

PERSONAL SOCIAL HEALTH ECONOMIC EDUCATION

PERSONAL WELL-BEING – SEX AND RELATIONSHIP EDUCATION

YEAR 8 LESSON 2 TITLE Healthy Lifestyles

KEY CONCEPTS

- ◆ Recognising that healthy lifestyles and the well-being of self and others depends on having the right information and using this to make responsible choices
- ◆ Understanding that physical, mental, sexual and emotional health affects our ability to lead fulfilling lives, and that there is help and support available to those who feel threatened
- ◆ Dealing with growth and change as normal parts of growing up

KEY PROCESSES

- ◆ Reflect on feelings and identify positive ways of understanding, managing and expressing strong emotions and challenging behaviours
- ◆ Identify how managing feelings and emotions effectively supports decision-making and risk management
- ◆ Value differences between people and demonstrate empathy and a willingness to learn about people different from themselves

CONTENT

- ◆ Sexual activity; human reproduction; contraception; pregnancy; sexually-transmitted infections and HIV; how high-risk behaviours affect the health and well-being of individuals, families and communities
- ◆ Physical and emotional change and puberty
- ◆ The similarities, differences and diversity among people of different race, culture, ability, disability, gender, age and sexual orientation and the impact of prejudice, bullying, discrimination and racism on individuals and communities

LEARNING OUTCOMES,

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

- ◆ Understand more about aspects of basic hygiene
- ◆ Understand some of the changes to bodies and feelings that may occur during sexual activity
- ◆ Understand more about the range of sexual feelings and some of the myths surrounding sexuality

RESOURCES

- Hygiene and other health-related products and advertisements
- 'Signs of Sex' cards;
- 'Gender' cards
- 'Sexual Feelings – Myth/Reality' Quiz and answer sheet

LESSON PLAN

Activity 1 – Hygiene Game

Timing

15 mins. approx

Resources

Hygiene and other health-related products and advertisements

- ❖ Divide the class into smaller groups and give each one a selection of hygiene and healthcare products and adverts (e.g. tampons, razors, sanitary towels, deodorants, spot creams, mouthwash, make up etc.).
- ❖ Ask the groups to describe what they are for and whether they think that they are necessary or not. Are they for men, women or both? Young people or adults?

Discuss the items as a whole class, and include issues around advertising messages. What do these say about our bodies? Which ones are really necessary? Do any of them make young people feel bad about themselves? If you have time, view some adverts on www.youtube.com.

Activity 2 – What Happens During Sex?

Timing

15 mins. approx

Resources

'Signs of Sex' cards; 'Gender' cards

This activity is aimed at helping young people to understand some of the changes to their bodies and feelings that may occur during sexual activity (whether intercourse happens or not). Not all of these feelings will occur and all obviously depend on the person and circumstances involved.

- ❖ Divide the class into small groups and ask them to select from the 'Signs of Sex' cards those which apply to men and those which apply to women and which to both
- ❖ Get them to see if they can put them into the sequence in which they are likely to happen

Discuss the activity as a whole class and discuss any differences and similarities between men and women's reactions during sexual activity. Ensure that all myths are debunked!

Activity 3 – Sexuality and Sexual Feelings

Timing

15 mins. approx

Resources

'Sexual Feelings – Myth/Reality' Quiz and answer sheet

Ask pupils to fill in the 'Sexual Feelings – Myth /Reality' quiz and then check each others' answers in small groups/pairs. When this is done, discuss the activity as a whole class.

Myth or Reality?	Myth	Reality
1. Everybody wants to have sex		
2. Men want sex more than women		
3. Masturbation makes you ill		
4. Only men masturbate		
5. 'Wet dreams' are when you dream about swimming		
6. Men reach orgasm more quickly than women		
7. An erection is when we vote in a new government		
8. Only women can have 'multiple orgasms'		
9. About 1 in 20 people are gay or lesbian		
10. You have to be in love to have sex		
11. People with disabilities can't have sex		
12. Women only enjoy sex if the man has a big penis		
13. Most adults have sex at least once a day		
14. Some people are attracted to both men and women		
15. When a women says 'no' to sex she doesn't really mean it		
16. Once you are over 50 you lose interest in sex		
17. Once you have sex you have to wait several hours before you have it again		
18. Most people know if they are gay or not from a young age		
19. A man has to have sex if he has an erection		
20. If you are married or in a civil partnership you have to have sex with your partner		

