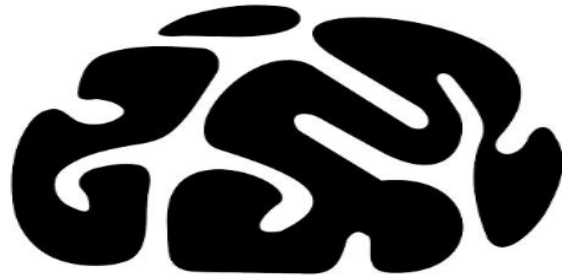




Healthy Body

+



Healthy Mind

=



Happy Human

Year 8 Health and Relationships

Relationships

How many different types of relationships can you remember from last lesson? An example could be friendships

Friends - Best friends, school friends, online friends.

Families - Parents, siblings, extended family.

Romantic - Boyfriends/girlfriends.

Professional - Teachers, doctors, police officers.



Learning Objective - To understand the law about sex and what being ready for sex means.

Keywords:

RELATIONSHIP: The way in which two or more people or things are connected, or the state of being connected.

INTIMACY: Intimacy involves the feeling of being in a close, personal association with another person.

SEX: Sexual activity, including specifically sexual intercourse.

Consent: Permission for something to happen or agreement to do something.

Prosecuted: Institute or conduct legal proceedings against

Learning Outcomes:

Identify the differences between friendship and intimate relationships. Identify the law around sexual activity.

Explain what consent means and how you will know when your ready

Discuss how having sex for the first time might make you feel.

Questions



If you would like to ask questions at any time then put your hand up and ask if you feel able to however if you are a bit shy or embarrassed then write down your questions on the pieces of paper which will be collected throughout the lesson.



I will then try to answer as many as I can by the end.



- No one will know its your question so you can ask anything that you want.
 - BE MATURE and only ask questions that you feel are important.
 - Your teacher WILL NOT answer anything personal or silly.



Intimate relationships

As you go through puberty your hormones will make physical changes happen to your body but they will also affect your feelings towards other people.

You may start to find people attractive and enjoy spending time with them.

You may ask the other person 'out' and become boyfriend/girlfriends.

As your relationship starts to develop you may want to start being intimate with each other.



Intimacy in relationships

There are many ways of being intimate with a partner they can be categorised into Physical, Emotional, Intellectual, Spiritual ;

- Physical intimacy may include being inside someone's personal space, holding hands, hugging, kissing, heavy petting, penetrative sex or other sexual activity.
- Emotional intimacy, particularly in sexual relationships, typically develops after a certain level of trust has been reached and personal bonds have been established. It should include feelings of happiness, security and love.
- Intellectual intimacy takes place when two people exchange thoughts, share ideas and enjoy similarities and differences between their opinions.
- Spiritual intimacy involves bonding over spirituality.

Sexual relationships

Sex can mean different things to different people. When most people talk about 'having sex' they are usually referring to sexual intercourse (or penetrative sex).

Penetrative sex is when a man puts his penis inside either another's person's vagina or anus.

It is also possible to be 'sexual' without actually having sex.

This includes kissing and touching one another.

Sexual relationships

When you and your partner are ready to take your relationship to the next level it is important to know what the law says about sex and young people. This will help you to know what's right and wrong so you can make safe choices that you are happy with.

The LAW

The age of consent to any form of sexual activity is 16 for both men and women.

The age of consent is the same regardless of the gender or sexual orientation of a person and whether the sexual activity is between people of the same or different gender.



Create a mind map to identify the key law's around the age of consent. What do you already know?

First sexual experiences

- Some people have their first sexual experience in a relationship that's caring and affectionate, when both partners are ready and willing. It's not unusual for both parties to be virgins.
- However, some people regret their first experience, either at the time, or with hindsight. Usually regrets are linked to having sex when too young - 13 or 14 years of age - and not being ready emotionally.

We are going to watch some interviews of people discussing their first sexual experience and then discuss what we think.

<https://healthtalk.org/sexual-health/first-sexual-experience-age-and-motivations>

Feeling pressured

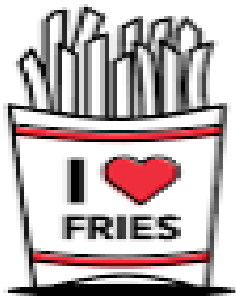
Write a list of reasons why might a young person feel pressured into having sex?

If someone pressures you into having sex it is considered abuse and sexual bullying and can be prosecuted

Consent

Discuss with your learning partners what you think the term **CONSENT** means?

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

Consent

- Both people in a sexual encounter or relationship must agree to it and can change their mind at any time if they want to stop - sometimes young people think that if they've said yes to one thing, they have agreed to do whatever their partner wants at any time when this is not the case.

Consent for U13's

A child under 13 is not legally capable of consenting to sexual activity. Any sexual activity involving a child under 13 is very serious and will be dealt with by the police.



