






Relationships, Sex and Health Education

Year 7 Knowledge Organisers



Catholic understanding of the body

Human Dignity and Respect	
<p>Imago Dei</p> 	<p>Catholics believe that human beings are made 'imago Dei', which means "in the image of God". This is taken from the Genesis account of the creation of Adam, when God says, "Let us make human beings in our own image."</p>
<p>One Person: Body & Soul</p> 	<p>Catholics believe that each human is made of the body and the soul. These are the two parts which make one whole person. The main distinction between the body and soul is that the body is material and the soul is immaterial.</p>
<p>Human Dignity</p> 	<p>Catholics believe in human dignity which is the belief that all people, no matter their sex, race, religion, culture or gender has value. They believe that human life was created by God, is sacred and all lives should be treated with respect. This influences Catholics to focus on both their needs and the needs of others.</p>
<p>Respect for others</p> 	<p>'Respect' means treating everyone and everything with care. Jesus taught the 'Golden Rule' which is to treat others the way you would like to be treated. You can show respect for others in how you speak to them, how you behave towards them and how you treat them, even when you're not in their company.</p>
<p>Respect for ourselves</p> 	<p>Self-respect is loving yourself and treating yourself with care. It's the result of staying true to your values and principles. Respecting yourself also prevents you from comparing yourself and your life with other people. This may be especially important in today's digital world which can have a negative impact on self-esteem.</p>

Imago dei

The belief that humans are created in the image of God

Self Esteem

Having confidence in your own ability and showing yourself respect

Body

The physical and material part of a person

Soul

The spiritual or immaterial part of a person



Physical & Emotional Puberty

Puberty

The time of life when a child experiences physical and hormonal changes that mark a transition into adulthood.

Self Esteem

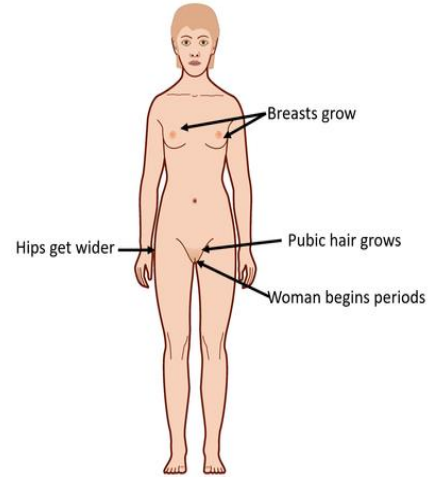
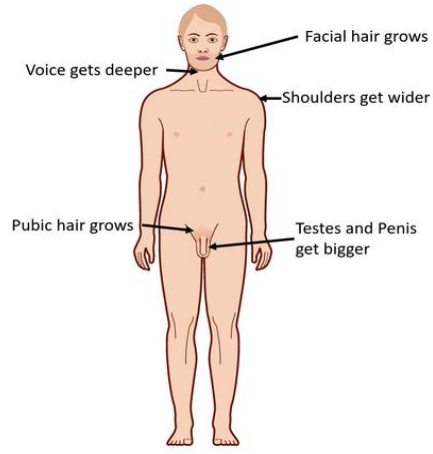
Having confidence in your own ability and showing yourself respect

Body

The physical and material part of a person

Personal Hygiene

How you take care of yourself, including keeping your body clean, mouth & teeth clean, and your hair and scalp clean



Physical Changes during Puberty	
Boys only	<p>Most boys start between 9 and 14 years of age (average of 12)</p> <ul style="list-style-type: none"> • Facial hair and pubic hair grows • Voice breaking (becomes deeper) • Erections (linked to sexual maturity) • Widening of chest and shoulders • Testes and penis growth • Shoulders get wider
Girls Only	<p>Most girls start between 8 and 14 years of age (average of 11)</p> <ul style="list-style-type: none"> • Menstruation / Periods begin • Breast growth • Stretch Marks • Cellulite (deposits of fat that causes a dimpled appearance on skin) • Hips widen
Both girls & boys	<ul style="list-style-type: none"> • Underarm hair • Growth of pubic hair • Body smell becomes stronger • Emotional changes • Growth rate increases

Emotional Changes during Puberty	
Common Changes	<p>Emotional changes vary from person to person, but they can include:</p> <ul style="list-style-type: none"> • Self esteem issues (lack of confidence in yourself and your appearance) • Sexual interest in other people • Social connection outside of family (friends & relationships) • Frustration and mood swings • Varied energy levels • Emotional behaviour (heated arguments and unwanted aggression)

Help & Support Available	
Trusted Adult	Parent, Carer or Teacher
Childline	Puberty Childline



Personal Hygiene

Personal Hygiene

How you take care of yourself, including keeping your body clean, mouth & teeth clean, and your hair and scalp clean

Body Odour








The unpleasant smell of a person's unwashed body.

Oral Hygiene

Keeping your mouth, teeth and gums clean to prevent infection and disease.

Puberty

The time of life when a child experiences physical and hormonal changes that mark a transition into adulthood.

Personal Hygiene	
Hair 	Puberty causes the oil glands in the hair to produce more oil which can make hair more oily meaning that it needs to be washed more regularly. It should be washed every two to three days.
Oral Care 	Brushing teeth twice a day, flossing and using a mouth wash can prevent bad breath and dental issues. Regular visits to the dentist are also important and this should take place at least once per year.
Face 	During and after puberty people can be more prone to spots and acne. This can be managed through the use of daily face washes. Exfoliants should be used twice weekly in order to remove dead skin cells.
Body Hair 	You may want to remove some body hair, but whether you do is up to you. Some boys who grow facial hair like to let it develop into a mustache and beard. Some girls may decide to leave the hair on their legs and under their arms as is. It's all up to you and what you feel comfortable with. Regular bathing/showering will ensure you keep clean.
Body Odour 	Due to puberty, sweat glands become more active than before, and begin to secrete different chemicals into the sweat that has a stronger smelling odour. Daily bathing (especially after strenuous exercise) and the use of antiperspirant or deodorant can help remove the strong smell. Antiperspirants will reduce the amount of sweat you produce whereas deodorants cover the smell and odour.
Genital Hygiene (Female) 	The inside of the vagina rarely needs cleaning with the use of soap. It has a natural balance of substances that can become disturbed by washing causing any bacteria that enter to have the potential of developing into an infection. The labia should only need cleaning once a day using a mild soap and water. Over cleaning of the genital area can be harmful and lead to infections such as thrush
Genital Hygiene (Male) 	The penis, scrotal area and anus, should only need cleaning once a day. Special care should be taken by uncircumcised men to make sure the head of the penis is cleaned. This can be done by allowing the warm water to act as a lubricant and the foreskin should be gently pulled back. Failure to clean this area properly will result in smegma collection, causing bad odours and an increased risk of infection.



Self-Esteem (Body Image)

Self Esteem

Having confidence in your own ability and showing yourself respect

Body Image

A person's attitude, belief and perception of their own body.








Body

The physical and material part of a person

Soul

The spiritual or immaterial part of a person

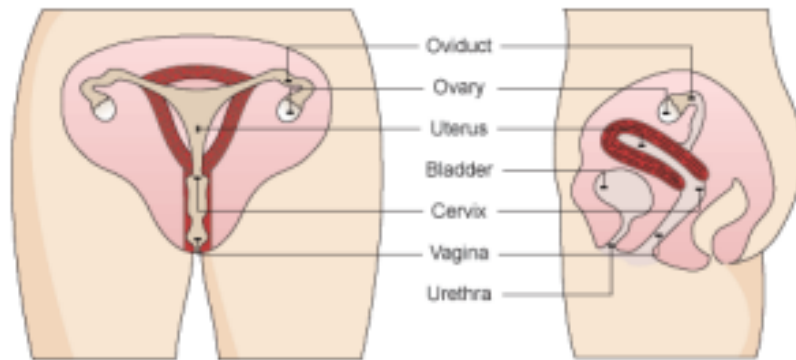
Help & Support Available	
Trusted Adult	Parent, Carer or Teacher
Childline	Contacting Childline Childline

Self Esteem & Body Image	
Eat Healthy Foods 	Maintaining a healthy and balanced diet can improve self esteem and body image. Eating healthy helps to maintain a healthy weight and improves energy levels. A poor diet and a poor relationship with food can have a impact on a person's confidence.
Sleep 	Young people going through puberty are advised to have between 8-10 hours sleep per night. It can benefit both your physical and mental health. It will help to improve your energy levels and can also support a healthy diet and maintaining a healthy weight.
Keep Active 	Physical activity is an essential part of a healthy lifestyle. It promotes good physical health and contributes to people's self-esteem. It can lead to a sense of self satisfaction, it is enjoyable so can relieve stress, it releases endorphins which increase happiness and can improve body image as it maintains a healthy weight.
Body & Soul 	The Catholic faith teaches us to focus on ourselves as both body and soul. This means, the image of yourself should not simply be based on the material part of a person. Instead, you should focus on all the things that you are proud of e.g. gifts, talents, abilities etc.
Positive Focus 	It is natural to compare ourselves to people we see on social media, on film or on TV. It is important to remember these often showcase the best possible version of a body or face. The reality is that these people may also struggle with self-esteem. There are many people to follow on social media to gain a more balanced view of body types.
Don't Body Shame 	The Catholic faith teaches that all humans are made in God's image. For this reason, we should treat all people with dignity and respect. This means we should never shame others or ourselves for how we look. There is more to us than just our bodies.
Positive Friendships 	Ensure that the people you spend time with help to boost your self esteem. Your friends should be supportive, positive and be a source to improve your self confidence. If your friends do not help to improve your self esteem then this can be classed as a toxic relationship and it should be avoided.



