

# PSHE Do Now



P

Previous Lesson

[Insert question here]



S

State two things you know about

[Insert key word or concept here]



H

Harder to recall from the past

[Insert question here]

E

Explain what is meant by

[Insert key words or concept here]

Saturday, 17 February 2024

# How can we prevent pregnancy and the spread of STIs?

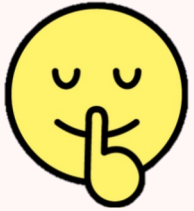


Do Now:

Jot down your ideas:

***Why is preventing pregnancy important to many people?***

# The PSHE ground rules:



**Listen to others** | Please do not talk over each other. It is okay to disagree, but we must show REGARD by not making assumptions and when we do disagree, challenge the statement and not the person.



**Respect and Privacy** | Use respectful language and body language. We might discuss examples, but we do not use people's names or identify people outside of the classroom.



**No judgement** | We will explore beliefs and misconceptions about a topic without being judged.



**Participation** | We ENDEAVOUR to take part in activities, share ideas and encourage others to do the same.



**Seeking help** | We will look at some challenging topics and find out where to get support. You can also talk to any adult at school to talk about a particular topic.

***Our form group has the contraceptive information boxes during the...***

**First Half Of The Lesson  
[Click Here]**

(Slide 7)

**Second Half Of The Lesson  
[Click Here]**

(Slide 2)

# Did you get these?

***‘Why is preventing pregnancy important to many people?’***

- *Too young to have a baby.*
- *A couple do not feel ready to have a baby.*
- *Medical concerns.*
- *Making a choice to not have a child.*
  
- *Any other ideas?*

# What is the purpose of contraception?

To prevent pregnancy

AND

To prevent the spread of STIs (Sexually Transmitted Infections)

- The NHS lists 15 different types of contraceptive – we'll look at some of these today.
- All contraceptives **reduce** the risk of pregnancy, but **some are more effective than others**.
- **Contraceptives are for everybody in a sexual relationship** – to keep partners safe and reduce the risk of catching – or passing on – an STI.
- Only one contraception (the condom) also protects people from STIs (Sexually Transmitted Infections).
- **No contraceptive method is 100% effective**, but learning how to use them properly makes a big difference.

# Why is it important to have such important conversations? Others are thinking about it, so it's best that we know our stuff too!

**Watch from the beginning to 3:00.**

**Whilst watching, it is important to remember that the age of consent in England and Wales is 16.**

This is the age when young people of any sex, gender or sexual orientation can legally consent to taking part in sexual activity.

**This means that sexual activity between two or more people is always unlawful if at least one of the people is under the age of 16.**

# Contraception is for everybody.

Sources:



Derbyshire Community  
Health Services  
NHS Foundation Trust

- Some people feel comfortable talking about sex, others find the idea of it uncomfortable, embarrassing or even a bit daunting.
- But talking to your partner about contraception and STI history and before you do anything can help relieve anxieties and make the experience safer, more fun and more enjoyable for everyone.





# Your task:

- You are going to learn more about the different types of contraception.
- For this, you will need the print-out worksheet and the QR code to complete the activities.

1. Why is contraception important – what is the purpose?
2. Where do I go, to talk about contraception?
3. Positives and negatives of at least 3 types of contraception.



<https://sh24.org.uk/contraception>

Saturday, 17 February 2024

# How can we prevent pregnancy and the spread of STIs?



Jot down your ideas:



Do Now:

***Why is preventing pregnancy important to many people?***

# What's in the box? A polite reminder.

- For this part of today's RSE lesson, you will have time to use the resources in the contraceptive box.
- For everybody to interact with all of the resources, you might need to be patient.
- So that your peers are able to use these after you, please show **regard** for all of the resources, ensuring that they are used with care – and that resources are not damaged.



# What's in the box?



# Your challenge:



- Whilst you are engaging with the resources in the box, complete the sheet that your form tutor has given to you.

- 1. Why is contraception important – what is the purpose?**
- 2. Where do I go, to talk about contraception?**
- 3. Positives and negatives of at least 3 types of contraception.**

# Using the condom demonstrators



# Plenary – what would you recommend?

Each person below has a checklist which their contraceptive choice has to meet. Can you recommend something for each? Can you say why they might reject other forms?

## Milo

- Not interested in having children ever
- Wants to enjoy sex without interrupting the act of sex

## Jacob

- Sex is for enjoyment
- Does want children - but only in the future
- Would struggle financially having children now

## Kash

- Has a family
- Can't afford more children
- Believes sex is a gift from God in marriage
- Religion bars him from permanent methods

## Lainie

- Believes sex is a sacred act
- Believes sex must be open to procreation as well as enjoyment
- Believes in natural law - God/nature decides - anything artificial would be wrong

## Jane

- Believes sex is a sacred act
- Believes sex is for procreation and enjoyment
- Believes God allows us to make reproductive decisions which suit our situation
- Believes we should not change our body - it was given by God

# Where can you go for support?



If you need to talk to somebody after today's lesson, support is available inside and outside of school. You can contact the following people...

- *Your Form Tutor*
- *Your Head of Year*
- *The Wellbeing Team*
- *Seek confidential support from any of these agencies:*

