

YEAR 7 LESSON 5 TITLE Risk and Getting Help

KEY CONCEPTS

- ◆ Understanding risk in both positive and negative terms
 - ◆ Understanding that individuals need to manage risks to themselves and others in a range of situations
 - ◆ Appreciating that pressure can be used positively or negatively to influence others in situations involving risk
 - ◆ Developing the confidence to try new ideas and face challenges safely – both individually and in groups
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KEY PROCESSES

- ◆ Identify and use strategies for setting and meeting personal targets in order to increase motivation
 - ◆ Use knowledge and understanding to make informed choices about safety, health and wellbeing
 - ◆ Find information and support from a variety of sources
 - ◆ Know when and how to get help
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CONTENT

- ◆ Ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations
 - ◆ Sexual activity, human reproduction, contraception, pregnancy, sexually transmitted infections and HIV
 - ◆ How high-risk behaviours affect the health and wellbeing of individuals, families and communities
 - ◆ Different types of relationships – including those within families and between older and younger people, boys and girls and people of the same sex
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LEARNING OUTCOMES

by the end of the lesson, pupils will be able to:

- ◆ Know where and how to access support and help on sex and relationships
 - ◆ Understand how sex and relationship problems can be addressed by a range of different people
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RESOURCES

- Anonymous question box
- White board
- 'Problem' and 'Role' cards

LESSON PLAN

Activity 1 – Question Box

Timing

15 mins. approx

Resources

Anonymous question box

- ❖ If you have gathered anonymous questions in your box over the SRE programme, take the time now to answer these. Invite pupils to add their views as well.
- ❖ Emphasise that all young people have similar questions (add a few of your own if necessary to ensure a range of topics are covered!), and that it's important to find out the answers.

Activity 2 – 'Word Storm', Sources of Help

Timing

10 mins. approx

Resources

White board

- ❖ Ask the class to suggest all the people places young people can get help from if they are concerned about sex and/or relationships. Ask them to rank these in terms of accessibility /suitability for young people.

Activity 3 – Problem Page

Timing

15 mins. approx

Resources

Large paper sheets, PPT ('Ground Rules')

- ❖ Divide the class into small groups and give each one three of the problems cards. Ask each group to answer as one a different role: parent, friend, agony aunt, doctor /nurse and youth worker.
- ❖ As a whole class, read out the answers to each problem. Who gives the best advice and why? What was the most difficult question?

Activity 4 – Local Help

ruthinking.co.uk – National website with advice and information on sex and relationships

Likeitis.co.uk – National website with advice and information on sex and relationships

4ypbristol.co.uk – Local website with advice and information on sex and relationships

stonewall.org.uk – National website offering advice to lesbians and gay men

www.eachaction.org.uk – Site for young people affected by homophobia to offer help and support

Brook Bristol (1 Unity Street, Bristol, BS1 5HH / 0117 929 0090) – Runs drop-in sexual health services in schools

Opening Doors (Openingdoorsbristol.org.uk) – Social workers in Bristol secondary schools offer advice and support

“I’m always arguing with my parents about what time I have to be in at night. They treat me like a child – I’m 13! Why won’t they understand?”

“I’m much smaller than all my friends and I don’t yet have any hair on my private parts. I hate having to change for PE. I am always getting teased. Some of the guys have practically got beards!”

“My friend says this Yr.11 guy really fancies me and wants my number. He is so hot! I am only 13. What should I do?”

“Loads of my mates are always going on about girls they fancy. To be honest, I’m just not interested. I’m more into football and music. Is this normal?”

“My friends discovered I’m on the pill but it’s only to help me with my periods. I haven’t had sex or even a boyfriend yet! They’re telling everyone. What should I do?”

“Everyone says this girl really fancies me. We’re going to a party at the weekend and they all say I’ve got to kiss her. I don’t think I know how! I can’t stop thinking I’ll get it all wrong.”

“My mate was really upset last week because he found out his parents were getting divorced. The other guys saw me talking to him and putting my arm round his shoulder. They’re all calling us ‘gay’ now. I don’t know what to do.”

“I don’t understand why I’m so fat! I’ve tried dieting to look like the girls in the magazines, but it just doesn’t work. I don’t even eat that much! My friends say no one will fancy me if I don’t lose weight.”

“My family are quite religious and say that I shouldn’t be thinking about relationships and stuff like that because I’m far too young. I don’t want to hurt their feelings, but I feel left out.”

“I’ve recently been thinking about this boy all the time. I can’t get him out of my mind. I imagine us going out and even what it would be like if we lived together or got married when we’re older. I’ve never even talked to him. Do I have a chance?”

Parent

Friend

**Agony
aunt**

**Doctor
/nurse**

**Youth
worker**