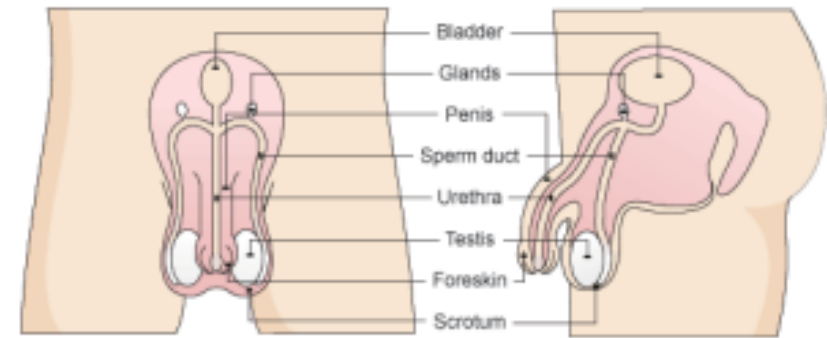
Reproductive System

Female reproductive system



Parts of Female Reproductive System	Functions of the part
Ovary	The organ where eggs (ova) are produced and where they mature ready for release each month
Oviduct	The small tube leading from each ovary to the uterus – the egg travels along here and fertilisation happens here
Uterus	The organ where an embryo grows into a foetus and eventually a baby
Uterus lining	The wall of the uterus
Cervix	A ring of tissue between the uterus and vagina; this helps keep a foetus in place in the uterus during pregnancy
Vagina	The organ that is entered by the penis during sexual intercourse; this is also part of the birth canal

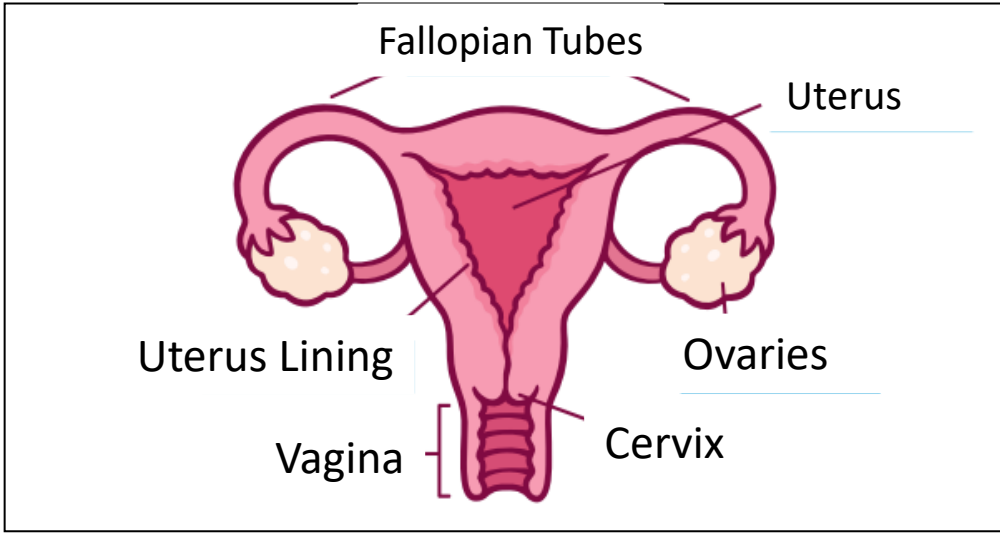
Male reproductive system



Parts of Male Reproductive System	Functions of the part
Testes	The organ where sperm cells are made
Scrotum	The skin that holds the testes
Sperm ducts	The tubes that carry sperm from the testes to the urethra
Glands	These add liquids, including nutrients for the sperm, to the sperm cells from the testes to make semen
Urethra	The tube that carries either urine or semen out of the body through the penis
Penis	The organ that enters the vagina during sexual intercourse
Foreskin	The skin that protects the end of the penis



The Menstrual Cycle (Fertilisation, Gestation and Birth)



The Menstrual Cycle	
Days 1-5	A 'period' happens (menstruation), where the uterus lining breaks down
Days 6-13	Uterus lining builds up (thickens) to prepare for pregnancy. The egg (ovum) matures in the ovary
Day 14	Egg (ovum) released from the ovary and travels down the oviduct (fallopian tube)
Days 15-28	Uterus lining stays thick, in case the egg is fertilised

Fertilisation	Gestation	Birth
<p>Fertilisation is when a sperm cell and an ovum fuse. Sperm cells are released into the female reproductive system during sexual intercourse (ejaculation). Only one sperm cell breaks through the cell membrane and enters the ovum, and only the head enters. They fuse together, putting the mother and father's genetic information together. The fertilised ovum is now an embryo.</p>	<p>After fertilisation, a woman is pregnant. The embryo grows as cells divide and travels to the uterus. The embryo implants into the uterus lining, where it gets oxygen and nutrients from the mother's blood. As it grows bigger, we call it a foetus. It grows a placenta and umbilical cord. At the placenta, the foetus gets oxygen and nutrients from the mother's blood.</p>	<p>After roughly 40 weeks of pregnancy, the foetus is ready to be born. The muscles in the wall of the uterus contract (contractions). These contractions get stronger and faster – this is 'labour'. After some time of labour, the amniotic sac breaks, which releases the fluid (the 'waters break'). Contractions push the baby headfirst through the birth canal – through the cervix and out through the vagina.</p>



Family and Friends

Different types of family in Britain	
Blended Family	A family consisting of a couple, the children they have had together, and their children from previous relationships.
Single Parent Family	A family consisting of a parent with one or more children without the support of another adult partner in the household.
Same Sex Parent Family	A same-sex family is a homosexual couple living together with children.
Nuclear Family	A family unit consisting of two adults and their children living together
Foster Family	A family where children live with related or non-related adults to provide them with shelter and care.
Grandparent Family	A family where children are brought up by their grandparents
Extended Family	A family that includes parents and children and other relatives (grandparents, aunts/uncles) and cousins in the same household.

How to deal with conflict between family and friends
<p><u>Communication</u> Speak to one another honestly about how you feel and what caused those feelings</p> <p><u>Listen</u> Actively listen to how others feels and let them speak without interrupting</p> <p><u>Remain calm</u> Try to put emotions to one side and remain calm e.g. not raising voices or losing your temper</p> <p><u>Forgiveness</u> Be willing to forgive others and move on from previous issues</p> <p><u>Seek help</u> Speak to trusted adult such as a teacher if the conflict is having a negative impact on you.</p>

What makes a good friend?	
Good friends make you feel good	Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.
Good friends listen	A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.
Good friends support each other	If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.
Good friends are trustworthy	If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.
Good friends handle conflict respectfully and respect boundaries	A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.
Friends not followers	In the digital world you can feel under pressure to have a lot of friends and followers. Remember that you only need a small circle of friends to be happy,

Good friendships go both ways



My life on screen (Positive Digital Life)

10 strategies for staying safe online

1. Don't post any personal information online – like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
3. Keep your privacy settings as high as possible.
4. Never give out your passwords.
5. Don't befriend people you don't know.
6. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.
7. Remember that not everyone online is who they say they are
8. Think carefully about what you say before you post something online.
9. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude.
10. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

What does a positive digital life look like?

A person's digital life cannot be deleted and can be accessed at any time through a simple social media or search engine search. To promote a positive digital life there are 5 simple rules:

1. **Would you want your parent/ carer / teacher to see it?**

Is that photo/video/comment appropriate for the wider public audience? Would you want a future partner or employer to see it? Once something is online it stays forever.

2. **Do you really think that is private?**

Just because your privacy settings are high doesn't mean that someone else can't repost or screenshot what you have posted.

3. **Would you say it to someone's face?**

If you wouldn't say it to someone face, don't say it online. Portray yourself in a positive way as this may be seen by future friends, partners or employers.

4. **Is this your work to publish/use?**

Reposting or using someone else's work is fine if you credit the original owner creator. If you don't it is plagiarism.

5. **Would you want someone to do it to you?**

How would you feel if someone posted a picture of you or made a comments about you that you didn't like or want online?

