

LYMM HIGH SCHOOL YEAR 9

Pastoral Curriculum
Autumn Term



Respectful Relationship and Behaviours

LO: Do I understand how to grow positive relationships and how to assess my readiness for intimacy?

DO NOW:

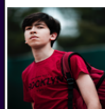
Read the four posts.

Write responses to each post



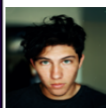
Lilz20

My friend doesn't think people ever get to the point where they feel fully ready to have sex for the first time, so there's no point waiting for that. Are they right?



Wiltz98

My mate says you need to get your date to drink lots of shots to make sex more relaxed. Is that a good idea?



BoomJT5000

I want to be in love before I have sex. But people keep talking about keeping it casual and not committing to anyone. Am I weird for wanting a proper relationship before having sex?



HeartLife30

I don't always have a condom with me when I want to have sex. Anyway, that's a guy's responsibility really, isn't it? If we only skip protection occasionally it will be fine, right?

Read the behaviour and indicate on a scale of 0 (strongly disagree) to 5 (strongly agree) your level of agreement with the statement.

	Strongly Disagree	0-1-2-3-4-5	Strongly Agree
1. Pinching someone's bum is okay.			
2. Having sex after a first date is a bad idea.			
3. Chat-up lines are corny and won't get someone a date.			
4. Telling someone what's great about them, is a nice way to start asking them out.			
5. Dating more than one person in the first few months of seeing someone is fine.			
6. It's flattering if a person keeps asking someone out when they've said no.			
7. Wolf whistling is okay if it's a compliment from someone known to that person.			
8. Buying gifts can be a lovely way to show interest in someone.			
9. Once a person starts sleeping with someone, they should break things off with anyone else they've been dating.			
10. People like to share sexy images with a partner in the first few weeks of dating.			
11. If someone really loves their partner, they will have sex with them.			
12. Threatening to 'out' someone unless they kiss them is manipulative and illegal.			



Kinan is embarrassed he hasn't started dating when his friends have, so tries to show he's just as mature by sharing nudes he found online.



How could Kinan's friends have reassured him, so he didn't feel he needed to share nudes or be embarrassed he's not dating yet?



Kinan's friend Gina really doesn't like receiving nudes, but she doesn't want to look like she's not mature enough to be thinking about sex. So she shares the pics Kinan sent with her partner.



How could Gina act to live more in line with her values?

How can Gina's friends help her to do this?



Gina's partner Blake thinks Gina is sharing nudes as she's ready to have sex, but Blake definitely isn't ready. Blake's now worried that not going along with what Gina wants, might mean getting dumped, or Gina telling people Blake's immature.




How can Blake manage their feelings and this situation?

How can Blake's friends help Blake to manage this situation?

Make a mind map showing:

- all the things that show people in a relationship are ready to be intimate with each other or have sex
- feelings and practical implications of having sex



**Sex and
Relationships**



LIFE PROGRAMME

RELATIONSHIPS (INTIMATE RELATIONSHIPS)

Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography



Discuss the following Scenario

Charlie has had a crush on Lisa for years and thinks they may finally have a chance to make out with Lisa one night at a party. Charlie knows Lisa was dared to drink shots earlier. Lisa doesn't seem keen to make out with Charlie.



How might Charlie convince themselves it's okay to make out with Lisa?

Why are each of these arguments not valid reasons?

What other reasons are there that mean it's not okay for Charlie to pressure Lisa?



NOTE YOUR IDEAS DOWN HERE

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Freedom and Capacity to Consent

LO: Do I understand what freedom and capacity to consent means in different contexts?

DO NOW:

A person consents if they agree by choice, and have the freedom and capacity to make that choice.

Write what might stop this person from being able to give, not give or withdraw their consent to something

NOTE YOUR IDEAS DOWN HERE



LIFE PROGRAMME

RELATIONSHIPS (INTIMATE RELATIONSHIPS) Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography



Overheard conversation

Alex was really out of it last night!

So after you both left... did you?

Did we what?

You know... did you?

Yeah, yeah we did.

I never thought Alex would do that!

That's what happens when you get drunk...

- What do you think the characters in the scenario are thinking and feeling?
- What do you think Alex is thinking and feeling?
- Is what happened acceptable? If Alex was drunk, was it really consent?



NOTE YOUR IDEAS DOWN HERE

1. Which of these scenarios might be against the law?
2. In which scenarios does the person not have the freedom to consent?
3. In which scenarios does the person no longer have the capacity to consent?

Rex and Hannah are at a party, and they are both drinking beers. Rex spikes Hannah's drink with a white powder.



