BRAMHALL
HIGH SCHOOL

NAME:	
Teacher:	Form:

RELATIONSHIPS & SEX EDUCATION

Yr 8 Work booklet 2 - Oct- Dec 2026

IDENTITY RELATIONSHIPS & SEX EDUCATION



Three words you know	Three words you don't know
1.	1.
2.	2.
3.	3.

WHAT MAKES A HEALTHY RELATIONSHIP?

Unhealthy Relationship

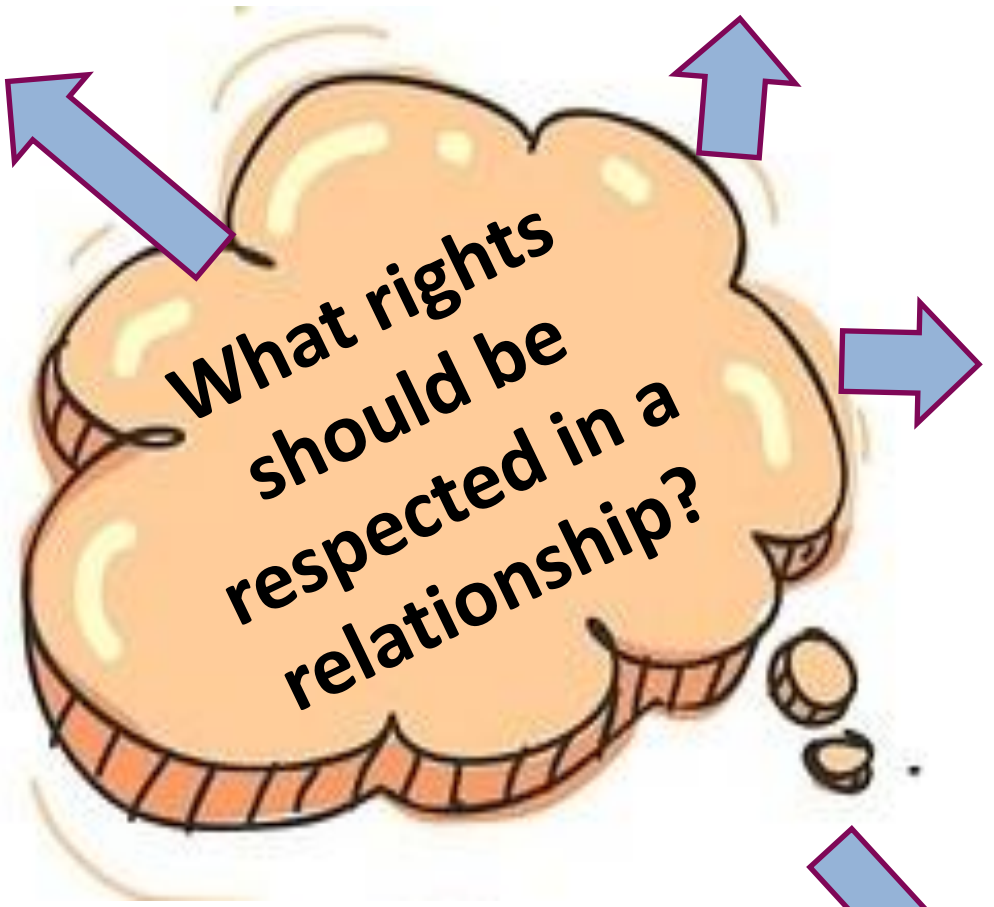
Healthy Relationship

The Law

The age of **consent** to any form of sexual activity is _____ for both men and women. The age of consent is the _____ regardless of the gender or sexual orientation of a person and whether the sexual activity is between people of the same or _____ gender.

It is an _____ for anyone to have any sexual activity with a person under the age of 16. (if _____ are under 16 this will be a matter of public interest to decide if a prosecution will be sought)

