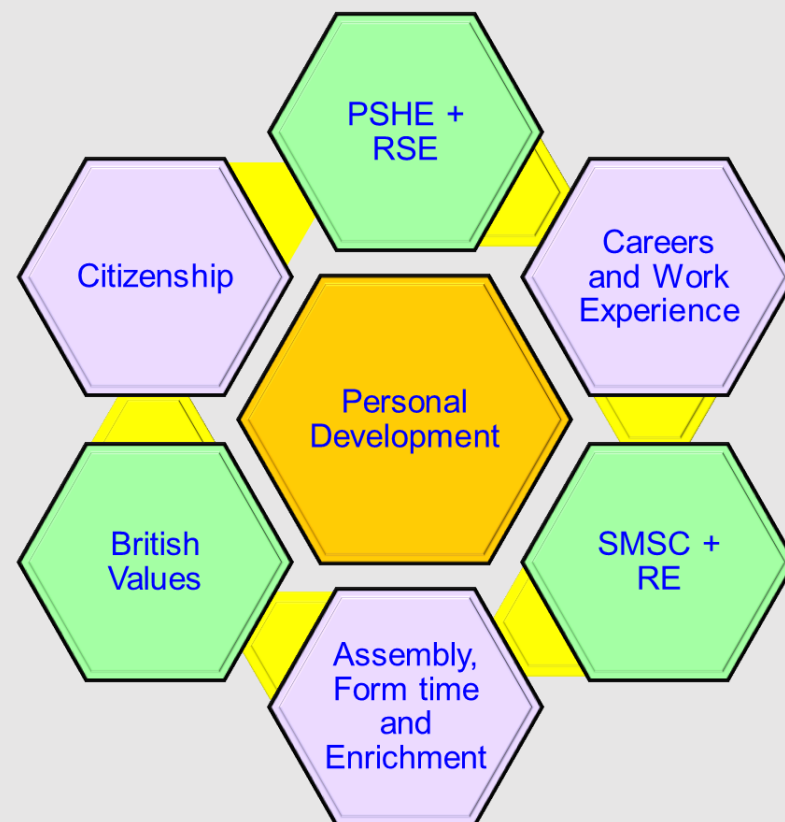
To help you understand:

- 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 10 Summer 1 RSE – Knowledge Check

1. On a scale of 1 to 5, how confident do you feel that you can explain what abortion is and identify the law and rights surrounding it in the UK?
2. On a scale of 1 to 5, how confident do you feel that you can evaluate different viewpoints around abortion and explore your personal values?
3. On a scale of 1 to 5, how confident do you feel that you can define stalking and harassment and explain why these are criminal offences?
4. On a scale of 1 to 5, how confident do you feel that you can recognise the signs of stalking or harassment in both real life and online contexts?
5. On a scale of 1 to 5, how confident do you feel that you can identify laws and support services for those affected by stalking or harassment?
6. On a scale of 1 to 5, how confident do you feel that you can explain the difference between adoption and fostering?
7. On a scale of 1 to 5, how confident do you feel that you can describe why people choose to adopt or foster and what the legal processes involve?
8. On a scale of 1 to 5, how confident do you feel that you can reflect on the emotional and ethical aspects of adoption and fostering?



Summer 1 - Yr10 RSE Knowledge Check



**Do Now**

## What are the beliefs and opinions surrounding abortion?



Ada has just discovered she is pregnant. At 16, this isn't a welcome discovery and Ada is not sure whether she will continue the pregnancy.

Ada feels torn. She knows she wants a baby, just not yet. She has just started college and doesn't have much money. She does have a supportive family, but is no longer with her boyfriend.

**Discuss: Why do you think this is such a tough decision for Ada?**



Why do you think there is such a wide range of beliefs and opinions about abortion?

*I think there's a wide range of beliefs and opinions on abortion because...*



# What are the beliefs and opinions surrounding abortion?



## Learning outcomes:

Describe the current legal position on abortion and the range of beliefs and opinions about it.

