

# SEXUAL HEALTH

PSHE Year 8 Summer 1

## KNOWLEDGE ORGANISER

### Overview:

- Healthy relationships and responsibilities
- Starting relationships
- Sexual consent
- Contraception.

**Sexual relationships –  
what is appropriate?**

### RELATIONSHIPS



### Sexual CONSENT and the law:

Consent means *'giving your permission or agreeing to do something'*

In the UK to be able to give sexual consent you have to:

- Be over 16 years old
- Have the mental capacity
- Have the choice
- Have the freedom to choose

**>16**

### REGRET

**How to avoid regret?** Talking in a relationship beforehand about what both people want, how to prevent a pregnancy, (if in a heterosexual relationship) and protect against STIs in any sexual relationship, can avoid the feeling of regret at having sex

### READY

Being **ready** involves the emotional maturity to ...

- Be **yourself** - stick to your values and in your own time
- Give and expect **respect**
- Seek and give **consent**
- Sex is **not the only way** to be intimate
- Stay **safe and protected** from pregnancy and STIs
- Stay in **control** – not be influenced by alcohol or drugs
- **Talk** it through with your partner
- Show your **feelings** – they really matter!
- It's ok if you're not ready – wait as long as you want!  
**There should never be pressure to 'be ready'**

*Who can I speak  
to if I am worried  
or need to ask  
questions?*

- Form Tutor / Year Leader
- PSHE teacher
- Designated Safeguarding Lead in School (Mr. Biddle; Mrs. Sawtell; Mr. Beet; Mrs. Deeney)
- Support staff
- Trusted adult
- ChildLine
- NSPCC
- CEOP
- Social Worker
- Chathealth
- [www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)
- [www.thehideout.org.uk](http://www.thehideout.org.uk)



## Barrier Methods



Where are male condoms worn? **Over the penis**

Where are female condoms worn? **Inside the vagina**

**Condoms** - known as a barrier method. They work by stopping sperm from entering the vagina, anus or mouth to prevent STIs and pregnancy in vaginal sex

With correct use condoms are **98% effective** at stopping pregnancy and STIs

What is 100% effective?  
**NO Sex!**

## Contraceptive Pill

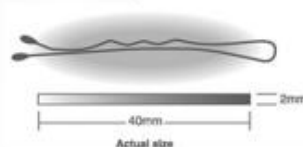
- ❖ Must be taken **EVERY DAY**
- ❖ **98% effective** if taken correctly
- ❖ Can help make periods, lighter, shorter and regular
- ❖ Reasons for failure: forget to take it, sickness, diarrhoea and other medication
- ❖ Can cause headaches/mood swings
- ❖ They are **FREE**



# CONTRACEPTION

## Implant

- ❖ Small flexible rod
- ❖ **99% effective**
- ❖ Lasts 3 years
- ❖ Periods can stop or become irregular
- ❖ They are **FREE**



## Injection

- ❖ Given every 12 weeks (3 months)
- ❖ Can reduce heavy periods
- ❖ If side effects happen they may last the length of the injection

