

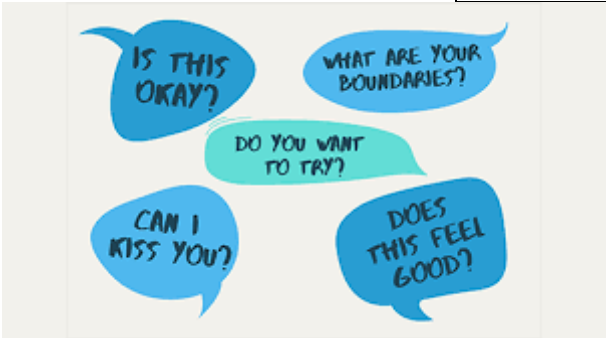
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| | Relationships. Year 8/9 cycle A term 6- PHSE: Introduction to sexuality and consent. | |
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| PHSE Golden Concepts | | | | |
|----------------------|--------|---------------|--------|---------------|
| Respect | Safety | Communication | Health | Relationships |

| Key Vocabulary | |
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| Sexuality – | How a person experiences romantic and/or sexual attraction. |
| Consent – | Giving permission for something to happen; must be freely given, reversible, informed, enthusiastic, and specific. |
| Respect – | Treating others kindly and considering their feelings and rights |
| Boundaries – | Personal limits about what feels safe and comfortable. |
| LGBTQ+ – | Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and others. |
| Stereotype – | An oversimplified idea about a group of people. |

What I will know by the end of the unit:
Understand sexuality and the different relationships they may have and how important consent is from both parties.

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| <p>What is Sexuality? Everyone has a sexuality. It's normal to feel confused or uncertain during puberty. People may be attracted to the same gender, different genders, or none.</p> |
| <p>Respect for Others Everyone deserves respect regardless of their sexuality. It's wrong to bully or make fun of someone based on how they identify.</p> |
| <p>What is Consent? Consent is about permission – in any situation. You can say no at any time – even if you said yes earlier. Consent is needed for hugging, sharing photos, jokes, and more.</p> |
| <p>Rights and Responsibilities You have the right to feel safe and respected. You have a responsibility to respect others and their boundaries. Understanding differences makes our community stronger and safer.</p> |



Relationships.
Year 8/9 cycle A term 6- PHSE: Introduction to contraception including condom and the pill

| PHSE Golden Concepts | | | | |
|----------------------|--------|---------------|--------|---------------|
| Respect | Safety | Communication | Health | Relationships |

What I will know by the end of the unit:
Importance of safe sex.

| Key Vocabulary | |
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| Contraception – | Methods used to prevent pregnancy. |
| Condom – | A barrier method worn on the penis or inside the vagina to stop sperm from entering the womb. Also protects against STIs. |
| The Pill – | A daily tablet taken by someone with ovaries to prevent pregnancy by stopping ovulation. |
| STI – | Sexually Transmitted Infection. |
| Emergency Contraception – | A pill or device used shortly after unprotected sex to help prevent pregnancy. |

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| <p>What is Contraception? Contraception helps prevent pregnancy. Some methods also help protect against STIs (e.g. condoms). It's important to understand how each method works before becoming sexually active.</p> |
| <p>The Condom (Male & Female/Internal) Worn during sex to stop sperm from entering the body. Only method that also protects against STIs. Available free from many clinics and youth services. Must be used correctly and consistently to be effective.</p> |
| <p>The Pill (Combined Oral Contraceptive) Taken daily by someone with a uterus. Stops the release of an egg (ovulation). Does not protect against STIs. Needs to be prescribed and taken regularly.</p> |
| <p>Values & Responsibilities Using contraception shows respect for yourself and your partner. Consent is always needed, no matter what contraception is used. It's okay to delay sex until you feel ready — there's no pressure.</p> |

Myth

Fact

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| <p>“You can’t get pregnant the first time.” “The pill works immediately.” “Condoms always break.”</p> | <p>You can get pregnant any time you have unprotected sex. It usually takes a few days to become effective. Condoms are 98% effective when used properly.</p> |
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| | Relationships. Year 8/9 cycle A term 6- PHSE: Sexually transmitted diseases- STI's | |
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| PHSE Golden Concepts | | | | |
|----------------------|--------|---------------|--------|---------------|
| Respect | Safety | Communication | Health | Relationships |

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| <p>What I will know by the end of the unit: What are STI's and how they are spread.</p> |
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| Key Vocabulary | |
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| STI – | Sexually Transmitted Infection; an infection passed through sexual contact. |
| Condom – | A barrier method of contraception that helps prevent STIs and pregnancy. |
| Transmission – | The way an infection spreads from one person to another. |
| Symptoms – | Signs of illness; many STIs have no symptoms at first. |
| Chlamydia – | A common STI that can lead to serious health problems if untreated. |
| HIV – | Human Immunodeficiency Virus; damages the immune system if untreated. |
| HPV – | Human Papillomavirus; some types can lead to cancer. |
| Testing – | Checking for STIs through a clinic or home test kit. |

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| <p>What Are STIs? STIs are infections that can be spread through: sex Sometimes skin-to-skin contact</p> <p>Some STIs are bacterial (can be cured with antibiotics), others are viral (can be managed but not cured).</p> |
| <p>Prevention Use condoms every time during sexual activity – male or female/internal. Get regular sexual health checks if sexually active. Get vaccinated (e.g. HPV vaccine, given in school).</p> |
| <p>Testing and Treatment STI tests are: Free and confidential Available at sexual health clinics, some GPs, and youth services Many STIs are curable if caught early. It's important to tell any recent partners so they can be tested too.</p> |

Myth

- “Only people who sleep around get STIs.”
- “You’d know if you had one.”
- “You can’t get an STI from oral sex.”

Fact

- Anyone can get an STI from unprotected sex.
- Many STIs have **no symptoms**.
- You **can** – condoms and dental dams help protect you.