

Year 9 PDC Booklet

Relationships and Sex Education I



LIONHEART EDUCATIONAL TRUST

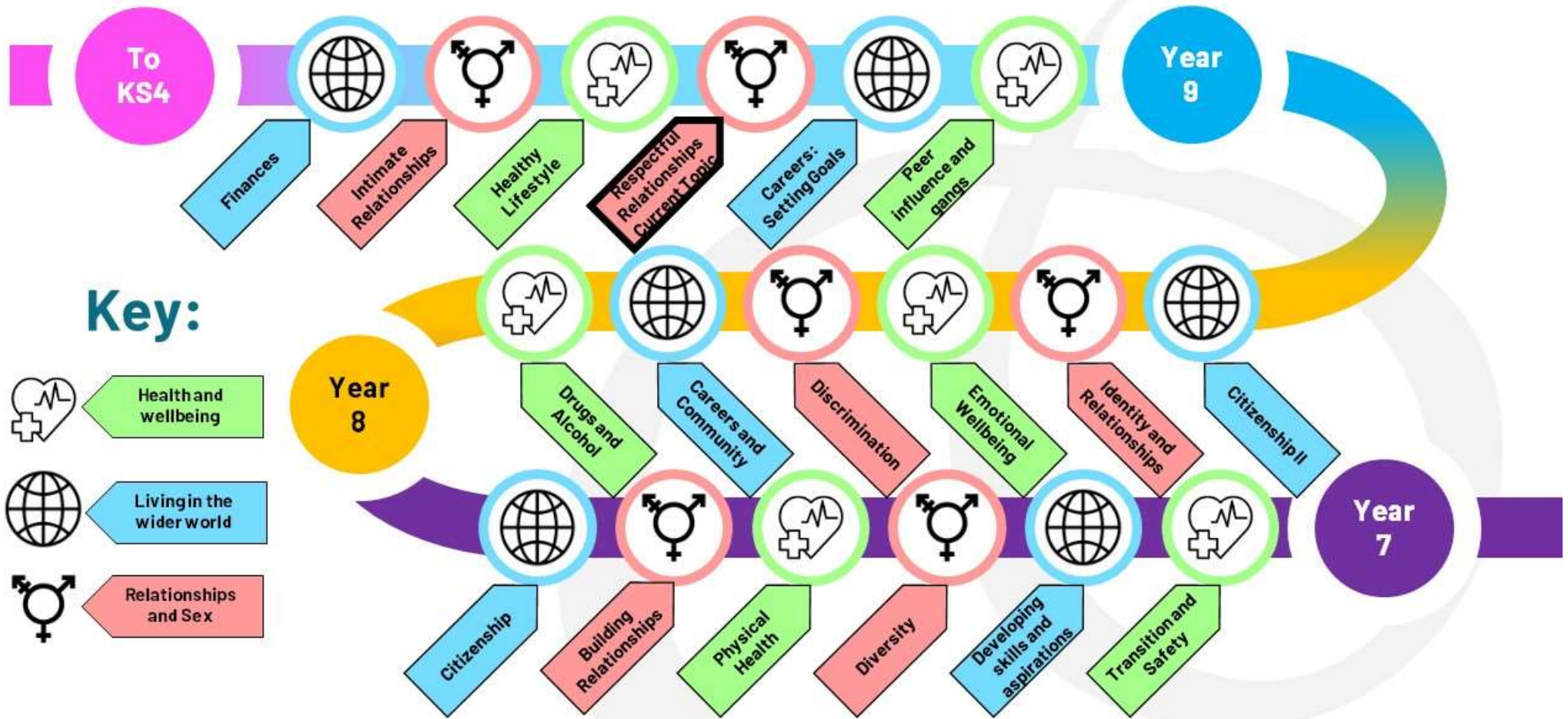
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Personal Development Curriculum KS3 Learning Journey





Year 9 – Block 3: Relationships and Sex Education Knowledge Organiser

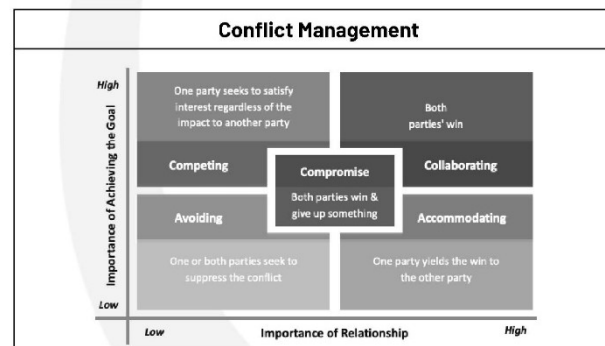


Key Words	
Family	A group of close people, usually related, who choose to live together as a unit. There are many different types of family.
Marriage	A traditional, legally recognised union between a couple.
Civil Partnership	A legally recognised partnership.
Conflict	Disagreement where there is tension
Resolution	Finding a solution to the conflict that both sides can accept
Conflict Management	Being able to stop the argument getting out of hand, to diffuse it and take steps to resolve it

