



**CRE8TIVE
RESOURCES**

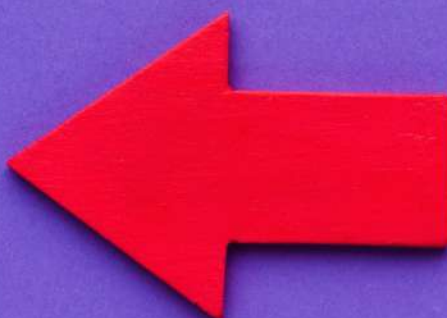
***RELATIONSHIPS AND
SEX EDUCATION***

PSHE Work Booklet

Name:

Teacher:

Class:



**CORE
THEME 3**

***RISK, RELATIONSHIPS
& SEX EDUCATION***



Risk, Relationships & Sex Education



CONFIDENCE CHECKER



LEARNING THE UNIT



1	2	3	4	5	6	7	8	9	10
NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	

I can define the terms “pleasure” and “masturbation”

I understand the benefits and risks associated with masturbation

I understand and can evaluate the risks associated with different sexual activities

I understand the dangers associated with Female Genital Mutilation (FGM)

I can explain the economic and social excuses given for committing FGM

I know which human rights are being abused by FGM

I can explain possible consequences linked to sending and receiving sexts

I know a good range of responses to a request for a sext message

I know where to get help with sexting issues and explicit images ending up online

I understand which types of pornography are illegal

I understand the differences between real life sex and porn life sex

I can explain the impact porn has on society and relationships

I know how porn can negatively influence a person’s behaviour in society

I can identify a range of aspects that are under-represented in porn

I know what revenge porn is and the law surrounding it

I can recognise what behaviours are unacceptable in a relationship

I can explain the law in regards to sexual assault and rape

I know the important qualities to look for in a partner that will keep me safe

I understand the impact that sexualisation of the media has on society

I can explain what positive and healthy body image is

I know how comparing myself to those I see in media could damage my mental health and self-esteem

Think about a time when you have been excited. What happened?

What words come to your mind when you hear the word masturbation?

Do people ever talk about masturbation?



What is pleasure?

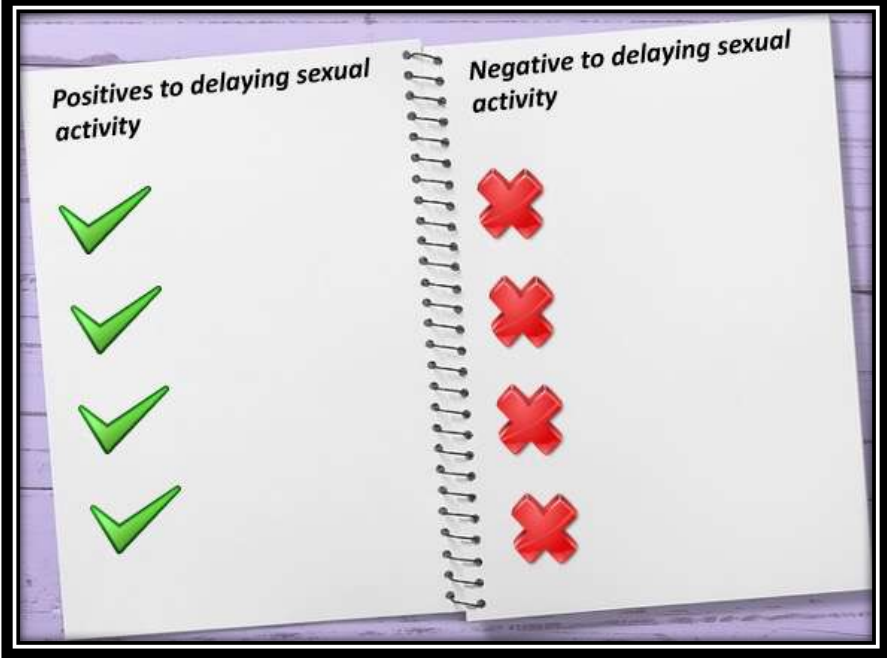
What is masturbation?

Benefits...

Risks...

