



PSHE Knowledge Organiser



RSE- Families and Relationships



Year 10
Term 6
Aspiration

Marriage and the Law

You can get married or form a civil partnership in England or Wales if you're:

- 18 or over
- not already married or in a civil partnership
- not closely related

Fertility

Many couples struggle to conceive (get pregnant). However, there are lots of options available. There are 3 main types of fertility treatment:

- medicines
- surgical procedures
- assisted conception – including intrauterine insemination (IUI) and in vitro fertilisation (IVF)

There are also alternatives such as surrogacy, fostering and adoption.

Family types

- Nuclear family (Mum, Dad, Children)
- Same-sex parent family
- Single parent family
- Extended family
- Grandparent (or other relative) as guardian
- Foster family/ Adoptive family
- Reconstituted family

Menopause and Andropause

Peri- menopause & Menopause- Menopause and perimenopause can cause symptoms like anxiety, mood swings, brain fog, hot flushes and irregular periods. These symptoms can start years before your periods stop and carry on afterwards.

Andropause- Some men develop depression, loss of sex drive, erectile dysfunction, and other physical and emotional symptoms when they reach their late 40s to early 50s.



Further help and advice

Childline- Have advice on a wide range of issues. Call 0800 1111

<https://www.childline.org.uk/>

NHS- Have information on medical issues

<https://www.nhs.uk/>

Mind- Mental health support for young people - <https://www.mind.org.uk/for-young-people/>

NSPCC -support for family issues-

<https://www.nspcc.org.uk/>

Parenting

Parenting can be tough and much of it is 'learning on the job'.

Babies and toddlers can be demanding and as children grow and become teenagers, new challenges emerge as they move towards adulthood.

Parents can get help and advice from their GP, health visitor and some schools also offer help.