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We are therefore delighted to provide parent/carer copies of all PSHE Association member materials that cover RSE (Relationships and Sex Education).

This is an example of such a resource. It has been shared with you as a parent/carer by the school or individual who is a PSHE Association member.

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Sexual health

KS3 Year 9 Lesson 3

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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

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Sexual health quiz

1. What are the risks of unprotected sex?
2. What proportion of pregnancies in the UK are unplanned?
3. 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?

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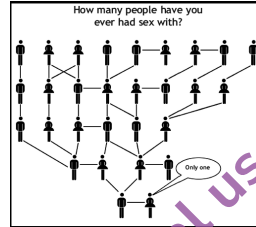
Sexual health quiz

4. How can people protect themselves from unplanned pregnancies and STIs?
5. Some people have uncomfortable symptoms in their genital area but don't have an STI – true or false?
6. What are dental dams and why would someone use one?

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Sexual health quiz

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



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

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STI Information Hunt

Around the room there are information posters about STIs.

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



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Services in Medway

Visit Clover Street Sexual Health Service
4 Clover Street, Chatham, Kent, ME4 4DT
0300 123 1678
Appointments needed (no walk-in service)

Visit A Better Medway for more information and services at abettermedway.co.uk

Text 07401 302 946
for advice on contraception and STIs

Visit getit.org.uk online for free condoms and advice for young people

Call 0300 123 1678 for the Medway central information line including smaller sexual health clinics

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Seeking help and overcoming obstacles

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

How could people overcome their concerns?

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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.

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?

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Signposting support

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school
- report a crime by calling 999 in emergencies, or 101 to make a non-urgent report

Visit:

A Better Medway: www.abettermedway.co.uk

Brook: www.brook.org.uk 0808 802 1234

Childline: www.childline.org.uk 0800 1111



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Three key messages

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



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More activities

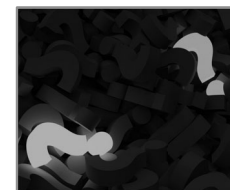


Learning about HIV

For World AIDS day (1st December) you may decide to add an additional focus on HIV.

Nurse visit

Write questions for a visit from a sexual health nurse.



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