

Chelmer Valley SRE program 2011/12

Year 7 - 3 staff led sessions

Session	Title	Focus of the session
7.1	'It's Good to Talk – About Sexual Development'	Importance of ground rules; it's OK not to know things; importance of seeking reliable information; enhancing ability to discuss sensitive issues; sexual development.
7.2	'Beginning with myself'	Self-esteem and valuing personal qualities
7.3	'A good relationship'	The value of friendship, and how platonic friendships relate to other relationships

Year 8 - 6 staff led sessions

Session	Title	Focus of the session
8.1	'Communicating well & Discussing the issues'	Further work on sexual development, relationships and behaviours
8.2	'Relationships and sex – The Guide Book!'	Having sex, making love, relationships and consequences
8.3	'A question of new relationships'	The potential for changing feelings about relationships as a teenager; expectations of and motivation for, having a girlfriend or boyfriend (including their varying degrees of importance for different people); difficulties and skills in forming new relationships
8.4	A question of attraction: A question of difference?	Diversity in sexual attraction; sexual and gender stereotyping; homophobia and respecting diversity
8.5	'Going Away – Going All the way?' R They Ready?'	The pressure (perceived and real) to progress in sexual relationships and deciding on readiness (or not) for sex
8.6	'Contraception check'	Basic contraception knowledge including signposting access

Year 9 - 5 staff led sessions and 1 peer led session.

Session	Title	Focus of the session
9.1	‘Having Sex, Making Love: Thoughts, Actions & Feelings’	A ‘whole person’ approach to sex and making love, linking sexual biology with arousal for both women and men and thoughts, feelings, risks and choices; concerns about sex
9.2	Pregnancy Options and Decisions	The risks and choices around pregnancy; potential influences on choice and risk such as emotions, alcohol, friends; accessing services
9.3	‘STIs Surprise’	Knowledge of STIs and their consequences; the importance of sexual health checks
9.4	‘Condoms: passing the test’	The practicalities of condom use
9.5	‘Pressure Cooker’	Sexual pressure
9.6	Peer session 2	Peer pressure; media pressure; pressure in relationships; choice in levels of intimacy

Year 10 - 3 staff led sessions and Year 11 - 3 staff led sessions

Session	Title	Focus of the session
10.1	‘Contraception: Choices, Responsibilities, Rights’	More detailed contraception knowledge and the importance of protection against STIs; rights and responsibilities for sexual health and positive relationships
10.2	‘Let’s get it on’	Negotiating condom use; the importance of communication and respect in relationships; the adverse effects of alcohol
10.3	‘All about strength - in relationships and in ourselves’	Recognition of healthy and unhealthy relationships; difficulties of saying no to things we don’t want to do (in all contexts, including sexual relationships); enhanced assertiveness skills
11.1	‘Sexuality’	Diversity in sexual attraction; the continuum of sexuality; stereotypes and misconceptions
11.2	‘16+ pressures’	Possible relationship pressures and risk for older teenagers; decision making
11.3	‘A matter of opinion’	Handling differences of opinion on sensitive and/or controversial issues; helping others explore and discuss their views and feelings; facilitation skills