

POST-PRIMARY LINKS

HEALTHY, POSITIVE SEXUAL EXPRESSION AND RELATIONSHIPS



Parents/Carers may
find these useful

Note: You should review these resources and links before use to check if they are appropriate for your pupils and in line with your school's ethos and RSE policy, as approved by the Board of Governors.

GUIDANCE

[Safeguarding Board for Northern Ireland – Children and Young People](#)

This section features information for children and young people on different types of abuse and how they can get help. There's also advice on spotting the signs of child sexual exploitation and the 5Ts leaflet, which explains how children and young people can protect themselves.

KEY STAGE 3 TEACHING RESOURCES

[NSPCC Learning – Making Sense of Relationships Key Stage 3 Lesson Plan 4: Inappropriate Sexualised Behaviour](#)

This lesson plan explores sexual bullying and can help pupils to manage, resist or challenge it.

[Women's Aid – Resources for children and young people](#)

These resources include the Expect Respect Leaflet which can help teachers to plan lessons and encourage discussions about healthy relationships.

KEY STAGES 3 AND 4 TEACHING RESOURCES

[Barnardo's – Real Love Rocks](#)

These resources cover topics like child criminal exploitation, radicalisation and the online world, and include up-to-date guidance and legislation.



[FPA – Love, Sex, Relationships](#)

Teachers and parents/carers can use these illustrations, which cost £17.49, with young people to help them explore how they feel about their own sexuality, body image and relationships.

[Love for Life – School Programmes: I:Zone \(Years 8 and 9\), Icebergs and Babies \(Years 10 and 11\), Dating and Mating \(Year 12\) and Sex Drive \(Years 13 and 14\)](#)

These programmes aim to equip young people with the knowledge, skills and values to build and maintain positive and healthy relationships, encouraging the development of Thinking Skills and Personal Capabilities such as Working with Others, Self-Management, Problem-Solving and Decision-Making.

[Loveisrespect – Healthy Relationship: High School Educators Toolkit](#)

This resource includes tips on helping pupils create and maintain a healthy relationship, discussion guides and activities that can help pupils apply the concepts they have discussed.

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[Public Health England - Positive Friendships Lesson Plan Pack](#)

Featuring a presentation and classroom tips, this resource can help pupils to identify relationship challenges and think about how to give effective support.



[Safe4Me - Healthy Relationships](#)

This toolkit can help teachers to deliver information on healthy relationships and covers topics like the factors that make a respectful and healthy relationship.

KEY STAGES 3 AND 4 AND POST-16 TEACHING RESOURCES

[NSPCC Learning - Secondary AGENDA: Supporting young people to raise awareness of gender inequalities, sexual harassment and violence](#)

This resource features activities, case studies and links to further information and covers topics such as bullying, sexual exploitation and relationship violence.

KEY STAGE 4 TEACHING RESOURCES

[BISH Training - Love, Innit: A Teaching Pack About Relationships](#)

This resource, which costs £9.50, includes activities that can encourage pupils to be critical about the messages they receive about love and relationships.

[IDAS - Healthy Relationships](#)

This page features a healthy relationship checklist resource and downloadable posters.

[NSPCC Learning - Making Sense of Relationships Key Stage 4 Lesson Plan 1: My Values](#)

This lesson plan focuses on identifying personal values and can help pupils to recognise and challenge coercion in relationships.

[NSPCC Learning - Making Sense of Relationships Key Stage 4 Lesson Plan 3: Pornography](#)

This lesson plan covers the availability of pornography and can help pupils to identify how it can give misleading information about consent and gender roles.

[Solihull Metropolitan Borough Council - Healthy and Safe Relationships](#)

Aimed mainly at Key Stage 4 pupils, this resource features a lesson on healthy, positive and safe relationships.

[TeensHealth - Am I in a Healthy Relationship?](#)

This page features questions that can help young people consider the qualities of a healthy relationship.

[Youth.gov - Characteristics of Healthy and Unhealthy Relationships](#)

This page defines key characteristics of healthy and unhealthy relationships, such as mutual respect vs disrespect.

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