



Title: Sexual Health

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 Health



Today's Key Questions

What is 'Umbrella' and why is sexual health important?



Discuss this for one minute and be prepared to feedback!

Definition of Sexual Health

This is what it takes for me to be sexually healthy

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- I know how to access and use health care services and information.
 - I am comfortable with my body and my sexuality.
 - I am able to recognize risks and ways to reduce them.
 - I can talk effectively with my peers, family, and partners.
 - I know my body and how it functions.
 - I understand the risks, responsibilities, and consequences of sexual behavior.
 - I act responsibly according to my personal values.
 - I am able to set appropriate boundaries.
 - I am able to form and maintain healthy relationships.

Often when we speak about sex and sexuality, we focus on what adults don't want young people to do. But sexuality is a normal, positive, and lifelong aspect of health and well-being and it important that you know how and where to get help with sexual health. Sexual health involves not only bodily changes, sexual behaviours, and new health care needs, it also involves building emotional maturity, relationship skills, and a healthy body image.

As you grow older you must be aware of how to get sexual health advice and treatment if it becomes necessary in the future.



Sexual Health



In partnership with



We're Umbrella. We provide **free**, **accessible** and **confidential** sexual health services, including all types of contraception, and STI testing and treatment.

Our service is non-judgmental and for people of all ages, genders and orientations. Everyone is welcome, and you don't need to see a GP first. It is confidential so your parents, your GP or relatives will not be told.



need to talk about
your sexual health?

The **FREE** and **CONFIDENTIAL**
Sexual Health and Contraception service

umbrellahealth.co.uk/info





What services does Umbrella offer?



Contraception

STI Tests & Treatments

Pregnancy Testing & Advice

Psychosexual Therapy

Help with telling your partner you have an STI

Abuse

Alcohol & Substance Abuse
Counselling

HIV & AIDS

Abortion Advice

Sexual Health



“It is important to learn about sexual health in school.”
Do you agree?





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!