

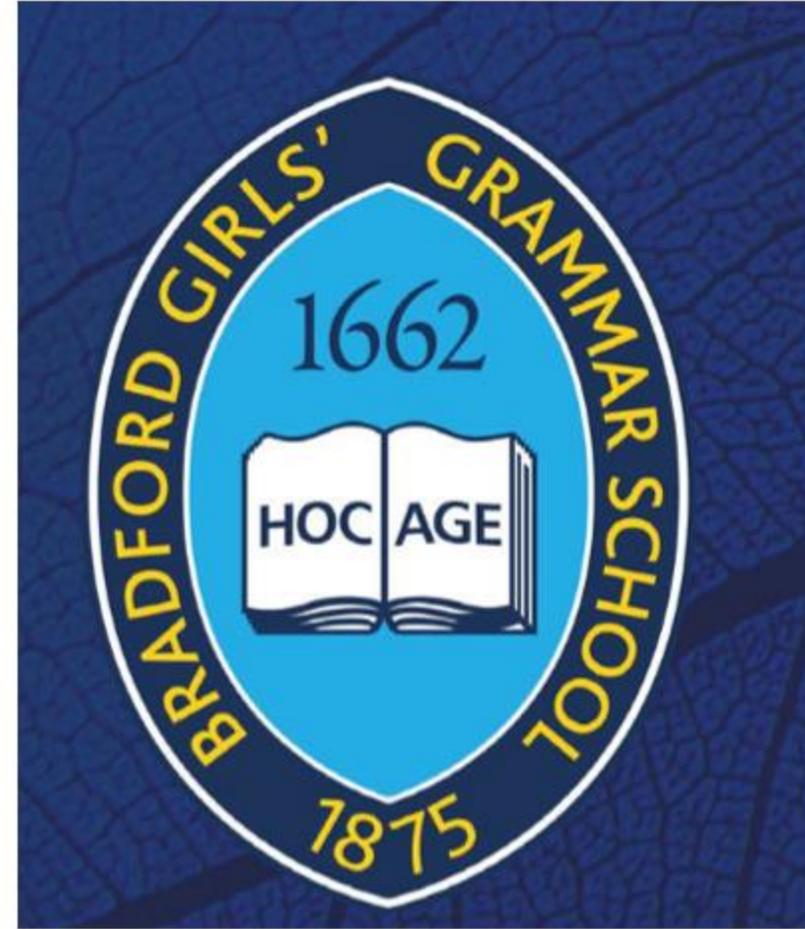
WELCOME TO

BRADFORD GIRLS' GRAMMAR SCHOOL

Witamy Vitajte Bienvenue Bienvenidas

خوش آمدید أهلا بك 英語 सदागत है

ברוך הבא Բարեգալութեան հետ ڀه راغلاست



Aims of this session

Explain	Explain what students will be learning this term in PSHE
Show	Show you some of the resources we will be using this term.
Assure	Reduce any anxieties around the teaching of Relationships and Sex Education

PSHE Scheme and Resources



- We use Jigsaw, a PSHE curriculum that meets all statutory requirements
 - It has 6 themes that are delivered in an age-appropriate way to every year group at the same time (Year R – Year 11)
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- Dreams and Goals (Spring Term 1)
 - Healthy me (Spring Term 2)
- Year 11
- Healthy me
 - Relationships

Creating Faith-Sensitive RSE



- The religious backgrounds of our pupils are taken into account when planning teaching, so that the content is faith-sensitive.
- Since our formal consultation last year we have:
 - ✓ Met with stakeholders to discuss concerns (parents, Bradford Council, Council of Mosques)
 - ✓ Met with a small focus group of parents
 - ✓ Reviewed different schemes: 'You, Me, PSHE' and the Association of Muslim Schools' scheme
 - ✓ Reviewed guidance, such as one produced by Kirklees and national guidance
 - ✓ Visited other schools to share good practice
 - ✓ Provided staff training
- Further information can be found on our website

Creating Faith-Sensitive RSE



- The primary resource we use across the whole school is Jigsaw
- BGGs will be using the scheme and some of the lessons and/or resources provided by the Association of Muslim Schools to help with the delivery of sensitive RSE topics.
- These resources will be adapted to suit all our school community.

