

Three stylized human figures in white, holding hands in a circle. They are positioned behind the main title text. The background is a soft-focus image of a beach with waves and a sandy shore.

Relationship and Sex Education

**Year 7: Healthy Relationships and the Family
Unit**

Year 7: Respectful Relationships and the Family Unit

Year 7: RSE Focus

Week 1: Types of Relationships

Week 2: Changing Adolescent Bodies

Week 3: Changing Adolescent Bodies

Week 4: Hormones and Boundaries

Week 5: Body Image and Image Sharing

Week 6: Toxic Masculinity

Year 8: RSE Focus
Consent and Body Image

Year 9: RSE Focus
The Marital Unit and
Contraception

Year 10: RSE Focus
The Physical Risks of Sexual
Relationships

A Reminder: Rules of Respect

Use this time to remind yourself of your form group 'Rules of Respect' posters... do you need to add anything?

Form Group Rules:

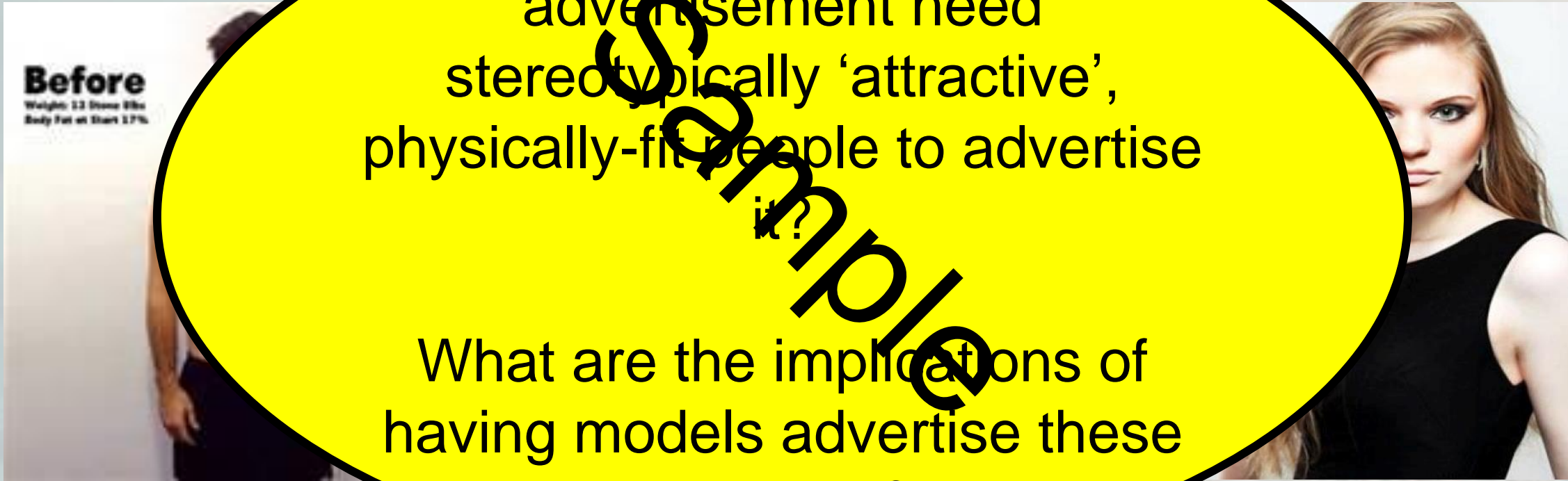
- 1. Do not shout out or talk over people – have your hand raised to share ideas;*
- 2. If anyone begins to feel uncomfortable, they can leave the classroom for a few minutes or go to their Chaplaincy lead;*
- 3. Only share information that you are comfortable with and is yours to share;*
- 4. Do not laugh at others or make them feel uncomfortable;*

Focus Five:

Body Image and Image Sharing

Sharing

Scenario Task: You work for a perfume company and These are the two models you are going to advertise your new perfume. Identify the target audience for each. Why does a perfume advertisement need stereotypically 'attractive', physically-fit people to advertise it?



What are the implications of having models advertise these products?

Discuss: Which of them are you going to use for your advert? Why?

