



# **Welcome to Relationship and Sex Education**

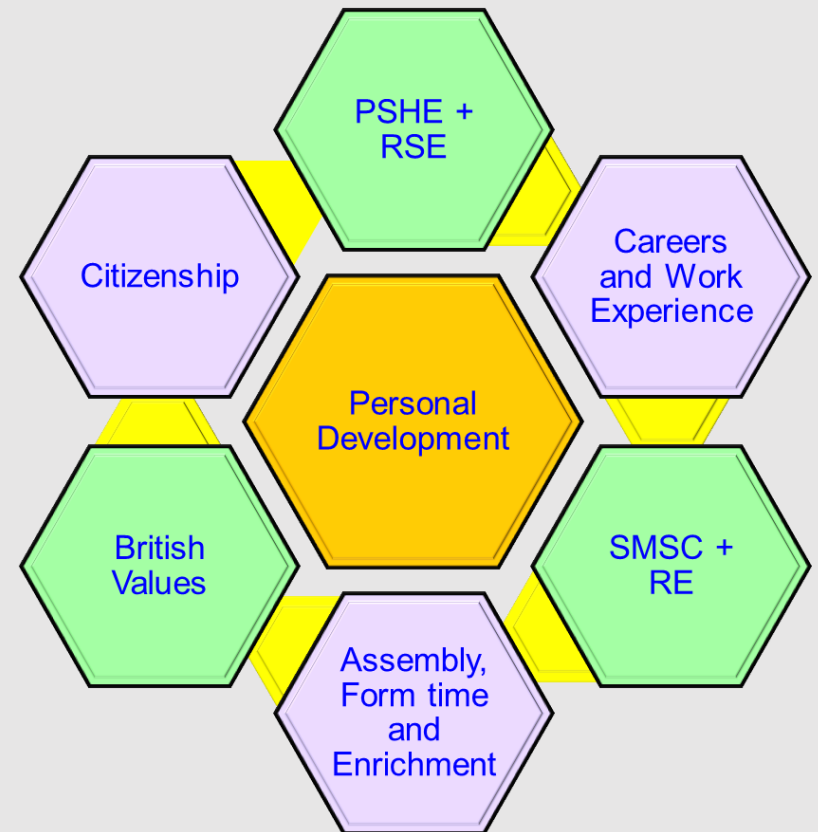
**Personal Development  
Thornden Schools  
Safeguarding Curriculum**

# 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.

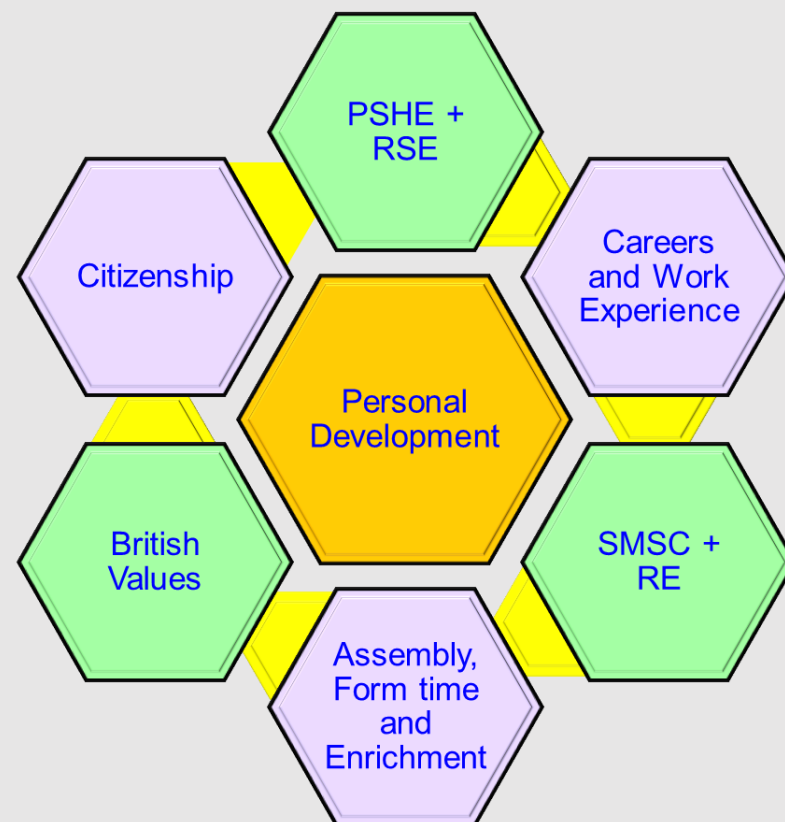
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



# 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.



# Healthy relationships introduction: What are healthy relationships?



Keiron and Sherelle have been dating on and off for six months. Keiron says he's happy with Sherelle, apart from the fact she has cheated on him twice. Sherelle says she loves Keiron but wishes he wouldn't shout and swear in her face when he gets angry.

**Discuss: Do you think this sounds like a 'healthy relationship'? Be ready to feedback your ideas to the class.**



How might we expect two people in a healthy relationship to act towards each other? What indications might there be that a relationship is healthy?

*Two people in a healthy relationship might treat each other.....*

*However, an outsider can't always tell if a relationship is really healthy because...*

# Healthy relationships introduction: What are healthy relationships?



## **Learning outcomes:**

Describe what we might expect to see in a healthy relationship and in an unhealthy relationship. Explain the importance of learning about healthy relationships.

