

# PERSONAL SOCIAL HEALTH ECONOMIC EDUCATION

## PERSONAL WELL-BEING – SEX AND RELATIONSHIP EDUCATION

**YEAR 11      LESSON 1      TITLE    Personal Identity**

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### KEY CONCEPTS

- ◆ Understanding that identity is affected by a range of factors, including a positive sense of self
  - ◆ Recognising that the way in which personal qualities, attitudes, skills and achievements are evaluated affects confidence and self-esteem
  - ◆ Understanding that self-esteem can change with personal circumstances – such as those associated with family and friendships, achievement and employment
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### KEY PROCESSES

- ◆ Reflect critically on their own and others' values and change their behaviour accordingly
  - ◆ Develop self-awareness by reflecting critically on their behaviour and its impact on others
  - ◆ Use knowledge and understanding to make informed choices about safety, health and well-being – evaluating personal choices and making changes if necessary
  - ◆ Demonstrate respect for and acceptance of the differences between people and challenge offensive behaviour, prejudice and discrimination assertively and safely
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### CONTENT

- ◆ The effect of diverse and conflicting values on individuals, families and communities and ways of responding to them
  - ◆ Characteristics of positive and exploitative relationships and awareness of statutory and voluntary organisations that support relationships in crisis
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### LEARNING OUTCOMES

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

- ◆ Set ground rules to enhance safety and promote learning
  - ◆ Consider what they already know about sex and relationships
  - ◆ Consider what their priorities are for this programme
  - ◆ Reflect on the importance of sex and love in people's lives
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### RESOURCES

- Large paper sheets
- PPT – 'Ground Rules'
- Diamond 9 sheets
- PPT – 'Programme topics'
- Sex and Love Quotes

## LESSON PLAN

### Activity 1 – Introducing SRE

#### Timing

15 mins. approx

#### Resources

Large paper sheets, PPT ('Ground Rules')

This activity is repeated at the beginning of every year so that pupils are consulted about the way they want SRE to be delivered and can review how well the 'ground rules' have worked. Describe to pupils the aims of the school's SRE programme – explaining that different topics will be covered each year, building towards a comprehensive preparation for healthy, respectful sexual relationships. Explain the main themes of the year's programme. Emphasise the need for everyone to feel safe enough to learn and enjoy the lessons.

- ❖ Divide the class into small groups and ask them to think about any discussions they have ever had about sex and relationships e.g. with parents or friends. What was good about these discussions and what was not? Ask them to consider what makes them feel comfortable or uncomfortable when talking about sex and relationship education.
- ❖ Explain that in order to learn well about sex and relationships, everyone needs to feel as comfortable as possible. Ask them to write down suggestions under the following headings on a piece of paper:  
*'In SRE lessons, we want people to...'*  
*'In SRE lessons, we don't want people to...'*
- ❖ Have some suggestions already written out on the white board to help prompt discussion if they get stuck.
- ❖ Pull together the top 5/6 basic 'golden rules' for the whole programme. Suggest that these can be added to or changed if and when the class sees fit. Explain any (low-level) sanctions for breaking the rules, e.g. missing a turn.

### Activity 2 – Assessment

#### Timing

10 mins. approx

#### Resources

Diamond 9 sheets; PPT ('Programme Topics')

Explain that this activity will help the teacher to plan the programme, and answer any questions which pupils may have. On the white board, show the range of topics which is planned to be covered over the year. If questions come up about other topics, let them see the range of topics which will be covered over all the year groups.

- ❖ Make and cut up copies of the 'Year 11 Topics'
- ❖ Ask pupils to individually rank the topics Diamond 9 (with the most important coming at the top)
- ❖ Ask the group to add any additional topics they would like to cover

### Activity 3 – Sex and Love Quotes

#### Timing

10 mins. approx

#### Resources

Sex and Love Quotes

- ❖ Divide the class into small groups
- ❖ Give out copies of the quotes on cards and ask them to pick their three favourites
- ❖ Ask them to give feedback to the whole class about their selection
  1. Which do they like and why?
  2. How important is sex alongside work, religion, family children, sport, food etc.?