Jill knows Amal doesn't really drink much. So she comes up with a drinking 'game' to make him drink more and get him drunk faster.



Jamie tells Frankie she is single and not seeing anybody else, but this is a lie.



Brad tells Ryan if he doesn't have sex with him, he will 'out' Ryan to his friends and family.



Jake is 16 and dating Marla, who is nearly 13. Marla and Jake have sex while her parents are out.



Trevor has naked photos of Suzy on his phone. He says he will share them with others unless she has sex with him.



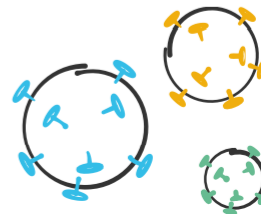
Jemima and Emile had sex last night. In the morning, Jemima is still asleep but Emile wants to have sex again, so climbs on top of her. She wakes up half-way through.



Olu doesn't want to have sex with Lisa yet because she doesn't feel ready. Lisa offers her some drugs, hoping this will relax her and make her want to have sex.



Kludia knows she has a sexually transmitted infection but she doesn't want to tell Greg about it because she thinks he won't want to have sex with her anymore.





Agree/disagree continuum: Where would you place each statement?



1. It is easy for people to say 'no' to something they really don't want to do
2. It is important for people to be honest about their sexual history before starting a new relationship
3. If a person is put under pressure to say 'yes' they won't be able to get help from the police if they agreed in the end
4. Anybody being threatened or blackmailed into a sexual act should seek help immediately
5. If a person agrees to sex after being given alcohol or drugs, it's their own fault for getting into that situation



NOTE YOUR IDEAS DOWN HERE

Reflect

Choose one of the scenarios and write some advice to the characters

This should include:

- What freedom and capacity to consent mean and why they're so important
- What the person whose consent was being sought could do now (e.g. who might they talk to or get help from?)

Write your advice here:

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Consent: Recognising consent?

Starter: How many ways can you think of to communicate 'no' in one minute?

Defining Consent:

Legal definition (Sexual Offences Act 2003)

'A person consents if he agrees by choice, and has the freedom and capacity to make that choice'

Remember: anyone can offer, withhold or withdraw consent at any time and for any activity (sexual or otherwise).

What could affect someone's 'freedom and capacity' to choose?

Task: Video – Lewis and Jada's story discussion questions:

- Was consent given?
- What could Jada or Lewis have done differently to seek, give, withhold or withdraw consent?
- What can they do now to make things better?

Notes:

Complete the rest of the 'Is It Consent?' Activity to show whether or not consent is being given.

Be ready to justify your ideas to the class.

For each scenario, circle a tick or cross to show whether or not you think consent is given. Remember that, legally, 'a person consents if he agrees by choice, and has the freedom and capacity to make that choice'.

SCENARIO	IS CONSENT GIVEN?	
Mark sends a sexy text message to Priya, which makes her feel uncomfortable. She asks him to stop and he sends another one.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ajay asks Ben if he can touch Ben's body. Ben smiles and says "yes".	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Aimee asks Joanna if they can have sex. Joanna says "yes" but is frowning and not making eye contact with Aimee.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Julie has promised Baz that they can have sex but then Julie changes her mind. Baz feels frustrated and let down. He grabs her and has sex with her anyway, telling her that she promised.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Jay and Nick have been going out for a while. They are kissing. Nick starts to touch Jay's penis. Jay flinches so Nick stops touching but carries on kissing Jay.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Lee and Pippa are kissing. He starts to touch her breast. She doesn't pull away. Lee asks "Is this ok?" and Pippa nods.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Karen asks Raj if she can post a picture on social media of them kissing. Raj shakes his head. Karen calls him 'frigid'. Then Raj agrees that she can.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sam has been drinking alcohol at a friend's house. Pete arrives and drives her home. He asks her if they can have sex. She is quite drunk but says "alright".	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mia has wanted to date Tom for ages and he finally asks her out. He asks her to touch his penis. She hesitates. He says, "Come on, I thought you liked me". Mia is worried he'll dump her, so she agrees.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Max and Heena usually have sex at the weekend. Tonight, Heena has PMS cramps and really doesn't feel up to it. She says she doesn't want to. Max complains for ten minutes and Heena gives in.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Yolanda is at a nightclub, wearing a very short skirt. Josh comes up to her and asks if he can dance with her. Yolanda says "no".	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Extension: in the examples, is there anyone who does not have the freedom or capacity to consent?

