

Changing Me

Year 8 Term 6

The Big Question

What factors can make an intimate relationship happy and healthier?

The 'Changing Me' theme covers the following topics;

Different types of relationship

What's in a relationship

Looks and smiles

Pornography and understanding relationships

Alcohol

Piece 1 - Different types of relationships

This topic discusses different types of close, intimate relationships that people can have and what happens physically and emotionally when individuals experience physical attraction.

Piece 2 - What's in a relationship?

This topic discusses the positive aspects of having a girlfriend or boyfriend as well as some behaviours you would expect to find in a healthier romantic relationship.

Piece 3 - Looks and smiles

This topic discusses the range of feelings associated with attraction and where to get information to safely explore feelings about sexuality.

Piece 4 - Pornography and understanding relationships

This topic discusses the role of pornography in society and the negative influence pornography can have on relationships and how it can affect expectations and self-image.

Piece 5 - Alcohol

This topic discusses risks associated with drinking too much alcohol, what the law says in relation to drinking alcohol and the behaviour changes that can occur when people drink alcohol.

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