Spring Term 1 – Dreams and Goals

	Year 7	Year 8	Year 9	Year 10	Year 11 Healthy Me
Week 1	What are my dreams and goals?	Your goals – long term.	My personal strengths	Relationships and goals	
Week 2	Achieving my dreams and goals.	What money can't buy.	The power of planning.	Me, my goals and my health	Hygiene and health
Week 3	Coping strategies.	Online safety	My dreams for my life.	Work/life balance	Concepts and laws regarding FGM (AMS)
Week 4	How responsible and irresponsible choices affect my dreams and goals.	Money and earnings.	Mental health and illness.		Pregnancy and choice
Week 5	How making an irresponsible choice could affect a person's dreams and goals.	The price of life.	Media manipulation and mental health.		Alcohol and drugs and their effects on risky sexual behaviour (AMS)
Week 6	Assessment	Assessment	Assessment	Assessment	Assessment

Spring Term 2 – Healthy Me

	Year 7	Year 8	Year 9	Year 10	Year 11 Relationships – Being safe
Week 1	How to recognise and deal with anxiety and stress	Me and my health	Making healthier choices	My health MOT	Concepts and laws relating to sexual exploitation and grooming (AMS)
Week 2	Healthy choices on managing stress	Healthy choices on managing stress	Alcohol		Concepts and laws relating to consent, sexual assault and rape (AMS)
Week 3	Healthy choices on substances	Healthy choices on substances	Using substances (incl. Smoking)	Extraordinary bodies	Sexual harassment (AMS)
Week 4	Healthy lifestyle choices; good nutrition, exercise and sleep	Substance misuse and exploitation	Life-saving skills	Extraordinary minds	
Week 5	Healthy choices on medicines and immunisations	Healthy choices on medicines and immunisations	Effects of substances		Concepts and laws regarding coercion and forced marriage (AMS)
Week 6	Assessment	Assessment	Assessment	Assessment	Assessment

Examples of lessons from the Association of Muslim Schools UK

Year 11

Lessons 3-4: Concepts and laws regarding FGM

Aim

To recognise FGM as a criminal act and to dispel misconceptions of the practice

Lesson Objectives

In this lesson pupils will:

Identify what Female Genital Mutilation is and why it still takes place

Evaluate Islamic and legal perspectives regarding FGM

Consider the physical, mental and psychological effects of FGM on the victim

Learning Outcomes

By the end of this lesson pupils will have:

Reviewed the impact of FGM on victims and how it can affect their lives

Identified facts and clarified misconceptions of FGM

Evaluated the criminal nature of FGM

Key Vocabulary

mutilation

harm

trauma

misconception

Year 11

Lessons 3-4: Concepts and laws relating to consent, sexual assault and rape

Aim

To recognise concepts and laws relating to consent, sexual assault and rape

Lesson Objectives

In this lesson pupils will:

Consider the legal definition of sexual assault and rape

Explain what it means to give, deny and withdraw consent

Explore how to support those who have suffered sexual assault and abuse

Learning Outcomes

By the end of this lesson pupils will have:

Identified signs and impact of grooming

Recognised that consent is essential for healthy, sexual relationships

Explored the impact of sexual assault and rape on victims and families

Key Vocabulary

abuse

sexual assault

rape

consent

Year 11

Lessons 5-6: Alcohol and drugs and their effects on risky sexual behaviour

Aim

To recognise the effects of alcohol and drugs, including risky sexual behaviour

Lesson Objectives

In this lesson pupils will:

Define risky sexual behaviour

Consider legal and Islamic perspectives on using drugs and intoxicants

Explore how alcohol and drugs can lead to risky sexual behaviour

Learning Outcomes

By the end of this lesson pupils will have:

Identified the legal status of some drugs and intoxicants as well as the Islamic perspective on taking them

Considered the short and long term impact of drugs and alcohol on individuals

Explored how intoxicants lead to risky sexual behaviour

Key Vocabulary

depressant

intoxicant

hallucinogen

stimulant

Year 11

Lessons 1-2: Sexual exploitation and grooming

Aim

To recognise sexual exploitation and grooming as abuses of trust

Lesson Objectives

In this lesson pupils will:

Explore the concept of trust within relationships

Recognise that some people build relationships, trust and emotional connections with others so they can manipulate, exploit and abuse them

Know how to support those who have suffered sexual assault and abuse

Learning Outcomes

By the end of this lesson pupils will have:

Explained the importance of trust in any relationship

Identified grooming as a form of exploitation and abuse

Reflected on how support can be given to those people we suspect are being groomed