Types of Families	
Single Parent Families	Families where one adult provides care for the family. There are a variety of reasons why, some by choice
Nuclear Families	The “traditional family structure”. Typically heterosexual couples, and biological children.
Same-Sex Families	Parents are in a homosexual relationship. Children may be biologically related, and this doesn't affect the children
Step Families	At least one parent has children from a previous
Extended Families	Parental role is from a different relative i.e. grandparents or aunts. Children may live with wider
Adopted Families	Parents are not biologically related to the children. It is a permanent and official process.
Foster Families	Adults who are not related to the child look after them. They are paid by the government, and this is not permanent.

Dealing with Parenting	
Parents can often struggle when they have younger children. These include:	Some tips to help deal with this are:
<ul style="list-style-type: none"> Financial issues Not sleeping enough Spending less time with friends Issues at work 	<ul style="list-style-type: none"> Speak to people who have experience with this Create a budget to help manage spending Speak to your boss about your responsibilities Share responsibilities if you can

Why Does Conflict Exist?	
<ul style="list-style-type: none"> Miscommunication Differing opinions 	<ul style="list-style-type: none"> Different perspectives Lack of resources



Where To Go For Support:	
Teachers and School Staff, Parents, Friends, Parents	
NPSCC	https://www.npscc.org.uk
Childline	https://www.childline.org.uk

Family Change	
Family change might occur because:	
<ul style="list-style-type: none"> New siblings Relocation Bereavement Divorce Illness 	

Levels of Conflict		
Sticking to the point ↓ Lowering the tone	Refuting the central point	Explicitly refutes the central point
	Refutation	Finds mistakes and explains why using quotes
	Counter-argument	Contradicts then backs it up with reasoning
	Contradiction	States the opposite with no evidence
	Responding to the tone	Criticises the tone without addressing the argument
	Ad Hominem	Attacks the characteristics of the person without addressing the subject
	Name Calling	Sounds something like “You’re an ass hat”

Retrieval Practice

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Baseline Assessment:

What are the different types of families? Make a list below:

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Endpoint Assessment:

Do you have any other types of family to add to the list you made before? Do so in green pen below:

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Task 1: Match Up Families to their Descriptions

1. Single Parent Family	a. the 'traditional family structure, which consists of a mother, a father, and their children
2. Nuclear Family	b. where at least one of the parents has a child from a previous relationship
3. Same Sex Families	c. where the adult or adults who are taking the role of parent are actually a different relative, for example grandparents, aunts, uncles etc
4. Blended Family	d. one adult provides the care for the family
5. Extended Family	e. where the parents are in a homosexual relationship
6. Adopted Family	f. where the children are being looked after by foster parents for a particular length of time
7. Foster Family	g. where the parent or parents are not biologically related to their children

Task 2: Case Studies

The Hernandez family consists of grandparents, parents, and their two children. They all live together in the same household.

1. Describe the members of the Hernandez family.

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2. How might living with extended family members impact the children's upbringing?

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3. What are some benefits of having an extended family living together?

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Mr. Patel and Mrs. Patel both have children from previous marriages. They got married and now live together as a blended family.

1. Who are the members of the Patel family?

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2. How might being part of a blended family affect the children's relationships with their step-siblings?

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3. What are some strategies the Patel family can use to foster a positive and harmonious blended family environment?

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Mrs. Khan is a single mother raising her two children after a divorce. She works full-time to support her family.

1. Who are the members of the Khan family?

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2. What are some unique challenges Mrs. Khan might face as a single parent?

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3. How can the community and extended family members support the Khan family?

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Mr. Rodriguez and Mr. Martinez are a married same-sex couple raising their adopted child.

1. Who are the members of the Rodriguez family?

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2. What are some common misconceptions about same-sex families, and how can these be addressed?

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3. How might the love and support within the Rodriguez family be similar to or different from other families?

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The Smiths are a couple who have taken in three children as foster parents. They are providing a temporary, loving home for these children.

1. Who are the members of the Smith family?

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2. What are some challenges and rewards of being a foster family?

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3. How can society support foster families and the children they care for?