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Contraception

Match start of the statement with the end of the statement by numbering the statements:

1. No method of contraception is...	...does not affect the chance of pregnancy.	7. Sex with two condoms...	...has next to no impact on the likelihood of pregnancy
2. Pregnancy is still possible...	...is unreliable as there is a risk that sperm will be present in pre-ejaculation fluid, which can still lead to pregnancy.	8. The sexual position100% effective. This means every time a heterosexual couple has sex, there is a small risk of pregnancy.
3. The withdrawal method is where a male having sex with a female, withdraws his penis before ejaculation to prevent pregnancy. This method...	...GPs and sexual health clinics for free, or from pharmacies (though sometimes people have to pay for this). Can be used up to 3-5 days after unprotected sex. If someone is going away on holiday, they can pick up emergency contraception from a GP in advance, just in case.	9. Washing the vagina afterwards...	...from sexual health clinics, GP surgeries, and some pharmacies.
4. Condoms are less effective if...	...during menstruation (a period).	10. People can buy condoms and some other barrier contraceptives from...	...is less effective than using a single condom, as friction between them increases the risk the condoms will split.
5. Condoms and other barrier methods can reduce...	...the risk of STI transmission but do not protect from all STIs.	11. Free contraceptives, including condoms, are available...	...still need to use protection to reduce the risk of STI transmission.
6. Same-sex couples may not risk unplanned pregnancy but...	...they are put on incorrectly, come off or split during sex, or if oil-based lubricants are used.	12. If contraception fails (such as a condom splits while being used) people can get emergency contraception from...	...pharmacies, some corner shops and supermarkets, sometimes vending machines in public toilets (remembering it's important to check the contraceptive has a kitemark and is in date).

Do I understand the different types of contraception and how they work?

Method of contraception	Hormonal (H) or Non-hormonal (N)?	Lasts for...	Other Notes (e.g. Pros and Cons)
The pill (oral contraceptives)	H / N	1 <u> </u> Days / Weeks / Months / Years	Has to be taken every day, can have side effects like headaches and nausea.
Contraceptive patch	H / N	<u> </u> Days / Weeks / Months / Years	
Contraceptive injection	H / N	<u> </u> Days / Weeks / Months / Years	
Contraceptive implant	H / N	<u> </u> Days / Weeks / Months / Years	
Plastic IUD & IUS	H / N	<u> </u> Days / Weeks / Months / Years	
Copper IUD	H / N	<u> </u> Days / Weeks / Months / Years	
Male condom	H / N		
Female condom	H / N		
Diaphragm/cap	H / N		
Fertility awareness	H / N		
Sterilisation/vasectomy	H / N		

Signposting support

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For advice on where to get help after a sexual assault, www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault

Contact Victim Support if they feel they, or someone they know, may have been a victim of a sexual offence:
www.victimsupport.org.uk

So what do you know?

Complete the mind map below with what you already understand about pornography. You do not have to share this with the class but you can add anything that comes to you as the lesson progresses.

Pornography:
What do I know?

What do we mean when we say Pornography?

Pornography refers to printed or visual material that contains explicit descriptions or displays of a sexual activity intended to stimulate sexual excitement.

It is often shortened to "porn". It has been around for a very long time but how accessible it is has changed over recent times. With access to it becoming much easier. Through the internet material that is not intended for those under the age of 18 has become a concern. In fact the age by which people have first seen pornographic material is getting lower.

Should we be concerned?

We live in a world where beauty and attraction are key selling points. We are sold numerous products (cars, perfumes, deodorants) that suggest having that product will make us more attractive and more people will fancy us.

If we look at music videos and the ways in which dress, gestures and dance are used these can give the impression that people should be interested in sex.

The media uses all sorts of sexual images every day. As we are bombard with them all the time it is easy to see how we could become desensitized to these images and begin to see them as normal. It has even been suggested by some studies that teenagers take these images for granted and therefore it normalizes ideas round more risky images.



LIFE PROGRAMME

RELATIONSHIPS (INTIMATE RELATIONSHIPS) Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography



The law states the following: (You have this in your work booklet)

The Sexual Offences Act 2003 states that a person has consented 'if she or he agrees by choice, and has the freedom and capacity to make that choice'.



Think about last time and the way we talked about consent and the law.

Do you think pornography impacts the way we view consent? Why might it do this?

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Do you think pornography impacts the way we view consent? Why might it do this?

**'Sexting'**

As mentioned before we are constantly seeing sexualised images in our daily lives. This has been shown to have an impact on the way young people view themselves and it has led to more young people sending nude or sexual photos to another person. This is what "sexting" refers to.

REMEMBER:

Creating and sharing naked or "sexy" images of anyone under 18 is illegal, even if the person creating the images is themselves under 18.