Masturbation is dirty and wrong	Only boys masturbate	Pleasure is good for you
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Masturbation is a perfectly normal thing to do	Masturbation is only for adults	Masturbation has no health benefits
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Pleasure is something we shouldn't talk about	Masturbation is a bit sad	Girls enjoy pleasure as much as boys
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>

Video Reflection – What did you learn from the video clip?
(Information, statistics, advice, risks)



TOPICAL DEBATE

“It’s ok for young adults to explore their bodies through masturbation”

Arguments For	Arguments Against

Your personal opinion :

What can she do?

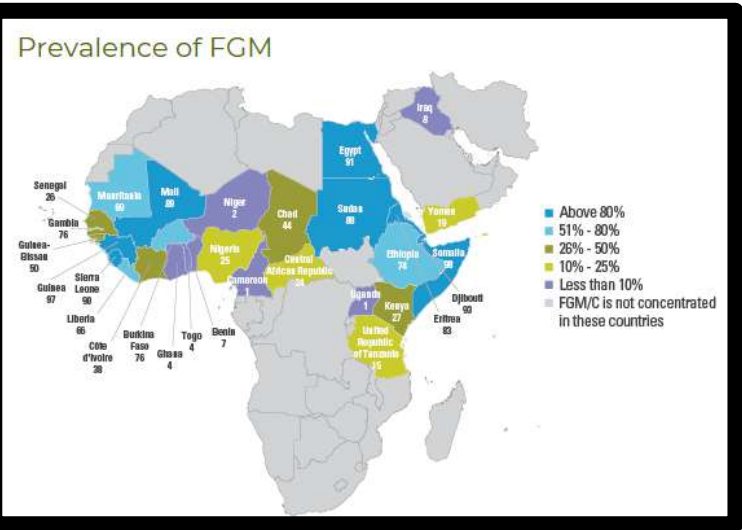
Is she right to be worried?

Who can she talk to for further support and help?

Is she right to do what her parents are telling her?

“My parents have told me I’m going on holiday back to Ethiopia soon and I’m going to become a woman for the first time. I’m worried about what this might involve. They have told me not to tell anyone ”

Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)

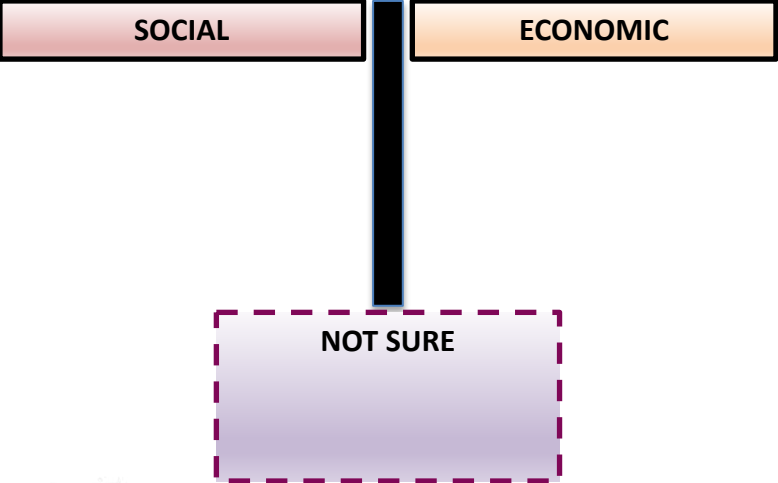


How are young girls pressured into FGM?

Why is it hard to say no?

What ‘lies’ are they fed?

Where can a girl turn to if she needed help?



It’s part of your cultural identity	To protect a girl’s virginity	To enhance male sexual pleasure	To make the value of a woman increase	Circumcisers get paid, keeps them in business
To prepare a girl for marriage	Some community leaders are paid to give permission for it to be done	A girl has now become a woman	Recognised all over the world	Prove she is a virgin to a future husband
At FGM celebrations, people provide money & gifts	Reduce a woman’s sexual libido	People say it’s for their religion. Not true!	To make a girl more beautiful	To keep a girl obedient

