

PSHE
Year 10
Summer 2: RSE

Key vocabulary:

Domestic Abuse – An incident or series of incidents of controlling, coercive, threatening, degrading and violent behaviour.

Coercive behaviour – Pattern of acts of assault, threats, humiliation and intimidation

Pornography – Printed or visual material containing the explicit description or display of sexual organs intended to stimulate sexual excitement

Fertility – Natural capability to produce offspring

Miscarriage – When a baby dies in the uterus during pregnancy

Contraception – Deliberate use of something to prevent pregnancy

Key statistics relating to young people's viewing of pornography

- Over half (53%) of the 11-16 year olds surveyed by the NSPCC reported that they had been exposed to online pornography
- Viewing pornography appears to increase with age. Children first view it between 10 and 17 years old
- Accidentally seeing pornography is more common than deliberately looking for it
- Boys are more likely to access pornography than girls
- Boys generally view pornography more positively and say they access it mainly out of curiosity
- Girls have more negative attitudes about pornography and say it is distasteful
- Girls feel more uncomfortable than boys when viewing pornography

Answers		
Physical		All unwanted sexual touch (includes forced kiss through to rape). No means no.
Psychological		Controlling the other person's money so they have no freedom to spend money/shop, go out anywhere, or make their escape.
Sexual		Mental cruelty: Being extremely critical/verbally abusive over prolonged period of time, name calling, shouted at, threatening, picking on physical appearance.
Financial		Types of extreme criticism, verbal abuse, and/or threatening behaviour over a prolonged period of time (similar to 'Psychological' examples)
Emotional		All forms of assault from common (a push resulting in no injury) to Grievous Bodily Harm (causing scarring or long term damage), ABH (more than a bruise or graze), and murder, includes being made to feel in fear of assault (made to flinch or cower).

1	GBH: Physical violence resulting in long-term or permanent damage (scarring or disability)	Life Imprisonment Minimum 15 years
2	ABH: Physical violence or emotional abuse needing medical or psychiatric treatment (more than bruise or graze)	5 years Imprisonment
	GBH: Physical violence resulting in long-term or permanent damage (scarring or disability)	Life Imprisonment Minimum 15 years
3	Harassment: act that causes fear or distress to a person (must be a similar act more than 2 occasions)	6 months imprisonment
4	Common Assault: an act of physical violence that leaves no injury or marks (includes spitting)	6 months imprisonment
5	Harassment: act that causes fear or distress to a person (must be a similar act more than 2 occasions)	6 months imprisonment
6	Misuse of telecommunications: using phones and devices maliciously to cause fear/distress	6 months Imprisonment and/or fine up to £5000
	Harassment: act that causes fear or distress to a person (must be a similar act more than 2 occasions)	6 months Imprisonment



Victory Vals



Selling pornography magazines and videos in a shop to under 18s? <input checked="" type="checkbox"/> Illegal	A website allowing under 18s access to pornographic content? <input checked="" type="checkbox"/> Legal	Watching violent pornography which causes harm to someone? <input checked="" type="checkbox"/> Illegal
Watching pornography which contains adults (over 18s)? <input checked="" type="checkbox"/> Legal	Watching pornography which contains children (under 18s)? <input checked="" type="checkbox"/> Illegal	Producing homemade pornography under the age of 18? <input checked="" type="checkbox"/> Illegal
An adult (over 18) showing a child (under 18) pornography? <input checked="" type="checkbox"/> Illegal	A child (under 18) showing another child pornography? <input checked="" type="checkbox"/> Legal	

When people watch lots of porn it often makes them enjoy real sex less.	Watching lots of porn often makes people feel less happy in their relationship.	Porn can lead people to think about sex a lot more of the time. This can make it harder to enjoy things like spending time with friends and having other interests.
Porn can lead to people seeing others, especially women, as 'objects for sex' and not as people with their own thoughts and feelings. This means they respect them less and that both partners get less from the relationship	People who've been watching porn for a long time can develop an addiction to porn and may have problems enjoying real sex. They're desensitised to what they see and are no longer aroused by things they would once have been turned on by.	Seeing the bodies of people portrayed in porn puts pressure on people, especially girls and women to look a certain way, and can affect how they feel about their body.
People can feel under pressure to do things they or their partner have seen in porn. This will usually lead to them feeling uncomfortable, under-confident, and less sexually satisfied.	Porn almost never shows negotiated condom use, which can make people think unsafe sex and not discussing contraception are the norm.	There's a lot of aggression and violence in porn, often towards women. This can lead people to believe that women in particular enjoy aggressive sex, when for most people, most of the time, aggression towards them makes them feel bad and can hurt them.

Help or 111 for more information help.

