

Strands	Phase 3 From age 11
Relationships and identity	<p>Understand the positive and negative characteristics of relationships.</p> <p>Understand the importance of effective communication in relationships.</p> <p>Understand how to speak out about harmful behaviours.</p> <p>Understand how relationships have and will be impacted by society.</p> <p>Understanding the challenges and benefits of living in a diverse society.</p> <p>Ability to advocate for the rights of all and understand the importance of respect.</p> <p>Understand how the law and human rights secure freedom around relationships.</p> <p>Critically explore how norms around relationships can shape our wellbeing and be both positive and harmful.</p>
Sexual health and wellbeing	<p>Understand how personal health and wellbeing will change across the life course and how to find help if needed.</p> <p>Knowledge and understanding of how hormones impact on health.</p> <p>Understand how contraception can assist with reproductive choices.</p> <p>Understanding the importance of sexual and reproductive health.</p> <p>Knowledge and understanding of conditions connected to sexual and reproductive health and how to minimise risk.</p> <p>Critically engaging with body image representations through media.</p> <p>Understand the legal age of consent.</p> <p>Understand the entitlement to positive and pleasurable relationships.</p> <p>Be aware of a range of support services designed to support with relationships and health.</p>
Empowerment, safety and respect	<p>Understand the importance of inclusivity and diversity.</p> <p>Develop a sense of individual and social responsibility to others.</p> <p>Recognise harmful, abusive or coercive behaviour in relationships.</p> <p>Understand the importance of consent in all relationships and how it can be communicated.</p> <p>Understand what may impact on consensual relationships.</p> <p>Understanding the legal and ethical issues related to sharing intimate imagery online.</p> <p>An awareness of how the media can represent imagery and relationships in harmful ways.</p> <p>An understanding of the law and how it is designed to protect us.</p> <p>An understanding of the importance of safe environments and how to speak out safely, against sex and gender, and sexual violence.</p>