

## Learning outcomes for SRE at KS3 & 4

Linked to the new PSHE Personal Wellbeing programme of study

	Learning outcomes for SRE for Year 7 pupils	Link to PSHE scheme of work QCA 2007 (KS3)
	<b>By the end of year 7 pupils will be able to:</b>	
7.1	Look after their bodies during puberty including managing personal hygiene, menstruation and wet dreams	1.2c
7.2	Manage the range of emotional changes that take place during puberty in a positive way (including feelings of attraction to the same or opposite sex)	1.2c 1.4c
7.3	Have the ability to express emotions and empathise with others	2.1e 2.3d
7.4	Talk with and listen to peers and adults	2.3c
7.5	Make and keep friends of the same and opposite sex	2.3a 1.4a
7.6	Be assertive amongst their peer group	2.2d, 2.3b
7.7	Use strategies to resolve disagreements peacefully	2.1e
7.8	Recognise stereotyping and begin to challenge it appropriately	2.3e
7.9	Make decisions independently and resist pressure e.g. to become involved in bullying, sexual activity or smoking	2.2c
7.10	Recognise when they and others need help and access support appropriately	2.2e
	<b>By the end of year 7 pupils will know and understand:</b>	
7.11	How the physical and emotional changes that take place at puberty affect boys and girls and that there is a range of physical development and emotional responses which are normal	3c
7.12	The biological aspects of menstruation, conception and reproduction	3d
7.13	How to keep physically and emotionally healthy	3f
7.14	That gender does not have to be rigidly defined (there are different ways to be male and female) and that stereotyping can have a negative impact	1.5a 3m
7.15	That school policy makes it clear that discrimination including homophobia, is unacceptable	1.5b 2.2b
7.16	Where to get help including in school, family, local and national support services	3g
7.17	Young people's rights and responsibilities	2.3b
7.18	The school policy and guidance on confidentiality and making personal disclosures	
7.19	How to keep themselves safe when using the internet and chat rooms	3g
	<b>By the end of year 7 pupils will have explored / considered:</b>	
7.20	What makes a good friend and a positive family	1.4b
7.21	The unacceptability of bullying	3m
7.22	The fact that families are different and respect those differences	3.j 3m

These outcomes were developed by the **Healthy Schools team and their partners in East Sussex** and included in **Sex and Relationships Education: learning outcomes planning tool: Key Stages 3 and 4**, June 2007. The resource also contains some excellent ideas for teaching activities and useful updates on HIV/AIDS and Chlamydia and other helpful references. A link to the resource is available on our website.

	<b>Learning outcomes for SRE for Year 8 pupils</b>	Link to PSHE scheme of work QCA 2007 (KS3)
	<b>By the end of year 8 students will be able to:</b>	
8.1	Give and receive compliments and constructive criticism and recognise how others see them	2.1c
8.2	Challenge all kinds of prejudice and bullying behaviour amongst peers appropriately	2.3e
8.3	Empathise with others including parents or carers and people different from themselves	2.3d
8.4	Be assertive and negotiate positive peer relationships	2.3b 2.3c
8.5	Seek appropriate help and support for themselves and friends when needed	2.2e
8.6	Think critically on health-related issues to support positive decision-making	2.2a
8.7	Recognise and manage the emotions associated with the changing nature of relationships with peers and within families, including as a result of divorce and bereavement	2.2f 3i
8.8	Present their personal values and beliefs appropriately	2.1a
	<b>By the end of year 8 pupils will know and understand:</b>	
8.9	The names of the different parts of the sexual organs and their functions	3d
8.10	Basic information about conception, contraception, the range of safer sexual practices and the risks of early sexual activity	3d
8.11	How the media influences attitudes to health and health behaviour	2.1a
8.12	The concept of sexual orientation as a spectrum which includes homosexual, bisexual and heterosexual and that everyone will identify as being somewhere on this spectrum and that their position may change	1.5a
8.13	The importance of caring relationships and positive friendships for everybody	1.4b 3k
8.14	The age of consent for all sexual orientations and that the majority of young people do not have sex before they are 16	3d
8.15	The risks related to alcohol use	
	<b>By the end of year 8 students will have explored / considered:</b>	
8.16	How our physical, mental, sexual or emotional health can affect our lives	1.2b
8.17	The need for commitment, trust and love in meaningful relationships, including marriage and civil partnerships	3l 3k
8.18	What influences their own behaviour, choices and self-image	1.1a 1.1c
8.19	Issues related to gender and sexual orientation including sexism, homophobia, bi-phobia and transphobia	3d 3m
8.20	When young people may be ready for sexual activity and the benefits of delaying first sex (for all sexualities)	1.3a
8.21	Risk-taking, including the consequences of their personal choices on themselves and others	1.3a

