

# Relationships and Sex Education Framework



## Year 7 – Block 1

	Learning Intentions	Success Criteria
<p><b>My body now</b> (7.1.1)</p>	<p>Young people learn the correct names for parts of their body, including male and female genitalia, and their functions.</p>	<p>I can name parts of my body.</p> <p>I can talk about the different parts of my body and what they do.</p>
<p><b>My changing body</b> (7.1.2)</p>	<p>Young people recognise that body changes with puberty impact on feelings and behaviour.</p> <p>Young people learn strategies to manage emotions.</p> <p>Young people understand the importance of personal hygiene.</p>	<p>I can describe the changes that take place with puberty.</p> <p>I understand how to maintain personal hygiene.</p> <p>I can identify things to do or someone to talk to if I have a question or a worry.</p>
<p><b>Menstruation</b> (7.1.3)</p>	<p>Young people will learn about menstrual well-being including the key facts about the menstrual cycle.</p>	<p>I can describe the changes that take place with puberty.</p> <p>I can identify things to do or someone to talk to if I have a question or a worry.</p> <p>I am aware of the different products available.</p>
<p><b>Learning about my body</b> (7.1.4)</p>	<p>Young people learn the correct names for parts of their body, including male and female genitalia, and their functions.</p> <p>Young people learn strategies to manage emotions.</p>	<p>I can describe the changes that take place with puberty.</p> <p>I am aware of the changes my peers will experience.</p>

<p><b>Body image and influences</b></p> <p>(7.1.5)</p>	<p>Young people learn about the influence and impact of media on body/self-image.</p> <p>Young people become critical of what they see and hear.</p>	<p>I can describe how popular culture and social media promote stereotypes and unrealistic representations of both women and men and can reflect on how these impact on groups and individuals.</p> <p>I understand and accept diversity amongst my peers.</p>
<p><b>Body confidence</b></p> <p>(7.1.6)</p>	<p>Young people learn about the influence and impact of media on body/self-image.</p> <p>Young people view themselves as unique individuals.</p>	<p>I describe myself positively and can talk about my unique attributes and interests.</p> <p>I understand and accept diversity amongst my peers.</p>