

SEXUAL HEALTH

PSHE and RSE FY Lesson Plan



Learning objective:

We are learning about about sexual health, the potential consequences of sex and ways to reduce risk

Learning outcomes:

- I can list some of the most common STIs, their symptoms and consequences
- I can name the contraceptive methods which provide some protection against STI infection and describe where to get contraceptives
- I know how to access reliable sources of help to support sexual health or relating to unplanned pregnancy

SEXUAL HEALTH QUIZ

1. What are the risks of unprotected sex?

2. What proportion of pregnancies in the UK are unplanned?

3. Teen pregnancies are at their lowest rate in over 50 years. While every case is individual and there can be good outcomes for all pregnancies, what are the particular risks associated with teen pregnancies?

4. How can people protect themselves from unplanned pregnancies and STIs?

5. Some people have uncomfortable symptoms in their genital area but don't have an STI – true or false?

6. What are dental dams and why would someone use one?

STI Information Hunt

Around the room there are information posters about STIs.

Use the information from these posters to answer the questions on your sheet.



Seeking Help and Overcoming Obstacles

Why might someone find it hard to seek help if they think they have an STI or want to have a check up?

I don't know what to expect or what might happen when I go to a sexual health clinic

If I suggest to my partner that we get an STI check will they think I sleep around?

I'm way too embarrassed to talk about this to anyone, I would hate it if my parents found out

I don't know where my local clinic is, when it opens or how to get there

How can someone overcome their concerns?

Oona's Scenario

Oona had a one-night-stand with someone she met at a party. As they had both been drinking, they didn't stop to think about contraception.

In groups, mind-map advice to Oona responding to these questions:

What could Oona do within the next few days to reduce the risks to her health and of an unplanned pregnancy?

If Oona becomes pregnant, what options are available to her and who might be able to help?

What might Oona's sexual partner need to consider/do next?

How can Oona act to protect her sexual health in future?

Signposting Support

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school
- report a crime by calling 999 in emergencies, or 101 to make a non-urgent report

Visit:

Brook: www.brook.org.uk 0808 802 1234

Childline: www.childline.org.uk 0800 1111

TASK:

Use the Internet to find your nearest Sexual Health Clinic.

**What are their opening times and contact details?
What services do they offer for young people?**

Three Key Messages

Write down 3 important facts or messages that you have learnt this lesson.



More Activities

Learning about HIV

World AIDS day (is on 1st December), what information can you find out about HIV.

<https://www.worldaidsday.org/>

<https://www.nhs.uk/conditions/hiv-and-aids/>

Nurse visit

Write questions for a visit from a sexual health nurse.