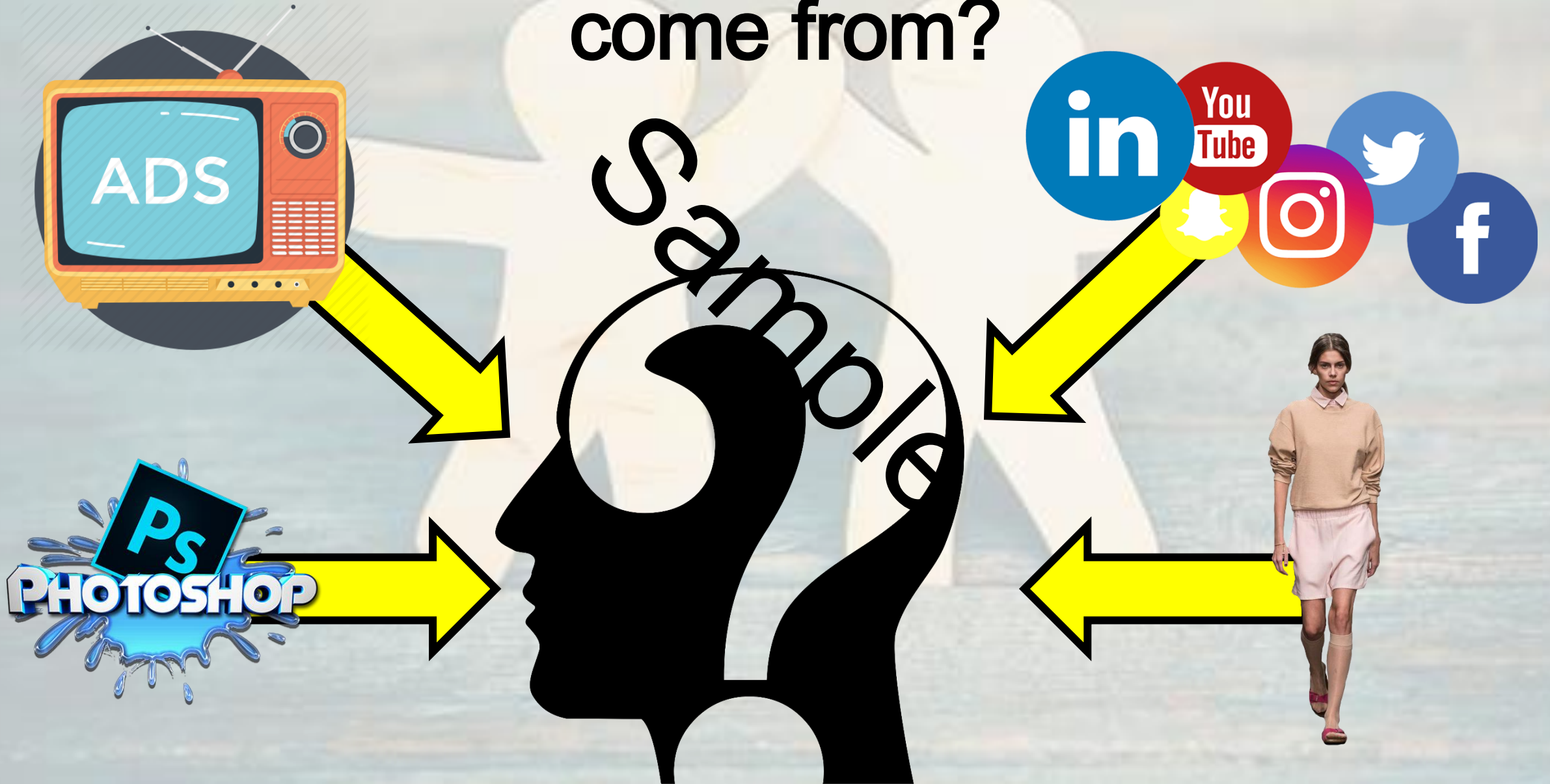
Group Discussion and Class Feedback

Why does it matter if
someone does not like
the way they look?
What are the possible
consequences?

Challenge: Why do
you think people feel
like this?



Where do these body-image pressures come from?



Watch this video on how the media present body image:



As you watch consider the following:

- How does the media lie to us?
- How could this have a negative effect on people's body image?
- Are there any moral implications to this sort of practice?

Find video here: <https://www.youtube.com/watch?v=6j4xMDXDJMY>

Watch this video on how social media presents body image:



Watch up until 4mins. As you watch consider the following:

- **How can social media present an unrealistic standard of body?**
- **How could this have a negative effect on people's body image?**
- **How does this change your attitude towards social media?**

Find video here: <https://www.youtube.com/watch?v=-Fm5DVpCmfE>

How much do you know?

What is the current average clothes size for women in the UK?