Key Vocabulary

exploitation

sexual abuse

trafficking

manipulation

Year 11

Lesson 2: Sexual Harassment

Aim

To know what constitutes sexual harassment and how this can be tackled

Lesson Objectives

In this lesson pupils will:

Define sexual harassment

Consider how to tackle sexual harassment

Identify how to support those who are being/have been sexually harassed

Learning Outcomes

By the end of this lesson pupils will have:

Identified the impact of sexual harassment on individuals

Evaluated how to tackle sexual harassment

Considered support available to those being sexually harassed or witnessing sexual harassment

Key Vocabulary

assault

harassment

discrimination

misogyny

Year 11

Lesson 2: Arranged and forced marriage

Aim

To explore marriage from cultural and historic perspectives and recognise the difference between arranged and forced marriage

Lesson Objectives

In this lesson pupils will:

Discuss the significance of marriage and what it involves

Identify how attitudes and the practise of marriage have changed throughout history

Explain the differences between an arranged and a forced marriage

Learning Outcomes

By the end of this lesson pupils will have:

Considered the purpose and importance of marriage

Defined the differences between 'arranged' and 'forced' marriage

Reflected on how attitudes & laws governing marriage continue to change

Key Vocabulary

constrained

coerce

ceremonious

psychological

Examples of lessons from Jigsaw

Year 11 – Hygiene and health



Which of these people has a sexually transmitted infection?

Human Papiloma Virus (HPV)
Hepatitis B
Human Immunodeficiency Virus (HIV)
Gonorrhoea

Chlamydia
Syphilis
Pubic lice/crab infestation
Scabies infestation
Herpes

How risky are the following?

Decide if the following practices are:

No risk, low risk or high risk.

	Snogging	Rubbing each other's penis, vulva or vagina	Vaginal sex (Without a condom)	Oral sex (Giving without a condom)	Oral sex (Getting without a condom)	Anal sex (Without a condom)	Sharing needles
HIV							
Chlamydia							
HPV							
Gonorrhoea							
Hepatitis B							
Syphilis							
Herpes							

What should you do if you think you have an STI?

If you think you may have an STI, go to your GP or local sexual health or genitourinary medicine (GUM) clinic.

- Do not have sex with anyone until you have seen a medical professional and completed treatment if required
- Speak to your sexual partner or partners so they can be tested and seek treatment if necessary

Bath or shower regularly

Clean teeth

Eat a balanced diet

Take some exercise

Manage stress and anxiety

Don't have unprotected sex

Get immunised

Self-examination

Take care with hair removal/
shaving

Use sun-screen

Wash hands regularly

Avoid eating too much sugar

Don't smoke

What's the link between shaving and STIs?

The popularity of removing some or all pubic hair means that it is more likely for skin in the pubic region to be damaged through shaving or waxing.

Skin is an important barrier against all types of infections, therefore, damaged skin enables bacteria and other pathogens to more easily enter the blood stream. This includes STIs.

Breast self-examination

It is useful to become familiar with breasts so you will recognise if anything is different.

Teenage girls need to be careful with this for the following reasons:

- Breast problems like cancer are extremely rare in teenage girls. If your doctor is worried about your breast health, he or she will do a breast examination.
- Your breasts are still growing and changing. The reason women do breast self-exams is to learn what's normal for their breasts. But during the teenage years, what's 'normal' can change based on where a girl is in her development. To make things more confusing, your breasts can feel different depending on where you are in your menstrual cycle. If you've been getting your period for a while, you might notice that they feel tender or swollen just before or during your period.

Promoting condom use to young people

For many people, condom use is a healthy way to prevent unwanted pregnancy and most STIs.

How can we normalise condom use?

Can you suggest some ways to get this important message to young people?



Finishing Facts

It is important to take good care of our bodies and recognise any changes that occur and take action if necessary.

Protecting ourselves from infections, including sexually transmitted infections, is something we should all know about and strive to do.

Ensure you are protected from an STI if and when you choose to be sexually active.

There is lots of information available about what to do and where to go if you are worried about your health including your sexual health, the key is to act quickly and seek treatment.

