

Importance of Sexual Health

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To increase awareness of
the importance of a young
person's sexual health

To explore various
consequences of neglecting
sexual health

To understand what
emergency contraception is
available and when it is
appropriate to use it

NEW VOCABULARY

Sexual Health, STI,
Reproductive Health, Sexual
Rights, Chlamydia, Emergency
Contraception



STARTER ACTIVITY

With a partner, create a list of people you
can talk to about sex.

Now put the people on your list under the headings:
'Most likely to approach' and 'Least likely to approach'



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen and don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
language (avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support








Importance of Sexual Health

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
Knowledge, Skills & Actions	1  2	3  4	5  6	7  8	9  10
I can define sexual health and reflect on my own					
I can explain the consequences of neglecting my sexual health					
I know what to do if I make a mistake or something happens accidentally					



2 Minutes

Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



I'm not
confident at all
on this topic



A little
confident



Confident



Very
confident



I am super
confident on
this topic

Key Term Definitions



With a partner come up with a definition for the following key terms:

Sexual Health
Contraception



Definition— [\[Click to Reveal\]](#)

Sexual Health

Definition— [\[Click to Reveal\]](#)

Contraception



Task

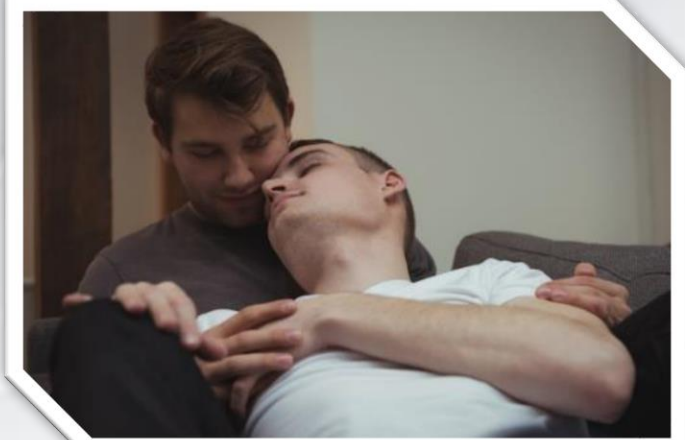
Was either definition close to yours?



Sexual Health

Sexual health refers to a state of physical, emotional, mental and social well-being in relation to one's sexuality.

It encompasses various aspects of human sexuality, including sexual relationships, sexual pleasure, reproductive health and the ability to have safe, consensual and satisfying sexual experiences.



Promoting sexual health involves creating supportive environments that respect and protect sexual rights, providing accurate information and education, ensuring access to quality sexual health services and addressing social and cultural factors that may hinder sexual wellbeing.

Sexual health is a personal and subjective matter and individuals may have diverse perspectives, values and experiences related to their own sexual health. It is essential to respect and acknowledge these differences, while promoting the overall goal of ensuring sexual well-being for all individuals.

Sexual Health in Detail

Key components of sexual health include:

- **Physical Wellbeing:** Includes regular check-ups, practicing safe sex and seeking appropriate medical care when needed.
- **Emotional and Mental Wellbeing:** Includes open communication, consent, respect and the ability to express and explore one's sexual desires and boundaries in a healthy and fulfilling way.
- **Healthy Relationships:** Includes understanding and practicing safe sex, discussing contraceptive methods and making informed decisions about sexual activity.
- **Reproductive Health:** Involves understanding one's reproductive rights and having the ability to make informed choices about reproductive health.
- **Education and Awareness:** Includes awareness of gender and sexual diversity, addressing and challenging social norms and stereotypes and promoting inclusivity and acceptance.
- **Sexual Rights:** Sexual health embraces the concept of sexual rights, which are human rights related to sexuality. These include the right to make decisions about one's own body, the right to be free from discrimination and violence based on sexual orientation, gender identity or sexual expression and the right to access sexual health care and information without coercion or discrimination.



SEXUALLY TRANSMITTED INFECTIONS



GET TESTED



Task

Q1. Explain why sexual health is important?

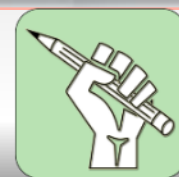
Q2. When is sexual health especially important?

Q3. What could be the short term effects of neglecting your sexual health?

Q4. What could be the long term effects of neglecting your sexual health?



What do you wish you were taught?



What I wish I was taught about
sexual health | Hannah Witton
| ad

Task: Pick one or two coloured
hats and answer all the related
questions



10 Minutes



What facts do I
know? What else
do I need to know?
What do I want to
know?

INFORMATION



How do I feel
about this? What
don't I like about
this? What do I like
about this?

FEELINGS



Can something be
done? New ideas?
What are the
solutions/
suggestions?

CREATIVITY



What thinking is
needed?
Next steps?
Where are we
now?