Myth or Reality	
<p>1. Everybody wants to have sex</p> <p><i>Although many people do want sex, most vary in their interest at different points in their lives and a relatively small portion of people never have sex at all.</i></p>	Myth
<p>2. Men want sex more than women ?</p> <p><i>Generally speaking it's true that men want sex more often than women, but this doesn't mean they like it or enjoy it more. Men' are generally quicker and more straightforward in what sets off their desire. For women, sex tends to be more affected by context.</i></p>	
<p>3. Masturbation makes you ill</p> <p><i>No. Only if you hurt yourself in some way during masturbation. However, some religions believe it to be morally wrong.</i></p>	Myth
<p>4. Only men masturbate</p> <p><i>About two thirds of men masturbate regularly and only about 40% of women do so less frequently</i></p>	Myth
<p>5. 'Wet dreams' are when you dream about swimming</p> <p><i>'Wet dreams' or 'nocturnal emissions' are common in adolescent young men when hormone production is high. This means an involuntarily ejaculation when a boys is asleep</i></p>	Myth
<p>6. Men reach orgasm more quickly than women</p> <p><i>On average, men take 4 minutes in heterosexual intercourse from entry to ejaculation. Women take 10 -12 mins. About 75% of men say they always ejaculate during sex, but only about 25% of women say they reach orgasm during actual sexual intercourse.</i></p>	Reality
<p>7. An erection is when we vote in a new government</p> <p><i>An erection is when the penis fills with blood.</i></p>	Myth
<p>8. Only women can have 'multiple orgasms'</p> <p><i>Women can have several orgasms or one long orgasm in way that men can't. Men need a 'rest' period between each ejaculation of at least several minutes, and often much longer (depending on age and health)</i></p>	Reality
<p>9. About 1 in 20 people are gay or lesbian</p> <p><i>It's hard to get an accurate answer since people sometimes experiment, change their minds and lie in surveys. The latest evidence suggests that approximately 5-9% of the populations is lesbian or gay. Many people may have sexual relationships with same sex partners but not identify themselves as 'gay', so it's hard to be accurate.</i></p>	Reality
<p>10. You have to be in love to have sex</p> <p><i>No. Although some people believe that you should be, and some religions believe you should be married before you have sex.</i></p>	Myth
<p>11. People with disabilities can't have sex</p> <p><i>Having a disability (physical or learning difficulty) will only have a direct impact if the sexual organs don't function at all and/or there is no sexual desire. Most people with learning difficulties or with physical disabilities have both sexual desire and are able to have sexual relationships. They do, however, suffer from the prejudice of some other people who they think that they shouldn't.</i></p>	Myth
<p>12. Women only enjoy sex if the man has a big penis</p> <p><i>Most adult men's' penises are average size (5-6 inches erect), and for most women their partner's penis size is not the most important part of their sexual relationship.</i></p>	Myth

13. Most adults have sex at least once a day	Myth
<i>Frequency of sex varies from person to person and at different stages of life. Younger couples tend to have sex more than older couples, and people in couples more than those who are single. But it all depends on the individual, and it's not a competition!</i>	
14. Some people are attracted to both men and women	Reality
<i>True. See answer to Q.9 above.</i>	
15. When a women says 'no' to sex, she doesn't really mean it	Reality
<i>This is an old myth. It's not true. If someone says 'no', then they mean 'no'.</i>	
16. Once you are over 50 you lose interest in sex	Myth
<i>Sexual desire does appear to decline in some people as they age, but that's not true for everybody.</i>	
17. Once you have sex you have to wait several hours before you have it again	Myth
<i>Men usually have to wait for a short period before they can get an erection. This period gets longer as they get older. It doesn't mean they can't have sex, though, since not all sex requires an erect penis. It's up to individuals to decide when they want to have sex again.</i>	
18. Most people know if they are gay or not from a young age	?
<i>There is no rule about this. Many people say that they have always known they were attracted to members of the same sex. Others take time to decide what is right for them. Still others feel differently at different times in their lives. However, people can't be 'persuaded' or taught to be either be one way or the other.</i>	
19. A man has to have sex if he has an erection	Myth
<i>No. There is no damage done if a man has an erection and then does not have sex (or masturbates). Sexual feelings come and go.</i>	
20. If you are married or in a civil partnership you have to sex with your partner	Myth
<i>Some people may feel it is their duty to have sex with their partner because it is part of their religion or simply to make them happy. However, forcing someone to have sex without their consent is rape and is against the law – even if they are married.</i>	

Body Changes

Breathing gets deeper

Breathing gets quicker

Skin becomes flushed (red)

Penis becomes hard

Sweat more

Nipples become harder

Fluids are released from sexual organs

Pupils of eyes dilate

Produce pheromones

Make squeaking noises

Make groaning noises

Shouting

Screaming

Laughing

Swearing

Feelings

Feel happy

Feel relaxed

Feel scared

Feel love

Feel dizzy

Feel hungry

Feel nervous

Feel excited

Feel sleepy

Feel bored

	Male	Female	Both
Body changes			
Breathing gets deeper			X
Breathing gets quicker			X
Skin becomes flushed (red)			X
Penis becomes hard	X		
Clitoris becomes hard		X	
Sweat more			X
Nipples become harder			X
Fluids are released from sexual organs			X
Pupils of eyes dilate			X
Produce pheromones			X
Make squeaking noises	Possible for both		
Make groaning noises	Possible for both		
Shouting	Possible for both		
Screaming	Possible for both		
Laughing	Possible for both		
Swearing	Possible for both		
Feelings			
Feel happy	All possible for both		
Feel relaxed			
Feel scared			
Feel love			
Feel dizzy			
Feel hungry			
Feel nervous			
Feel excited			
Feel sleepy			
Feel bored			

MEN

MEN

MEN

MEN

WOMEN

WOMEN

WOMEN

WOMEN

BOTH

BOTH

BOTH

BOTH