## Ground Rules

- ❖ Respect each other
- ❖ Listen to each other
- ❖ Don't demand personal information
- ❖ Don't laugh at each other
- ❖ Don't put each other down
- ❖ Don't put each other on the spot
- ❖ It's okay not to know things
- ❖ It's okay not to join in
- ❖ No racism, sexism, homophobia etc.
- ❖ Understand confidentiality



**Introduction to sex and relationships**

**Sex and love**

**Sex and its consequences**

**Pregnancy options**

**Young parents**

**Emergency contraception**

**Abortion**

**Safer sex/  
Good sex?**

**Sexual identity**

**Sexual problems**

**Different kinds of relationships**  
– marriage/civil partnership/  
arranged marriage

**When relationships go wrong**

**Violence in relationships**

**Porn vs. sex education**

**Getting help**



**Sex is the biggest  
nothing of all time.**  
Andy Warhol

**Healthy, lusty  
sex is wonderful.**  
John Wayne

**An orgasm a day  
keeps the doctor away.**  
Mae West

**Sex is an emotion  
in motion.**  
Mae West

**An orgasm is just a  
reflex, like a sneeze.**  
Ruth Westheimer

**God gave men both a  
penis and a brain, but  
unfortunately not enough  
blood supply to run both  
at the same time.**  
Robin Williams

**Life is a sexually  
transmitted disease.**  
R. D. Laing

**'Tis better to have loved  
and lost than never to  
have loved at all.**  
Alfred Lord Tennyson

**The first duty of love  
is to listen.**  
Paul Tillich

**There are two things  
people want more than  
sex and money  
– recognition and praise.**  
Mary Kay Ash

**Sex is the most fun you can  
have without laughing.**  
Woody Allen

**Women need a reason  
to have sex. Men just  
need a place.**  
Billy Crystal





**Sex is more than an act of pleasure, its' the ability to be able to feel so close to a person, so connected, so comfortable that it's almost breathtaking to the point you feel you can't take it. And at this moment you're a part of them.**  
Unknown

**Chains do not hold a marriage together. It is threads, hundreds of tiny threads, which sew people together through the years. That is what makes a marriage last – more than passion or even sex!**  
Simone Signoret

**Love: a temporary insanity, curable by marriage.**  
Ambrose Bierce

**People who grow rich almost always improve their sex life. More people want to have sex with them. That's just the way human beings work. Money is power. Power is an aphrodisiac. Money did not make me happy. But it definitely improved my sex life.**  
Felix Dennis

**Don't knock masturbation – it's sex with someone I love.**  
Woody Allen

**Flies spread disease – keep yours zipped.**  
Anonymous

**An intellectual is someone who has found something more interesting than sex.**  
Edgar Wallace

**Don't have sex, man. It leads to kissing and pretty soon you have to start talking to them.**  
Steve Martin

**Bisexuality immediately doubles your chances for a date on Saturday night.**  
Rodney Dangerfield

**Sex without love is a meaningless experience, but as far as meaningless experiences go, it's pretty damn good.**  
Woody Allen

**Fast sex, like fast food, is cheap, but it doesn't nourish the body – or the soul.**  
Suzanne Fields

**In real love you want the other person's good. In romantic love you want the other person.**  
Margaret Anderson



***Love is that condition in which the happiness of another person is essential to your own.***

Robert Heinlein

***Two souls with but a single thought, two hearts that beat as one.***

John Keats

***There is only one happiness in life, to love and be loved.***

George Sand

***Love is like a friendship caught on fire: in the beginning a flame, very pretty, often hot and fierce, but still only light and flickering. As love grows older, our hearts mature and our love becomes as coals, deep-burning and unquenchable.***

Bruce Lee

***If you love someone you would be willing to give up everything for them, but if they loved you back they'd never ask you to.***

Anonymous

***Don't let someone become your everything, because when they're gone you have nothing!***

Kenya Mitchell

***Life has taught us that love does not consist in gazing at each other, but in looking outward together in the same direction.***

Antoine de Saint-Exupery