Size 10

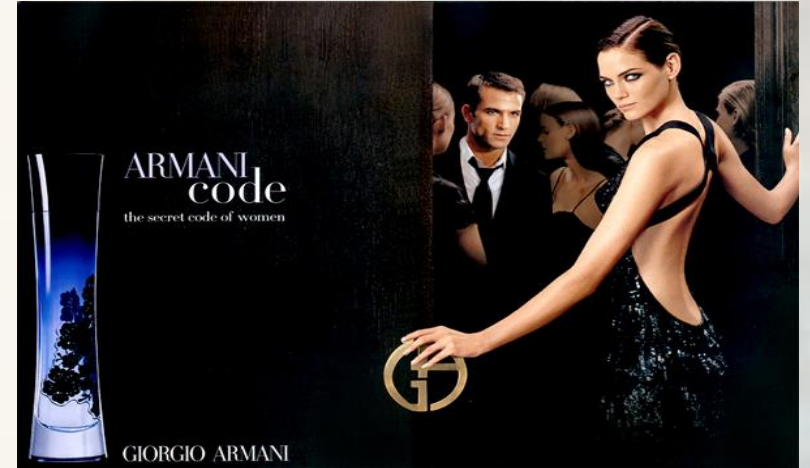
Size 12

Size 16

Size 20

Sample

Then why do our Ads look like this..?



How much do you know?

What is the current average waist-size of a man in Britain?

28-30 inch

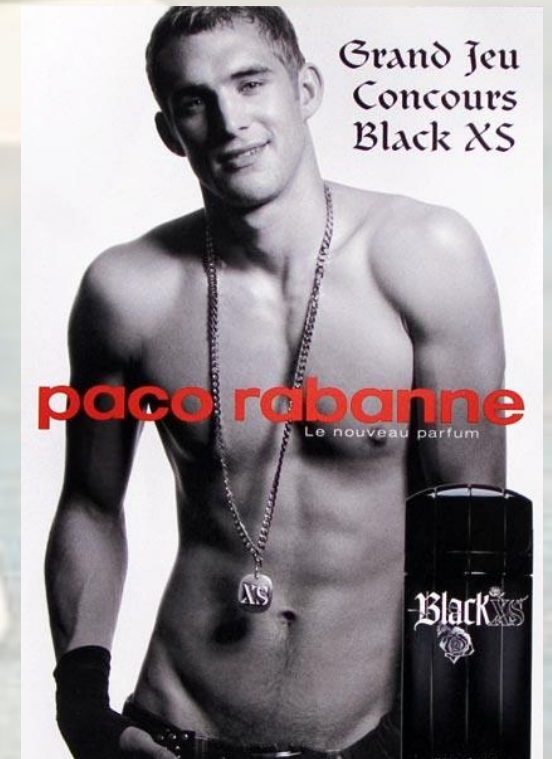
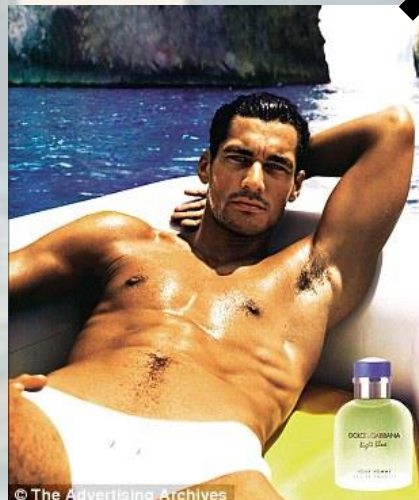
34-35 inch

37-38 inch

40-41 inch

Sample

Then why do our Ads look like this..?



How much do you know?

What percentage of adults in England are classified as overweight?

