



PSHE
Year 8
Summer 2: RSE

Key vocabulary:

Healthy relationship – A relationship where you feel safe, respected and happy.

Nude message – A picture of somebody that is naked sent to somebody else

Puberty – Change that take place during teen years to make a child into an adult that is able of having children

Age of consent – The age at which you can legally have sexual intercourse

CEOP protects children from sexual abuse online. Young people can report to CEOP if they are worried about something online: e.g. someone making sexual comments, asking for images, or threatening to share nudes. They will get support from a CEOP Child Protection Advisor. There's also lots of advice on CEOP's Thinkuknow website.

Young Stonewall supports lesbian, gay, bisexual, and transgender young people.

There is lots of online advice at www.youngstonewall.org.uk.

There is also a search function for people to find out what support Young Stonewall offers in their local area.



www.themix.org.uk
0808 808 4994

The Mix supports young people up to the age of 25.

It has an online chat service, a free phone helpline (4-11pm), and a text support service.

The Mix helps young people with lots of different issues including family, school, sex, relationships, mental health, body image and drugs and alcohol.

childline

Childline is a free, private, and confidential service where you can talk about anything.

Whatever your worry, whenever you need help, Childline is here for you online, on the phone, anytime.

The Childline website also has lots of helpful advice, games, and activities.

Call on 0800 11 11 or visit www.childline.org.uk.

When is the right time to have sex?

There is no 'right age'. If you believed everything you read or heard, you'd think that every young person was 'doing it'. It's not true. The average age when both men and women first have sex is 16. Many wait until they are older. If you have any doubts, or think that you'll regret it, then wait.

I think I'm gay ...

Getting an erection when you're around other boys doesn't necessarily mean that you're gay. But you may be sexually interested in other men – or men and women. Your body is yours to share with whomever you choose. You may choose to share it with no-one. If you want advice, contact the organisations on the back page.

How can we protect ourselves?

Condoms (male and female) can help protect you and your partner against both infection and pregnancy. But there are other ways of preventing pregnancy.

Except for the male condom and male sterilisation, all other methods of contraception are used by women.

But that doesn't mean that contraception is a woman's business. It's as much your responsibility.

To find out more, visit www.fpa.org.uk.

FACTS ABOUT PERIODS

Period blood is often thick and reddish brown and may have small lumps in it. It only smells when it comes into contact with the air. It is healthy to change your towel or tampon every few hours.

Does putting in a tampon for the first time hurt? No, not if you relax. It can be difficult to put in a tampon if you're tense and not sure how to put it in. When you have your period try putting a tampon in when you have lots of time and privacy. Read the instructions that come with tampons to find out how to put them in. If the tampon feels uncomfortable it may not be in far enough.

It's for you to decide whether you prefer to use towels or tampons or a mooncup. This is a silicone cup that is worn internally to collect menstrual fluid and can be emptied and reused. One method isn't better than the others.

Your vagina is naturally self-cleaning so you don't need to use perfumed pads or special sprays (and these can cause irritation).

LIVING WITH PERIODS

Changes in hormone levels can affect your moods. You may feel energetic and sexy around the time you ovulate. Breasts may become sore or a bit larger and you may get spots on your face just before your period. Eating lots of fresh fruit and vegetables, having a diet low in sugar and salt and taking regular exercise can help.

or moody, tearful or angry the week before your period is due.

Periods may sometimes be painful. Some women are particularly badly affected. What you can do about pain: Hold a hot water bottle against your stomach and take a painkiller. The contraceptive combined pill or patch are very good for painful periods, but if you don't want to use these your doctor will be able to prescribe something else. Exercise, such as walking or sport, can help too.

So if you get really bad PERIOD PAINS don't suffer in silence.



The Sexual Offences Bill in 2003 confirms that the legal age of consent for sex is 16 for males and females, regardless of sexual orientation. This law intends to protect children and young people from sexual abuse and exploitation, but does not intend to prosecute mutually agreed sexual activity between two young people of a similar age where there is no evidence of abuse or coercion.

Sharing explicit photographs of under 18s is illegal as it can be classified as sharing child sex abuse images, even if the images were shared consensually by young people over 16.





I want to have sex, but my partner doesn't...

Putting pressure on someone to have sex could ruin what could have been a beautiful relationship. And you don't have to have sex with everyone you go out with. Besides, there's so much more to sex than intercourse.

There are many sexual activities that don't involve penetration, but they do give pleasure.

We think the time's right ...

If you and your partner both feel ready to have sex, it's a good idea to prepare for your first time together.

This doesn't just mean thinking about where and when – it means protecting yourselves against the possibility of unplanned pregnancy and sexually transmitted infections.

