



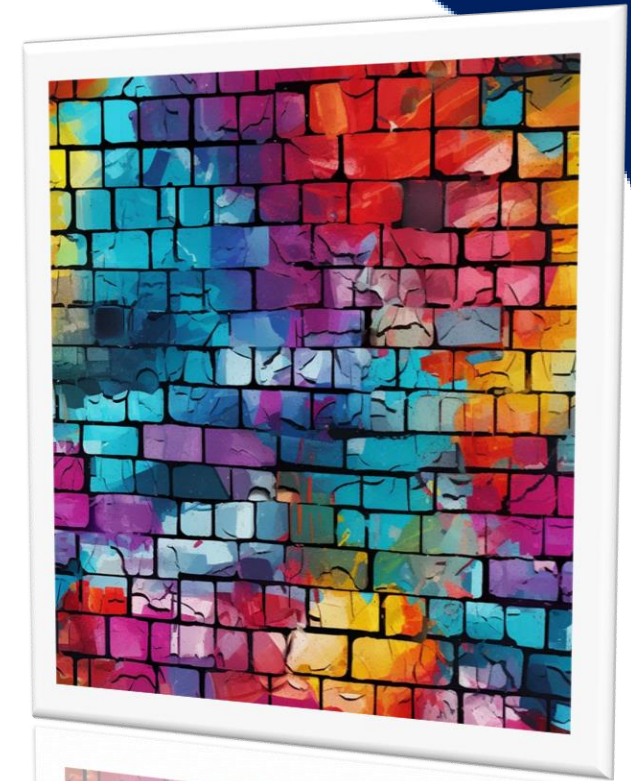
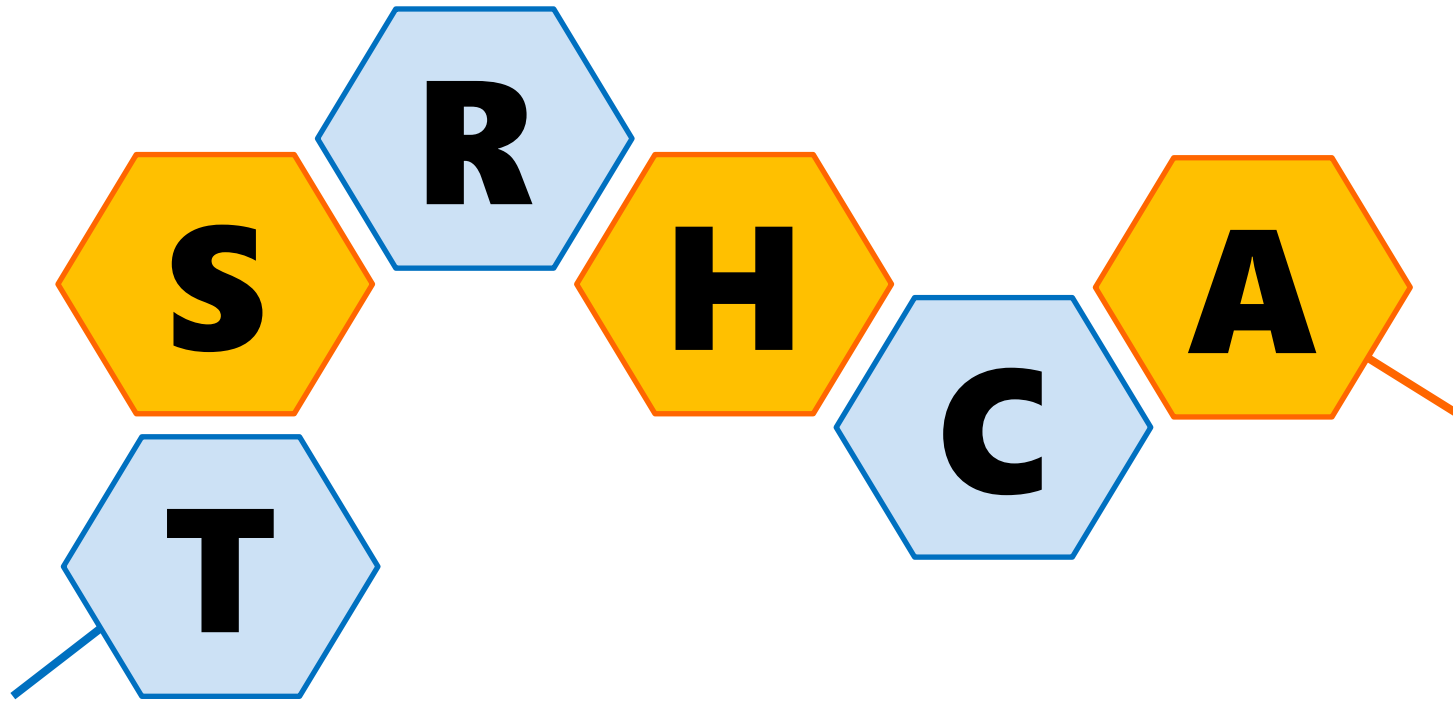
Sexual health

Year 9 Lesson 11

PSHE - RECALL

TASK: Word Wall

Using respectful behaviours (2 weeks ago) specific words and terms, write a word that begins with the letters below. You will need one word for each letter, start on the left and work across the board



Learning objective

- We are learning about about sexual health, the potential consequences of sex and ways to reduce risk

Learning outcomes

- I can list some of the most common STIs, their symptoms and consequences
- I can name the contraceptive methods which provide some protection against STI infection and describe where to get contraceptives
- I know how to access reliable sources of help to support sexual health or relating to unplanned pregnancy

Whiteboards

TASK: Using your whiteboards, answer the following questions.