Will I get prosecuted?



It is an offence for anyone to have any sexual activity with a person under the age of 16. However, Home Office guidance is clear that there is no intention to prosecute teenagers under the age of 16 where both mutually agree and where they are of a similar age.

Apply your knowledge

In learning partners discuss the following scenarios.

I'm 14 and my boyfriend/girlfriend is 15. By having sex together are we breaking the law?

Sex between anyone who is under 16 is illegal. However, the law is in place to protect young people from sexual exploitation and abuse. The law is not intended to punish consensual (i.e. both people have given their consent) sexual activity between two young people of a similar age, as long as it does not involve abuse or exploitation.

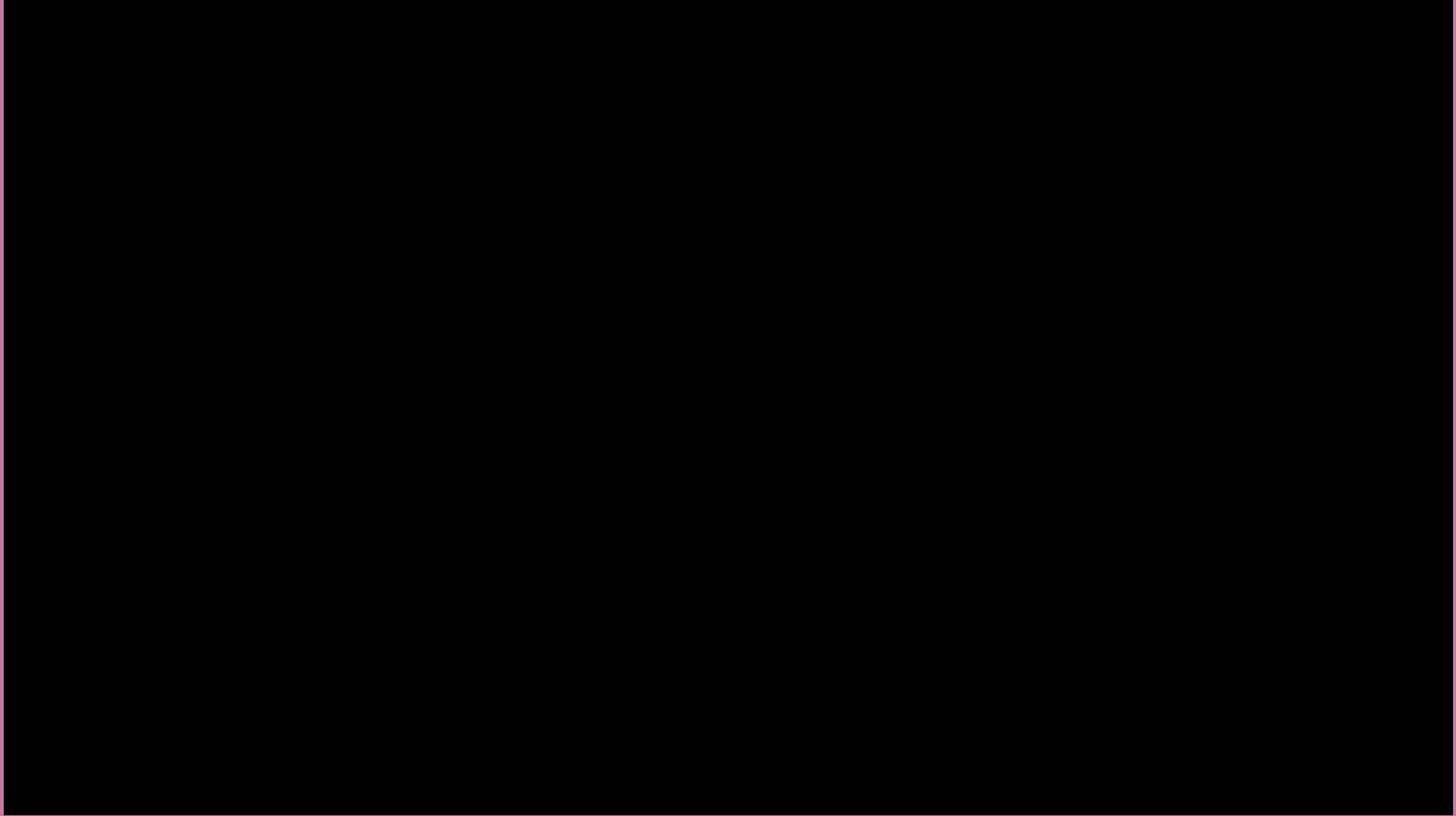
My boyfriend is 19. I'm 15. We have sex. Could he go to jail?

It is illegal for anyone over 18 to have sex with someone under 16. If the police found out he would get in trouble.

Is it illegal to take a naked selfie and to send it to my girlfriend? I'm 14.