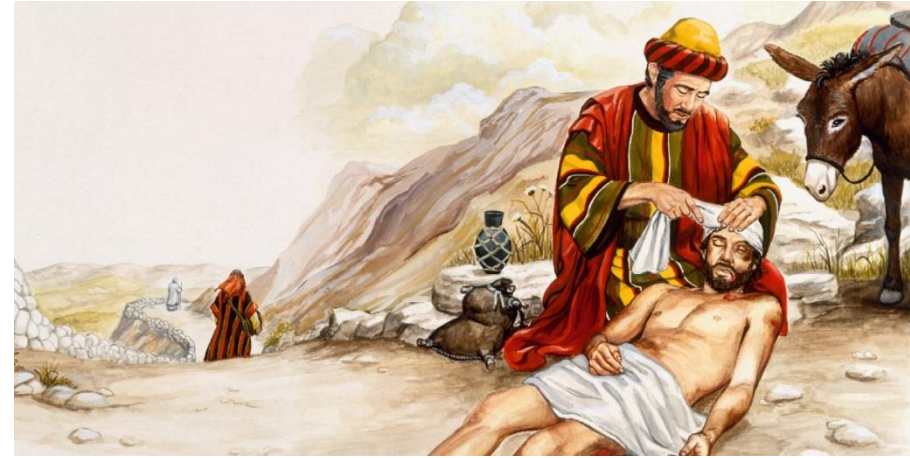
Where to get more help and support

- Parents and trusted family / adult
- School Safeguarding Team
- Directly to the police
- Report any inappropriate behaviour to the website
- NSPCC - www.nspcc.org.uk
- Childline - Helpline: 0800 1111 (24 hours, every day) / www.childline.org.uk
- CEOPS - www.ceop.police.uk/safety-centre/



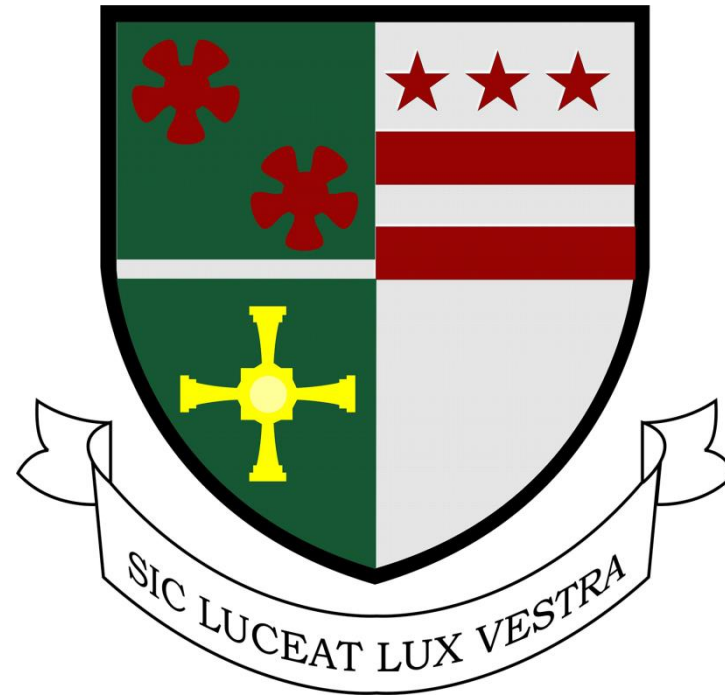
The Parable of the Wooden Bowl

- A frail old man went to live with his son, daughter-in-law, and four-year old grandson.
- The family ate together at the table, but the elderly grandfather's shaky hands and failing sight made eating difficult and he would spill food.
- The son and daughter-in-law became irritated with the mess and set up a small table in the corner and gave the elderly man a wooden bowl.
- The four-year-old watched it all in silence and one evening his father noticed his son playing with wood scraps on the floor.
- He asked the child: "What are you making?" and the boy responded, "Oh, I am making a wooden bowl for you to eat your food in when I grow up."
- The words struck the parents and they were speechless.
- That evening the husband took Grandfather's hand and gently led him back to the family table and for the remainder of his days, he ate every meal with the family.



The Parable of the Good Samaritan

- Jesus tells of a man who was travelling from Jerusalem to Jericho and was attacked by robbers on the way.
- He was badly beaten and left for dead.
- The first person to pass the injured man was a priest, who crossed the road and continued walking.
- The second person to pass the injured man was a Levite, a priest's assistant. He also crossed the road and continued walking without helping the man.
- The third person to come by was a Samaritan, a person from Samaria. The Samaritans were hated by the Jews.
- When the Samaritan saw the man, he took pity on him. He bandaged him and cleaned his wounds.
- He then put him on the back of his donkey and took him to an innkeeper, whom he paid to look after him.
- The parable ends with Jesus giving a commandment to go out and do the same as the Samaritan had done.



Relationships, Sex and Health Education

Year 8 Knowledge Organisers



Appreciating Differences

Gender Identity		
Gender		The characteristics of women, men, girls and boys that are socially constructed.
Gender Stereotype		Having certain generalised ideas about how boys/girls/men/women should act, look or think
Gender Identity		A person's sense of their own gender, whether male, female or something else which may or may not be the sex assigned at birth.
Gender Expression		How a person chooses to outwardly express their gender (they may not be trans)
Transgender		A term to describe people whose gender is not the same as the sex they were assigned at birth
Gender Dysphoria		When a person experiences discomfort because there is a mismatch between their sex assigned at birth and their gender identity
Biological Sex		The different biological and physical characteristics of males and females, such as reproductive organs, chromosomes and hormones
Male		A term used to describe the sex that fertilises eggs and does not produce babies or eggs itself
Female		A term used to describe the sex that can bear offspring or produce eggs



Feelings (Sexual Attraction)

Sex and Sexual Attraction	
Sexual Attraction	Attraction on the basis of sexual desire.
Self-Control	The ability to control your emotions and desires
Respect	Due regard for the feelings, wishes and rights of others
Kindness	Being friendly, generous and considerate toward others
Sex	Sexual activity, specifically including sexual intercourse

Catholic beliefs about the importance of sex and sexual attraction

- Sexual love between a man and woman should be kept back for marriage.
- Sex in marriage is a physical and sacred sign of the love and commitment between the couple.
- Catholics believe that holding back sex for marriage will increase the happiness and intimacy between the couple.
- It is also a safe a secure place to have children and create a family.

Healthy	Unhealthy	Abusive
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A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Before I was born

Pregnancy and foetal development by month







Conception	Out of hundreds of eggs and millions of sperm, one egg and one sperm unite at conception. For Catholics, this is the moment that life has begun.
1	The embryo is only two layers of cells, making it microscopic. But by the end of the month, a little poppy seed will grow to be about the size of an apple seed.
2	While still small, the foetus is growing at a rapid pace; about a millimetre every day and doubling in size weekly.
3	The mother may not yet be showing, but her breasts have likely increased in size. By the end of the month, the foetus will be the size of a lime or a tennis ball and be about 7.4 cm.
4	The foetus is now about the size of your entire hand—and weighs around 100 grams. Mothers will probably also be starting to show.
5	The foetus is between 25 and 30 cm in length, so about the size of a banana.
6	At this stage the foetus is starting to put on fat, making it about the size of a mango.
7	The foetus is now able open and close their eyes. At 40 cm in length and about 1 kg, they are the size of an aubergine.
8	The baby is getting ready to greet the world! At 2.2 kg, they have developed lungs and are the size of a pineapple.
9	At this point, the average size is about 3.5 kg and about 50 centimeters in length — about the size of a watermelon.





Before I was born

Looking after yourself and an unborn child during pregnancy

Eat Well		You do not need to go on a special diet, but it's important to eat a variety of different foods every day to get the right balance of nutrients that the mother and the baby need.
Take folic acid		It's best to get vitamins and minerals from the foods you eat, but when you're pregnant you need to take a folic acid supplement as well, to make sure you get everything you need.
Cut out alcohol		It's recommended that if you're pregnant or planning to become pregnant you should not drink alcohol. This will keep any risk to the baby to a minimum. Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink, the greater the risk.
Cut back on caffeine		A pregnant woman should not consume more than 200mg of caffeine per day.
Stop smoking		Every cigarette you smoke contains over 4,000 chemicals, many of which are dangerous, so smoking when you are pregnant harms your unborn baby. Cigarettes can restrict the essential oxygen supply to your baby. As a result, their heart must beat harder every time you smoke.
Adequate exercise and rest		The more active and fit a person is during pregnancy, the easier it will be for them to adapt to their changing shape and weight gain. It will also help you to cope with labour. Exercise is not dangerous but some should be avoided.

Ending of pregnancy prematurely

Miscarriage	A miscarriage is the loss of a pregnancy during the first 23 weeks. The main sign of a miscarriage is vaginal bleeding, which may be followed by cramping and pain in your lower abdomen.
Still Birth	A still birth is when a baby is born dead after 24 completed weeks of pregnancy. It happens in around 1 in every 200 births in England. If the baby dies before 24 completed weeks, it's known as a miscarriage.
Abortion	An abortion is a procedure to end a pregnancy. It's also sometimes known as a termination of pregnancy. The pregnancy is ended either by taking medicines or having a surgical procedure.