What are the risks of unprotected sex?

Answer:
STI's, unplanned pregnancy.

Whiteboards

TASK: Using your whiteboards, answer the following questions.

What proportion of pregnancies in the UK are unplanned?

Answer:
Approximately one in three

Whiteboards

TASK: Using your whiteboards, answer the following questions.

Teen pregnancies are at their lowest rate in over 50 years. While every case is individual and there can be good outcomes for all pregnancies, what are the particular risks associated with teen pregnancies?

Answer:

Poor maternal mental health, studies interrupted which may impact career path, higher rates of child ill-health

Whiteboards

TASK: Using your whiteboards, answer the following questions.

How can people protect themselves from unplanned pregnancies and STIs?

Answer:

Contraception reduces the chances of a pregnancy but isn't 100% effective. Barrier methods (especially condoms) reduce STI transmission but some infections can be passed on anyway – see lesson content.

Whiteboards

TASK: Using your whiteboards, answer the following questions.

Some people have uncomfortable symptoms in their genital area but don't have an STI – true or false?

Answer:

True – For example, testicular itching due to chaffing or a fungal infection is quite common and may mean changing sportswear or using powders/lotions to look after the sensitive skin around the groin.

A little clear or white vaginal discharge is normal but sometimes the discharge changes. Bacterial vaginosis and thrush (a yeast infection) are common causes of vaginal discomfort and unusual discharge – they can resolve on their own with basic changes like changing washing products and avoiding over-washing, but sometimes treatment is helpful if it does not resolve. It's important not to panic if a person has unusual symptoms - a medical professional or pharmacist can provide advice.

Whiteboards

TASK: Using your whiteboards, answer the following questions.

What are dental dams and why would someone use one?

Answer:

Dental dams are a piece of thin latex – like a flat condom. They can reduce the risk of STI infection during oral sex

Whiteboards

TASK: Using your whiteboards, answer the following questions.

People who've not had sex before don't need to worry about STIs – true or false?

Answer:

False – some STIs can be passed on through other sexual acts and through sharing needles or more rarely through blood transfusions. STI infection is rare in someone who has not had any sexual contact with others before but once someone becomes sexually active, remember they are reliant on the sexual health of those who've slept with their partner previously

Whiteboards

TASK: Using your whiteboards, answer the following questions.

How could someone advise a friend on when and how to discuss safer sex with a new sexual partner?

Answer:

Consider points like before people are 'in the moment' and when checking on contraception. Focusing on health and respect rather than judging past histories is important. Remember that if someone has had an STI in the past, a couple can get advice on how to have sex safely

Seeking help and overcoming obstacles

Discuss: Why might someone find it hard to seek help if they think they have an STI or want to have a check up?

I don't know what to expect or what might happen when I go to a sexual health clinic

If I suggest to my partner that we get an STI check will they think I sleep around?

I'm way too embarrassed to talk about this to anyone, I would hate it if my parents found out

I don't know where my local clinic is, when it opens or how to get there

Discuss: How could people overcome their concerns?

Oona's scenario

Oona had a one-night-stand with someone she met at a party. As they had both been drinking, they didn't stop to think about contraception.

TASK: In groups, mind-map advice to Oona responding to these questions:

What could Oona do within the next few days to reduce the risks to her health and of an unplanned pregnancy?

If Oona becomes pregnant, what options are available to her and who might be able to help?

What might Oona's sexual partner need to consider/do next?

How can Oona act to protect her sexual health in future?