How might this link into what we have already talked about with regards to pornography and the impact it has on our thoughts and feelings?

Do you think it is concerning that more young people are doing this?

Read through the following scenario carefully and consider the questions at the end.

Suzie and Alex started going out about a year ago. They spent all their time together and would send message or talk on their phones whenever they could. They would take selfies blowing kisses to each other and would send those too.

A few months into their relationship, Alex suggested they send each other "private" photos, he sent a topless one and Suzie copied him.

They split up two weeks ago and yesterday Tom, Alex's friend, walked past Suzie in the street pointed at her breast and sniggered. She immediately thought he must have seen the photo. She went straight round to Alex's and had a go at him. He admitted it but did not see why she was upset. "It was only a joke!" he said. "Anyway, I put it online two days ago and you didn't say anything then"

1. Did Alex break the law? When and how?

2. Who is affected by sending 'private' types of photos

3. What can Suzie do in this situation?

4. Can you think of other risks here?



What are STIs?

Task 1: Find the answers around the room

Find...	
<p><i>Example</i></p> <p>... two STIs caused by a bacterial infection.</p>	<p>1. Chlamydia</p> <p>2. Syphilis</p>
<p>1. ... two STIs that cannot be treated with an antibiotic.</p> <p><i>Challenge: Suggest a reason why one of these cannot be treated with an antibiotic.</i></p>	<p>1.</p> <p>2.</p>
<p>2. ...one STI that can usually be prevented by using a condom (but not always).</p>	<p>1.</p>
<p>3. ...three STIs that might not always cause symptoms or may only show symptoms some of the time.</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>4. ... one STI that can only be diagnosed with a blood sample.</p>	<p>1.</p>
<p>5. ... three types of treatment that can be used to treat an STI.</p> <p><i>Challenge: Find two STIs that share similar treatments. Are there any other similarities you can find?</i></p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>6. ...the most common STI among young people in the UK.</p>	<p>1.</p>

Challenge: There are self-test kits available for some STIs:

- How do you think the availability of tests to do at home might affect rates of diagnosis?
- What effect do you think this might have on how many new infections there are?

Managing the ending of relationship

Task: Add thoughts and reflections on the different representations of feelings and actions around breakups (in society, online, the media etc).



Task: Read the two scenarios on the next page and consider the questions underneath them. Be ready to feedback to your tutor



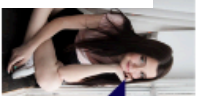
Meg and I were going out for four months and I decided that we needed to break up. We just weren't able to see each other. I really liked her and would miss talking to her, but I would rather be with someone I can meet up with regularly. I sent her a text to explain.

Kaan messaged me to tell me it was over, and it was a shock. He sent me a long text explaining that he wanted to be with someone he could see more often. I had so many questions and didn't really understand – we really got along, and were planning to meet up!

I was really upset and felt rejected. I changed my status to a heart-broken emoji. Lots of my friends sent me supportive messages and some said horrible things about Kaan for the way he made me feel. At first, I felt happy about all the support, but I started to feel guilty about what they were saying about Kaan.

I noticed my phone kept vibrating with messages from people who knew Meg, but I hadn't ever met. They said really offensive things about me, and it annoyed me as they didn't understand my point of view.

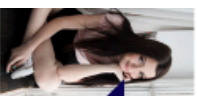
Some people even started threatening me and it made feel paranoid about hanging out in the usual places. I couldn't believe Meg was letting this happen – I thought she really liked me.



We'd been keeping things casual – just hooking up when we bumped into each other at parties. So I never thought we were a thing. But when I started seeing Wayne, Jess got super angry and told me I was a thoughtless fake.

Lisa and I had been seeing each other for a while. We didn't make plans because we hang out with the same people, so were always seeing each other. But we'd been together most weeks, so it really hurt when she hooked up with this guy in front of me last weekend.

I tried to ask Lisa why she did that but she said she didn't owe me an explanation – we were only casual. It made me feel kind of worthless.



I'm telling Wayne we're keeping it casual too. I'm too young for anything serious. Just got to have some fun while I figure out what I really want.

Photos of Wayne and Lisa were all over our group chats. It made me feel really hurt, so I posted some photos we took when we were fooling around our underwear. Now Lisa and her friends are getting angry at me.



Questions to consider:

- Why did the couple break up?
- How does Meg feel? Why?
- How does Kaan feel? Why?
- How could each person have acted in a more respectful way?
- Are there any other people in this scenario who need to consider their behaviour? Why?
- What advice would you give Meg and Kaan?

