

# Teacher notes

- Students to use worksheet throughout lesson – print off before lesson.
- You will need A3 paper and colours- Students will do a large brainstorm pertaining to Sex. They will be allowed to write anything down, which may include slang and profanity. On completion- unpick, using the activity on slide. General observations are: derogatory terms used and minimal reference (if any) to 'love' or 'reproduction'. Discuss and explore with group why they think this is and issues surrounding this. A3 sheet to be disposed!!!!

<https://www.youtube.com/watch?v=ydrtF45-y-g>

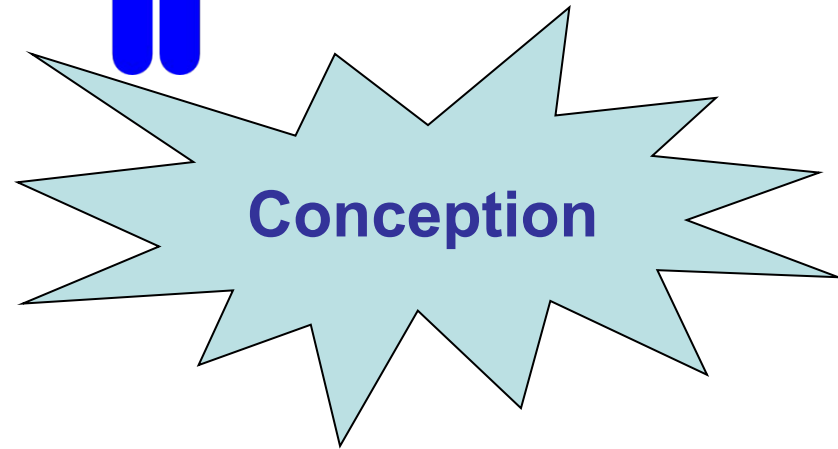


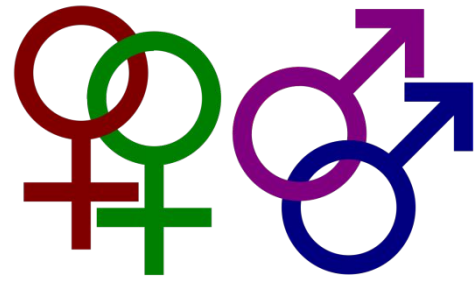
**SAFE  
SPACE**

# GROUND RULES

- Use appropriate classroom language
- Focus on BEING SENSIBLE & MATURE
- Be aware that some people may find the topic embarrassing or difficult
- Do not ask me or other students personal questions!
- Confidentiality - no use of names

# What's the Connection?





# Learning Objectives

- Consider the reasons why we learn Sexual Health Education at school
- Be aware of the physical, emotional, social and language issues around sexual relationships
- Establish the law, the choices and the responsibilities when having an active sexual life





**IN THE KNOW**



POSITIVE SEXUAL HEALTH

# Recap: Puberty facts

# Starter - in your pairs, use any of these keywords to explain 'Puberty'

- Adolescence
- Nature
- Hormones
- Changes
- Adulthood
- Emotions
- development
- Reproduction
- Normal
- Transition



Hormones are chemical substances that act like messenger molecules in the body. After being made in one part of the body, they travel to other parts of the body where they help control how cells and organs do their work.



# Puberty

Girls normally start earlier than boys. Most girls start puberty between the ages of nine and twelve, but many start earlier or later than that.



Most boys begin puberty between the ages of eleven and fourteen, but again, many start earlier or later than that.

Every body develops at its own pace and there's nothing to worry about if you start developing earlier or later than your friends. It is an on-going process rather than an overnight event, and it often continues for a number of years.

# 1) What is Sexual Health Education?

2) Why is it important that we cover it at such a young age and not leave it till you are adults?



**LET'S TALK**  
**ABOUT** *SEX*

# The Facts

- Being informed & knowing about your body (not to be afraid of what is a **NATURAL** process) will help you when making informed decisions in the future
- It's a fact that **most of you will have an active sexual life** as part of a **legal, stable relationship** and so, maintaining **good sexual health** is as important as your physical or your mental health
- The UK still has the **highest rate of teenage pregnancies in Europe.**
- The UK has the **fastest growing rate of STIs** for young **people aged 16 to 25** in Europe
- **Alcohol and irresponsible sexual behaviour** is a serious issue in the UK
- **Some parents might never want to talk about 'it' with their children**

# What do we know already?

**In your group complete tasks  
1 and 2 of the task sheet**

# Watch

List **at least 2** different sexual issues associated with the following clip

<http://www.youtube.com/watch?v=ctkkou3NANQ>

<https://www.youtube.com/watch?v=pZwvrXVavnQ>

**CONSENT!**



# Discuss

- What are the features of a healthy, positive relationship?
- In your groups, come up with a definition for 'consent'.



# 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 )

# CONSENT IS EVERYTHING

What is consent?