	<b>Learning outcomes for SRE for Year 9 pupils</b>	Link to PSHE scheme of work QCA 2007 (KS4)
	<b>By the end of year 9 students will be able to:</b>	
9.1	Recognise when pressure from others threatens their personal safety and wellbeing	1.3b
9.2	Use assertive skills to resist pressure	2.2d
9.3	Recognise that actions have consequences, and when and how to make compromises	2.1f
9.4	Negotiate within all forms of relationships including the use of condoms and delaying sexual activity	2.3b
9.5	Challenge prejudice, stereotyping and discrimination including homophobia, bi-phobia and transphobia	2.3e
9.6	Access appropriate support services when needed	2.2e
9.7	Take responsibility for their own health, safety and behaviour towards others now and in the future	1.2a
	<b>By the end of year 9 students will know and understand:</b>	
9.8	Different methods of contraception, including emergency contraception, and where to access them	3d
9.9	How HIV and STIs, including Chlamydia are transmitted, how they can be treated and where to get tested	3d
9.10	How to use a condom correctly	3d
9.11	The facts about abortion	3d
9.12	The impact of bullying, prejudice and discrimination including homophobia, bi-phobia and transphobia	3m
9.13	The risks and effects of alcohol and illegal drug use	3e
	<b>By the end of year 9 students will have explored / considered:</b>	
9.14	The changing nature of, and pressure on, relationships with friends and family, including the responsibilities of having children	3l
9.15	Attitudes towards risk-taking and personal safety, including the use of the internet	1.3c 2.2c
9.16	Their own self-esteem and how they could develop it	1.1a
9.17	The importance of self-respect and what makes a respectful relationship	1.1b
9.18	Religious views on contraception	3a
9.19	Prejudice, discrimination and stigma including that faced by people living with HIV	3m
9.20	How their own personal life experiences and circumstances have impacted on and shaped their lives, and how this is different for everyone (for example growing up lesbian, gay or bisexual, being a carer)	1.1c

	<b>Learning outcomes for SRE for Year 10 pupils</b>	Link to PSHE scheme of work QCA 2007 (KS4)
	<b>By the end of year 10 students will be able to:</b>	
10.1	Talk about relationships, including sexual relationships, and feelings to a parent or carer, friend or partner, support or counselling service	2.1d 2.3e
10.2	Negotiate the relationships and friendships that they want and make them feel good (inclusive of all sexual orientations within the spectrum of sexuality)	2.3b
10.3	Manage praise and criticism in a positive way	2.1b
10.4	Challenge prejudice, bullying, homophobia, bi-phobia and transphobia effectively	1.5b 2.3d
10.5	Use assertiveness skills to resist unhelpful pressure and negotiation skills to keep themselves safe	2.2c 2.2d
10.6	Assess situations for risk	1.2a 1.3a
10.7	Seek confidential health advice from advisory and support agencies if needed	3e
10.8	Support friends in accessing the help they might need	2.2b 3e
	<b>By the end of year 10 students will know and understand:</b>	
10.9	The range of contraceptive choices available including longer-acting reversible contraceptives	3d
10.10	The long and short term consequences of unprotected sex and about safer choices they can make including delaying sex until they are genuinely ready	3d
10.11	The health risks of alcohol, tobacco and other drug use related to sexual activity and pregnancy	3d
10.12	How to access sexual health and support services including overcoming possible barriers to access	3e
10.13	The options available for unplanned pregnancy including abortion and the realities of life for young parents	3d
10.14	A range of methods for keeping themselves and others safe	2.2a
	<b>By the end of year 10 students will have explored / considered:</b>	
10.15	Their personal identity and personal assumptions about people who are different	1.1a 2.1a
10.16	The issues of coming out as a lesbian, gay, bisexual or transgendered young person	1.1b
10.17	The impact of self-esteem and self-confidence on personal relationships	1.1c
10.18	Why loving and caring are important to relationships	1.4a
10.19	The benefits of a stable marriage or partnership in bringing up children	1.4b 3h
10.20	The arguments around legal and moral issues such as abortion, contraception and the age of consent	3a
10.21	Attitudes to and possible consequences of binge-drinking	2.2c
10.22	Rights and responsibilities in sexual relationships	2.3b

	<b>Learning outcomes for SRE for Year 11 pupils</b>	Link to PSHE scheme of work PSHE 2007 (KS4)
	<b>By the end of year 11 students will be able to:</b>	
11.1	Have the skills and confidence to stand up for their beliefs and choices	1.3c
11.2	Show respect and empathy for others and advocate for those who are vulnerable	1.5b 2.3d
11.3	Identify and manage the depth of feelings within close relationships	1.4c
11.4	Make informed choices about aspects of their lifestyle which would promote wellbeing and healthy relationships including delaying or stopping sexual intercourse	2.2a
11.5	Recognise the influences and pressures, including from the media, around sexual behaviour and respond appropriately	1.3b 3b
11.6	Take responsibility for personal behaviour including seeking professional advice confidently	2.1e
11.7	Identify how the effective management of feelings and emotions supports decision-making and risk management	2.2e
	<b>By the end of year 11 students will know and understand:</b>	
11.8	What domestic and dating violence in all relationships means and the impact on emotional health and wellbeing and positive sexual health	1.1c 1.2b 3f
11.9	The link between eating disorders and self-image	1.2b 3c
11.10	Where to find information, advice and services such as Chlamydia screening	3e
11.11	The statutory and voluntary organisations which offer support in human relationships e.g. Relate	3f
	<b>By the end of year 11 students will have explored / considered:</b>	
11.12	What makes a healthy (sexual) relationship and readiness for a sexual relationship	3f
11.13	Their developing sense of sexual identity and feel confident and comfortable with it	1.1a
11.14	That people have different needs in relationships and respect these	1.5a
11.15	The consequences of close relationships including having children and how this will create family ties which impact on their lives and those of others	3g 3i
11.16	The issues relating to the use of the internet, including pornography	1.3a
11.17	Power and exploitation in personal relationships	2.3d 3i

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