

Year Group: KS3 (Year B)	Term: Summer 2
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PSHE: Changing Me

Key Concepts	SMSC & British Values	Lesson Objectives	Key Vocabulary
<p>Different types of close and intimate relationships Physical attraction and emotional responses Healthy and unhealthy relationship behaviours Romantic relationships and expectations Attraction, sexuality and changing feelings over time Pornography, media influence and distorted expectations Alcohol, decision-making, consent and sexual risk Help-seeking, safety and personal responsibility</p> <p>Prior Knowledge</p> <p>Friendship, family and peer relationships Respectful behaviour and personal boundaries Basic emotional vocabulary Understanding of puberty and body changes Awareness of trusted adults and sources of support Early knowledge of consent, privacy and online safety</p> <p>Cross-Curricular Links</p> <p>Science: puberty, reproduction, body changes, effects of alcohol on the body Computing: online safety, media influence, accessing reliable information English: discussion, inference, evaluating viewpoints, expressing opinions PSHE: health and wellbeing, identity, relationships, managing influences</p>	<p>Spiritual: reflection on identity, values, attraction and personal choices Moral: considering respect, consent, harmful behaviour and responsibility Social: communication, peer influence, relationship types and help-seeking Cultural: recognising that relationships and attraction are experienced differently by different people British Values: individual liberty, mutual respect, tolerance of difference, rule of law</p> <p>Assessment</p> <p>Ongoing checks for understanding through discussion, sorting, and short written responses Knowledge recall of relationship types, healthy behaviours and signs of less healthy relationships Explanation of the impact of pornography on expectations, self-image and relationships Understanding of alcohol-related risk, including consent and the law Final assessment against the stated learning expectations for healthier or less healthy relationships, pornography/alcohol risks and personal opinions</p> <p>Adaptations</p> <p>Use simplified language and pre-taught key vocabulary Provide sentence stems for discussion and written answers Use visuals, examples and sorting tasks to support understanding Break information into small, manageable steps Revisit key ideas regularly to support retention.</p>	<p>Lesson Objectives</p> <ol style="list-style-type: none"> 1. I know different types of close, intimate relationships that people can have and I can identify some positive behaviours in healthier relationships. 2. I can describe the positive aspects of having a girlfriend or boyfriend and compare healthier and less healthy romantic relationships. 3. I understand the range of feelings associated with attraction and know where to get safe, reliable information about sexuality. 4. I know that pornographic images do not reflect reality and can explain how pornography can affect expectations, self-image and relationships. 5. I can describe the effects of alcohol on behaviour and list risks linked to drinking too much alcohol, including unprotected sex and non-consensual sex. 6. I can summarise behaviours and attitudes that make a relationship healthier or less healthy and explain risks linked to pornography or alcohol. <p>Links to Future Learning</p> <ul style="list-style-type: none"> • Healthy, unhealthy and abusive relationships • Consent, coercion and personal safety • Online safety, media literacy and managing digital influence • Substance misuse and its impact on health and decision-making • Peer pressure, assertiveness and help-seeking • Emotional wellbeing, identity and self-image • RSE topics in later adolescence 	<p>close relationship intimate relationship attraction feelings sexuality healthy less healthy behaviour relationship girlfriend boyfriend expectations self-image pornography society alcohol law consent risky unprotected sex non-consensual</p>

Possible Enrichment:
Use case studies to practise help-seeking / decision-making. Compare media portrayals of relationships with real-life expectations. Explore the effects of alcohol on the brain and decision-making