

Year 8 PDC Booklet

Relationships and Sex Education II



LIONHEART EDUCATIONAL TRUST

Name:

Form:

Protected Characteristics

The protected characteristics are defined in the Equality Act 2010



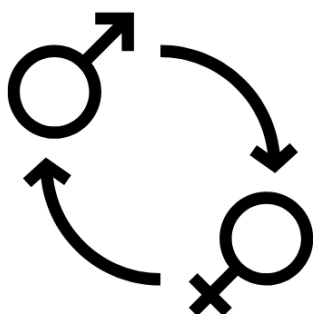
Marriage or Civil
Partnership



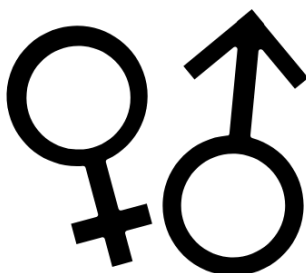
Disability



Race



Gender
Reassignment



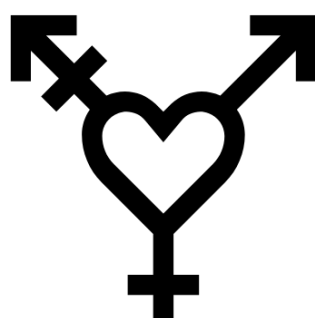
Sex



Pregnancy or
Maternity



Age



Sexual Orientation



Religion

It is illegal to discriminate against anyone based on these

Fundamental British Values

The Fundamental British Values are key principles for everyone in Modern Britain to demonstrate



Democracy

A culture built upon freedom and equality, where everyone is aware of their rights and responsibilities



Rule of Law

The need for rules to make a happy, safe and secure environment to live and work



Individual Liberty

Protection of your rights and the right of others you work with, as well as freedom to express yourself and who you are



Mutual Respect and Tolerance

Understanding that we don't all share the same beliefs and values. Respecting, the values, ideas and beliefs of others whilst not imposing our own on others



Year 8 – Block 5: Relationships and Sex Education II Knowledge Organiser



Key Words		Contraception			Stages of Online Grooming		
Positive Relationships	A relationship between two people who support, encourage, and help each other practically as well as emotionally through listening, communicating openly and without judgement, trusting and respecting each other	Hormonal	Name	Use	Protects Against STDs?	1. Identify the Victim	Predators may look for sex, age, location, build amongst
Sexual Orientation	A person's identity in relation to the gender or genders to which they are sexually attracted		Oral Contraceptive	Take one pill every day as directed	No	2. Gather Information	Information can be gathered from their own social media, as well as others. Anonymous messaging sites can be too
"Red Flag"	As a metaphor, a sign of some particular problem requiring attention.		Patch	Apply to skin and change weekly	No	3. Identifying & Exploiting Needs	Predators try to build trust, either through compliments or by identifying and exploiting vulnerabilities
Hormones	Your body's chemical messenger that tell your bodies organs to do certain things		Vaginal Ring	Insert monthly and leave for 21 days	No	4. Desensitise the Victim	Predators often then start to increase the inappropriate topics in conversations, and manipulating their targets into things they don't want to do
Gender	How many masculine and feminine qualities you have and how feminine or masculine you feel		Injection	Injections every 3 months	No	5. Initiate Abuse	Predators will finally ask to meet, using blackmail from stage 4 to force their agenda
Sex	The biological organs you were born with; either male, female or intersex		IUD	Inserted into the uterus and can remain for 3-5 years	No	Consent	
Androgynous	A person has a mixture of male and female traits in their personality		Implant	Implanted in the skin under the arm and remains for three years	No	The law states a person consents if they agree by choice, and have the freedom and capacity to make that choice. The age for sexual consent is 16. Those under 13 cannot legally consent to sexual activity.	
Consent	Consent is an agreement by choice made by someone with the freedom and capacity to consent.		Spermicide	Apply every time before sex	No	Where To Go For Support:	
Sexting	Sending, receiving, or forwarding sexually explicit messages, photographs or images, usually between mobile phones but could be any digital device.		Diaphragm	Insert every time before sex. Keep in place for six hours after sex	No	Teachers and School Staff, Parents, Friends, Parents	
Upstander	Someone who intervenes on behalf of a person being attacked or bullied.		Cervical Cap	Insert every time before sex and keep in place for 6 hours after	No	NSPCC	nspcc.org.uk
Contraception	The artificial control of fertility	Femidom	Insert every time before	Yes	Health For Teens	healthforteens.co.uk/	
STI	Sexually transmitted infection	Male Condom	Partner must wear every time during sex	Yes			
Online Grooming	Someone builds an online relationship with a young person and tricks them or pressures them into doing something sexual.	Female/Male sterilisation	No action required after surgery	No			