THINKING



What is wrong?
Is it safe?
Can it be done?

JUDGEMENT

SORTING ACTIVITY

Sex and Contraception

Will not protect you against pregnancy

**Will help to protect you against
pregnancy**

NOT SURE

Implant

**Really Hot
Bath**

Sterilisation

**Fertility and
Menstrual
Charting**

Being Careful

The Pill

**Sex Whilst
Standing Up**

**Drinking
Alcohol and
Smoking**

Diaphragm

Using Clingfilm

**Male and
Female
Condom**

**Sex for the
First Time**

**Sex on your
Period**

Abstinence

SORTING ACTIVITY

Sex and Contraception

Will not protect you against pregnancy

**Really Hot
Bath**

**Fertility and
Menstrual
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**Sex Whilst
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**Will help to protect you against
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Implant

Sterilisation

The Pill

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**Male and
Female
Condom**

Abstinence

Task

Can you think of any other ideas for either side that you could add?

CONTRACEPTIVES



CONSULTATION



Did you know?

If a man uses a condom, he is protecting himself and his partner from an unwanted pregnancy and sexually transmitted infection. However, the majority of contraceptive methods for women, only protect against pregnancy, not sexually transmitted infections.

PREGNANCY PLANNING



INSTRUMENTS



Did you know?

Barrier methods work by preventing the sperm from reaching the egg by creating a barrier between the two. Barrier methods include: condoms, caps and diaphragms

Did you know?

There are many different forms of contraception, each of them designed to work in different ways. Their main purpose is to prevent the woman from getting pregnant.

Considerations

Am I physically ready?

Am I emotionally ready?

Is this the right thing to do?

Do I trust this person?

Consideration:

Before you decide to make a relationship sexual or engage in sex. What should you consider?

Am I old enough by law?

Consideration:

What contraception will I use?


Where will I have sex?

Consideration:

How will it impact our relationship?

What happens after?

What Do You Think?



“Sexual health is only important when you are having a problem down there... You know what I mean”

Talking Points



I think that ...
I don't think... is right because...
My opinion is...
I would argue the same because...
I disagree with... because...
Building on what... said, I think...
An alternate way of looking at this is...
I sort of agree, however...
I would challenge what... said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



What are the consequences of not maintaining good sexual health?

Increased Risk of S

(CLICK TO REVEAL)

Unintended P

(CLICK TO REVEAL)

Reproductive H

(CLICK TO REVEAL)

Emotional and P

(CLICK TO REVEAL)

Relat

(CLICK TO REVEAL)

Lack of Se

(CLICK TO REVEAL)

Social Stig

(CLICK TO REVEAL)

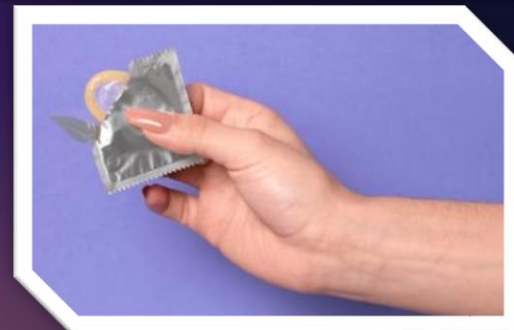
Task

After revealing each consequence come up with an explanation for the reason why

What happens if I make a mistake or something happens accidentally?

What if;

- The condom comes off, splits, is used incorrectly or was out of date?
- You don't use a condom at all (including during oral sex)?
- You used the withdrawal method and are worried?



You must;

- Seek advice on emergency contraception and advice on STIs straight away
- Talk to someone (A trusted adult or contact a sexual health clinic)
- Get regular STI testing



Emergency contraception is a last resort and more effective if taken early.

Types of emergency contraception include;

Levonelle – Take up to 3 days (72 hours) after unprotected sex

EllaOne – Take up to 5 days (120 hours) after unprotected sex (Free from teenage advice/contraception clinics, some pharmacies, Walk-in Centres, GP)

Emergency IUD - Fitted up to 5 days after unprotected sex and can stay in as a permanent method



REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

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Confident

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HOMEWORK SUGGESTION

Homework Explained

Write three paragraphs explaining what sexual health is, the importance of maintaining good sexual health and what some of the consequences of poor sexual health are.

DUE DATE

It must be submitted
by...

Hand/ Google Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW,
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ A sexual health clinic (GUM clinic)
- ☐ <https://www.childline.org.uk/info-advice/> - info on topics including friends, relationships & sex
- ☐ Call the national sexual health helpline on 0300 123 7123 for details
- ☐ Brook centres - for under-25s
- ☐ GP surgeries
- ☐ NHS Website <https://www.nhs.uk/live-well/sexual-health/>

RELATIONSHIPS
& SEX EDUCATION



SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