Explain your own viewpoints on abortion and explain the counter arguments to both pro-life and pro-choice viewpoints.

**Pro Life** – a position in opposition to abortion (and also a term used in opposition to euthanasia.)

**Pro Choice** – supporting the legal right to choose whether or not to have an abortion and keeping abortion as a legal and legitimate option.

# What are the beliefs and opinions surrounding abortion?



We will now find out more about exactly what we mean when we talk about someone having an abortion, as well as the current legal status in the UK.

**THORNDEN THREE READING**  
Listen carefully and follow the text  
In your booklet



**What is abortion?**

Abortion is the deliberate termination of a pregnancy, mostly performed by removing the embryo or foetus from the womb, usually within the first 28 weeks of the pregnancy. It is estimated that around 56 million abortions are performed around the world, with 46% of those abortions being performed legally or under unusual conditions. While abortion is legal in most countries under certain conditions, the laws on abortion vary greatly between countries. For example, some countries (such as Afghanistan and the Democratic Republic of Congo) only permit abortion when the pregnant person's life is at risk. Some countries (such as Sweden, Hungary and Cuba) allow abortion to be performed on request, and some countries (such as Nicaragua and the Dominican Republic) don't allow abortion under any circumstances, including the pregnant person's life being endangered.

The different laws on abortion around the world reflect the varying attitudes to the subject. Secular and religious views on abortion can both vary widely. In all countries, for example, there are strong pro-choice and pro-life movements, both supported by secular and religious people. The pro-choice stance is taken by people who believe that the pregnant person's right to choose is more important than the foetus, which they typically do not consider to be fully human in the early stages of pregnancy. Pro-choice people also believe that in some cases it is better to abort a foetus than to force a person to have a child which will not be loved, well looked after or will face some other impediment to enjoying a good life. The pro-life stance is taken by people who typically believe that human life begins at conception and that no foetus should be denied the right to life, regardless of whether the pregnant person wants the pregnancy or not.

**What's the legal position of abortion in the UK?**

In the United Kingdom, the legal position of abortion is governed by the Abortion Act 1967, which applies to England, Scotland, and Wales. The Act provides the legal framework for abortion and sets out the circumstances under which it can be legally performed. Abortion is also now legal in Northern Ireland, but is usually only performed up to 12 weeks.

Under the Abortion Act 1967, abortion is lawful if two doctors agree that continuing the pregnancy would involve a greater risk to the physical or mental health of the pregnant woman or any existing children of her family than if the pregnancy were terminated. The assessment of risk to a woman's health takes into account her social and economic circumstances as well. It is important to note that the law does not require a woman to demonstrate any serious threat to her health; rather, it focuses on the doctor's assessment of the risk.

The Act also allows for abortion if there is a substantial risk that if the child were born, it would suffer from serious physical or mental abnormalities. This provision aims to provide women with choices when faced with the difficult decision of continuing a pregnancy that

...for the child.

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...tions if there is a ...  
...to or severe fetal ...  
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...for their services. Women seeking an abortion can ...  
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...are.

...depending on where you are in the world, basing ...  
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...in the UK (usually)?

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The different laws on abortion around the world reflect the varying attitudes to the subject. Secular and religious views on abortion can both vary widely, in all countries. For example, there are strong 'pro-choice' and 'pro-life' movements, both populated by secular and religious people. The 'pro-choice' stance is taken by people who believe that the pregnant person's right to choose is more important than the foetus, which they typically do not consider to be fully human in the early stages of pregnancy. Pro-choice people also believe that in some cases it is better to abort a foetus than to force a person to have a child which will not be loved, well looked after, or will face some other impediment to enjoying a good life.



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The Act also allows for abortion if there is a substantial risk that if the child were born, it would suffer from serious physical or mental abnormalities. This provision aims to provide women with choices when faced with the difficult decision of continuing a pregnancy that may result in severe health issues for the child.