**Healthy relationship** – A healthy relationship is one in which both people feel a healthy sense of "self." Each person feels harmonious when spending time with the other person. Two emotionally healthy adults try to meet each other's needs, and each can ask for help without fear of criticism and knowing there is mutual levels of respect.



## Year 7 RSE – Autumn 2: Relationships and Friendships – Entry & Exit Quiz

### Instructions:

Please rate your confidence for each statement on a scale of 1 to 5, where:

1 = Not confident at all | 5 = Very confident

1. On a scale of 1 to 5, how confident do you feel that you can describe what makes a healthy and respectful friendship?
2. On a scale of 1 to 5, how confident do you feel that you can recognise the signs of a toxic or unhealthy friendship?
3. On a scale of 1 to 5, how confident do you feel that you can identify personal qualities that help maintain great friendships and avoid fall-outs?
4. On a scale of 1 to 5, how confident do you feel that you can explain the importance of trust in friendships and how to build it?
5. On a scale of 1 to 5, how confident do you feel that you can manage peer pressure and make safe, independent choices?
6. On a scale of 1 to 5, how confident do you feel that you can spot the difference between healthy peer influence and harmful pressure from others?
7. On a scale of 1 to 5, how confident do you feel that you can explain what bullying is, including the different types (e.g., physical, verbal, social, and cyber)?
8. On a scale of 1 to 5, how confident do you feel that you can suggest safe and effective ways to support someone being bullied?
9. On a scale of 1 to 5, how confident do you feel that you can respond respectfully and kindly when someone shares a concern with you, either in person or online?
10. On a scale of 1 to 5, how confident do you feel that you can name at least two trusted adults or services you can go to for help with a relationship or friendship concern?

**This is your Home Learning. It has been shared with you on Satchel. Please make sure it is completed by next week**

**Watch the following clip (twice as it's fast!) and complete it on your answer sheet. Your teacher will then go through the answers.**

[What Makes A Relationship Healthy? - YouTube](#)



**What changes as you get older? How might you feel?**

**What are unhealthy relationships like?**

**What are healthy relationships built on?**

**What might a person do in an unhealthy relationship?**

**Why is equality so important?**

**What are bad signs in a relationship?**

**How should you handle disagreements?**



## [What Makes A Relationship Healthy? - YouTube](#)



What changes as you get older? How might you feel?

As you grow older, you may wish to be more independent and closer to friends and feel like you may want a romantic or physical relationship.

What are unhealthy relationships like?

Unhealthy relationships can be complicated and stressful.

What are healthy relationships built on?

Healthy relationships are built on respect, equity and communication

What might a person do in an unhealthy relationship?

In an unhealthy relationship someone may tease or pressure you into doing something you are uncomfortable with.

Why is equality so important?

It's important because you can co operate, comprise and respect each other.

What are bad signs in a relationship?

Bad signs include someone making all the decisions for you and checking up on your all the time

How should you handle disagreements?

Being willing to compromise, say what you mean and apologise if you hurt each other.

# Healthy relationships introduction: What are healthy relationships?



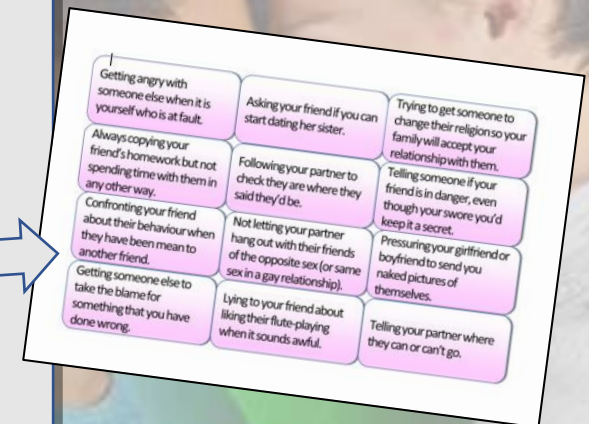
Now we know what to look for in healthy relationships and the factors these relationships are based on, we should be able to spot what is healthy and what is unhealthy in different scenarios.

## Put it into practice!

Study the scenarios in your booklets and decide if they are :

**Healthy and Unhealthy.**

**Draw an arrow from the statement to the correct title ie  
Healthy or Unhealthy**



# Healthy relationships introduction: What are healthy relationships?



## This would happen in a healthy relationship

Getting angry with someone else when it is yourself who is at fault.

Always copying your friend's homework but not spending time with them in any other way.

Confronting your friend about their behaviour when they have been mean to another friend.

Getting someone else to take the blame for something that you have done wrong.

Asking your friend if you can start dating her sister.

Following your partner to check they are where they said they'd be.

Not letting your partner hang out with their friends of the opposite sex (or same sex in a gay relationship).

Lying to your friend about liking their flute-playing when it sounds awful.

## This is unhealthy behaviour for a relationship

Trying to get someone to change their religion so your family will accept your relationship with them.

Telling someone if your friend is in danger, even though you swore you'd keep it a secret.

Pressuring your girlfriend or boyfriend to send you naked pictures of themselves.

Telling your partner where they can or can't go.

# 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/>