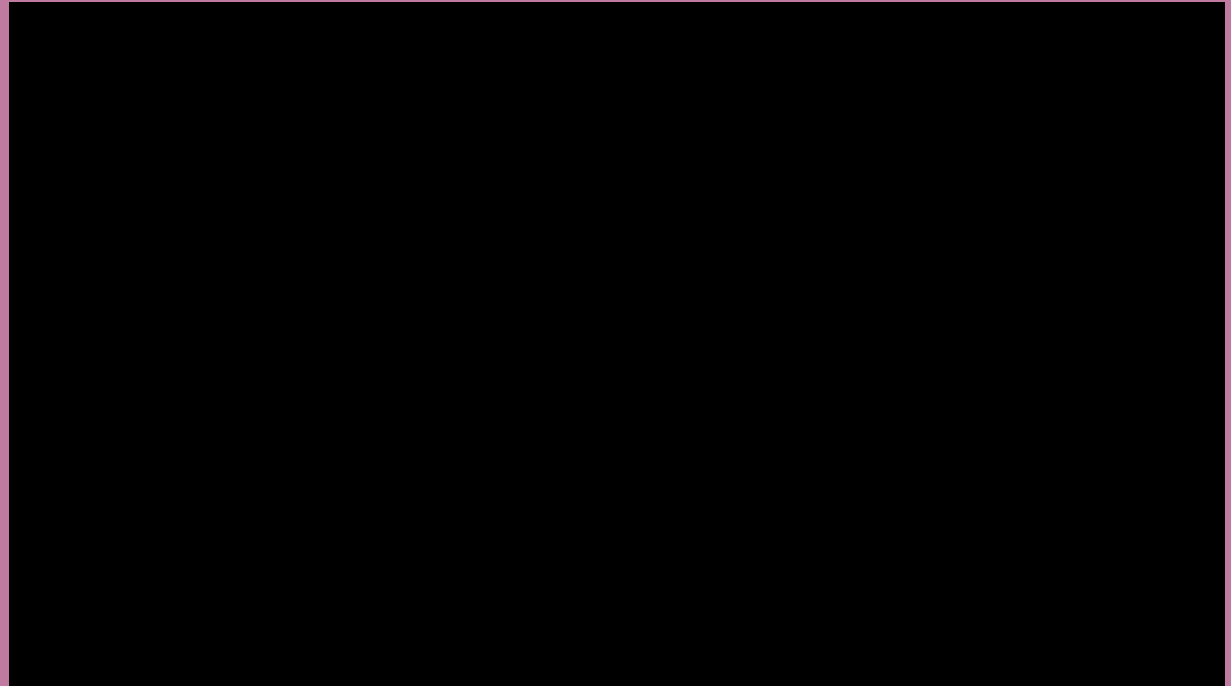
It is illegal to take a sexual picture or video of anyone under 18, even if it is of yourself. It is also illegal to share it with someone else.

How will I know when I'm ready?





Contraception and STD's



Peer pressure

Unprotected and early sex often happens for the first time when a young person is under the influence of alcohol or drugs.

The number of teenagers trying drink and drugs in their early teens is growing, often influenced by **peer pressure** and the media. Most who have sex under the influence admit they that regret what happened.



What can you do to stop peer pressure?

- 1 Get away from the pressure zone.**
Leave the scene... make your exit.
- 2 Be your own best friend.**
Remind yourself every now and then that you're special and nuke any negative statements.
- 3 Evaluate friendships and find new friends.**
If you've decided that your friends don't have your best interests at heart, search out new friends who share your values and interests.

Source and more tips: <http://www.yourlifecounts.org/blog/20-ways-avoid-peer-pressure>

Quick Quiz

1. At what age is it legal to have sex in the UK?
2. Is the law different for same sex couples?
3. Is the legal age different if there is no penetration?
4. Can you get prosecuted if two consenting individuals U16 take part in a sexual activity?
5. At what age can a person legally consent to sexual activity?
6. Can my GP give me sexual health advice / contraception if I am U16?

Quick Quiz Answers

1. At what age is it legal to have sex in the UK? **16**
2. Is the law different for same sex couples? **NO**
3. Is the legal age different if there is no penetration? **NO**
4. Can you get prosecuted if two consenting individuals U16 take part in a sexual activity? **No, as long as both are consenting and not U13**
5. At what age can a person legally consent to sexual activity? **13**
6. Can my GP give me sexual health advice / contraception if I am U16? **YES**



Support and help

Talk to a trusted adult either at home or school

- Brook provides free and confidential information about sex, contraception, STIs, pregnancy to under 25s
- Family Planning Association provides information and advice on all aspects of sexual health and contraception.
- R U Thinking offers information, advice and guidance for young people under 18 on sex, relationships and contraception.
- Frank provides individuals and families information on drugs and substance abuse.