Talk about it together, and get protection sorted before you have sex

Sex and the law

It's against the law for anyone to have sex with a young person under the age of 16.

This is known as the age of consent and is the same for everyone, whatever your gender or sexual orientation.

Having sex too soon is the biggest regret of young people losing their virginity, a survey of British sexual behaviour suggests.

More than a third of women and a quarter of men in their teens and early 20s admitted it had not been "the right time" when they first had sex. People must be 16 or over to legally consent to sex.

The **latest National Survey of Sexual Attitudes and Lifestyles poll** says many people may not be ready at that age.

Researchers at the London School of Hygiene and Tropical Medicine looked at the responses of nearly 3,000 young people who had completed the survey between 2010 and 2012.

The findings

- The responses showed that nearly 40% of young women and 26% of young men did not feel that their first sexual experience had happened "at the right time".
- When asked in more depth, most said they wished they had waited longer to lose their virginity. Few said they should have done it sooner.
- Most had had sex by the time they were 18 - half had done it by the time they were turning 17.
- Nearly a third had sex before turning 16.

If you think you might have sex, ask yourself:

- Does it feel right?
 - Do I love my partner?
 - Does he/she love me just as much?
 - Have we talked about using condoms to prevent STIs and HIV, and was the talk OK?
 - Have we got contraception organised to protect against pregnancy?
 - Do I feel able to say "no" at any point if I change my mind, and will we both be OK with that?
- If you answer yes to all these questions, the time may be right. But if you answer yes to any of the following questions, it might not be:
- Do I feel under pressure from anyone, such as my partner or friends?
 - Could I have any regrets afterwards?
 - Am I thinking about having sex just to impress my friends or keep up with them?
 - Am I thinking about having sex just to keep my partner?

1. **Condoms only help protect against pregnancy - F they also help protect against diseases**
2. **You can use a condom more than once - F**
3. **Condoms are made from animal skin - F they are made from latex. They also make latex free condoms for those that are allergic. Some companies do in fact make condoms from lambskin but these are not as effective.**
4. **You can use lubricant with condoms - T but it must be water based therefore something like Vaseline would not be good as it can break down the latex and make it less effective.**
5. **You can use more than one condom at the same time to be more protected - F it will make the condom less effective using more than one**
6. **Condoms have an expiry date - T condoms go out of date and do not work as they should if used after the date on the packet**
7. **Condoms come in different sizes - T it is important to experiment to find the right size.**
8. **You should keep a condom in your wallet/purse just in case - F condoms do not do well if kept in really warm places like a wallet in your pocket. A bag or something similar would be a better place.**

CONDOMS

Condoms are made from very thin latex (rubber) and are designed to cover the penis. They stop fluids being transferred between you and your partner during sex.

Condoms and female condoms are the only methods of contraception that prevent pregnancy AND protect you from sexually transmitted infections (STIs). To stay safe, always use condoms on sex toys too!



5 GOLDEN RULES

- 1 **CHECK** the expiry date, ensure there is a BSI kite mark or CE mark (a sign it is good quality) and no rips or holes in the pack.
- 2 **FEEL** the packet for the rim of the condom and push it to one side. Carefully tear the packet open on the other side. Check the condom is the right way around, with the rim on the outside, so it looks like a little hat.
- 3 **PINCH** the tip of the condom and place on the head of the penis, allowing a little space at the top. This must be done before any sexual contact and only when the penis is hard.
- 4 **ROLL** the condom to the base of the penis using your other hand, and get rid of any air bubbles with your fingers. For extra pleasure, you can apply some lube to the outside too.
- 5 **WITHDRAW** the penis after ejaculation and before it gets soft, holding the condom at the base. Wrap the condom in tissue and throw it in the bin.

WHERE CAN YOU GET CONDOMS? (even if you're under 16)

- Brook services (FREE)
- Sexual health clinics (FREE)
- Some GPs (FREE)
- Pharmacies
- Petrol stations
- Vending machines
- Online

DON'T FEEL EMBARRASSED!

DID YOU KNOW?

You can also get female condoms that work in the same way, but line the vagina.

Contraceptives

What are each of these? What do you know about them and what will they protect you against?

Condom – Put over the penis before having sex. When used properly it can help protect against diseases and pregnancy. Can buy in shops and get free from the sexual health clinic.	Contraceptive pill – There are many different types that can be given by a doctor. You can get these from aged 12 with or without parental consent. They protect against pregnancy but NOT diseases.	Implant – This is put into the arm by a doctor and releases hormones that stop pregnancy slowly. It needs to be changed approx. every 3 years. It does NOT protect against diseases.

These are only 3 of the most common contraceptives. There are many more which we will look at next year!