Respect

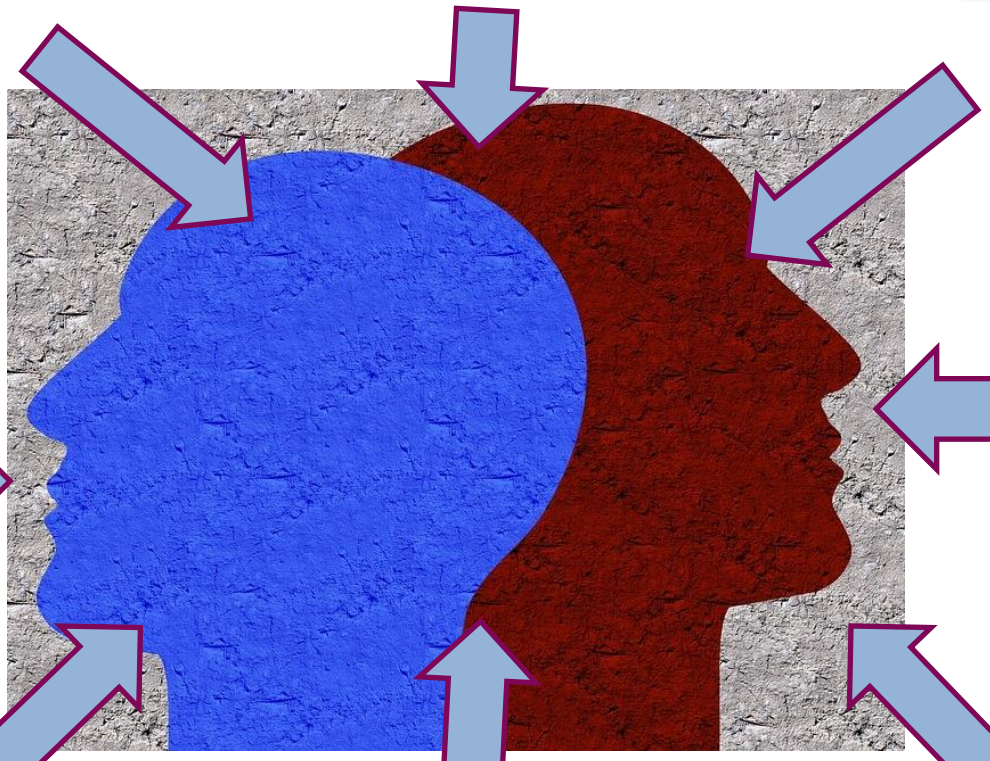


Conflict resolution ideas

Be the first to **say sorry-** _____when you have made a mistake and _____ from it.

Cool off and take _____ before you say something you might regret. Take _____ breaths and never say something when you are angry.

Agree to a win win _____ if possible



Find out what has _____ the other person. _____ to what they have to say

Try to be accommodating and _____

Get _____ from people outside the conflict that you _____and respect

Try to get someone to help _____the conflict if you are unable to do it yourselves. In law this would be mediation, conciliation or even going to court!

_____ the root cause of the issue

Which resolutions are you most likely going to use in the future when you are involved in a conflict?

_____

_____

_____

_____

____

Create your own mind map

What are your core values?

SORTING ACTIVITY

Match the key word with its correct meaning

Asexual	Attraction to a gender that is different from your own E.G male attracted to female	A
Bisexual	Not limited in sexual choice with regard to biological sex, gender, or gender identity	B
Pansexual	Attracted to two or more genders. E.g. A woman is attracted to both men and other women	C
Heterosexual	Attraction to your own gender. E.g. the terms gay or lesbian might be used.	D
Homosexual	A lack of sexual attraction to others	E

Why is it important not to judge others?

_____

_____

_____

_____

How can you support someone who is struggling with their identity?

_____

_____

_____

_____

Contraception helps reduce the risk of what two things?

1_____ 2_____

THOUGHTS & FEELINGS

WHAT DO YOU THINK?



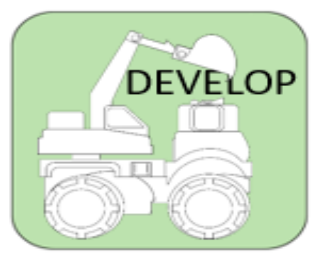
"The media teaches young people a lot about sex but not enough about the responsibilities of contraception"

Talking points

I think that …
I don't think… is right because…
My opinion is…
I would argue the same because…
I disagree with… because
Building on what ….
An alternate way of looking at this is…
I sort of agree, however….
In my view…
I would challenge what… said because …











Do you agree?

What can the media and schools do to better educate young people on contraception and the risk of catching STI's?

_____

_____

_____

_____

_____

_____

_____

_____

Consent

Active and Clear: Consent is a clear _____

_____

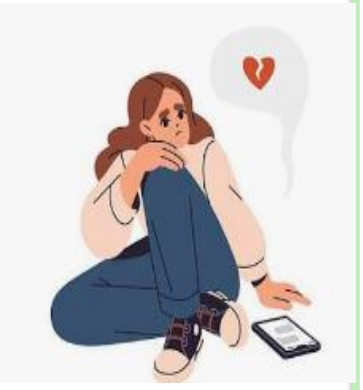
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Signs of Grooming & Exploitation

Write down 4









RSE: Quiz Questions

Write your answers in your workbook

1. **The age of consent in the UK is 16 for everyone, regardless of gender or sexual orientation.**

   True / False

2. **It is illegal for a person in a position of trust (e.g. a teacher) to have a relationship with someone under:**

   A) 16
   B) 18
   C) 21

3. **A healthy way to resolve conflict is to cool off and take time before reacting.**

   True / False

4. **What does the Gender Recognition Act 2004 allow someone to apply for?**

   A) A Gender Recognition Certificate
   B) A new passport only
   C) Nothing, it was replaced

5. **Hate crimes must be motivated by hostility towards race, religion, disability, sexual orientation or transgender identity.**

   True / False

6. **Which method of contraception also protects against STIs?**

   A) The Pill
   B) Condoms
   C) The Implant

7. **Consent can be withdrawn at any time, even after it has been given.**

   True / False

8. **Which of these is a sign of grooming?**

   A) Trying to isolate someone from friends and family
   B) Respecting someone's boundaries
   C) Encouraging someone to spend time with friends

9. **Who is the safeguarding Lead in Bramhall High School ?**

   _____

10. **What should you do if you are worried about yourself or a friend?**

    A) Tell someone- a family member or trusted adult
    B) Stay quiet and hope it all works out for the best

/ 10