TOPICAL DEBATE

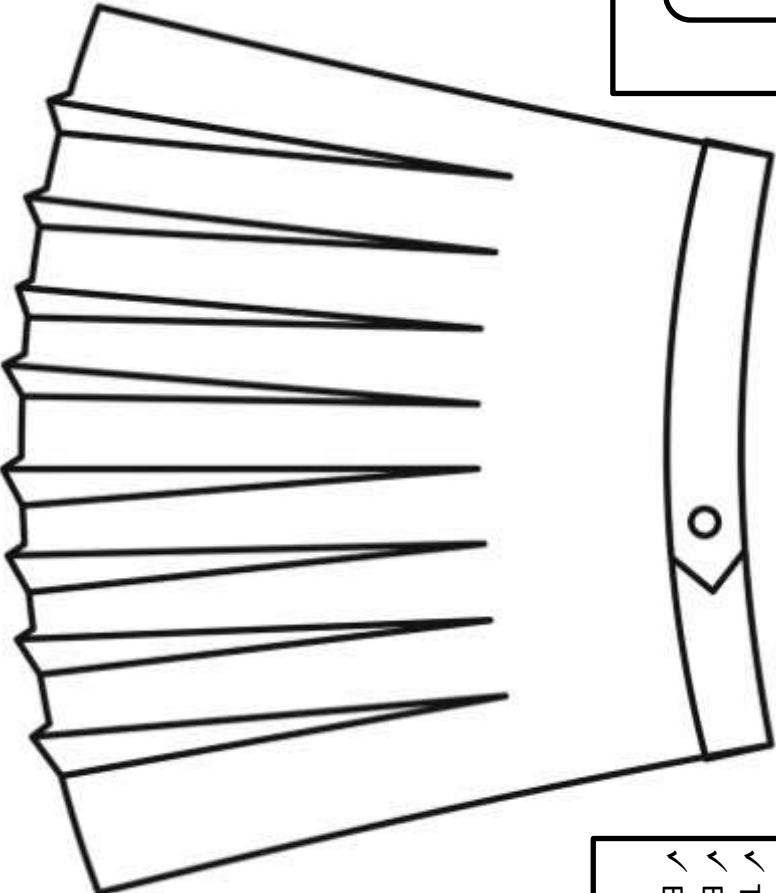
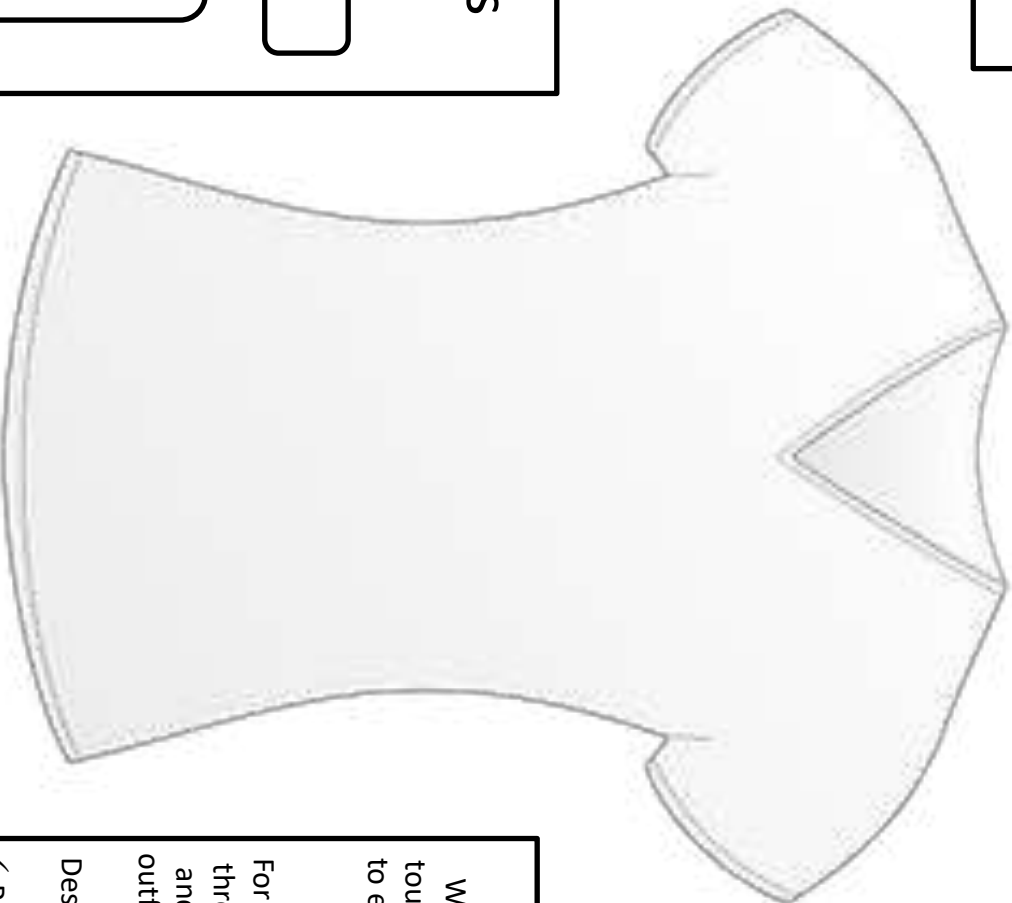
“People in western countries should not interfere with cultural practices from other countries, even if it is against someone’s human rights”