Protected Characteristics & Tough Relationships

Equality Act 2010

Protected Characteristics

It is against the law to discriminate against someone because of their:

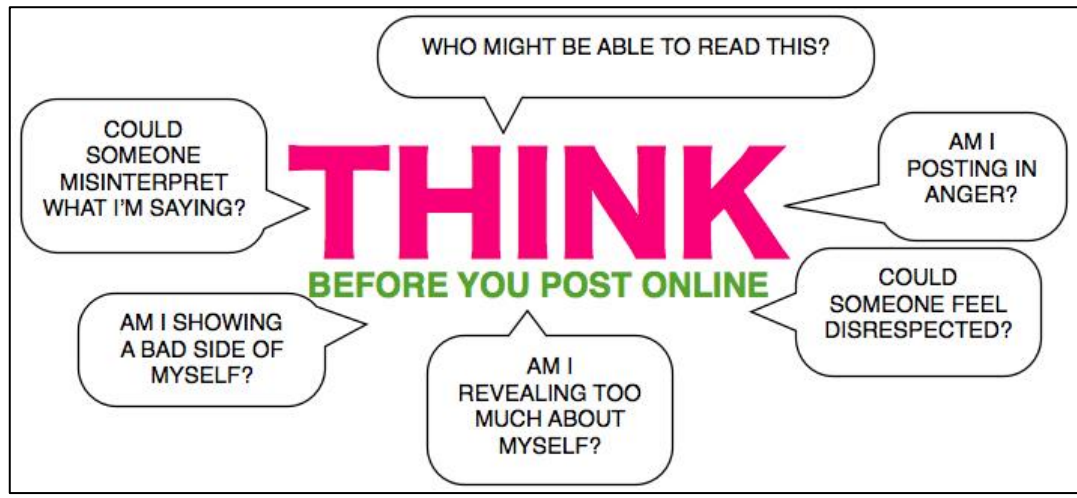
		
AGE	DISABILITY	SEX
		
MARRIAGE AND CIVIL PARTNERSHIP	RACE	PREGNANCY AND MATERNITY
		
SEXUAL ORIENTATION	RELIGION OR BELIEF	GENDER REASSIGNMENT

Tough Relationships		
Prejudice		Judging someone without evidence or experience
Discrimination		Unfair treatment of someone based on issues such as gender or race
Privilege		An advantage only available to a particular group or person
Judgement		Expressing a bad opinion of a group or individual because you think yourself better
Tolerance		The willingness to allow beliefs and opinions that you may not agree with
Mutual Respect		Celebrating and valuing people and their beliefs/opinions

Who Can you turn to for help and Support	
Parents or trusted family members	Teachers or school Staff
The Police	Safeguarding Team
NSPCC	Helpline: 0800 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
National Bullying Helpline	https://www.nationalbullyinghelpline.co.uk/



Think before you share



Digital Footprint Five P's		
Privacy		Keep your personal details and passwords secure. Don't post private images or information.
Profile		Your profile should represent the best version of yourself. Images and posts that are indecent or offensive should not be shared.
Protect		Protect yourself and others by keeping evidence of negative behaviour and telling a trusted adult. Never retaliate!
Positive		Make sure that the information you like and the posts you share online is always positive.
Permission		Make sure you have permission to view, share or download information online.

Consequences of sharing images of a sexual nature		
Social		People who see the image or hear that the image has been shared may form an opinion about you and judge you. The image could have a negative impact on your reputation both at school and when you leave school.
Personal		If the image is shared around peer groups it may lead to bullying and feelings of isolation. The image may be used to blackmail or groom a child and lead to further sexual abuse.
Legal		It is an offence to make, distribute, possess or show any indecent images of anyone aged under 18, even if the content was created with the consent of that young person. Indecent includes naked images, genitals, sex acts and sexual pictures





Wider World (Issues of prejudice, discrimination and bullying)

Bullying

Repeated and intentional behaviour which cause harm to another person, either physically or emotionally.

Prejudice






Judging someone without evidence or experience. Examples include judging someone due to their race, religion or sexual orientation.

Discrimination

Unfair treatment of someone. This can include racism, sexism or misogyny.

Bully

A person who engages in bullying type behaviour towards one or more people.

Types of Bullying	
 <p>Physical</p>	<p>The victim is physically and violently assaulted by the bully. This can include being beaten up, pushed and shoved or the physical taking of items from the victim. This sort of bullying is against the law and should be reported to the police.</p>
 <p>Verbal</p>	<p>This can include name calling, comments and the spreading of rumours; it can also constitute harassment in some cases which is illegal and should be reported to the police.</p>
 <p>Emotional</p>	<p>Emotional bullying is difficult to see, but can include excluding the victim from a particular group, tormenting and humiliating the victim.</p>
 <p>Cyber</p>	<p>Cyberbullying is the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature, but can also include setting up of malicious websites or posting personal and embarrassing images and videos without the persons permission.</p>
 <p>Specific</p>	<p>This the term used to describe bullying based on an specific aspect of the victims identity such as homophobic, transphobic, Bi-phobic bullying but can also include racist bullying and bullying based on religion. All of these types of bullying are illegal.</p>

Dealing with Bullying

Remember that it is the victim that determines if they believe the behaviour is bullying not the bully.

- **Tell someone** – don't keep it to yourself, find a trusted adult who you can talk to.
- Don't retaliate, try and ignore them if you can.
- Try not to react in front of the bully.
- Stay with trusted friends who will support you.

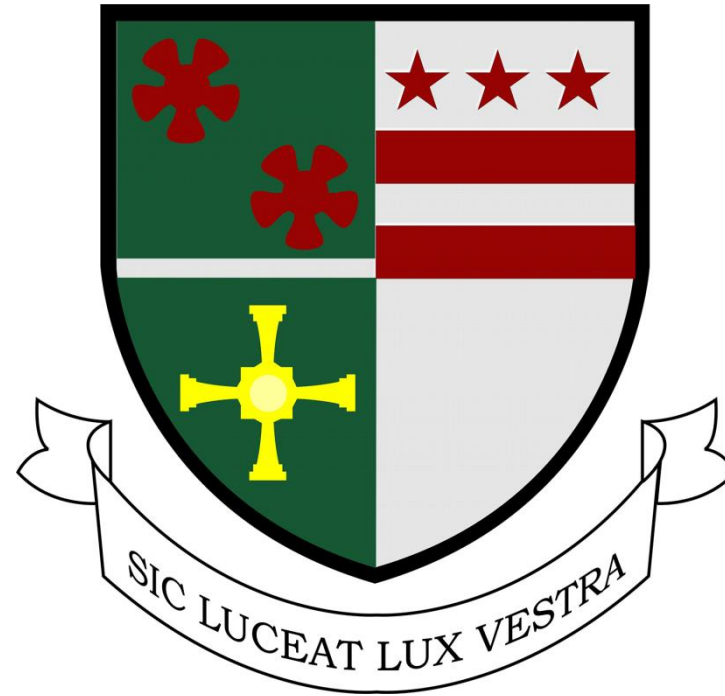
Dealing with Cyber Bullying

Cyber Bullying can be harder to handle as it anonymous and can impact all aspects of your life.

- **Tell someone** – don't keep it to yourself, find a trusted adult who you can talk to.
- Report the bullying to the website and block the user.
- Do not Retaliate
- Screenshot evidence of the bullying.

Who can you turn to for help and support?

Parents or trusted family members	Teachers or school Staff
The Police	Friends
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
National Bullying Helpline	https://www.nationalbullyinghelpline.co.uk/



Relationships, Sex and Health Education

Year 9 Knowledge Organisers



The search for love

Romantic Love

A feeling of love for, or strong attraction towards another person.

Sexual Attraction

Attraction on the basis of sexual desire.

Intimacy

Having a close, personal or romantic relationship with someone.

Pre-marital sex

Having a sexual relationship before you are married.








Different views about the purpose of sex	
Increase intimacy	Sex can help people to have a close, personal and romantic relationship with one another.
Improves physical and psychological health	Regular sex can help to improve a couples physical and mental health, including lowering stress, improving sleep and boosting immune function.
Boosts happiness and increases pleasure	Sex between a couple can boost their happiness levels as it helps the couple to bond. Sex also provides physical stimulation which increases pleasure.
Procreation	Catholics believe that God created man and woman to procreate which means to have children. They believe that sex should be open to the possibility of new life.
Unity	Catholics believe that God also created sex to unite a married couple. Sex provides a married couple with pleasure and enjoyment.

Catholic beliefs about pre-marital sex	<p>Sexual love between a man and woman should be kept back for marriage. Sex in marriage is a physical and sacred sign of the love and commitment between the couple.</p> <p>Catholics believe that holding back sex for marriage will increase the happiness and intimacy between the couple. It is also a safe a secure place to have children and create a family.</p>
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Love people & use things / controlling our choices

The Catholic Church understands that people have different values, attitudes and beliefs that influence our choices. The Church encourages young people to consider delaying sexual activity so that they can make mature and informed decisions.