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Date:

Title: Clarifying and Questioning

Retrieval Practice

1. Metacognition involves _____, monitoring and evaluating your learning
2. Metacognitive modelling encourages you to think about how you _____ and how to improve it.
3. When a teacher models metacognition, they make their _____ process visible to the students.
4. By using metacognitive strategies, students can learn to deepen their _____ of a topic.
5. A key part of metacognitive modelling is helping you learn how to _____ your progress after doing something and adjust their approach.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. How can you make the most out of reading?
2. How can you use reading to help you learn?

Task 1: Challenging Text

In your PDC booklet, you have a challenging piece of text

Underline the confusing parts, and write some questions to help you clarify your learning. Suggest what you think the answers are to these questions if you had to guess.

People often believe they make decisions based on logic, but research suggests that many daily choices are actually driven by habit. Habits form when the brain creates shortcuts to save energy, especially for repeated behaviours. This means that actions like checking your phone, biting your nails, or skipping breakfasts might happen automatically, without conscious thought. Breaking a habit requires effort, awareness and often replacing it with a new routine that feels equally rewarding.

Question stems:

- What does this word mean?
- Why did the author include this?
- Is this saying ...?

1. Question:
Answer (from your partner):
.....
2. Question:
Answer (from your partner):
.....
3. Question:
Answer (from your partner):
.....
4. Question:
Answer (from your partner):
.....
5. Question:
Answer (from your partner):
.....

Once you've written your questions, swap your booklet with your partner. Can they answer the questions that you have about the article? Try to answer in your partners booklet THEN Discuss with your partner and try to find out if they have answered your questions.

Task 2: Reflections

1. Why is clarifying and questioning important for your learning?

.....
.....

2. If you don't understand a sentence, what can you do about it?

.....
.....

3. What should you do if you get stuck reading a piece of text?

.....
.....

Date:

Title: Forming Positive Relationships

Retrieval Practice

1. Metacognitive literacy involves being _____ of your thinking while reading.
2. One key strategy in metacognitive reading is to constantly recap and _____ what you've read to ensure understanding.
3. While reading, you should ask yourself questions like, "Do I _____ this?" to check your comprehension.
4. It's important to adjust your reading strategy if you find a passage _____ or difficult to understand.
5. When you reflect on what you've read, you are using _____ thinking to process the material.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. Why is it important to have positive relationships?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. How do you form positive relationships?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Make a list of different examples of what you expect in a positive relationship

Make a list of different examples of what you expect in a positive relationships

Task 2: Questions

1. Which of these qualities is positive and expected in healthy in relationships? (find 2)
Jealous, respectful, egotistical, generous, understanding, aggressive, spiteful, charming

2. Which of these is a reason to start having a partner/boyfriend/girlfriend? (1)

Choose a, b, or c:

a) I really have strong feelings for my friend

b) Everyone in my year has

c) My mum says I can

3. Which of these can you expect in a good relationship? (1)

Never having an argument, being open and honest, having everything in common

4. What attributes and skill do you need in order to form healthy new relationships? Name 4...(4)

.....
.....
.....
.....

Which image is socially acceptable? (1)

.....

Total /10

Date:

Title: Consent: The Law

Retrieval Practice

1. Building connections in a _____ involves trust, respect, and open communication.
2. Healthy/unhealthy (delete word) friendships often involve shared interests, trust, and mutual support.
3. Being a _____ friend means being considerate, understanding, and supportive of others.
4. Good _____ skills, such as active listening and empathy, contribute to positive conversations.
5. Resolving _____ through constructive communication helps strengthen relationships.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What does the word consent mean?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. What does the law say about consent?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Video Questions

1. What is consent, how can it be recognised?
.....
.....
2. What is the legal age of consent, why is it this age in the UK?
.....
.....
3. Make a list of 5 things that someone would be giving consent to
.....
.....
.....
.....
.....
4. Does consent always mean something to do with sex?
.....
5. Describe what can affect your ability to make decisions.
.....
.....
6. Why is there sometimes confusion about whether consent has been given?
.....
.....
7. How could this confusion be minimised or avoided?
.....
.....