Arguments For	Arguments Against

Your personal opinion :

CAMPAIGN OUTFIT

Sweatbands



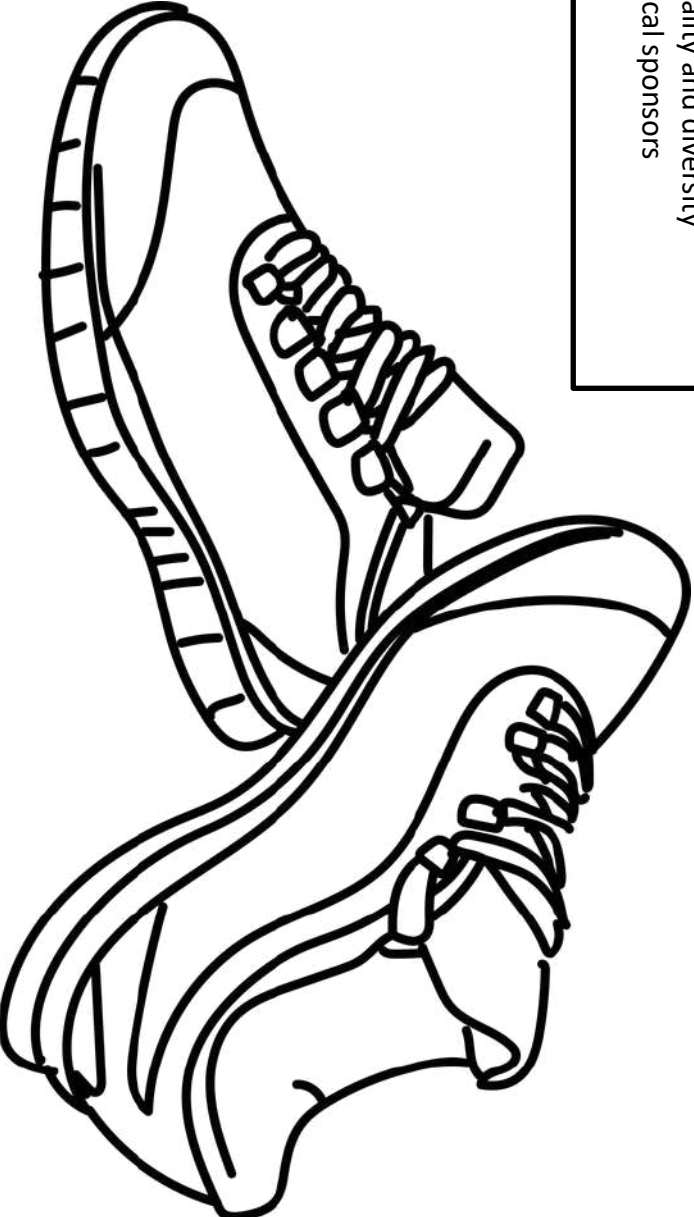
CREATIVE
RESOURCES

Wimbledon is the oldest tennis tournament in the world. It wants to embody the notion of women's rights

For this year, Wimbledon wants to throw away its plain white outfits and design new commemorative outfits to celebrate women's rights

Design a new outfit that promotes the following:

- ✓ Preventing FGM
- ✓ Highlighting the dangers of FGM
- ✓ Tolerance and respect
- ✓ Equality and diversity
- ✓ Ethical sponsors



What is sexting?

Why do people send nudes and sexts to others?

What are the consequences of sending a sext?



Video Reflection – What did you learn from the video clip?
(Information, statistics, advice, risks)

To impress your partner (show boating)	Forced into doing it (felt trapped, no other option)	To feel more confident about yourself
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Flirting	Being brave about a naughty photograph	For fun, for a good laugh
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
You didn't see the harm in doing it	Peer pressured into doing it	Feeling sexually confident
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>

Video Reflection – What did you learn from the video clip?
(Information, statistics, advice, risks)

Write your own sexting story

5 ways to respond

✓

✓

✓

✓

✓

**5 specific text responses
you could send**

✓

✓

✓

✓

✓



‘Visual material containing the explicit description or display of sexual organs or activity intended to stimulate sexual excitement.’