Choices linked to love and lust		
Sexual Desire		Sexual desire is part of human nature. This comes from our evolutionary need to reproduce, which means that human life continues from generation to generation. When we have sexual desire, the brain produces the sex hormones oestrogen and testosterone, which leads to an increase in our sex drive.
Casual Sex		This is sex that takes place outside a committed relationship. Unprotected sex (often linked with casual sex) is considered risky due to the potential transmission of STI's and unwanted pregnancy.
Pornography		This is printed or visual sexually explicit material. Pornography is linked to sexual desire and lust and can give an unrealistic view of sexual activity.
Masturbation		Stimulation of the genitals for sexual pleasure.
Romantic Love		An intense feeling of deep affection toward another person. We do not choose who we love but we can choose how we treat people who we love.
Lust		Lust is when we allow our sexual desire to take over and obscure our ability to really see the other person. We don't really see them anymore as a someone, more as a some-thing.
Sexual Activity		Different ways in which people experience and express their sexuality. We each have choices regarding sexual activity but must remember to respect ourselves and others.



Fertility and Contraception

Contraception

Methods that are used to prevent pregnancy from occurring during sexual activity.

Hormonal Methods

Contraceptive methods with use hormones to prevent pregnancy, usually used by Women only.

Barrier Methods

Contraceptive methods which prevent pregnancy by stopping the sperm from reaching the egg.

Combination Methods

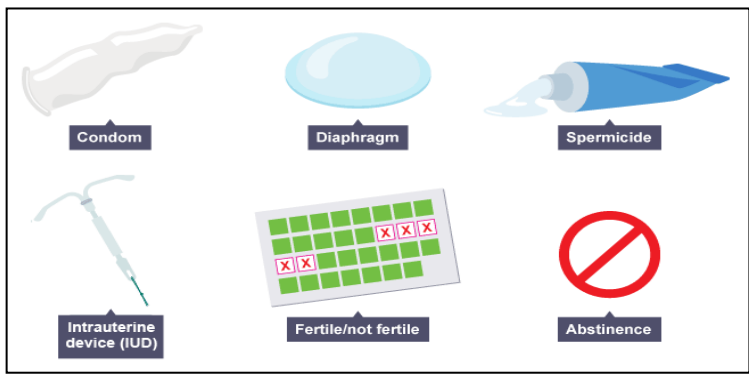
Contraceptive methods which use both hormonal and barrier methods to prevent pregnancy.

Natural Methods

Contraceptive methods which do not use hormones or barriers, mostly focused on fertility awareness. This is the method approved by the Catholic Church.

Forms of Contraception

Condom	Non-hormonal	Made of thin rubber, plastic or latex and it's put over the erect penis to stop sperm from entering the vagina.
Diaphragm/ Cap	Non-hormonal	A latex or silicone device that is put into the vagina to stop sperm entering the uterus to meet an egg. It uses spermicide to kill the sperm
Abstaining (NFP)	Non-hormonal	Not having sexual intercourse when an egg may be in the oviduct
Intrauterine devices (IUD)	Hormonal	A small T-shaped plastic and copper device that's put into your womb (uterus) by a doctor or nurse. It releases copper to stop you getting pregnant.
Emergency Contraception	Hormonal	A pill taken after sexual intercourse. It's not intended as a regular form of contraception. It can give you a headache or tummy pain and make you feel sick.
Contraceptive Pill	Hormonal	A pill a woman takes, which releases the hormones oestrogen and progesterone to stop ovulation. The pill sometimes prevents a fertilised egg (early embryo) from implanting in the womb
Injection, implant or patch	Hormonal	Long term forms of artificial contraception.












Where to get more help and support

- Your Doctor
- Community Nurse
- School Nursing Team
- NHS Online
- www.healthforteens.co.uk
- www.brook.co.uk



Marriage (Different Relationships)

Different Relationships		
Monogamy		This means having a sexual relationship with one person at a time. An example would be being married to only one husband or one wife - having more than one is actually illegal in the UK.
Cohabitation		This is when a couple lives together without being married. This doesn't mean that they are friends sharing accommodation - that's called a flatmate! - but they are living together as a couple and having a sexual relationship
Civil Partnership		This relationship gives a couple the same legal rights as a married couple, such as property rights, tax, pension benefits and parental responsibility for children. On the 27th of February 2023, the legal age for marriage and civil partnerships was increased to 18 years old in England and Wales.
Marriage		The legal union of two people in a personal relationship (On the 27th February 2023, the legal age for marriage and civil partnerships was increased to 18 years old in England and Wales)
Civil Marriage		This is a marriage for opposite sex couples. This is when a woman and a man have a wedding ceremony and register their marriage by law
Same Sex Marriage		This is also a Civil Marriage but for same-sex couples. Same-sex marriage was permitted by law in England, Wales and Scotland in 2014, and a law was passed in Northern Ireland to allow same-sex weddings from January 2020
Catholic (Christian) Marriage		This is when the couple believe that their union is a gift from God. In a church ceremony, the couple publicly declare that God has brought them together. Marriage is a sacrament for Catholics and means they have the power to show the love of God to one another.
Arranged Marriage		This form of marriage takes place in some countries and communities. This is where parents may suggest a marriage partner, but where there is (or should be) freedom of choice
Forced Marriage		This is a marriage that does not involve proper consent and that is illegal in the UK. On the 27th February 2023, it became an offence to cause a child under the age of 18 to enter a marriage in any circumstance.



Consent

Sexual Consent

Permission by a person to engage in any form of sexual activity including penetrative and oral sex.

Sexual Exploitation

The actual or attempted abuse of a person's vulnerability to obtain sexual favours. The vulnerability might be examples such as Age or finance.

Coercion

Persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.

A person who is a minor

A person who is under the age of 18 and legally considered a child.

Sexting

Sexting is the sending or posting of nude/semi-nude images, videos or live streams online by young people under the age of 18.

Consent is:

- 1 Freely given.** It's not okay to pressure, trick, or threaten someone into saying yes.
- 2 Reversible.** It's okay to say yes and then change your mind — at any time!
- 3 Informed.** You can only consent to something if you have all the facts.
- 4 Enthusiastic.** You should do what you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.
- 5 Specific.** Saying yes to one thing (like going to the bedroom) doesn't mean you're saying yes to other things (like having sex).

When can consent NOT be given?

- 1 When a person is drunk or high,** to the point that they are unable to speak or look after themselves.
- 2 Asleep or Passed Out** – if they are not conscious they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity – STOP!
- 3 They are underage** – Legally a person under the age of 16 cannot give consent to any sexual activity.
- 4 Mental disability or learning difficulties** which mean they are unable to fully understand what they are consenting to.

Signs of sexual exploitation

- | | |
|-----------------------------|--|
| Lots of attention | The perpetrator might give you lots and lots of attention to trick you into thinking you are in a loving and consensual relationship. |
| Gifts | The perpetrator may offer expensive gifts or large sums of money in return for sexual images or acts. |
| Isolate you | The perpetrator may prevent you from seeing close friends an/or speaking to family so you feel they are the only person you can trust. |
| Mood swings | The perpetrator may show very different emotions. At times they may be very kind and pleasant, whereas other times they might be very angry. |
| Promises and Threats | Sometimes the perpetrator might use violence and intimidation to frighten or force someone. |

Sexting and Consent

Sexting may be consensual by young people who are in relationships, as well as between those who are not in a relationship. It is also possible for a young person in a consensual relationship to be coerced into sharing an image with their partner. Incidents may also occur where:

- children and young people share images claiming to be from a peer
- children and young people digitally manipulate an image
- images created or shared are used to abuse peers e.g. by selling images online or obtaining images to share more widely without consent to publicly shame

Who can you turn to for help and support?

- | | |
|--|--|
| Parents or trusted family members | The Police / Community support officers |
| School Safeguarding Team or any member of staff. | |
| NSPCC | Helpline: 0808 800 5000 (24 hours, every day)
nspcc.org.uk |
| Childline | Helpline: 0800 1111 (24 hours, every day)
https://www.childline.org.uk |



Knowing my rights and responsibilities (Sexual Harassment)

Sexual Harassment

Unwanted and inappropriate sexual remarks or physical advances.

Sexual Exploitation

The actual or attempted abuse of a person's vulnerability to obtain sexual favours. The vulnerability might be examples such as Age or finance.

Coercion

Persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.

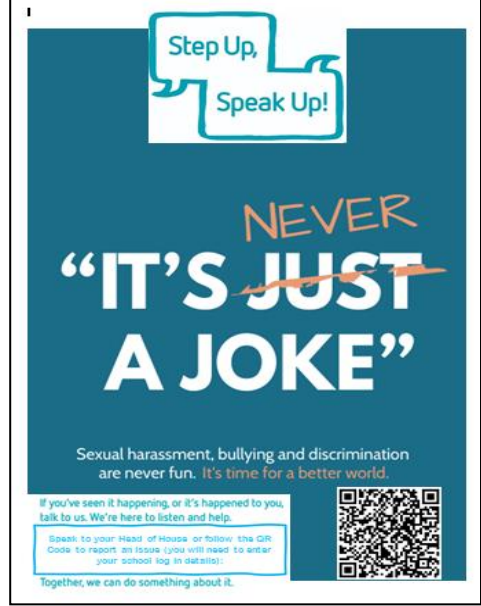
Human Rights

Rights which belong to every person e.g. the right to life.