Healthy Me - Ages 15-16 - Piece 2 - STI matching exercise

	What to watch for	How do you get this STI (Sexually Transmitted Infection)?	How is it tested and treated?
1.	<ul style="list-style-type: none"> Cluster of small painful blisters, fever pain in the joints, painful urination 	<ul style="list-style-type: none"> Unprotected anal, oral, or vaginal sex During birth 	<ul style="list-style-type: none"> Swab of area Drugs can reduce the number of attacks
2.	<ul style="list-style-type: none"> A cauliflower like appearance, warts can be pink, white, brown or grey, appear on vulva, cervix or anus, painless, itchy and uncomfortable 	<ul style="list-style-type: none"> Unprotected anal, oral, or vaginal sex During birth Skin to skin contact 	<ul style="list-style-type: none"> Visual exam Applying medicated creams, frozen off with liquid nitrogen, laser therapy
3.	<ul style="list-style-type: none"> Flu symptoms, vomiting, darker urine, abdominal pain, appear jaundiced 	<ul style="list-style-type: none"> Unprotected anal, oral, or vaginal sex Passed from mother to child during pregnancy Blood Sharing needles Saliva 	<ul style="list-style-type: none"> Blood test
4.	<ul style="list-style-type: none"> Fever, sore throat, body rash 2-6weeks after infection 	<ul style="list-style-type: none"> Unprotected anal, oral, or vaginal sex Sharing needles During birth Breastfeeding 	<ul style="list-style-type: none"> HIV antibody blood test (will show up in the blood from 6-12 weeks after contact)
5.	<ul style="list-style-type: none"> Discharge, pain urinating, painful sex, pain in lower abdomen 	<ul style="list-style-type: none"> Unprotected anal, oral, or vaginal sex During birth 	<ul style="list-style-type: none"> Taking a swab from the throat or rectum, from the woman's cervix or from a man's penis Medicine clears it up

6.	<ul style="list-style-type: none"> Painless sores, rash, flu like symptoms (fever, headache, sore throat) 	<ul style="list-style-type: none"> Unprotected anal, oral or vaginal sex Passed from mother to child during pregnancy blood 	<ul style="list-style-type: none"> Blood test Medicines clear it up
7.	<ul style="list-style-type: none"> Most people have no symptoms If there are symptoms they may include: discharge & itching, pain / burning with urination, painful sex, bleeding between periods, pain in the lower abdomen 	<ul style="list-style-type: none"> Unprotected anal, oral, or vaginal sex 	<ul style="list-style-type: none"> Urine test for men Taking a swab from the throat, or rectum Taking a swab from the vagina or cervix
8.	<ul style="list-style-type: none"> Itching in the affected areas Black powder in your underwear Blue-coloured spots on your skin where the lice are living, such as on your thighs or lower abdomen (these are caused by lice bites) Small spots of blood on your skin that are also caused by lice bites 	<ul style="list-style-type: none"> Pubic lice are most commonly passed on through sexual contact vaginal, anal and oral sex. You can get pubic lice from infected items such as clothing, bed linen or towels 	<ul style="list-style-type: none"> You can treat yourself with an insecticide cream, lotion or shampoo. They are available on prescription from your doctor or you can buy them over the counter from your pharmacy.
9.	<ul style="list-style-type: none"> The main symptoms of scabies are intense itching and a rash in areas of the body where mites have burrowed 	<ul style="list-style-type: none"> Only move from one body to another if two people have direct and prolonged physical contact. For example, scabies mites can be transmitted by: <ul style="list-style-type: none"> holding hands with an infected person for a prolonged period of time having sex, sharing clothing, towels and bedding with an infected person 	<ul style="list-style-type: none"> You can treat yourself with an insecticide cream, lotion or shampoo. They are available on prescription from your doctor or you can buy them over the counter from your pharmacy. Your GP will know you have scabies from the look of your skin and by looking for burrow marks made by the mite

Year 11 – Pregnancy and choice

Is having a baby always your choice?



Fertility problems can be as a result of lifestyle factors

Which lifestyle factors do you think they are?