<https://www.youtube.com/watch?v=ISmohHSkG30>

# Main task: Exploring language

In your group you have **10 minutes** to brainstorm the words

*"Sexual Intercourse"*

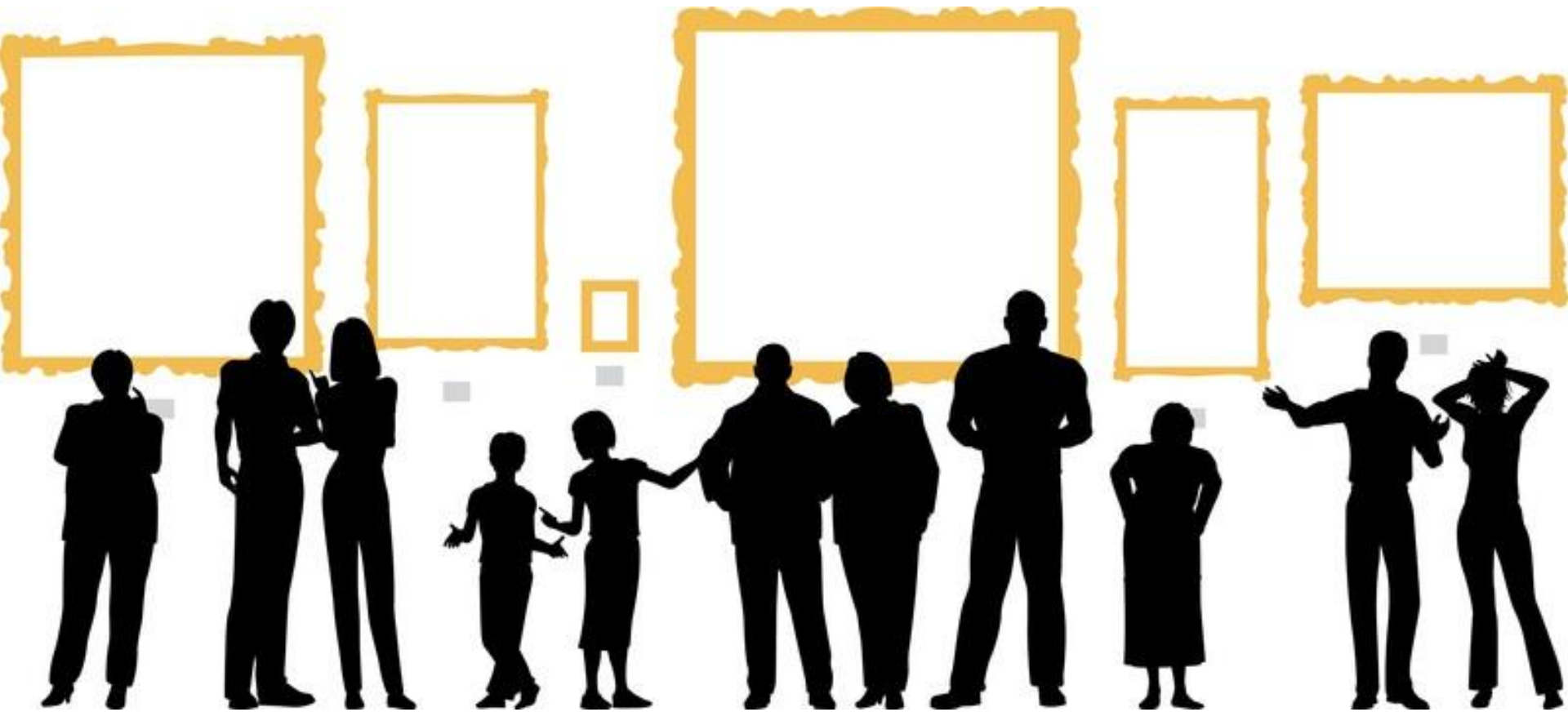
*(Think of what/who/why etc. and related issues)*

You may want to write slang

**Nobody is going to read this aloud**

Everything written here will be destroyed at end of session !!!!

# Gallery Walk



# Brainstorm: Task

## *What you might have left out...*

- Making love
- Happy relationship
- Legal
- Love
- Trust
- Shared responsibility
- Girlfriend
- Boyfriend
- Precaution
- Choice
- Virginity
- Respect
- Forced
- Prostitution
- Heterosexual
- Homosexual
- Pleasure
- Fun
- Emotions /feelings
- Baby
- STI

# Plenary 1: Brainstorm feedback

- Some of you have thought of a number of slang/crude words to describe sexual intercourse
- Why are there so many rude words for it?
- Where do these words come from?
- How do we learn them?
- Why do we use them so much when we know they are so rude?
- Is there a difference between male and female attitudes to sex?
- Any other comments on the language used

# Plenary 2

**Look at your confidence line and do a new one if it has changed**