- Childline 0800 1111
- NSPCC 08088005000
- National Domestic Violence Helpline 08082000247
- The Hideout www.thehideout.org.uk
- Respect Not Fear www.respectnofear.co.uk
- Rape Crisis www.rapecrisis.org.uk



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It is estimated that infertility affects 1 in 7 heterosexual couples in the UK. Since the original NICE guideline on fertility published in 2004 there has been a small increase in the prevalence of fertility problems, and a greater proportion of people now seeking help for such problems.

Miscarriage is when a baby (or fetus or embryo) dies in the uterus during pregnancy. In the UK, that definition applies to pregnancies up to 23 weeks and 6 days, and any loss from 24 weeks is called a stillbirth. If the baby is born alive, even before 24 weeks, and lives even for a matter of minutes, that is considered a live birth and a neonatal death.

TREATMENT	DIAGNOSIS	SYMPTOMS
Chlamydia No symptoms in 75% women Possible symptoms: • Unusual discharge from the vagina, penis or rectum • Burning/stinging or itching on the genital area • Pain when urinating • Heavy periods or bleeding between periods • A thick, clear, watery discharge from the vagina • A sore throat • A red, swollen eye • Swollen lymph nodes in the groin	• Test on swab test • Culture of swabs • No treatment can reduce fertility as well as women.	• Swollen lymph nodes in the groin • A sore throat • A red, swollen eye • Swollen lymph nodes in the groin
Genital herpes Often no signs or symptoms Possible symptoms: • Painful blisters on the genital area • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area	• Examination by doctor or nurse • Swab of fluid from the blisters	• Painful blisters on the genital area • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area
Genital warts Often no visible symptoms and it can be months/years before warts appear Possible symptoms: • Small, fleshy, cauliflower-like growths on the genital area • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area	• Examination by doctor or nurse • Swab of fluid from the blisters	• Small, fleshy, cauliflower-like growths on the genital area • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area
Gonorrhoea No symptoms in 80% women Possible symptoms: • Discharge from the vagina or penis • Painful urination • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area	• Culture of swabs • No treatment can reduce fertility as well as women.	• Discharge from the vagina or penis • Painful urination • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area
HIV Around 80% of people will have a flu-like illness soon after getting the HIV virus. This may last for 2-4 weeks and then subside. After this, there may be no symptoms for many years.	• Blood test • Swab of fluid from the blisters	• Flu-like illness soon after getting the HIV virus • This may last for 2-4 weeks and then subside • After this, there may be no symptoms for many years
Public lice Symptoms can take a few weeks to appear and include itching, redness and inflammation This may be due to: • Lice • Pubic lice • Head lice • Body lice	• Examination by doctor or nurse with a magnifying glass	• Itching, redness and inflammation • This may be due to: • Lice • Pubic lice • Head lice • Body lice
Syphilis Often no signs or symptoms Possible symptoms: • A painless sore on the genital area • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area	• Examination by doctor or nurse • Swab of fluid from the blisters	• A painless sore on the genital area • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area
Trichomoniasis Often no signs or symptoms but if they do, they usually appear within a month Possible symptoms: • Itching, burning and stinging • Discharge from the vagina or penis • Painful urination • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area	• Examination by doctor or nurse • Swab of fluid from the blisters	• Itching, burning and stinging • Discharge from the vagina or penis • Painful urination • Itching or stinging • Painful blisters on the genital area • Painful blisters on the genital area

IVF – In vitro fertilisation	This process involves sperm being placed into the woman's womb. (the eggs are not taken out)
IUI – Intrauterine insemination	This is where the sperm used is from the husband. The sperm is then used in the IUI or IVF process.
AID – Artificial insemination by donor	This stands for 'in glass' It is often an expensive treatment and there are different types. Basically it is where the eggs are taken out of the woman in a medical procedure and mixed with the sperm in a petri dish. Once the eggs are fertilised they are put back into the woman. Sometimes the woman can be given drugs to stimulate egg production.
AIH – Artificial insemination by husband	This is where another woman carries the baby for a person/couple and when it is born give it to the person/couple. It is legal in the UK but surrogates are not paid. Sometimes the egg and sperm can be from the couple that cannot conceive or the surrogate may use her own eggs.
Surrogacy	This is where the sperm used is from a donor. The sperm is then used in the IUI or IVF process. Sperm donors in the UK are not paid.

Combined pill:
Over 99% effective if taken according to instructions

How it works:
The main way the combined pill works is by stopping the ovaries from releasing an egg each month.

Advantages:

- Doesn't interrupt sex
- Can reduce period pain and pre-menstrual symptoms
- Reduces the risk of cancer in the cervix, colon and uterus
- Reduces acne in some women

Disadvantages:

- Doesn't protect against STIs

Contraceptive injection:
Over 99% effective

How it works:
The main way the injection works is to stop the ovaries from releasing an egg each month.