24%

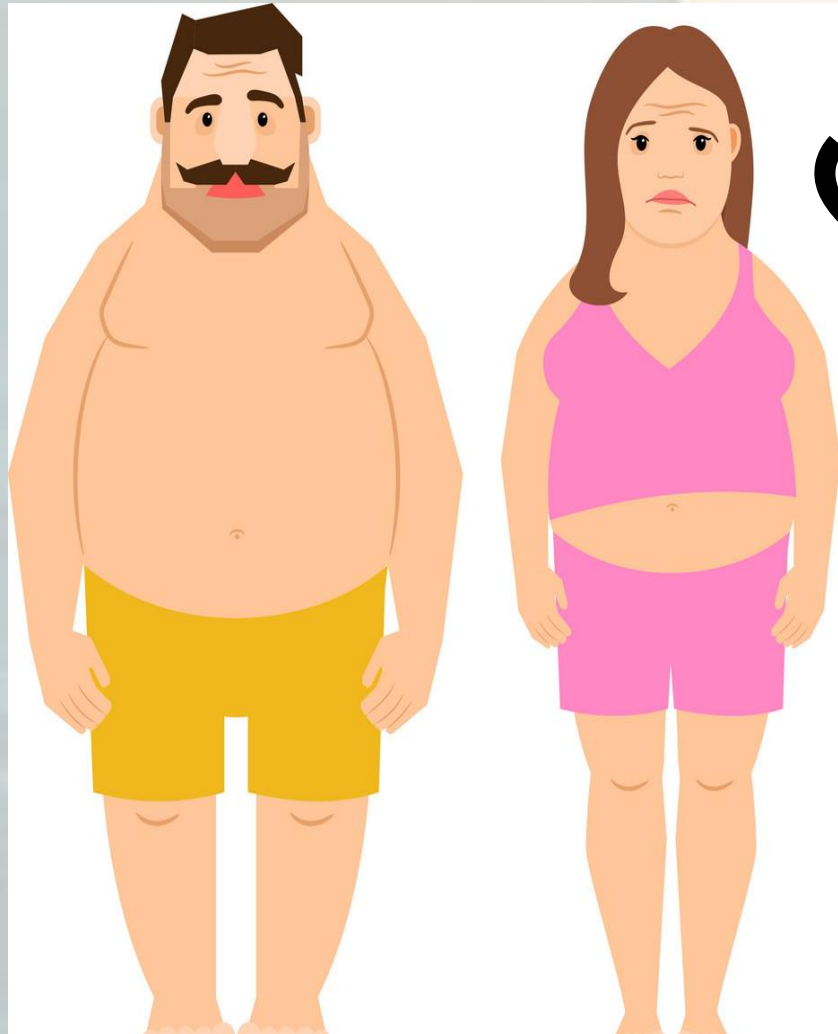
39%

55%

62%

Sample

Why do you think so many adults are overweight?



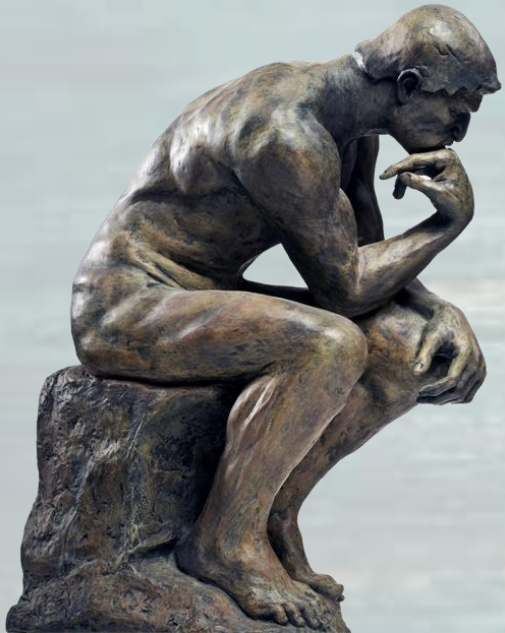
Do you think that the media representation of the male and female body has a positive or negative effect on people's weight?

What other factors of modern society might contribute to this statistic 62% of adults being overweight?

Class Debate

'Social media is responsible for the growing number of eating disorders within the UK'

To what extent do you agree?
You must back-up your argument with examples.



Class Debate

'The fashion industry should be more responsible in how they portray body image'

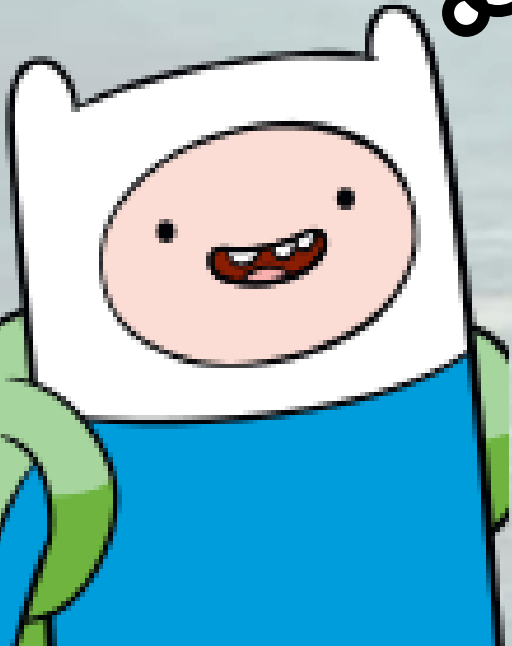
To what extent do you agree?
You must back-up your argument with examples.



Class Debate

'Men do not have as many societal pressures about body image'

To what extent do you agree?
You must back-up your argument with examples.



School Support:

If you have any concerns or have been affected by the content today, then you can:

- Speak directly to Mr Roach or Mrs Hoskins (A217)
- Speak to your head of year or chaplaincy assistant
- Speak to your form tutor or a trusted member of staff.

Is something happens outside of school, we can still help support you. The school has your safety, wellbeing and best interests at heart and want to keep you safe.

Events compromising your safety outside of school can be reported directly to the police or to a trusted adult:

- The Police
- Parents and Guardians
- Trusted family members
- Mr Roach and Mrs Hoskins (A217)
- Heads of Year and Chaplaincy
- Form Tutors or trusted members of staff.