How might porn be damaging for society?

Sexting

This may involve animals, corpses, rape, and/or serious injury to a person.

E.G. Television

**Apart from porn,
where else might you
see sexualized images?**

Video Reflection – What did you learn from the video clip?
(Information, statistics, advice, risks)

Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)

TOPICAL DEBATE

“All porn should be made illegal because boys are more likely to watch porn and then expect girls to do things that just aren’t real or enjoyable ”

Arguments Against

Your personal opinion :



Why don't people use condoms in a lot of porn?

What dangers could these actors and actresses be putting themselves in?

Does porn impact young people's views about what 'real life sex' is like?

Video Reflection – What did you learn from the video clip?
(Information, statistics, advice, risks)

Porn makes people think unprotected sex is ok	Porn hates on women	Porn can affect your behaviour
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Porn leads to violence	Porn is a lie and a fantasy	All porn should be made illegal
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Porn causes you to feel lonely	Porn sex is like real sex	Porn can ruin your sex life
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
Porn gives you unrealistic expectations	Porn can be addictive	Porn encourages men to treat women differently
<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>

What impact can porn have on young people?

Relationships...

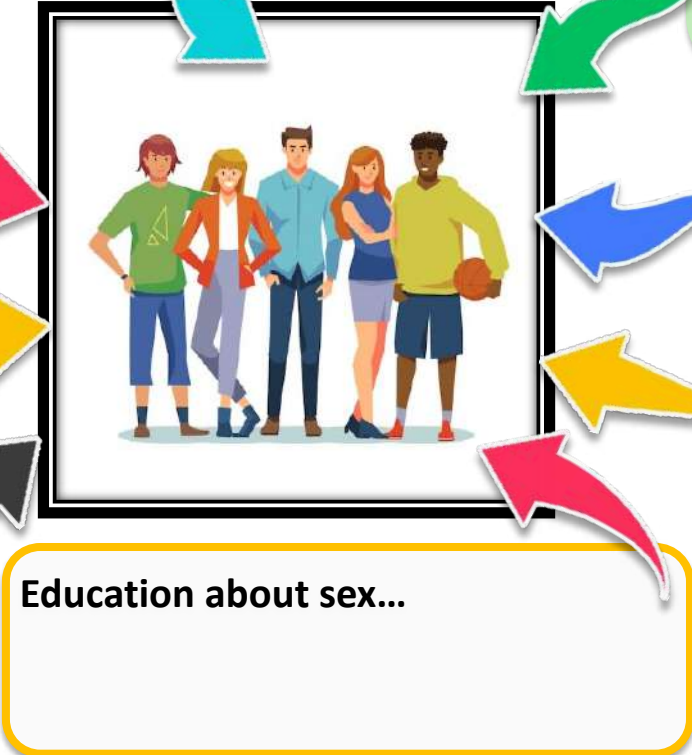
Sex life...

Since women are not treated equally in porn, it could encourage men to adopt this attitude towards women in real life

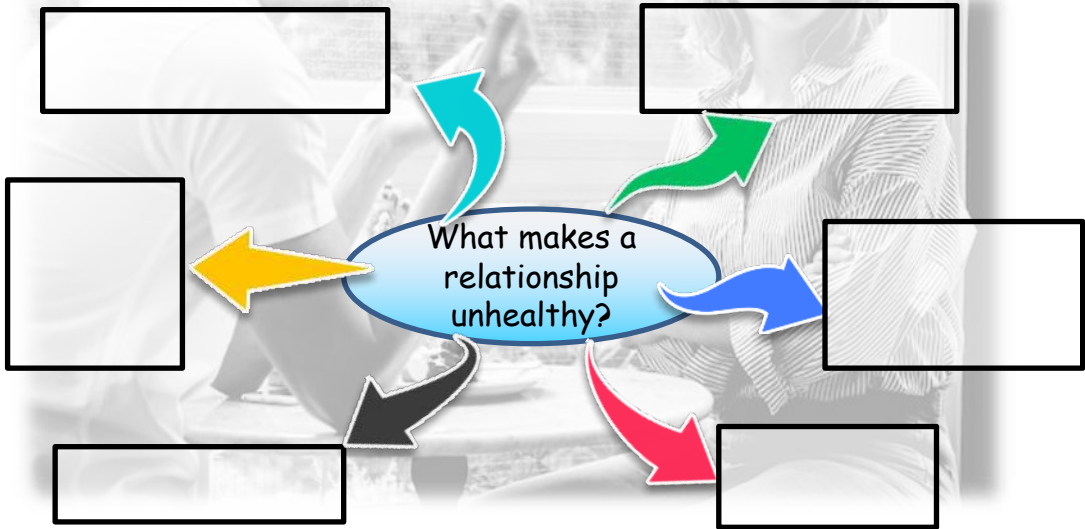
Body image...