Questions to consider:

- Lisa said the relationship was 'casual' – what does that mean? Do you think she was right?
- How does Jess feel? Why?
- How does Lisa feel? Why?
- How could each person have acted in a more respectful way?
- Are there any other people in this scenario who need to consider their behaviour? Why?

1. What advice could you give to help the characters to manage the breakup?
2. Are these respectful breakups?
3. What behaviours would you alter to make them more respectful?

1. Shana left Tina's place saying the relationship was over without any explanation - Shana refuses to have a conversation about why they are breaking up which is making Tina paranoid and damaging her trust in relationships.

2. Xander broke up with Yi by text. He just said "I've had fun but I'm not sure it's working out anymore so I'm going to see other people". Yi doesn't like confrontation and awkward situations, so thought this might have been easier than talking in person but is now feeling crushed and worthless.

3. Theo broke up with Zane in a really public way and now Zane wants revenge to get back his sense of pride.

4. After one date, Lita is ignoring Si's messages – they just weren't compatible.

5. Julie keeps contacting Liam months after they broke up. She keeps turning up at places she knows Liam will be, and sends really intense messages with gifts to his home. Liam is really worried Julie isn't going to stop pestering him.

In their groups or as a class, create a list of “Do’s and Don’ts” for managing breakups. Suggestions could include (if you’re stuck, rank these ideas on the next page):

DO:

1. **...accept it:** Try to manage a breakup by accepting that it is over, and work through the related emotions. There may be good and bad days, and it is okay to cry.
2. **...reduce triggers:** Some may decide to box up or throw away souvenirs collected from the relationship, delete their ex’s number, or block them on social media.
3. **...allow time:** Getting over a breakup can take time. There is no fixed time - it varies from person to person.
4. **...look after yourself:** Balancing food, sleep and exercise can help support mental wellbeing.
5. **...find positive activities:** Finding a new hobby or re-visiting old ones can help to distract from negative feelings and create a fresh sense of identity outside of the ended relationship.
6. **...reach out:** People benefit from the positive feelings associated with spending time with friends and family.
7. **...use clear communication:** If a person clearly ends the relationship, this is final and should be respected. But being open about the reasons for the breakup, without being hurtful, and allowing for discussion, can help the other person heal. If it feels safe to do so, such conversations can clear the air and allow for a smoother breakup. However, they are not a chance for the other person to manipulate, negotiate or demand endless explanations and it is okay to end the conversation if this happens. Rehearsing the conversation might be helpful.
8. **...create a reasons list:** In time, the important reasons for the breakup may be forgotten, which can lead to reconciliation when the relationship is unlikely to succeed. Noting down what didn’t work about the relationship can help to balance out rose-tinted memories and avoid complex breakups.
9. **...focus on the positives:** It can be easy to focus on what was lost, but focusing on the new opportunities ahead can be hugely helpful. New adventures and opportunities can arise, as well as the prospect of new relationships when ready.

In groups or as a class, create a list of “Do’s and Don’ts” for managing breakups. If you’re stuck, rank the top 5 ideas from the previous page

- 1.
- 2.
- 3.
- 4.
- 5

Look at these 4 online posts. What would you reply?

Then,

In a different colour pen, add any new learning or make any changes you need to your mind map from the start.

The image displays four online posts arranged in a 2x2 grid. Each post is contained within a dark purple border with a light blue background. Each post features a small profile picture of a person, their username, and a question. Below each question is a large, empty light blue rectangular box intended for a reply.

- Top Left Post:** Profile picture of a woman with dark hair. Username: Lilz20. Text: "My friend doesn't think people ever get to the point where they feel fully ready to have sex for the first time, so there's no point waiting for that. Are they right?"
- Top Right Post:** Profile picture of a man with dark hair wearing a red shirt. Username: Wiltz98. Text: "My mate says you need to get your date to drink lots of shots to make sex more relaxed. Is that a good idea?"
- Bottom Left Post:** Profile picture of a man with dark hair. Username: BoomJT5000. Text: "I want to be in love before I have sex. But people keep talking about keeping it casual and not committing to anyone. Am I weird for wanting a proper relationship before having sex?"
- Bottom Right Post:** Profile picture of a woman with long dark hair wearing a white shirt. Username: HeartLife30. Text: "I don't always have a condom with me when I want to have sex. Anyway, that's a guy's responsibility really, isn't it? If we only skip protection occasionally it will be fine, right?"

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For advice on where to get help after a sexual assault, www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault

Contact Victim Support if they feel they, or someone they know, may have been a victim of a sexual offence:

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