Task 2: Case Studies – Has consent been given or not? Why?

We chatted online about meeting up for a tea and cake, she mentioned she would love to kiss me when the date is over. I cannot wait for my first kiss!

.....
.....
.....
.....

After a long walk in the park, I truly feel I have made a new friend, on the way back before we went our separate ways, I asked them for a hug to say goodbye. They replied "Of course!" with a huge smile on their face

.....

.....

.....

.....

I have just turned 15 and I have been talking to this 19 year old that I am keen to date and start exploring different parts of a relationship with. I am meeting them for a meal tomorrow, who knows where the night will take us!

.....

.....

.....

.....

Date:

Title: Sexting

Retrieval Practice

1. Consent means giving _____, informed, and voluntary agreement to engage in a specific activity.
2. In the UK the age of consent is _____ which is determined by the law
3. It's important to remember that consent can be _____ at any point during an activity.
4. Any form of _____ from another person, coercion, or manipulation breaks consent.
5. Understanding and respecting boundaries is key to _____ and positive relationships.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What is sexting?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. What does the law say about sexting?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Case Studies

Case Study:	Has a criminal offense been committed?	What should the recipient do? (the person who received the image)	Mega Challenge: What might the consequences be?
<p>Rob is 13. His football coach has been really helpful trying to get him into Manchester United Youth Academy. One evening, out of the blue, Rob's coach messages him with a naked image of himself, saying, 'keep training if you want a body like this.'</p>			
<p>Cara is 16. Cara has been seeing Tom (18) for a year. Tom has seen Cara naked before. They have a sexually intimate, loving relationship. Tom texts Cara asking for a pic of her body, because he's missing her.</p>			
<p>Tamara is 18. She is a model for an underwear catalogue. Her boss has said in an email that if she poses topless for him, he will pay her twice as much. Tamara does this, but instantly regrets it. She hopes she can get him arrested for inciting her to do this.</p>			
<p>Tyrone, 17, is really into body building. He's also pretty vain. Being very proud of his body, he has taken a naked photo of himself to send to modelling agencies.</p>			

Date:

Title: Contraception

Retrieval Practice

1. The act of _____ involves sending sexual messages or images to someone
2. Sexting involves sharing explicit messages, _____, or videos through digital devices.
3. It's important to recognise the potential consequences of sexting, including the risk of images being shared without _____.
4. Respecting _____ set by both people by obtaining explicit consent are crucial aspects of healthy relationships, online and offline.
5. _____ any concerning behaviour to a trusted adult related to sexting helps create a safer online environment.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What types of contraception can you name?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. Why is it important that people use contraception?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Video Questions

Watch the video and write down the stages of how to use a condom

1.
2.
3.
4.
5.
6.
7.

Date:

Title: Social Media and Online Grooming

Retrieval Practice

1. _____ refers to methods used to prevent unwanted pregnancies.
2. Pills, _____, and hormonal methods are common forms of contraception.
3. Hormonal methods, such as oestrogen or progesterone pills, work by regulating _____ to prevent ovulation.
4. _____ are a barrier method that helps prevent both pregnancy and the spread of sexually transmitted diseases.
5. Choosing the right form of contraception involves considering factors like how _____ they are, health, and personal preferences.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What are the dangers of social media?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. How does social media increase the risk of online grooming?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Using the photos, write your own definition for online grooming



Task 2: What are the stages of online grooming? Number the statements into the order that show the gradual grooming of a child or adult online.

..... Maintaining Control

"If you tell anyone, something bad could happen to you and your family."

"If you tell anyone, we could both go to jail and wouldn't be able to be together."

..... Isolating the Child

"You can trust me because no one understands you more than I do."

"Special" trips, one-on-one coaching, babysitting, etc.

..... Gaining the Child's and Caregiver's Trust

"I saw you playing with Legos. I'm planning to see the new movie, you can come with me if you want to go."

..... Targeting the Child

The offender typically has a preference to a gender, age or "type" of child and will pay special attention to him or her.

..... Filling a Need

"I know you love reading so I got you this book."

..... Sexualizing the Relationship

"Have you ever watched porn? I can show you what it is."

"Have you ever masturbated? I can show you how, it feels really good."