



**Topic: Healthy Relationships / Growing & Changing – Puberty, Conception & Reproduction**

**Year: 7**

**NC Strand: Relationships/Health & Wellbeing**

**What should I already know?**

**Puberty & Reproduction**

- How to manage change - new roles and responsibilities as they grow up
- How to manage the physical and emotional changes that happen during puberty
- Hygiene routines during puberty
- About adult relationships and the human life cycle
- About human reproduction; how a baby is made and how it grows

**Healthy Relationships**

- Privacy and personal boundaries;
- Acceptable and unacceptable contact;
- Permission-seeking and giving;
- Personal safety;
- Actions have consequences;
- Working collaboratively;
- Negotiation and compromise;
- A positive, healthy relationship;
- Recognize different types of relationships;
- Responding safely to adults whom they do not know
- About the role of trust, respect and boundaries in healthy relationships (including friendships and family)

**What will I know by the end of the unit?**

**Healthy Relationships**

- About different types of relationships and the qualities and behaviours associated with positive relationships
- About media stereotypes and their effect on relationship expectations
- How to manage expectations for romantic relationships
- How to manage strong feelings in relationships
- How to identify unhealthy relationships and seek support when necessary
- About the concept of consent
- How to seek and give/not give consent in a variety of contexts

**Growing & Changing - Puberty, Conception & Reproduction**

- Consolidation and reinforcement of KS2 puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence
- Explore how puberty enables reproduction

**Vocabulary**

Relationship	
Intimate	
Consent	
Expectations	
Puberty	
Hormones	



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**Puberty**

The process of physical maturity in a person that takes place in adolescence.

Physical Changes during Puberty

Boys Only

- Facial hair
- Voice breaking
- Erections
- Wet dreams
- Widening of chest and shoulders

Girls Only

- Starts between 9 and 11 years of age
- Menstruation/Periods begin
- Breasts grow
- Stretch marks
- Cellulite
- Hips widen

Both

- Grow taller
- Sweat more
- Changes to hair and skin
- Spots and pimples

Things to Remember

Puberty begins at different times for different people  
 Changes will happen at different rates and in a different order for different people  
 Everyone goes through puberty, you are not alone  
 Good diet and exercise can help deal with some of the physical changes  
 Puberty is normal despite feeling very abnormal

Help and Support

Parents or trusted family members  
 Teachers or school staff  
 Doctor or nurse  
 NSPCC - 0800 800 5000 / [www.nspcc.org.uk](http://www.nspcc.org.uk)  
 ChildLine - 0800 1111 / [www.childline.org.uk](http://www.childline.org.uk)  
 NHS Live Well website - [www.NHS.uk/livewell](http://www.NHS.uk/livewell)

**Friendships**

Platonic Relationship

A friendship or relationship where there is no romantic, intimate or sexual feelings.  
 Friends or Colleagues

Intimate Relationship

A relationship which can include a sexual attraction and sexual activity.  
 Boyfriend, Girlfriend, Married, Couples

Familial Relationship

A relationship with someone who has a blood, kinship or legal tie to you.  
 Parents, Siblings

Toxic Relationships

A relationship that has a negative impact on your mental health and self-esteem

Who makes a good friend?

**Good friends make you feel good**

Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.

**Good friends listen**

A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.

**Good friends support each other**

If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.

**Good friends are trustworthy**

If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.

**Good friends handle conflict respectfully**

A good friend will tell you if you've done something to hurt

Signs of a Toxic Friendship

Sometimes people who claim to be your friends can show bullying behaviour. This is sometimes called a 'frenemy' but is a type of toxic relationship. You can spot them by:

- They might say "brutally honest" things to you which are unkind or hurtful
- Put pressure on you to do things you don't want to do
- Be manipulative (e.g. 'If you were my friend you would...')
- Put you down
- Laugh at you, or encourage others to laugh at you
- Talk about you behind your back
- Deliberately exclude you from group chat and activities
- Take the "banter" too far
- Share things about you online
- Make you feel bad about yourself



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**and respect boundaries**

them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.

**Friends not followers**

In the digital world you can feel under pressure to have a lot of friends and followers. Remember that you only need a small circle of friends to be happy,

What to do if you are in a toxic friendship

- Remember: the problem isn't you:** Hold on to that thought. Their behaviour might make you feel bad, but they need to change, not you.
- Talk to them about how their behaviour makes you feel:** Explain calmly and without accusation. Be specific, tell them what you'd like to happen moving forward. Their response will tell you a lot, sometimes our behaviour hurts others without us realising.
- If they apologise, give them another chance:** If they mean it, they'll change their behaviour and stop making you feel bad. However, sometimes frenemies might apologise insincerely, and their behaviour afterwards won't change. If they're still making you feel bad despite what you've told them, it's time to move on.
- Make new friends:** Moving on can be scary, but you deserve people in your life who support you and make you feel good about yourself. See our guide to making new friends for help.
- Don't retaliate:** It can be tempting to encourage others to exclude your former frenemy, or to put them down behind their back. Don't do this: you're only showing the same behaviour you found difficult in them.

**Consent**

1. **Freely given** - It is not OK to pressure, trick or threaten someone into doing something
2. **Reversible** - It's OK to say yes and then change your mind - at any time
3. **Informed** - You can only consent to something if you have all the facts
4. **Enthusiastic** - You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic about something, stop and check in
5. **Specific** - Saying yes to one thing (like holding hands) doesn't mean you're saying yes to other things (like kissing)

**Lesson Overview**

- Lesson 1: to learn to express our opinions to inform curriculum planning
- Lesson 2: to learn about the qualities of health and unhealthy relationships
- Lesson 3: to learn about consent, what it means and what it should look like in practise
- Lesson 4: to identify what a positive and a negative emotion is and how to cope with them
- Lesson 5: to learn about how relationships are portrayed in television, film and online and how this can affect relationship expectations, behaviours and values
- Lesson 6: to learn about the physical and emotional changes that occur in young people during puberty and the impact this can have
- Lesson 7: to describe the facts that are related to puberty and sexuality