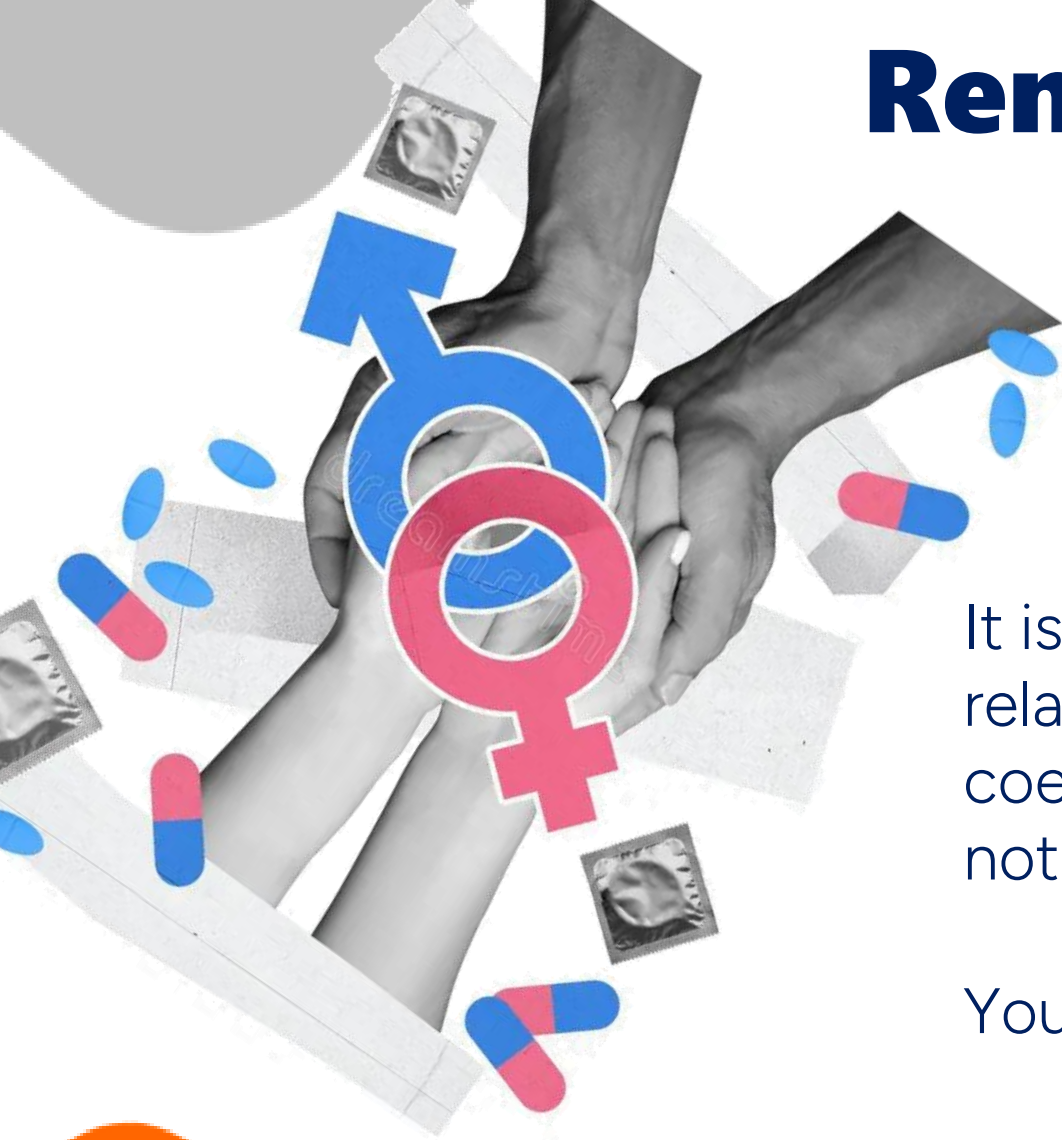
STI Information Hunt

TASK: Around the room there are information posters about STIs.

Use the information from these posters to answer the questions on your sheet.



Remember..



It is your choice to enter into a sexual relationship, and you should not feel pressured to coerced by anyone to do something that you are not completely comfortable with.

You can delay sex until you feel ready.

If your partner doesn't respect that, then you need to ask yourself if they are the right person for you anyway.

Three key messages

TASK: Write three key facts or messages you have learnt this lesson.



Safeguarding information

Who is your trusted adult in school?

If you have a problem, or need to speak to someone, contact one of the safeguarding team, or another trusted adult in school

We are here to support you with any challenges including...

- Keeping you safe
- Accessing Learning
- Self-discipline
- Mental Health and Wellbeing
- Relationships with others
- Staying Safe Online
- Self-identity

Who to talk to if you need support...



Mr Mills
Deputy Headteacher
Designated
Safeguarding Lead



Ms Michell
Early Help & Deputy
Safeguarding Lead



Ms Browes
Assistant Pastoral
Manager



Ms Bover
Assistant head
teacher for
Student Culture



Ms Welsh
Senior Leader for
Student Behaviour
& Attitudes



Mr Fletcher
Pastoral Manager



Ms Beardsmore
Community support
and Early Help

Parkside Support Centre Staff

All other Parkside Staff

Email Reporting

If you don't feel like you can talk to anybody, please email:
safeguarding@parkside.derbyshire.sch.uk



Plenary

How do our values fit with the theme of today's lesson?

Which values have we dealt with today?

PARKSIDE VALUES

WHO WE ARE



RESILIENCE

The ability to recover quickly from difficult conditions and succeed.



RESPECT

Showing consideration and positive regard for others.



RESPONSIBILITY

The act of being accountable for actions and being in charge of learning.



COMMUNITY

Working together for great educational experiences.

EMBARK VALUES

WHO WE ARE



FAMILY

We are part of our own school family but also a wider federation family. Everyone is important and we work together to achieve the very best for our children.



INTEGRITY

'Doing the right thing when nobody is watching.' To have integrity you have to be committed, courageous, honest, disciplined and resilient.



TEAMWORK

We are proud of each other and our achievements. We rely on one another and understand that everyone has a part to play in our success.



SUCCESS

Success to us means every child and member of staff fulfilling their potential. We strive for everyone in our federation to 'be the best they can be.'