Addiction...

Other...



Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)



How can you give consent to something?


What should you do if consent is not given but sexual acts happen?

Can you say yes and then change your mind?

<p>Your partner wants to have the final say on any outfit you wear</p> <div><div></div><div></div><div></div></div>	<p>Your partner checks up on you by reading your messages whilst you are asleep</p> <div><div></div><div></div><div></div></div>	<p>You have a shared bank account, but only you contribute money to it</p> <div><div></div><div></div><div></div></div>
<p>Your partner buys you lots of gym wear for your birthday because they want you to lose weight</p> <div><div></div><div></div><div></div></div>	<p>Your partner wants you to spend less time with people of the opposite sex, and more time with them</p> <div><div></div><div></div><div></div></div>	<p>Your partner likes to have 'banter' with you. Sometimes it goes too far</p> <div><div></div><div></div><div></div></div>




Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)



If you or someone you know has experienced sexual assault or rape, it's crucial to seek help and support.

Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)



Dear Friend,

Able to meet halfway on things.
Not always getting your own way.
Accepting that there isn't always
a 'right' way to do things.
Openness to change, willingness
to see the other side.

Stick or write the healthy
relationship feature here

Not keeping secrets from each
other. Avoidance of lying.
Clear, open and truthful
communication, being able to say
if you're feeling scared or
insecure.

Stick or write the healthy
relationship feature here

The ability to live your life free
from violence, intimidation or
threatening behaviour, and bring
able to make choices for yourself
without feeling trapped.

Stick or write the healthy
relationship feature here

Respecting your right to your own
opinions, friends and activities.
Allowing each other to have
private time without feeling
anxious or jealous.

Stick or write the healthy
relationship feature here

Having a belief in you and what
you want to achieve. Supporting
you in your goals and ambitions.

Stick or write the healthy
relationship feature here

Protecting you from harm.
Respecting your personal space,
non-threatening behaviour, non-
manipulative or intimidating
behaviour.

Stick or write the healthy
relationship feature here

Making decisions together, not
expecting you to do more or give
more to the relationship. Being
equal partners in the relationship.

Stick or write the healthy
relationship feature here

Listening, being non-
judgemental, understanding and
valuing yours and their opinions
and wishes.

Stick or write the healthy
relationship feature here

A feeling of warm personal
attachment and being empathetic
and tender towards someone.

Stick or write the healthy
relationship feature here

EQUALITY

SAFETY

HONESTY

FREEDOM

SUPPORT

TRUST

RESPECT

NEGOTIATION &
COMPROMISE

LOVE & AFFECTION

If you could add three more qualities to this list, what would they be and why?

- 1
- 2
- 3

Why is social media so popular?

Can social media be damaging to us?

Does sex appeal help to sell products, get more followers, or make you popular?

What does the phrase ‘sex sells’ mean?



Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)




Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)

Pairs:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10







TOPICAL DEBATE





"Parents should not allow their children to watch Love Island. It has no educational benefit and gives them a damaging view of what relationships really look like "

Arguments For	Arguments Against
Your personal opinion :	

