

Year 9 - RSE - Respectful Relationships

Key Terms

Body Shaming	The action of humiliating someone by making comments about their body shape or size
Body Image	A person's perception of their physical self
LGBTQIA+	Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual +
Equality	The state of being equal
Self-Esteem	How we value and perceive ourselves

RSE covers a variety of topics and focuses on developing understanding of different aspects of relationships. This includes with yourself, friendships, romantic and sexual relationships

Reproductive Systems

Biologically Male - Penis, Scrotum, Testicle, Sperm, Testosterone, Prostate

Biologically Female - Vagina, Vulva, Labia, Clitoris, Uterus, Ovaries, Cervix, Fallopian Tubes

Key Skills

- Active listening and communication
- Teamwork
- Presentation and debate

Self Esteem

During puberty and teenage years there are many changes. This can affect how a person feels about themselves.

It's important to be kind to yourself as go through this process

Masculinity and Women's Rights

There are lots of stereotypes about men and women. Men are expected to be physically tough and not show emotions.

Women have traditionally been expected to be wives and mothers. There are still differences between men and women in terms of pay - this is called the 'Gender Pay Gap'.

Threshold Concepts:

TC1	That prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice is unacceptable
TC2	That promoting inclusion and challenging discrimination is important
TC3	To know that on any issue there will be a range of viewpoints
TC4	That we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing
TC5	That there are strategies to understand and build resilience, as well as how to respond to disappointments and setbacks
TC6	That there are strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing