



What should I already know?

Healthy Relationships

- About different types of relationships and the qualities and behaviours associated with positive relationships
- About media stereotypes and their effect on relationship expectations
- How to manage expectations for romantic relationships
- How to manage strong feelings in relationships
- How to identify unhealthy relationships and seek support when necessary
- About the concept of consent
- How to seek and give/not give consent in a variety of contexts

Growing & Changing - Puberty, Conception & Reproduction

- Consolidation and reinforcement of KS2 puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence
- Explore how puberty enables reproduction

What will I know by the end of the unit?

- About relationship norms and expectations
- About forming new partnerships and developing relationships
- The impact of stereotypes on expectations of gender roles, behaviour and intimacy
- About gender identity and sexual orientation
- About the choice to delay sex and the right to enjoy intimacy without sex
- Effective communication strategies and consent in intimate situations
- The law in relation to relationships, sex, consent (including sharing of sexual images)
- About contraception, its role in preventing pregnancy and sexually transmitted infections
- How condoms and the pill are used safely

Vocabulary

Sexual orientation	
Gender identity	
Relationship	
Consent	
Contraception	
Conception	
Condom	
Pill	
Parenthood	
Menstruation	
Fertility	



Sexuality and Gender Identity

Gender Identity

Gender identity is a way to describe how you feel about your gender. You might identify your gender as a boy or a girl or something different. This is different from your sex, which is related to your physical body and biology.

<p><u>Asexual</u> A person who generally does not experience sexual attraction to any group of people</p>	<p><u>Sexuality</u> A person's sexual preference or orientation. Who they are attracted to</p>	<p><u>Intersex</u> A person with a set of sexual anatomy that doesn't fit within the labels of female or male (e.g. XXY phenotype, uterus and penis)</p>	<p><u>Cisgender</u> A description for a person whose gender identity, gender identity, gender expression and biological sex all align</p>
<p><u>Androgyny</u> A gender expression that has elements of both masculinity and femininity</p>	<p><u>Biological</u> The physical anatomy and gendered hormones one is born with</p>	<p><u>Bisexual</u> A person who experiences sexual, romantic, physical and/or spiritual attraction to people of their own gender as well as another gender</p>	<p><u>LGBTQ+</u> Lesbian Gay Bisexual Trans Queer / Questioning + = Other</p>
<p><u>Gender Dysphoria</u> Where a person experiences distress due to a mismatch of their biological sex and their gender identity</p>	<p><u>Homosexual</u> A medical definition for a person who is attracted to someone with the same gender</p>	<p><u>Heterosexual</u> A medical definition for a person who is attracted to someone with the other gender</p>	<p><u>Transgender</u> A person whose gender identity is the binary opposite of their biological sex, who may undergo medical treatments to change their biological sex</p>

Consent

<p><u>Sexual Consent</u> The giving of permission by a person to engage in any form of sexual activity.</p>	<p><u>Coercion</u> The action or practise of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or treats.</p>
<p><u>Affirmative Consent</u> Consent is only given when a person agrees verbally to engage in sexual activities.</p>	<p><u>A person who is a minor</u> A person who is under the age of 18 and legally considered a child.</p>
<p><u>Consent is:</u></p> <ol style="list-style-type: none"> 1. Freely given. It is not OK to pressure, trick or threaten someone into saying yes 2. Reversible. Its OK to say yes and then change your mind - at any time 	<p><u>What does the law say?</u> Sex between minors (when both people are under 16 but have consented to the activity) - Technically the law is that if two 13 -15 year olds engage in consensual sexual activity and each knows that the other is under 16, they will both be guilty of an offence carrying a</p>



3. Informed. You can only consent to something if you have all the facts
4. Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in
5. Specific. Saying yes to one thing (like holding hands) doesn't mean you're saying yes to other things (like kissing)

maximum penalty of five years' imprisonment, however it is unlikely the CPS will prosecute.
 If one party is under 13 and the other under 18 it is statutory rape which is punishable by life imprisonment, but the average is 6-7 years when prosecuted.

When can consent not be given?

1. When a person is drunk or high, to the point that they are unable to speak or look after themselves
2. Asleep or Passed Out - if they are not conscious they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity - STOP
3. They are underage - legally a person under the age of 16 cannot give consent to any sexual activity
4. Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to

Help and Support

Parents or trusted family

Police

Safeguarding Team

Member of staff

NSPCC:
 Helpline: 0808 800
www.nspcc.org.uk

ChildLine:
 Helpline: 0800 1111
<https://www.childline.org.uk>

Contraception

Contraception

Methods that are used to prevent pregnancy from occurring during sexual activity

Barrier Methods

Contraceptive methods which prevent pregnancy by stopping the sperm from reaching the egg

Combination Methods

Contraceptive methods which use both hormonal and barrier methods to prevent pregnancy

Hormonal Methods

Contraceptive methods with use hormones to prevent pregnancy, usually used by women only

Natural Methods

Contraceptive methods which do not use hormones or barriers, mostly focused on fertility awareness

Help and Support

Doctor Nurse NHS online www.healthforteens.co.uk
www.brook.co.uk
















Things to Remember

Contraception is a personal choice

You may need to try more than one to find what works best for you

You will need to consult your doctor for most contraceptive methods



	Birth Control	How to Use	Prescription Needed	Protects Against STDs
Hormonal	Monthly oral contraceptive (the Pill) 	Take one pill every day as directed.	Yes	No
	Extended-regimen oral contraceptive 	Take one pill every day for three months as directed.	Yes	No
	Patch 	Apply to skin and change weekly.	Yes	No
	Vaginal ring (hormonal) 	Insert monthly and leave in place for 21 days.	Yes	No
	Injection 	Get injections every three months.	Yes, injections given in health care provider's office.	No
	Hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to three or five years.	Yes, IUC inserted in health care provider's office.	No
	Implantable hormonal contraceptive 	Implanted under the skin of the arm and can remain for up to three years.	Yes, implanted in health care provider's office.	No
Non-hormonal	Spermicide 	Apply every time before sex.	No	No
	Diaphragm 	Insert every time before sex. Keep in place for six hours after sex.	Yes	No
	Contraceptive sponge 	Insert vaginally. Effective for 24 hours. Keep in place for six hours after sex.	No	No
	Cervical cap 	Insert every time before sex and keep in place for six hours after sex.	Yes	No
	Female condom 	Insert every time before sex.	No	Yes
	Male condom 	Partner must wear every time during sex.	No	Yes (latex or synthetic only)
	Non-hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 10 years.	Yes, IUC inserted in health care provider's office.	No
	Female sterilization or male sterilization (vasectomy) 	No action required after surgery.	No, performed surgically.	No

Lesson Overview

Lesson 1: to understand and respect the spectrum of gender identities and sexual orientation

Lesson 2: to develop realistic and healthy relationship expectations

Lesson 3: to learn about the impact of persuasion and pressure on consent and strategies to manage such persuasion

Lesson 4: to learn about consent and what it means both ethically and legally

Lesson 5: to learn about how and why different contraceptives are used

Lesson 6: to learn about the nature of parenthood and effective parenting

Lesson 7: to learn about menstrual (period) wellbeing