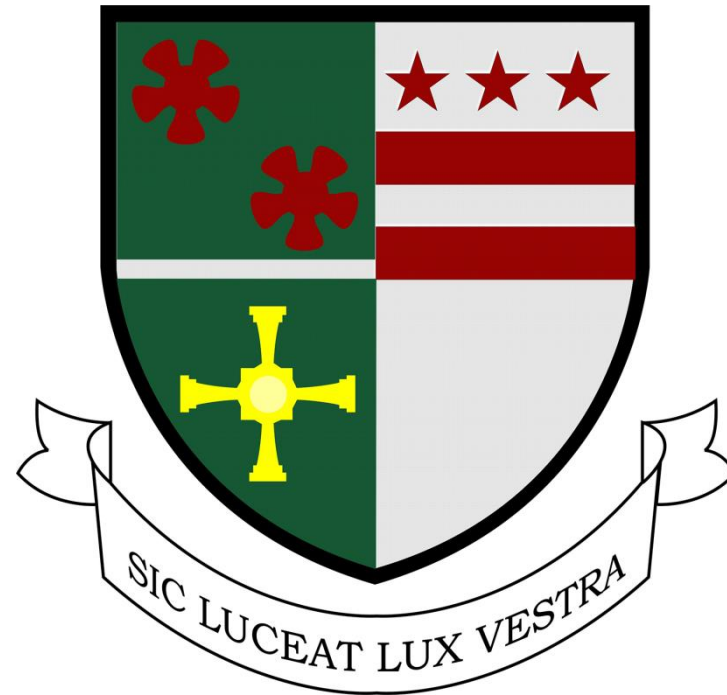
Injustice

A lack of fairness of justice in how someone is treated.

The Law on Sexual Harassment	
Lawful definition	When someone carries out unwanted sexual behaviour towards another person that makes them feel upset, scared, offended or humiliated.
Equality Act 2010 includes a range of behaviours:	Sexual comments and noises (whistling), sexual gestures, leering and suggestive looks, unwanted flirting or sexual advances, sexual requests, unwanted messages, intrusive questions, commenting on someone's body, spreading sexual rumours, standing too close to someone and unwanted contact, stalking, indecent exposure and upskirting.
Discrimination	Sexual harassment is a form of unlawful discrimination under the Equality Act 2010
Criminal features of sexual harassment	Stalking, indecent exposure, upskirting and physical contact automatically break criminal law
Consequences	<ul style="list-style-type: none"> Police can arrest the person who has committed the crime The person can be charged and face a criminal trial The punishment could lead to a prison sentence



Who can you turn to for help and support?	
Parents or trusted family members	The Police / Community support officers
School Safeguarding Team or any member of staff.	
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk



Relationships, Sex and Health Education

Year 10 Knowledge Organisers



Self Image

Self Esteem

Having confidence in your own ability and showing yourself respect

Body Image








A person's attitude, belief and perception of their own body.

Body Shame

Making critical comments about the shape, size, or appearance of their or another person's body.

Help & Support Available

Trusted Adult	Parent, Carer or Teacher
Childline	Contacting Childline Childline

Self Image	
Eat Healthy Foods 	Maintaining a healthy and balanced diet can improve self esteem and body image. Eating healthy helps to maintain a healthy weight and improves energy levels. A poor diet and a poor relationship with food can have a impact on a person's confidence.
Sleep 	Young people going through puberty are advised to have between 8-10 hours sleep per night. It can benefit both your physical and mental health. It will help to improve your energy levels and can also support a healthy diet and maintaining a healthy weight.
Keep Active 	Physical activity is an essential part of a healthy lifestyle. It promotes good physical health and contributes to people's self-esteem. It can lead to a sense of self satisfaction, it is enjoyable so can relieve stress, it releases endorphins which increase happiness and can improve body image as it maintains a healthy weight.
Body & Soul 	The Catholic faith teaches us to focus on ourselves as both body and soul. This means, the image of yourself should not simply be based on the material part of a person. Instead, you should focus on all the things that you are proud of e.g. gifts, talents, abilities etc.
Positive Focus 	It is natural to compare ourselves to people we see on social media, on film or on TV. It is important to remember these often showcase the best possible version of a body or face. The reality is that these people may also struggle with self-esteem. There are many people to follow on social media to gain a more balanced view of body types.
Don't Body Shame 	The Catholic faith teaches that all humans are made in God's image. For this reason, we should treat all people with dignity and respect. This means we should never shame others or ourselves for how we look. There is more to us than just our bodies.
Positive Friendships 	Ensure that the people you spend time with help to boost your self esteem. Your friends should be supportive, positive and be a source to improve your self confidence. If your friends do not help to improve your self esteem then this can be classed as a toxic relationship and it should be avoided.



Parenthood

Parental Responsibility

The legal rights and responsibilities of parents

Commitment

Being dedicated to a cause or an activity e.g., commitment to being a parent








Obligation

An action that someone is morally or legally bound to perform e.g. legal responsibility as a parent

Sacrifice

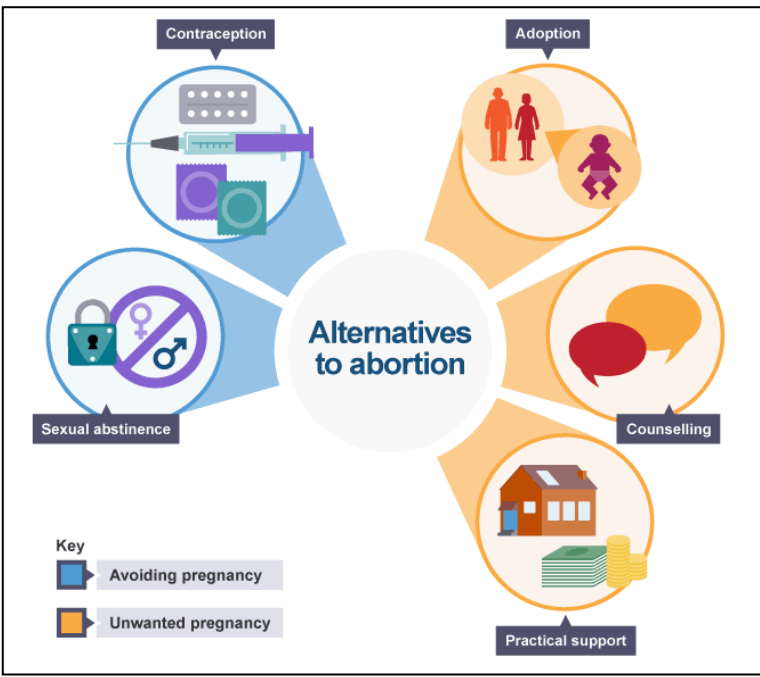
Giving up something for the sake of others. A parent gives up time, affection and finances for their child.

Parental Responsibility

<p>Provide a home</p> 	<p>Parents have to provide a safe environment for their child to grow and develop</p>
<p>Protect and maintain your child</p> 	<p>Parents have to provide for their child financially for things such as food and clothing</p>
<p>Discipline your child</p> 	<p>Parents must ensure they teach their children the difference between right and wrong and use appropriate methods to discipline their children</p>
<p>Provide education</p> 	<p>Parents must ensure that the educational needs of their child are met either through school or providing them with an education at home</p>
<p>Agree to medical treatment</p> 	<p>Parents have to agree to allow medical professionals to administer the correct medical treatment required if they are in an accident or become ill</p>
<p>Naming your child</p> 	<p>The person with parental responsibility can choose and change their name of their child</p>
<p>Choosing their religion</p> 	<p>The person with parental responsibility can choose and change the religion of their child, likewise, they can bring their child up with no religion</p>



Pregnancy & Abortion



Alternatives to abortion	
Contraception	Contraception can be used as a method of avoiding pregnancy. Advice is freely available from doctors and online.
Sexual Abstinence	Avoiding sexual activity until a person is ready for parenthood. Catholics would wait for marriage before having a sexual relationship.
Adoption	Adoption is the least common choice for unplanned pregnancy in the UK. It means that the birth parents give up all legal rights to the child and allow other people to raise their child.
Counselling	This is available to help support an individual to come to terms with the pregnancy and make an informed decision about the future.
Practical Support	Some organisations provide new mothers with financial support for housing, food and clothes to encourage the mother to have the child.

Different opinions about abortion	
For Abortion	Against Abortion
A woman has the right to choose whether or not she wants to have the baby. It is her body.	Catholics believe that life begins at the moment of conception. This means that abortion is morally wrong as life is ended.
In the case of rape, it would be lacking in compassion to deny a woman the right to an abortion.	Every human being, including an embryo or foetus, has the right to live and to reach their potential.
The woman might be too young to bring up a child, or she may have work or family commitments which make bringing up a child difficult or impossible.	There are alternatives to abortion such as adoption or seeking support and counselling. The support can help people make a more informed decision.
The pregnant woman's health and welfare are more important than that of the embryo or foetus.	Sometimes abortion is chosen because of the possibility of disability. However, people with disability can live full and happy lives.
The quality of life of the unborn child or the woman's existing children could be adversely affected by the birth.	The unborn child is denied a choice. It suggests that life is cheap and disposable.