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Types of Parenting

Retrieval Practice

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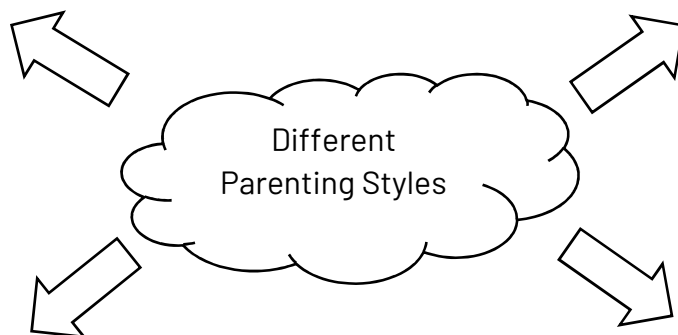
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Baseline Assessment:



Endpoint Assessment

Add to your work in green pen from the baseline assessment

Task 1: Advantages and Disadvantages

	Advantages	Disadvantages
<p>Authoritarian: Authoritarian parents are highly demanding and directive. They have strict rules and high expectations for their children, often with limited room for negotiation. Discipline tends to be for punishment and non-negotiable. Authoritarian parents may not explain the reasoning behind rules, and obedience is highly valued.</p>		
<p>Authoritative: Authoritative parents are also demanding, but they are more responsive and nurturing. They set clear expectations and boundaries, but they also encourage independence and individuality. Communication is open, and authoritative parents provide explanations for rules. Discipline is typically fair and consistent.</p>		
<p>Permissive: Permissive parents are very responsive to their children's needs and desires, often being lenient and indulgent. They are more likely to avoid strict rules and may hesitate to enforce consequences. Permissive parents tend to be nurturing and may act as more of a friend than an authority figure.</p>		
<p>Uninvolved: Uninvolved parents are characterised by low responsiveness and low demands. They may be neglectful of their children's needs, both emotionally and physically. Uninvolved parents often have limited involvement in their children's lives, and they may not provide necessary guidance or support.</p>		

Task 2: Scenarios

Sarah wants to go to a party on Saturday night with her friends. Her parents have a strict curfew of 10:00 PM on weekends. Sarah thinks the curfew is too early and wants to negotiate a later time.

1. Which parenting style might Sarah's parents follow?

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2. How might an authoritative parent handle this situation?

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3. How might an authoritarian parent handle this situation?

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4. How could a permissive parent handle this situation?

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5. What would an uninvolved parent's response be?

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Tom has been struggling in school lately. He often forgets to do his homework and his grades have been slipping. His parents haven't been paying much attention to his schoolwork and activities.

1. Which parenting style might Tom's parents follow?

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2. How might an authoritative parent handle this situation?

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3. How might an authoritarian parent handle this situation?

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4. How could a permissive parent handle this situation?

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5. What would an uninvolved parent's response be?

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Positive Family Relationships

Retrieval Practice

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Baseline Assessment

Make a list of the reasons why it is important to have a positive family relationship

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Endpoint Assessment: Were you correct? Add to your answers

Task 1: 8 Ways to Improve Family Relationships

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Types of Conflict

Retrieval Practice

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Baseline Assessment

Write a list of the different types of conflict. How can we deal with the conflict?

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Endpoint Assessment

Were you correct? Add to your work in green pen.

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Task 1: Conflict

1. What do we mean by the word 'conflict'?

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2. Describe some examples of common situations of conflict.

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3. Can you categorise conflicts into different types or sources?

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Conflict Resolution

Retrieval Practice

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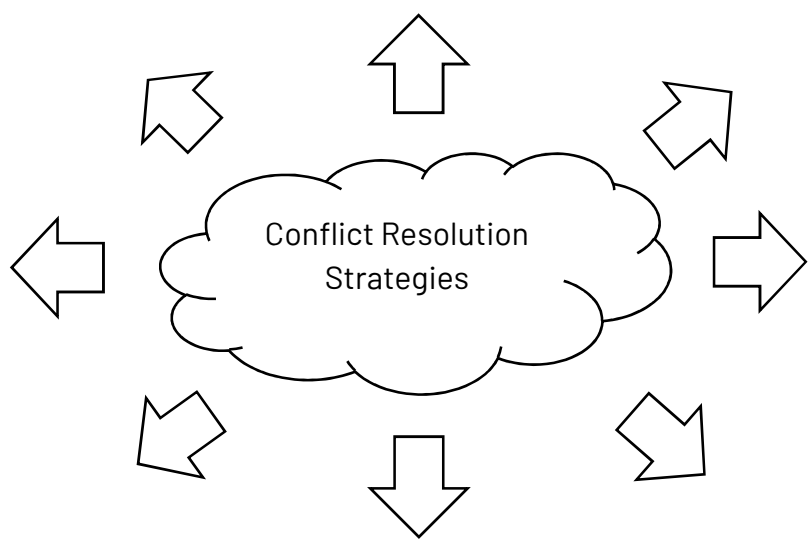
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Baseline Assessment



Endpoint Assessment

Add to work above.

Task 1: Question

Reflect on your previous conflicts. Which level of response did you use and how successful was it in resolving that conflict?