Abortion can be performed up to 24 weeks of gestation under most circumstances, although there are provisions for later abortions if there is a substantial risk to the woman's life or severe foetal abnormalities. After 24 weeks, the decision to terminate a pregnancy requires more stringent medical assessments and legal authorisation. This is because if a child is born at 24 weeks, there is a chance they would survive.



The NHS provides free and confidential abortion services to residents of the UK, while private clinics may charge fees for their services. Women seeking an abortion can usually contact their GPs or directly approach abortion providers for guidance and assistance.

It is important to note that while abortion is legal, it remains a subject of ethical and moral debate in the UK and many other countries. The law seeks to balance the right to access safe and legal abortion with considerations for the woman's health and the potential life of the foetus. Consequently, the legal position on abortion may continue to evolve over time as societal attitudes and medical advancements shape the ongoing discussions surrounding reproductive rights and women's healthcare.

# Parenthood: what do I need to consider and what are the costs?



Now complete the questions on page three of your booklet. We'll discuss our ideas as a class in ten minutes:

**When is abortion usually performed?**

**Explain how the laws on abortion differ depending on where you are in the world, using examples.**

**Explain in one paragraph, the UK's legal position on abortion.**

**Do you agree with the UK's legal position? Why / why not?**

**Why do we only allow abortion up to 24 weeks in the UK (usually)?**

**Why are there some exceptions to this law?**

**What would someone do if they felt they needed to have an abortion?**

**Why do you think the position of the law COULD change over time?**

**Why do two doctors have to agree before an abortion can be performed?**

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In terms of practical implementation, abortion services are provided by both the NHS and private clinics. The NHS provides free and confidential abortion services to residents of the UK, while private clinics may charge fees for their services. Women seeking an abortion can usually contact their GPs or directly approach abortion providers for guidance and assistance.

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**Watch the clip carefully and answer the questions on your sheet. We'll go through the answers together**



**<https://www.youtube.com/watch?v=Hv41TzJR49>**

**g**

**Why did Anna choose to have an abortion? Give TWO specific reasons.**

**Why did Marie choose to continue her pregnancy when she found out that the child would have Down's Syndrome? Give TWO specific reasons.**

**What difficulties has Marie encountered since having her child and why do you think she says she wouldn't change a day?**

**How effective do you find Anna's rebuttal of the pro-life argument? Explain your answer.**

**How effective do you find Marie's rebuttal of the pro-choice argument? Explain your answer.**

**What are the different attitudes to life presented in this video?**



**Why did Anna choose to have an abortion? Give TWO specific reasons.**  
**She was still in school, she was 17, she felt she was still a kid herself.**

**Why did Marie choose to continue her pregnancy when she found out that the child would have Down's Syndrome? Give TWO specific reasons.**  
**She feels abortion is playing God, she's a Christian, believes life is sacred.**

**What difficulties has Marie encountered since having her child and why do you think she says she wouldn't change a day?**  
**She trusts that the best will come from the situation and the child has a right to live.**

**How effective do you find Anna's rebuttal of the pro-life argument? Explain your answer. (She says if something can't exist outside the mother on its own, how alive is it really?)**

**How effective do you find Marie's rebuttal of the pro-choice argument? Explain your answer. (She says no one has the right to decide who lives and who dies).**

**What are the different attitudes to rights presented in this video?**  
**Very differently – one puts the mother's rights first, one puts the unborn child's rights first.**



## **Useful helplines and charities:**

**[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.

**[Pregnant? | Pregnancy Crisis Helpline](#)** Website specifically for those with crisis pregnancies

**[Brook](#)** – visit your nearest Brook service for free confidential advice if you're under 25, or use the **[Ask Brook](#)** online service

**[Family Lives](#)** – visit the website or call 0808 800 2222 for support for families, including young parents

## 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>

## **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/>