

Sex Ed Sorted

Part One: 4 lessons taught in Year 8

Part Two: 6 lessons taught in Year 9

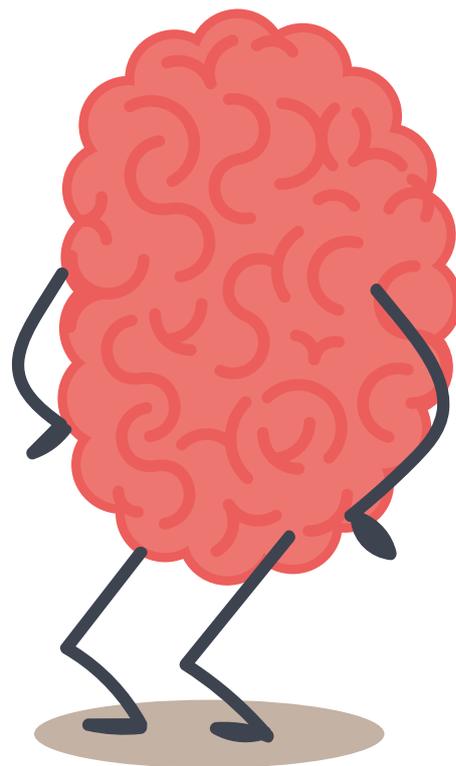
Total training requirement: 2 days

Sex Ed Sorted is a two part sex education programme that comprises of 10 lessons developed by the Sex Education Forum for Healthy Minds.

Part 1 provides students with the scientific knowledge to understand how the male and female human body changes in adolescence and the implications of these changes for fertility and emotions. The sexual response cycle is explained. Links are made to body image and media influences. Part 1 has a core narrative about biological diversity and individual variation. The notion of being normal is central to the learning about reproduction, human variation, puberty, hormones, fertility and conception.

Part 2 focuses on human sexual behaviour and enables students to safely explore questions about what sex is, and why and how people have it. Social, cultural and reproductive factors such as 'when' and 'why' people have sex are explored. Students learn about the variety of sexual behaviours and the associated motivations, choices, influences and risks. Students are introduced to reproductive and sexual health and learn about the practicalities of getting help and advice. Part 2 has a core narrative that recognises the social complexity of sexual behaviour alongside the science and practicalities of sexual health.

The importance of mutual respect is promoted throughout part one and two and the teaching models anti-discriminatory practice.



Sex Ed Sorted Continued

Part 1

Lesson One
Effective Reproduction

Lesson Two
Human Variation

Lesson Three
Puberty, Hormones and Fertility

Lesson Four
Conception, Preparation for
Sexual Maturity

Part 2

Lesson One
What is Sex? Choices and Chances

Lesson Two
Good Sexual Health

Lesson Three
Contraception

Lesson Four
Safer Sex

Lesson Five
Consent and Control

Lesson Six
Sexual Identity

Good to Know

Sex Ed Sorted was written especially for the Healthy Minds Curriculum by the Sex Education Forum to ensure that students have the most up to date, relevant and age appropriate information about sex. Sex Ed Sorted compliments the lessons taught in Relationship Smarts.

Sex Ed Sorted complies with government legislation on sex and relationships education (SRE). It is in line with the Secretary of States guidance on SRE (DfE 2000) which all state-funded schools must legally have 'due regard' to. Schools should be reassured that Sex Ed Sorted not only meets government legislation and guidance, it will provide students with rich lessons that will engage them in a safe and secure way to enable them to make informed decisions. The Faculty of Sexual and Reproductive Health (FSRH) reviewed the Sex Ed Sorted material and endorsed it for medical accuracy.

For more information about the Sex Education Forum, including a statement of values and principles for SRE visit www.sexeducationforum.org.uk