



YEAR 10

Relationships and Sex



Name: _____

Tutor Group: _____

School is not just about boosting your knowledge and getting good grades, it is also a chance for you to **learn new skills, develop as an individual** and get a **good understanding of the world around you.**

In your Personal Development lessons you will learn lots of **new skills and knowledge** which will help you in school, and get **involved in lots of different issues** which **will help you in life.**





Lesson 2—What is sexual harassment?



What is sexual harassment?

How can we bring about change across society
or in our school?





Where to find out more information or gain support and help outside of school?



Abusive Relationships and Sexual Harassment

NSPCC

<https://www.nspcc.org.uk>

→ Clear advice on recognising abuse, harassment, and how to get help.

Childline

<https://www.childline.org.uk>

→ Confidential support for young people experiencing relationship problems or harassment.

Women's Aid (Love Respect – for Young People)

<https://www.loveisrespect.co.uk> (or Love Respect via Women's Aid)

→ Helps pupils understand healthy vs unhealthy relationships.

Pregnancy and Sexual Health

NHS (Pregnancy Guide)

<https://www.nhs.uk/pregnancy/>

→ Reliable, factual information about pregnancy and choices.

Brook

<https://www.brook.org.uk>

→ Youth-friendly advice on relationships, contraception, pregnancy, and support.

Parenting and Family Life

Family Lives

<https://www.familylives.org.uk>

→ Support and advice about parenting and family relationships.

Young Parents Support (NHS & Local Services signposting)

<https://www.nhs.uk/start-for-life>

→ Information about raising children and support for young parents.

Fertility and Reproductive Health

NHS (Fertility Information)

<https://www.nhs.uk/conditions/infertility/>

→ Simple explanation of fertility and reproductive health.

Pornography and Online Safety

Internet Matters

<https://www.internetmatters.org>

→ Helps pupils understand online risks, including exposure to inappropriate content.

Childnet International

<https://www.childnet.com>

→ Teaches safe and responsible online behaviour and how to respond to harmful content.