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Task 2: Good Strategies

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Task 3: Scenarios

Tyrone was very worried about his meeting with his boss. He hated him and knew he was going to rip apart his latest ideas. He was already angry as he'd been kept late for the meeting. His boss started off by saying "Tyrone, do you actually want to work here or not?"

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Craig thought it would be funny to get back to the changing rooms early after PE and fill Tom's shoes full of crisps. He thought Tom would find this funny. Actually, Tom was furious. However, Tom had played a similar prank on Craig earlier in the week.

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Terri's boyfriend was obviously in a mood. He didn't say anything nasty to her, but there was something about his tone that annoyed Terri when he said "I bet you had a great time all day Saturday with your friends."

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Melissa wanted to go to the cinema with her friends Sunday afternoon. Her mum thought she should visit her grandparents as she hadn't for ages. The row started getting heated and they called each other very mean names.

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Managing Family Changes

Retrieval Practice

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Baseline Assessment

	1	2	3	4	5	6	7	8	9	10
I can describe the different family changes										
I am able to explain the impact of family change										
I understand how to manage family change										

Endpoint Assessment

Review your confidence. Change it in green pen. Then, explain why your confidence has changed below:

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Task 1: Hopes and Worries

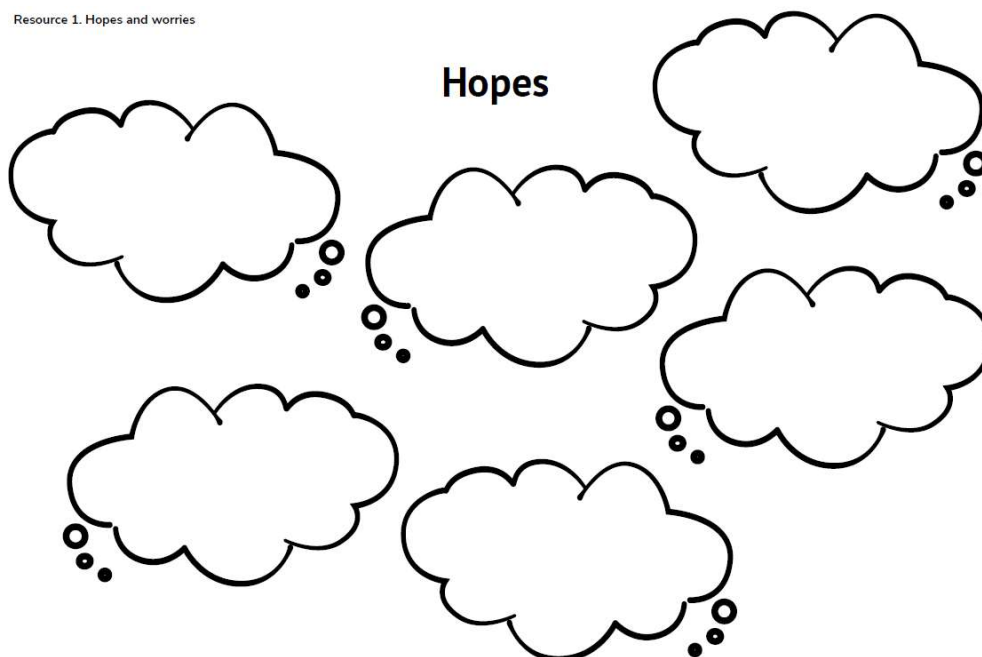
Think back to the last family change you have had.

At the start of that change what were your hopes and worries?

Resource 1. Hopes and worries



Resource 1. Hopes and worries



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Task 2: Scenarios

1. Jasmine’s mum has started a new job and has been working away from home. Jasmine has been staying at home with her dad and grandma, and although she enjoys spending time with them, she is really missing her mum when she is away.
2. Andriy’s dad has a new job in a different town and the family are all moving there soon. They will have a bigger house, close to the beach, and Andriy and his sister will go to a new school.
3. Jessie has a stepbrother, Azfar. They often play games like football or chase at each other’s houses. Soon, Azfar and his dad will be moving in with Jessie and her mum at their house.
4. Sidney lives with their mum, grandad, and older brother Henry. Henry has been saving up to move out and find his own flat. Henry is nearly ready to move out, his new flat is nearby and has a big TV!
5. Ade and Abigail are going to be living between two houses, half the time with their mum and half the time with their dad. The two houses are close together and they have their own rooms at each

For 2 scenarios, discuss the following questions and record your thoughts in the space provided:

- How will the change affect them?
- What might they be feeling about the change?
- What could help them?

Scenario number:

Scenario number:

How will the change affect them?

How will the change affect them?

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What might they be feeling about the change?

What might they be feeling about the change?

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What could help them?

What could help them?

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