Advantages:

- Doesn't interrupt sex
- You don't have to think about contraception every day
- May protect against chlamydia of the uterus

Disadvantages:

- Doesn't protect against STIs
- Periods may stop, be irregular or longer

Male Condom:
98% effective if used correctly

How it works:
None of them latex, the condom goes over the penis and stops sperm entering the woman's vagina.

Advantages:

- Available free from lots of places, and can be bought online
- Protects against most STIs
- No medical side effects

Disadvantages:

- Mustn't protect against STIs
- Periods are often irregular, much longer or stop
- Asex only room
- It requires a small product to fit and remove it

Contraceptive implant:
Over 99% effective

How it works:
The implant is a small, flexible rod just under the skin of the upper arm, slow releases progestogen. This stops the ovaries releasing an egg each month.

Advantages:

- Doesn't interrupt sex
- Works as soon as it is put in
- Can stay in place for 3-5 years
- You can use it if you're breastfeeding

Disadvantages:

- Doesn't protect against STIs
- Periods are often irregular, much longer or stop
- Asex only room
- It requires a small product to fit and remove it

IUD (coil):
Over 99% effective

How it works:
Small plastic and/or copper device put into the womb. The main way an IUD works is to stop sperm reaching an egg.

Advantages:

- Doesn't interrupt sex
- Works as soon as it is put in
- Can stay in place for 5-10 years
- You can use it if you're breastfeeding

Disadvantages:

- Doesn't protect against STIs
- It requires a small product to fit and remove it
- Periods may be heavier, longer and more painful

Sign/Symptom	Yes – This may be a sign of possible cancer	No – This is not a sign of possible cancer
Swelling of the breast	X	
Skin dimpling (like an orange skin)	X	
Lump around the collar bone	X	
Breast pain	X	
Nipple pain	X	
Lump under the arm	X	
A rash on the breast	X	
A lump	X	
A change in the shape and/or size of nipple	X	
Discharge from the nipple	X	

Note: Only 1/10 of any symptoms end up being cancer but it is better to get it checked just in case as early detections and treatment is key.

Breast Self Examination (BSE) made easy!

Remember - Breast Cancer can be cured if detected early.

- 1** Stand in front of the mirror examining your breasts and checking if there is any change in size, shape, color and position of breast and nipples.
- 2** Then raise your arms examining your breasts again, slowly turn around to examine from the side.
- 3** Put your hands over your hips, bend forward to examine if there is any difference.
- 4** Compress or squeeze nipple to look for any unusual nipple discharge; (blood, pus or clear fluid) expressed.
- 5** Starting from collarbone downward, use the left hand to feel the right breast using index finger, middle finger and ring finger patting on the skin slowly and start pressing harder until you can feel your ribs. Feet around the breast is recommended. Moving three fingers up and down. The important thing is to feel from the base to underarm, repeat for another side.
- 6** Once finished examining in a standing position, turn to a lying position. Perform the same way as with a standing position.

A common cancer for men aged 15 to 45 is cancer of the balls (testicles).

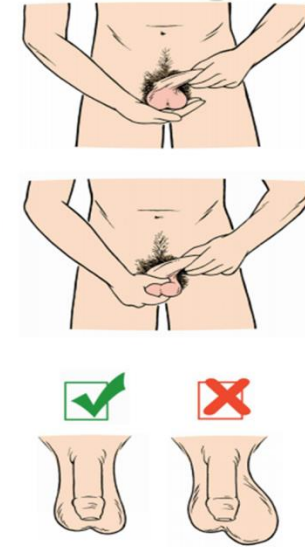
You should check your balls at least once a month for lumps or swellings.

Cancer of the balls is easier to treat if you find it early.

It is best to check your balls when you are warm and standing up. This could be after a bath or shower.

Before checking your balls, make sure you are somewhere private.

Every man's body is different. You should know what is normal for you.



To check your balls, cup your hand under them to feel how heavy they are.

Then carefully check for any lumps or changes in size. Roll each ball between your finger and thumb.

They should be almost the same size and weight.

BREAST CANCER SELF EXAMINATION FOR MEN

Step 1: Begin by standing in front of a mirror with your arms on your hips to tighten your chest muscles and inspect yourself. Watch for any changes such as dimpling, swelling and areas around the nipple or if the nipple becomes inverted. Raise your arms above your head and continue to examine your breast and arm pit areas.

Step 2: Move around the breast in a circular motion with the fingertips. You can perform this in either an up and down method, a circular or a wedge pattern, but try to be consistent using the same method each time. In addition, check the nipple area for any discharge. Complete on both.

Step 3: You can also examine your breasts lying down. To do so, place a pillow under your right shoulder and bend your right arm over your head. Then, with the fingertips on your left hand, begin checking by pressing all areas of the breast and armpit. Once completed on the right, move the pillow to under your left shoulder and repeat the same process.

WOOLBRIDGE DEMOLITION



Victory. Vital's