**Year 8 PSHE Unit 5 Overview**

**Relationships Respect & Consent**

This unit of work can be perceived as a sensitive and challenging topics and will need to be handled carefully. It is vital that students feel they are in a safe space to enable discussions to evolve, and issues be examined without any blame or heated arguments emerging. It is important to ensure students understand the classroom agreements.

The first lesson identifies what a ‘healthy relationship’ constitutes. It is important to identify that we are talking about all kinds of friendships, relationships and not just sexual relationships.

The second lesson explores how relationships can alter and change as they navigate through life.

The third lesson addresses the concept of consent and what it means. The lesson does not focus on sexual consent but the understanding of what ‘consent’ is.

The fourth lesson revisits inappropriate images and the motives/impact behind sending them. It will also advise of strategies in how to manage peer pressure in sending images.

The fifth lesson discusses the impact of misogyny on society and our community. Challenging stereotypes and discussing unhealthy role models.

The final lesson follows on from the previous lesson in addressing feminism and positive masculinity.

The unit of work comprises of six lessons.

**Lesson 1:** Healthy Relationships. To understand relationships and recognize the positive and negative impacts they can have.

**Lesson 2:** Understanding changing relationships. To learn about different types of relationships and how these can change over time.

**Lesson 3:** Consent. To understand the concept of consent.​

**Lesson 4:** Not just Flirting. To learn about the feelings associated with sending and receiving nude images and how to manage pressure to send or pass on a nude image.​

**Lesson 5:** Misogyny. To examine the impact of toxic male influencers.​

**Lesson 6:** Feminism and Positive Masculinity. To promote gender equality and healthy relationships.