

TOPIC 5: Intimate relationships

Lesson 1: Consent

Keywords:

Consent: Someone consents to sexual activity if they agree by choice and have **both the freedom and capacity to make that choice**. Someone doesn't have the freedom and capacity to make that choice if:

- They are asleep or unconscious.
- They are drunk or 'on' drugs
- They have been spiked
- They are too young
- They have a mental health disorder or illness that means they aren't able to make a choice.
- They are being pressurised, bullied, manipulated, tricked or scared into saying yes.
- The other person is using physical force against them.

Saying no: If someone doesn't say 'no' out loud, it does not mean that they have given consent. They can show they haven't given consent through body language.

Lesson 4: Conception and contraception

Keywords:

Conception: When a sperm meets an egg and fertilises it

Contraception: Methods to prevent fertilisation. For example, the contraceptive pill, implant, injection, IUD.

LARC: Long Acting and Reversible Contraceptives

Ovaries: Where eggs are produced in a woman's body

Uterus: Otherwise known as the womb. Where fertilised eggs implant and develop into babies

Cervix: The area between the uterus and the vagina

Vagina: A muscular tube into which a penis is inserted in straight vaginal sex.

Fallopian tubes: The egg travels down one of these and it's here that it is fertilised by the sperm.

Ejaculation: When semen is released from the penis

Lesson 6 STIs

Keywords:

Some common Sexually transmitted infections (STIs): Pubic lice (parasite), genital herpes (virus), genital warts (virus), syphilis (bacteria), chlamydia (bacteria), gonorrhoea (bacteria).

Chlamydia: The most common STI in young people and can cause infertility.

Sexual Health Sheffield youth clinic: Google or telephone on 0114 226 8888

Lesson 2: Expectations – the influence of pornography

Keywords:

Pornography: A video or picture that's been designed to make someone feel aroused.

How might pornography influence someone's expectations

about sex: Might make people think that violence during sex is acceptable, might think it's unacceptable for women to have pubic hair, might make people think that 'rough' sex is normal and is what is wanted, might cause erectile dysfunction, might make people think that 'no' means 'yes' etc.

Some harms of pornography: Focus on 'performing well' rather than experiencing a connection with their partner, engage in risky sex (without a condom), believe that male pleasure is the main goal of sex, enjoy sex in real life less.

Lesson 3: More realistic expectations

Keywords:

Pornography: A video or picture that's been designed to make someone feel aroused.

Communication: This is vital if a couple are thinking about engaging in sexual activity. It is important to be able to express how they're feeling and keep checking for consent.

Lesson 5: Barrier contraception

Keywords:

Male condom: A type of barrier contraception. Protects against pregnancy and STIs. Works by preventing sperm from entering the vagina. 98% effective if used effectively. 85% effective is used typically. Also protects against STIs when used in anal and oral sex.

Female condom: Latex tube that fits inside a vagina. Works as a barrier preventing sperm from entering the vagina. Protects against pregnancy and STIs

Dental dam: Latex square that fits over a vulva during oral sex to prevent the spread of STIs.

Lubricant: Used during sex to prevent friction and make sex more pleasurable. No oil based lubricants should be used because they could cause a condom to split.

'Pull-out method: In terms of pregnancy, only 78% effective at best. Doesn't protect against STIs. HIV has been found to be present in 'pre-cum.'