

PERSONAL SOCIAL HEALTH ECONOMIC EDUCATION

PERSONAL WELL-BEING – SEX AND RELATIONSHIP EDUCATION

YEAR 9 LESSON 6 TITLE Assessment and Evaluation

KEY CONCEPTS

- ◆ Appreciating that there are similarities as well as differences between people of different race, religion, culture, ability or disability, gender, age or sexual orientation
- ◆ Understanding that relationships can cause strong feelings and emotions
- ◆ Understanding risk in both positive and negative terms, and understanding that individuals need to manage risk to themselves and others in a range of situations
- ◆ Recognising that healthy lifestyles and the well-being of self and others depends on having the right information and using it to make responsible choices
- ◆ Understanding that physical, mental, sexual and emotional health affects our ability to lead fulfilling lives, and that there is help and support available to those who feel threatened

KEY PROCESSES

- ◆ Reflect on feelings and identify positive ways of understanding, managing and expressing strong emotions and challenging behaviours
- ◆ Know when and how to get help
- ◆ Assess and manage the element of risk in personal choices and situations
- ◆ Develop self-awareness by reflecting critically on their behaviour and its impact on others

CONTENT

- ◆ The features of positive and stable relationships, how to deal with a breakdown in a relationship and the effects of loss and bereavement
- ◆ Sexual activity; human reproduction; contraception; pregnancy; sexually transmitted infections and HIV; how high-risk behaviours affect the health and well-being of individuals, families and communities
- ◆ The similarities, differences and diversity among people of different race, culture, ability, disability, gender, age and sexual orientation and the impact of prejudice, bullying, discrimination and racism on individuals and communities

LEARNING OUTCOMES

by the end of the lesson, pupils will be able to:

- ◆ Record aspects of their learning throughout this year's programme
- ◆ Reflect on, discuss and evaluate this year's programme

RESOURCES

- Copies of the 'Healthy Relationships' sheet
- Copies of the 'Ten Questions' sheet

LESSON PLAN

Activity 1 – Healthy Relationships

Timing	Resources
25 mins. approx	Copies of the 'Healthy Relationships' sheet

Ask students to think back over the topics covered in this programme:

- ❖ Ready or not for relationships?
- ❖ Contraception and condoms
- ❖ Prejudice and sexuality
- ❖ What makes relationships work?
- ❖ Stages of relationships
- ❖ Sex and the law
- ❖ Sexual bullying
- ❖ Getting help

To assess how much they have learnt, split the class into groups and get them to write down everything which they think contributes to a healthy relationship on the 'Healthy Relationships' sheet. Ask them to use pictures and/or words in their explanations.

Activity 2 – Evaluation

Timing	Resources
20 mins. approx	'Ten Questions' sheet

Ask each pupil to fill in the 'Ten Questions' evaluation sheet. If there is time, discuss the main points in class as a whole.



HEALTHY RELATIONSHIPS?

Date

You can draw or write in the boxes below. Provide as much detail as you can.

1. What did you think was the most interesting part of the course?	2. What was the least interesting part?
3. Was the information which you learnt relevant and useful?	4. Do you feel that you now have a better understanding of what was discussed? In what way?
5. Which skills have you developed?	6. What other areas would you like to cover?
7. Have you enjoyed the work?	8. What would you like to learn about next? How can you find out about other issues?
9. How could the work have been done better?	10. Any other comments?