Obesity - male and female fertility is reduced as a result of obesity

Underweight - females in particular can find it difficult to conceive if very underweight

Excessive exercise - can lead to menstrual cycle stopping

Body-building medication

Tobacco use, heavy drinking, illegal drugs

High blood pressure

1 in 7	Couples have difficulty conceiving
13%	Cases of infertility caused by tobacco and smoking
PCOS - polycystic ovary syndrome	Most common cause of infertility
20%	Infertility that has no identifiable cause
Affects men and women equally	Infertility
18.9 per 1000	Number of teenage pregnancies in England and Wales - lowest figures since records began
More than 8 million	Babies born as a result of IVF (in-vitro fertilisation) since the procedure was first introduced

Other factors affecting fertility

- Radiation and chemotherapy - cancer patients often advised to harvest and store eggs or sperm
- PCOS
- Chlamydia - untreated estimated 10-15% will develop pelvic inflammatory disease which can cause infertility

Pregnancy choice in the UK

Emergency contraception (this is a preventative method that can be used if there is a chance that contraception has failed or has not been used and there is a risk of pregnancy)

Medical abortion (abortion pill)

Surgical abortion (minor medical procedure under local or general anaesthetic)

Both methods can be used up to 24 weeks of pregnancy other than in exceptional circumstances.

Pregnancy choice in the UK

Abortions can only take place in licensed clinics or hospitals. A number of appointments are necessary, and counselling is given as part of the service offered.

It is illegal to carry out your own abortion and abortion pills available online can be harmful.

The British Advisory Pregnancy Service (BPAS) is a free, confidential service that offers advice on finding appropriate care.

Abortion - different opinions

Abortion is a topic which divides people.

Some people think that life begins at conception (when the sperm fertilizes the egg) – for them, abortion is wrong.

Others think that the life of the mother is more important as the foetus is not independent – they think the woman should choose what happens to her body. Abortion for them is the mother's right.

Currently, abortion is legal and allowed up to 24 weeks of pregnancy – this may change.

What about adoption?

In 2014, the Department of Education revealed that the numbers of adoptions in the UK had increased by 63 per cent in the previous three years, from 3,100 in 2011 to 5,050 in 2014.

According to the Adoption Register for April 2016 to March 2017, 72 per cent of the children waiting to be adopted were aged two years or older.

You are able to adopt:

- Regardless of your marital status and if you are single
- If you are employed or on benefits
- Regardless of your sexual orientation
- If you are from any ethnic or religious background
- If you have your own children or not
- If you are a homeowner or if you rent
- If you have already adopted
- If you are disabled

You will not be eligible to adopt if you are under the age of 21, have a criminal record for offences against children or for serious sexual offences or if you aren't a legal resident of the UK, the Channel Islands or the Isle of Man.

Let's have a baby!

Lisa and Liam have been going out with each other for two years, they are happy together and feel that they will be together for ever. They both like children and feel that they would like their own baby.

Complete the following activities and decide if you think it's a good idea for Lisa and Liam to have a baby.



Bringing up baby

How much do you think it costs to have the equipment necessary for a new baby?

What about where you will live?

Can Lisa and Liam afford to have a baby?

If both are working, the average weekly salary of 16-17-year olds is £170 per week.

Activity – Pregnancy, the myths and reality

Read through the following statements about pregnancy and decide if they are myth or reality.

1. You can't drink coffee
2. Morning sickness can last for many months
3. You can't dye your hair
4. You must eat for two
5. You can't have sex
6. You will have blood taken regularly

Finishing Facts

Having a baby is a huge decision whatever the age of the parents, but it can be even more challenging for young people. We often assume that pregnancy is a choice that everyone has, but it's not quite as straightforward as we think.

Infertility is a problem for many people. Some people might choose IVF methods or adoption instead.

Being aware of effective methods of contraception, what to do if there is any problem with contraception and who to speak to for help and advice is information that all young people need to be aware of if they are contemplating or are in a heterosexual relationship with a risk of pregnancy.

Year 7 – How responsible and irresponsible choices affect my dreams and goals

I have realised the following:

- I haven't slept – this has affected my [Click to add text](#) and ability to retain the script I had tried to learn yesterday. I need to find some techniques to calm me so that I can turn off and rest when I need to.
- I was badly organised this morning because I was tired, then I reacted badly to what my mum said and we had a row. I need to sort this out with her tonight.
- I was really tempted to act in an unsafe and irresponsible way just to get something I thought I needed. I know he is my brother's friend but my brother doesn't approve of his behaviour with the use of substances and has always told me to stay away from him. I was willing to try and have a relationship with him just to get something to fix my problem. I need strategies so that I don't fall back on unsafe relationships when I am feeling low and stressed.

Highlight the relationship is with a friend

Thank you for coming!

- Our next meeting will be held at the start of the Summer term.
- For any further information on PSHCE provision in senior school, please do not hesitate to contact Mrs Thorpe.