



## **A year by year approach at NDA.**

Age 11 to 12 (year 7): In secondary school, the reinforcement of previous information is critical to ensure all pupils have a good foundation, as relationship and sex education provision from feeder schools may be inconsistent. In addition, further information on personal safety, potential grooming and exploitation scenarios can be delivered in a realistic but age appropriate way.

Age 12 to 13 (year 8): Sex and the law should be introduced as a topic, identifying risky behaviour and consequences, including pregnancy myths, alcohol, technology, rights and responsibilities. The new Government guidance also requires we define subjects covered in the media such as FGM (female genital mutilation) Honour Based Violence and Arranged Marriage. Sexual orientation, information on growing up gay, challenging homophobia as well as concepts of gender stereotypes should be core to any programme of education. Information for boys on safe ways to access information about relationships and sex is crucial as several may have already viewed pornography at this stage. Myth busting between media and real world representations of sex and gender stereotypes is beneficial for both boys and girls. Yet again, at this age group technology and internet safety need to be reinforced and discussed, CSE (child sexual exploitation) can be further highlighted.

Age 13 to 14 (year 9): Topics at this age group include self esteem within relationships, confidence, communication skills and consent including the effects of alcohol and behaviour in relationships. Contraception should be covered, including the modern methods and their local availability. Information on sexually transmitted infection and their effects, including long term risks, safer sex, including condom information and practical demonstrations are all recommended. Further insight into parenthood and the effects of an unplanned pregnancy on potential fathers and mothers will aid these young people.

Age 14 to 15 (year 10): Looking at boundaries at this age is useful, what's the difference between flirting and sexual harassment? Identifying abusive relationships as well as identifying the elusive "perfect partner". Further information on the realities of pregnancy and parenthood, including the physical impact of pregnancy, plus the social and economic price that young parents pay.

Age 15 to 16 (year 11): As with primary, the final year at secondary school is spent recapping on previous topics as well as allowing students to lead the discussion by asking anonymous questions or through open discussion.