

PERSONAL SOCIAL HEALTH ECONOMIC EDUCATION

PERSONAL WELL-BEING – SEX AND RELATIONSHIP EDUCATION

YEAR 9 LESSON 5 TITLE Risk /Getting Help

KEY CONCEPTS

- ◆ Understanding risk in both positive and negative terms and understanding that individuals need to manage risk to themselves and others in a range of personal and social 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, individually and in groups

KEY PROCESSES

- ◆ Use social skills to build and maintain a range of positive relationships
- ◆ Use the social skill of negotiation within relationships, recognising their rights and responsibilities and that their actions have consequences
- ◆ Identify how managing feelings and emotions effectively supports decision-making and risk management
- ◆ Assess and manage risk in personal choices and situations, minimise harm in risky situations and demonstrate how to help others do so when necessary

CONTENT

- ◆ Examples of diverse values encountered in society and the clarification of personal values
- ◆ Ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations
- ◆ The features of positive and stable relationships, how to deal with a breakdown in a relationship and the effects of loss and bereavement

LEARNING OUTCOMES

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

- ◆ Understand more about how the law impact on sexual relationships
- ◆ Understand more about the effects of sexual bullying
- ◆ Know where and how to access support and help on sex and relationships
- ◆ Know who to approach in the school for help on sexual health, relationship and alcohol/drugs issues

RESOURCES

- 'Sex and the Law' Quiz
- Copies of Guardian newspaper article 'A quarter of all 14 year olds forced into sex, says survey' (on CD-ROM);
- 'Sexual Bullying' Questionnaire
- Internet access
- Brook/4YP drop-in worker and Schools Drug Intervention worker

LESSON PLAN

Activity 1 – Sex and the Law Quiz

Timing

15 mins. approx

Resources

'Sex and the Law' Quiz

Ask students to fill in the quiz, and then go over the answers in class. For further information on sex and the law, see:

- ❖ Brook booklet
- ❖ Avert website - www.avert.org/teensex.htm
- ❖ Other websites listed below

Activity 2 – Sexual Bullying

Timing

15 mins. approx

Resources

Copies of Guardian newspaper article 'A quarter of all 14 year olds forced into sex, says survey'; 'Sexual Bullying' Questionnaire

Hand out the newspaper article on sexual bullying, and ask students to respond to the questionnaire. As a whole class, respond to the questions and form your own local survey results. How do they differ from the ones given?

Activity 3 – Local Help

Timing

5 mins. approx

Resources

Below

Remind the class of sources of help – including specialist drug/alcohol workers. To do this, show the following information on the white board:

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

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

eachaction.org.uk – for young people affected by homophobia, offering help and support

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

Brook Bristol 1 Unity Street, Bristol, BS1 5HH 0117 929 0090 – running drop-in services in schools on sexual health

Opening Doors – Bristol young people's substance misuse service with workers in Bristol secondary schools offering advice and support

Activity 4 – Local Help - Visitors

Timing

10 mins.each
approx

Resources

Brook/4YP drop-in worker and Schools Drug Intervention worker

Arrange for the Brook/4YP drop-in worker and Schools Drug Intervention worker to attend the lesson and do a short introduction to their services.

Activity 5 – Question Box

Timing
5-10 mins. approx

Resources
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, too. Add a few sensible sample questions of your own if necessary!

Emphasise that everyone has questions like these (add a few of your own if you like to ensure a range of topics are covered!), and also stress that young people's questions and concerns about sex and relationship need to be answered.

Activity 6 – Word Storm

Timing
10 mins. approx

Resources
White board

Ask the class to suggest all the people places a young person could get help from if they were concerned about sex and relationships. Ask them to rank these in terms of accessibility/suitability for young people.

Sex and the Law Quiz

	Legal	Illegal
1. A 20 year old young man having sex with a 15 year old young woman		
2. A man forcing his wife to have sex		
3. Having sex in a public place e.g. park, back street, parked car		
4. Talking to a prostitute/sex worker on the street about sex		
5. Reading porn magazines in public		
6. Using the Internet to meet possible sexual partners		
7. Getting someone drunk so they will have sex with you		
8. Using force to make someone have sex with you		
9. Following someone home		
10. Sending someone a 'sexy' text message		

Sex and the Law Quiz Answers

- 1. *A 20 year old young man having sex with a 15 year old young woman***
Illegal. The age of “consent” (agreement) for sex is 16 in England, Wales and Scotland (17 in Northern Ireland). He could go to prison for this for up to 2 years. If she is under 13 then it could be up to life in prison. If a 15 year old young man is having sex with a 15 year old girl, then this still illegal. Both are under the legal age, even if they both agree to sex.
- 2. *A man forcing his wife to have sex***
Illegal. Unless a woman gives consent, any form of forced sex can be considered as rape.
- 3. *Having sex in a public place e.g. park, back street, parked car***
Illegal if it is very public i.e. in the street or where other people could see you.
Legal if you have tried to be private.
- 4. *Talking to a prostitute/sex worker on the street***
Illegal if you are ‘kerb-crawling’; if a man is over 16, paying for sex is **legal** – though only if the person being paid (the sex worker) is 18 or over.
- 5. *Reading porn magazines in public***
Legal though liable to cause offence.
- 6. *Using the Internet to meet possible sexual partners***
It is **legal** to try and meet partners over the Internet but it is **illegal** to try to ‘groom’ someone who is under age (even if you couldn’t tell their age from their profile).
- 7. *Getting someone drunk so they will have sex with you***
Illegal with a prison sentence (this could be from 10 years up to life). Similarly **illegal** is putting drugs into someone’s drink to make them have sex with you. This also carries a prison sentence.
- 8. *Using force to make someone have sex with you***
Illegal with heavy prison sentences (up to life). This applies to any kind of force – not just physical rape.
- 9. *Following someone home***
Illegal if this happens more than once. You could be prosecuted for harassment or a ‘restraining order’ could be taken out against you.
- 10. *Sending someone a ‘sexy’ text message***
Illegal if the other person objects and it can be shown to be harmful, abusive or offensive to them. This is the same as leaving a ‘sexy’ message on someone’s answering machine if the other person objects and it can similarly be shown to be harmful, abusive or offensive to them.

Sexual Bullying Questionnaire

1. Do you think it is OK for someone to be forced to have sex?
2. Do you think it is OK for someone to be persuaded to have sex?
3. Should a partner decide what clothes someone should wear?
4. Is it OK to put someone down or make fun of their partner in front of friends?
5. Is it OK for a partner to know where someone is all the time and who they are seeing?
6. Should you stop seeing other people because it makes your partner jealous?
7. Is it OK for a partner to show intimate photos of you to their friends?
8. Is it OK for a partner to check your e-mails and texts?
9. Is it OK for someone (gay or straight) to hit a boyfriend /girlfriend if they have upset them?
10. Is it OK if someone gives their partner 'a slap' but apologises after?