FEEDBACK

PROJECT & WORK BOOKLET	Grade	Target Grade	Effort
What Went Well	<div><input type="checkbox"/> All tasks in this work booklet have been completed</div> <div><input type="checkbox"/> You participated fully in the lessons / responded to questions</div> <div><input type="checkbox"/> Fantastic evidence seen on project work</div> <div><input type="checkbox"/> You consistently displayed the positive behaviours</div> <div><input type="checkbox"/> Your work booklet has good attention to detail</div> <div><input type="checkbox"/></div>	<div><input type="checkbox"/> You have a positive attitude towards your learning</div> <div><input type="checkbox"/> Your behaviour is exemplary</div> <div><input type="checkbox"/> You show great team work / leadership skills</div> <div><input type="checkbox"/> You are a critical and thoughtful learner</div> <div><input type="checkbox"/> You are a reflective student inside and outside the classroom</div> <div><input type="checkbox"/></div>	
Next Steps	<div><input type="checkbox"/> Ensure all tasks are completed in work booklet</div> <div><input type="checkbox"/> Participate more in lessons</div> <div><input type="checkbox"/> Explain how you will improve your project work</div> <div><input type="checkbox"/> Which behaviours could you focus on?</div> <div><input type="checkbox"/> Add further detail to your responses in the work booklet</div> <div><input type="checkbox"/></div>	<div><input type="checkbox"/> Explain how you can improve your attitude to LSW</div> <div><input type="checkbox"/> Explain how you can improve your behaviour</div> <div><input type="checkbox"/> How can you show better leadership and teamwork skills?</div> <div><input type="checkbox"/> Improve SPAG (refer to SPAG targets)</div> <div><input type="checkbox"/> Set yourself two SMART targets for self improvement.</div> <div><input type="checkbox"/></div>	
SPAG	<div>Below Threshold</div> <div></div>	<div>Threshold</div> <div></div>	<div>Intermediate</div> <div></div> <div>Advanced</div> <div></div>
Evidence of Next Steps (Complete here or refer to where it can be seen)			

FINAL - PRESENTATION & SPAG FEEDBACK

SPAG Performance	Descriptor	Targets to improve..
<div>Below Threshold</div> <div><div></div></div>	<div>Common errors in spelling, punctuation and grammar hinder written communication.</div> <div>Response does not relate to questions asked or no response to tasks in booklet.</div> <div>Work booklet is untidy.</div>	<div><input type="checkbox"/> Complete unfinished tasks</div> <div><input type="checkbox"/> Copy out misspelled vocabulary 3 times</div> <div><input type="checkbox"/> Neatly colour code tasks</div> <div><input type="checkbox"/> Complete Progress Tracker</div> <div><input type="checkbox"/> Add punctuation (capital letters, full stops, etc)</div>
<div>Threshold</div> <div><div></div></div>	<div>Able to spell and punctuate with reasonable accuracy.</div> <div>Some grammatical errors but they don't significantly hinder the work booklet.</div> <div>Limited range of specialist key terms used.</div> <div>Work booklet is untidy and incomplete in places.</div>	<div><input type="checkbox"/> Complete unfinished tasks</div> <div><input type="checkbox"/> Replace slang terms with more formal English</div> <div><input type="checkbox"/> Fully develop your points of view in your responses</div> <div><input type="checkbox"/> Proof read work and check for SPAG errors</div> <div><input type="checkbox"/> Use a wider range of specialist vocab</div>
<div>Intermediate</div> <div><div></div></div>	<div>Able to spell and punctuate with considerable accuracy.</div> <div>Use rules of grammar with greater control of meaning .</div> <div>Good range of specialist key terms.</div> <div>Pride and care is taken in completion of the work booklet.</div>	<div><input type="checkbox"/> Add to completed tasks</div> <div><input type="checkbox"/> Develop a wider range of more complex ideas</div> <div><input type="checkbox"/> Fully develop your points of view in your responses</div> <div><input type="checkbox"/> Ensure every activity is complete in you Work Booklet</div> <div><input type="checkbox"/> Use a wider range of punctuation including colons and semi colons</div> <div><input type="checkbox"/> Ensure your points made are supported by evidence and examples</div>
<div>Advanced</div> <div><div></div></div>	<div>Perfectly accurate spelling and grammar throughout .</div> <div>Grammar is effectively used at all points of the work booklet. A wide and accurate range of specialist key terms are used.</div> <div>Work booklet is fully completed to the best of your ability. Professional presentation at all times.</div>	<div><input type="checkbox"/> Add to completed tasks</div> <div><input type="checkbox"/> Ensure your points made are supported by evidence and specific examples</div> <div><input type="checkbox"/> Use complex and varied techniques in your writing</div> <div><input type="checkbox"/> Ensure every extended written response balances viewpoints in order to fully come to a conclusion</div> <div><input type="checkbox"/> Help support another student in improving their SPAG</div>