Abortion and the Law	
Embryology Act 1990	This act of law allows termination of a pregnancy by a registered professional subject to certain conditions.
Two Doctors	Before an abortion takes place, two doctors must agree on certain conditions.
Prior to 24 weeks	Doctors must agree that the pregnancy is prior to 24 weeks and the abortion will prevent physical or mental health issues.
After 24 weeks	Abortion is always legal after 24 weeks if there is a threat to the mother's life and a significant threat of disability.
Hospital or clinic	Abortions can only take place in legally assigned buildings such as hospitals or clinics.



Abuse

Domestic Abuse

Domestic abuse is violence or other abuse by one person against another in a domestic setting, such as in marriage, cohabitation or family.

Statistics

In 2021/22 the NSPCC's Helpline contacted agencies about 22,505 children to investigate concerns about abuse and neglect:

- 8,389 children with concerns of neglect
- 6,441 children with concerns of physical abuse
- 4,418 children with concerns of emotional abuse
- 3,013 children with concerns sexual abuse
- 244 for sexual abuse online.

Types of Abuse

Physical Abuse:
Deliberate physical violence including hitting, slapping, shoving, grabbing, pinching, biting and hair pulling.

Sexual Abuse:
Coercing or attempting to coerce any sexual contact or behavior without consent.

Emotional Abuse:
Any attitude, behaviour or failure to act that interferes with a person's mental health or social development.

Financial Abuse:
Controlling someone's access to cash, assets and finances.

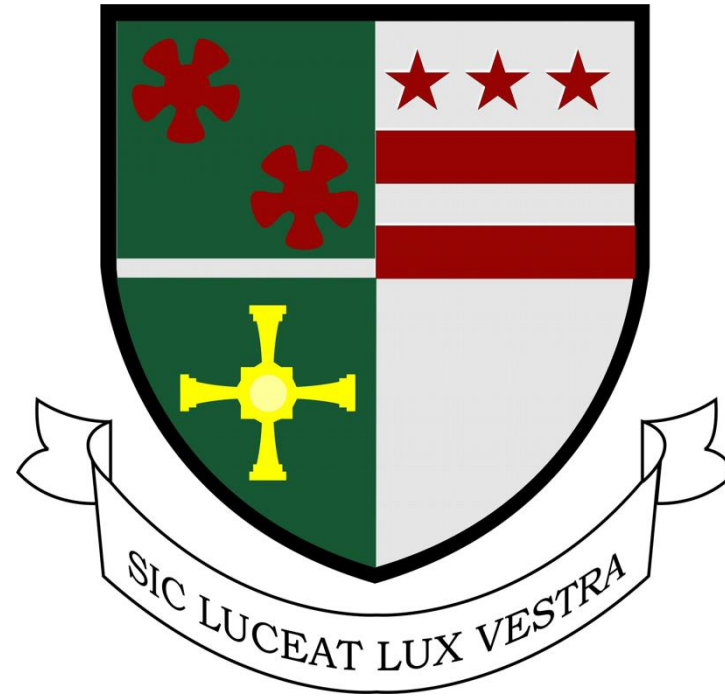
Neglect:
The ongoing failure to meet the basic needs of a child e.g. food, shelter, education, medicine and education.

Being vigilant to abuse

Physical	Emotional	Social
<p>Unexplained and an increase in Injuries such as:</p> <ul style="list-style-type: none"> • Black eyes • Busted lips • Red or purple marks on the neck • Sprained wrists • Bruises on the arms <p>It's also common for someone to hide injury:</p> <ul style="list-style-type: none"> • Wearing long sleeves • Wearing heavier than normal makeup • Wearing sunglasses inside 	<p>Emotional signs of abuse include:</p> <ul style="list-style-type: none"> • Low self-esteem • Extremely apologetic • Seeming scared • Changes in sleep habits • Agitation, anxiety, or constant apprehension • Developing a drug or alcohol problem • Symptoms of depression • Loss of interest in daily activities • Talking about or attempting suicide 	<p>There are social signs of abuse which include:</p> <ul style="list-style-type: none"> • Distance • Drops out of activities they would usually enjoy. • Cancels activities last minute. • Often late to school/work • Excessive privacy • Begins isolating themselves by cutting off contacts with friends and family members

Who can you turn to for help and Support

Parents or trusted family members	The Police
School Safeguarding Team or any member of staff.	
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
Women's Aid	Helpline: 0808 2000 247 24hr https://www.womensaid.org.uk
Men's Advice Line	Helpline: 0808 801 0327 Monday-Friday 9am-5pm http://www.mensadvice.org.uk/



Relationships, Sex and Health Education

Year 11 Knowledge Organisers

Stimulant

A drug which cause a person to feel like they have more energy or more awake.

Depressant

A drug which cause a person to feel calmer or lethargic.

Hallucinogen

A drug which cause a person to experience sensations that are not really there. This could be visual, auditory or physical.

Analgesic

A drug which reduces the feeling of pain.

Withdrawal

a predictable group of signs and symptoms that result from either the sudden removal of, or abrupt decrease in the regular dosage of a drug.

Addiction

The feeling of needing a drug in order to get through the day.

Drug	Analgesic	Hallucinogen	Stimulant	Depressant
Caffeine			✓	
Cocaine			✓	✓
Heroin	✓			✓
Cannabis		✓		✓
Crack Cocaine			✓	
Amphetamines		✓	✓	
Ecstasy			✓	
Alcohol				✓
Inhalants		✓	✓	
Tobacco				✓
LSD		✓		
Magic Mushrooms		✓		
Steroids	✓			

Mental and Emotional Risks

Anxiety: Anxiety, panic attacks, restlessness, irritability

Depression: Social isolation, lack of enjoyment, fatigue, poor appetite

Sleep: Insomnia, difficulty falling asleep or staying asleep

Cognitive: Poor concentration, poor memory

Physical Risks

Head: Headaches, dizziness

Chest: Chest tightness, difficulty breathing

Heart: Racing heart, skipped beats, palpitations

Stomach: Nausea, vomiting, diarrhoea, stomach aches

Muscles: Muscle tension, twitches, tremors, shakes, muscle aches

Skin: Sweating, tingling

Dangerous Withdrawal Symptoms

- Grand mal seizures (loss of consciousness)
- Heart attack
- Stroke
- Hallucination
- Delirium

Who can you turn to for help and support?

Parents and Family members	School Staff and Safeguarding Team
Your GP or Practice Nurse	
NSPCC	Helpline: 0808 800 5000 nspcc.org.uk
Childline	Helpline: 0800 1111(https://www.childline.org.uk
NHS Live Well Website	www.NHS.UK/Livewell
The Mix	Helpline: 0808 808 4994
Talk to Frank	Helpline: 0300 123 6600 talktofrank.com
Action on Addiction	Helpline: 0300 330 0659 actiononaddiction.org.uk
DrugFAM	Helpline: 0300 888 3853 drugfam.co.uk



Eating Disorders

Body Image

The perception that a person has of their physical self and the thoughts and feelings that result from that perception.

Eating Disorder

Any of a range of psychological disorders characterized by abnormal or disturbed eating habits

Anorexia

An emotional disorder characterized by an obsessive desire to lose weight by refusing to eat.

Bulimia

An emotional disorder characterized by a distorted body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by fasting or self-induced vomiting or purging.

Binge Eating

The consumption of large quantities of food in a short period of time, typically as part of an eating disorder.

- Factors affecting body image**
- Puberty and the changing body.
 - The Media
 - Peers and Family

- Ways to promote positive body image**
- Accept Your Body.
 - Remember Nobody's perfect.
 - Don't body-shame yourself.
 - Build a better habits.
 - Like Your Body - Find things to like about your looks.
 - Take Care of Your Body
 - Eat healthy foods.
 - Get a good nights sleep.
 - Be active every day.
 - Keep to a healthy weight.

- Statistics on Eating Disorders**
- Between 1.25 and 3.4 million people in the UK are affected by an eating disorder
 - Around 25% of those affected by an eating disorder are male
 - Eating disorder are most common in individuals between the ages of 16 and 40 years old

- Causes of Eating Disorders**
- Eating disorders are not simply about food; the behaviours that accompany them may often serve as a coping mechanism or a way to feel in control. Eating disorders have many causes which are individual to the person however some common causes are:
- Distorted Body Image
 - Bullying
 - Depression and/or Anxiety

- Symptoms of Eating Disorders**
- Symptoms of eating disorders will vary between individuals and type of eating disorder. Not matching the symptoms exactly does not mean that someone does not have an eating disorder, however, some common symptoms include:
- Eating very little food or eating large amounts of food in a short time in an uncontrolled way
 - Having very strict habits, rituals, or routines around food
 - Spending a lot of time worrying about your body weight and shape
 - Changes in mood
 - Deliberately making yourself ill after eating
 - Avoiding socialising when food may be involved
 - Withdrawing from social groups, hobbies you used to enjoy or from family life
 - Physical signs such as digestive problems or weight being very high or very low for someone of your age and height.

Treatments for Eating Disorders

Although there is no easy treatment for eating disorders, they are treatable and manageable. The treatment will often be linked to the underlying causes of the eating disorder.

