



Title: Sexual Pressure and Consent

DATE:

Ready to Learn Reminders

- Sit in the seating plan.
- Take your coat/hat/scarf off.
- Get equipment out (including green pen).
- Write title, date, subheading and underline – keep your book beautiful!
- Complete DNA in silence.



Starter

Do Now Activity
Retrieval

Practice





Sexual Pressure



Today's Key Questions

What constitutes sexual pressure and how can you avoid it?



Discuss this for one minute and be prepared to feedback!

What is sexual pressure?



The term, 'sexual pressure' means when someone tries to make you feel like you should engage in any form of sexual behaviour such as: flirting, kissing, touching, rubbing, oral sex or intercourse. They could use threats, force, manipulation, tricks, jokes, name-calling, rumours, or lies to get you to do what they want. It is important to be able to tell when you are being pressured and always feel safe in a relationship. The most important tool for any relationship is communication. If you communicate your needs clearly, it is more difficult for you to be misunderstood. Think about your personal values and your level of comfort. Make your decision based on what you want and not on what your friends, peers and partner want. You do not have to do anything that you do not want to do and there is no rush to jump into any sexual relationship. There is always another time that might feel more comfortable. Unless you are 16 you cannot legally consent and if you have sexual intercourse with someone under the age of 16 you are breaking the law. The average age in the UK to have sex is actually 18 but some people wait until much older when they are in a committed relationship or in a marriage. 25% of people wait until they are at least 20 years old so there should be no pressure to have sex at any age.



what are other words for sexual pressure?
exploitation, victimization, intimidation, impropriety, sexual abuse, inappropriate behavior



Why is 16 the age of consent in the UK?





Tips to avoid sexual pressure



**SEXUAL
PRESSURE**

- Make friends with people who respect and care about your beliefs.
- Communicate with your partner or your friends who may be sexually pressuring you.
- Go out on a group date with friends, instead of alone.
- Be a good friend! Stick up for friends if they are feeling pressured to have sex.
- Practice what you would say if someone is pressuring you. Knowing ahead of time can be a big help!
- Always carry your cell phone (and keep it charged!) or money to call for a taxi if you are uncomfortable.
- Don't be afraid to call your parents, family member or friend if you need to leave a date or party.
- Say "No" and mean "No" if that's how you feel! Anyone can and should stop when told/asked to.
- Never feel obligated to 'pay someone back' with sex in return for a gift/date.
- Listen to your gut! If it says something or someone is bad, you should leave the situation.
- Set clear boundaries in relationship; have the difficult conversations.

Official definitions of 'consent'

- Consent is defined in law as ***an agreement made by someone with the freedom and ability to decide something.*** Under the law, it is the person seeking consent who is responsible for ensuring that these conditions are met
- To ***give your consent*** you should be sure that it is your decision and not one you have been pressured to make
- British law says that **both people** need to give their consent before sex or any physical closeness
- The law also says that to consent to sex **a person must be 16 or over and have the ability to make informed decisions for themselves** (i.e. they have to be mature enough to make the decision and not be impaired by e.g. drugs or alcohol)

Legal ages of 'consent'

- Under English and Welsh law, children and young people under the age of 13 are seen as being less capable of consenting than those aged 13 and over.
- That's why the Sexual Offences Act 2003 lists different offences for cases involving children and young people aged 12 and under – and why it's a factor for prosecutors to consider when they are deciding whether or not to prosecute someone.
- This means that sexual activity between two or more people is always unlawful if at least one of the people is under the age of 16.
- It doesn't matter if:
 - All those involved are the same age or very close in age.
 - Those under the age of 16 have given their consent (in line with the definition above).
 - However, not everyone who does something unlawful is charged with a crime and taken to court (prosecuted). It is up to prosecutors to decide whether it is in the 'public interest' for this to happen – and, when making this decision, they have to take certain factors into account.
- **NO MEANS NO**

Understanding Consent

[Tea Consent Clean \(youtube.com\)](https://www.youtube.com/watch?v=TeaConsentClean)



SUPPORT

Sexual Pressure Support

SUPPORT

Scared of your partner or ex?

0808
2000
247

Talk to us any time,
day or night.

Freephone 24 hour National
Domestic Abuse Helpline
Confidential,
non-judgmental support
Or reach us online:
www.nationalDAhelpline.org.uk



RIGHTS of
WOMEN
helping women through the law



Welcome to SARSAS

We provide support to people who
have experienced rape or any kind
of sexual assault or abuse at any
time in their lives.

Don't suffer
in silence.

We're here to help

Call us free on:
☎ 0808 802 3333
11am - 11pm, 7 days a week
including bank holidays
Our trained Helpline Practitioners
offer a confidential listening ear.

DOMESTIC
ABUSE
HELPLINE



If I don't want to speak
to anyone at home or at
school who can I talk to?



Call HELPLINE 0808 800 0028

Or visit COMMUNITY DROP IN
☎ Text 07891 492 327
✉ Email solihulladmin@bswaid.org
Forward of hearing
☎ Text service 18001 0808 800 0028



RSVP
rape & sexual violence project

Charity Numbers 508669 and 1134387

NSPCC
HELPLINE
0808 800 5000
help@nspcc.org.uk

SURVIVORSUK
male rape and sexual abuse

ChildLine
0800 1111



True or False Quiz



Setting boundaries is crucial in relationships.



You shouldn't feel like you should have sex because you are old enough to consent.



Pressuring people into any sexual contact is unacceptable.



It is important not to tell your partner your boundaries at the start of a relationship.



You cannot consent to sex under the age of 16 by law.



You should seek help if you feel like you are being pressured.





PSHE GROUND RULES



➤ **Respect everyone**

Don't laugh at others, mock others or be insensitive

➤ **Don't judge others**

Remember you do not know about other people's situations

➤ **Listen to each other**

Listen to each other and your teacher to get the most out of it

➤ **Keep the conversation**

Do not share personal information with anyone or gossip

➤ **Get further support if needed**

Make sure you get support or help about any issue if you need to!