Common treatments include:

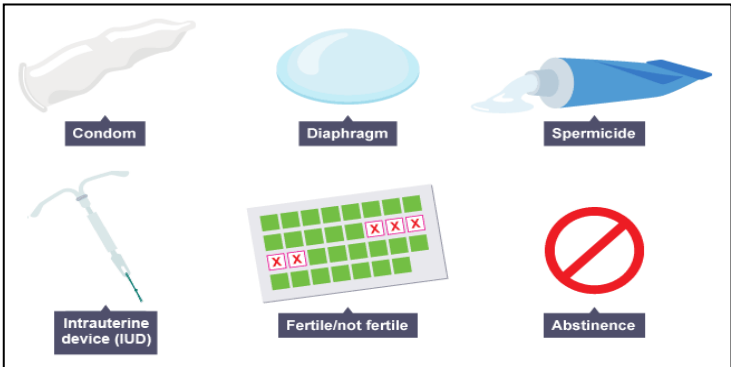
- Cognitive behavior therapy
- Talk Therapy
- Group support
- Medication – Anti-Depressants

The best course of treatments will be decided by a Doctor and team of specialists.

- Where to get more help and support**
- Parents and trusted family
 - School Staff, school nurse and Wellbeing Team
 - Your GP or Practice Nurse
 - Youth Access - www.youthaccess.org.uk
 - The Mix - www.themix.org.uk
Freephone: 0808 808 4994 (13:00-23:00 daily)
 - B-eat - www.b-eat.co.uk
Helpline: 0808 801 0711 (Daily 3pm-10pm)
 - Men Get Eating Disorders Too - mengetedstoo.co.uk
 - Anorexia & Bulimia Care - xiabulimiacare.org.uk
Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)

Birth Control

Forms of Contraception		
Condom	Non-hormonal	Made of thin rubber, plastic or latex and it's put over the erect penis to stop sperm from entering the vagina.
Diaphragm/ Cap	Non-hormonal	A latex or silicone device that is put into the vagina to stop sperm entering the uterus to meet an egg. It uses spermicide to kill the sperm
Abstaining (NFP)	Non-hormonal	Not having sexual intercourse when an egg may be in the oviduct
Intrauterine devices (IUD)	Hormonal	A small T-shaped plastic and copper device that's put into your womb (uterus) by a doctor or nurse. It releases copper to stop you getting pregnant.
Emergency Contraception	Hormonal	A pill taken after sexual intercourse. It's not intended as a regular form of contraception. It can give you a headache or tummy pain and make you feel sick.
Contraceptive Pill	Hormonal	A pill a woman takes, which releases the hormones oestrogen and progesterone to stop ovulation. The pill sometimes prevents a fertilised egg (early embryo) from implanting in the womb
Injection, implant or patch	Hormonal	Long term forms of artificial contraception.



Where to get more help and support

- Your Doctor
- Community Nurse
- School Nursing Team
- NHS Online
- www.helathforteens.co.uk
- www.brook.co.uk



Pornography

Pornography Laws in the UK

- It is legal to watch pornography in the UK as long as it doesn't feature under 18's, sex with animals, torture, scenes of rape or sexual assault, scenes which are violent to the point of life threatening or likely to cause serious harm.
- Pornographic material can be shown on TV after 9pm as long as it doesn't show erect penises or close ups of genitals.
- The legal age to buy pornographic material is 18, be this magazine, DVD's or internet access. The internet tries to prevent under-age access using credit cards or disclaimers.
- Under 18's who film or take sexual pictures of themselves or others can be charged with child pornography offences which can lead to prison sentences of up to 10 years. Even if all involved agreed.
- It is illegal to watch pornography with an under 18, this is considered a form of abuse.
- It is illegal to make and/or distribute pornographic photographs or films without all participants knowledge and consent. This can lead to up to 2 years in prison.

Ways in which Pornography can distort views of relationships and Sex

- Sex ends when the man ejaculates and orgasms.
- Women orgasm every time they have sex.
- People use insults and abusive language when having sex.
- Everyone wants to have sex all the time.
- Sex is an aggressive act of dominance of one partner over another.
- Women are portrayed as bored and sexually frustrated.
- People want to have sex with more than one person at a time.
- External ejaculation is expected and common.
- Anal Sex is common and popular amongst heterosexual couples.
- Sex is good every time.
- Penises are large (over 6inches)
- Sex is all about what men want and men are in control.
- Women are expected to dress up and wear make up for sex.
- Sex is loud.
- Consent to sex means all sex acts.
- You must look and dress a certain way to be considered sexy.

Where to get more help and support

- Parents and trusted family members
- Teachers and School Staff including School Nurse and Safeguarding Team
- Report any inappropriate images to the website.
- NSPCC - <https://www.nspcc.org.uk>
- Childline - Helpline: 0800 1111 (24 hours, every day) / <https://www.childline.org.uk>
- CEOPS - <https://www.ceop.police.uk/safety-centre/>

- Lowered relationship quality
- Increased risk of infidelity
- Financial issues or job loss
- Having difficulty in sexual encounters
- Negative impact on intimate relationships

Infection	Symptoms	Treatment
Chlamydia	Most people with chlamydia do not notice any symptoms and do not know they have it. Pain when urinating, Unusual discharge from the vagina, penis or bottom. Pain in the tummy. Bleeding after sex and bleeding between periods (women only). Men may experience pain and swelling in the testicles.	Sexually active people under 25 are recommended to have a chlamydia test once a year,
Genital Herpes	Small blisters that burst to leave red, open sores around the genitals, anus, thighs or bottom. Tingling, burning or itching around the genitals. Pain when urinating. Vaginal discharge that's not usual (women only)	Anti-herpes drugs and pain relief can be given to treat symptoms, but the infection cannot be cured.
Genital Warts	One or more painless growths or lumps around their vagina, penis or anus. Itching or bleeding from their genitals or anus. A change to their normal flow of urine (e.g. flow sideways) that does not go away	Visible warts can be treated, but the infection cannot be cured
Gonorrhoea	Around 1 in 10 infected men and almost half of infected women do not experience any symptoms. Symptoms of gonorrhoea may include a thick green or yellow discharge from the vagina or penis. Pain when peeing and, in women, bleeding between periods.	Antibiotics
HIV	Usually no obvious symptoms for many years. HIV can be transmitted through blood, semen and vaginal fluids, sharing needles and from mother-to-baby. Raised temperature, sore throat, body rash, weight loss and chronic diarrhea	No cure for HIV, but there are very effective treatments that enable most people to live a long and healthy life.
Human Papillomavirus (HPV)	HPV has no symptoms, so a person may not know if they have it. It's very common. Most people will get some type of HPV in their life.	HPV vaccine for girls and boys aged 12 to 13 in England protects against cervical cancer and genital warts.
Pubic Lice	Intense itching in the pubic area, small nits (eggs) on pubic hair.	Special shampoo, cream or spray applied to pubic area.
Scabies	Intense itching which is particularly strong at night	Cream or lotion for a person to apply over their whole body.
Syphilis	Small, painless sores or ulcers that typically appear on the penis, vagina, or around the anus A blotchy red rash that often affects the palms of the hands or soles of the feet Small skin growths (similar to genital warts) that may develop on the vulva in women or around the bottom (anus) in both men and women. White patches in the mouth. Tiredness, headaches, joint pains, a high temperature (fever) and swollen glands in the neck, groin or armpits.	Antibiotics, either injected or in tablet form.
Trichomoniasis	Women can suffer vaginal discharge, unpleasant smell, vaginal soreness and swelling and pain when urinating. Men can suffer white discharge from the penis, soreness on the foreskin or head of the penis and pain when urinating or when ejaculating.	Antibiotics

Where to get more help and support
Your Doctor
Community Nurse
School Nurse
NHS Online
www.helathforteen.co.uk
www.brook.co.uk

Things to Remember
You can have an STI and not know it.
Only a Doctor can diagnose an STI.
If you are diagnosed with an STI you must inform prior partners so they can be tested.
Some STI's can be transmitted without having sex



Coercive Control

Coercive control
Assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.
Rape
Sexual assault involving sexual intercourse / sexual penetration carried out without consent.
Victim Blaming
Questioning people who experience violence about their actions, and what they could have done to prevent it, or invite it.
Misogyny
A dislike or a prejudice against women.
Sexism
Unfair treatment of someone based on their sex.

Signs of coercive control & abusive relationships	
Jealous and possessive behaviour	Your partner may display signs of extreme jealousy toward you and others that you spend time with such as friends and colleagues.
Controlling choices such as clothing and friendships	Controlling the clothing you wear and the people you spend time with.
Control of finances	Controlling your access to money or resources. They might take your wages, stop you working, or put you in debt.
Pressure to have a physical relationship	They might manipulate or coerce you into doing things you don't want to do.
Mood swings (charming and abusive)	Includes name-calling, threats and manipulation, blaming you for the abuse or 'gas-lighting' you. This might be followed by extreme affection.
Controls your mobile device and monitors messages	They might send abusive texts, demand access to your devices, track you with spyware, or share images of you online
Uses anger and intimidation	Not only hitting. They might restrain you or throw objects. They might pinch or shove you and claim it's a 'joke'.