

**YEAR 11      LESSON 2      TITLE      Healthy Lifestyles**

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### 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
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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
  - ◆ Find and evaluate information, advice and support from a variety of sources and be able to support others in doing so
  - ◆ Assess and manage risk in personal choices and situations, minimise harm in risky situations and demonstrate how to help others do so when 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 benefits and risks of health and lifestyle choices – including choices relating to sexual activity and substance use and misuse and their short and long-term consequences for the health and mental well-being of individuals, families and communities
  - ◆ Where and how to obtain health information; how to recognise and follow health and safety procedures; ways of reducing risk and minimising harm in risky situations; how to find sources of emergency help; how to use basic and emergency first aid
  - ◆ The roles and responsibilities of parents, carers, children and other family members
  - ◆ Parenting skills and qualities and their central importance to family life
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### LEARNING OUTCOMES

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

- ◆ Understand more about the effects of teenage pregnancy
- ◆ Understand more about the possible consequences of sex
- ◆ Understand more about abortion
- ◆ Understand more about emergency contraception
- ◆ Understand more about the experiences of young mothers

## RESOURCES

- PPT – 'TP Rates'
- 'Sex and its Consequences' sheet
- 'Abortion – True/False' Quiz
- 4YP/Brook Worker
- 'Welcome to our world' Meriton DVD

## LESSON PLAN

### Activity 1 – Teenage Pregnancy Rates

Timing	Resources
15 mins. approx	PPT – 'TP Rates'

Ask for volunteers to come out in front of the class and stand in line.

Give each member of the line student the name of a country and ask them to order themselves according to lowest to highest rates of teenage pregnancy. When this has been done, discuss the correct order using the PPT 'TP Rates'. Particularly focus on why the UK might be so highly rated, and also consider the following questions:

- ❖ *What do you think about the young men who get young women pregnant?*
- ❖ *How might the young men feel?*
- ❖ *How do other people feel about teenage pregnancies?*
- ❖ *Who is most affected by a teenage pregnancy?*
- ❖ *Why do some young people choose to carry on with a pregnancy?*
- ❖ *Why might some young women become pregnant even when they don't want a baby?*
- ❖ *Should we try to reduce the numbers of teenage pregnancies?*
- ❖ *What could be done to help these efforts?*

### Activity 2 – Sex and its Consequences

Timing	Resources
15 mins. approx	'Sex and its Consequences' sheet

Ask the class to build a flow chart of sexual events, looking at what the consequences of each one might be. Use the following four events:

- ❖ Sex without a condom or contraception
- ❖ Sex without a condom but **with** contraception
- ❖ Sex with a condom
- ❖ Sex with condom **and** contraception

Get the class to write up a list of what people might do and how they might feel after the following events. Use the suggestions given on the 'Sex and its Consequences' sheet for guidance.

### Activity 3 – Abortion – True/False Quiz

Timing	Resources
15 mins. approx	'Abortion – True/False' Quiz

Split the class into pairs and get each pair to answer the 'Abortion – True/False' quiz. When everyone is finished, go through the answers as a class.

## Activity 4 – Emergency Contraception

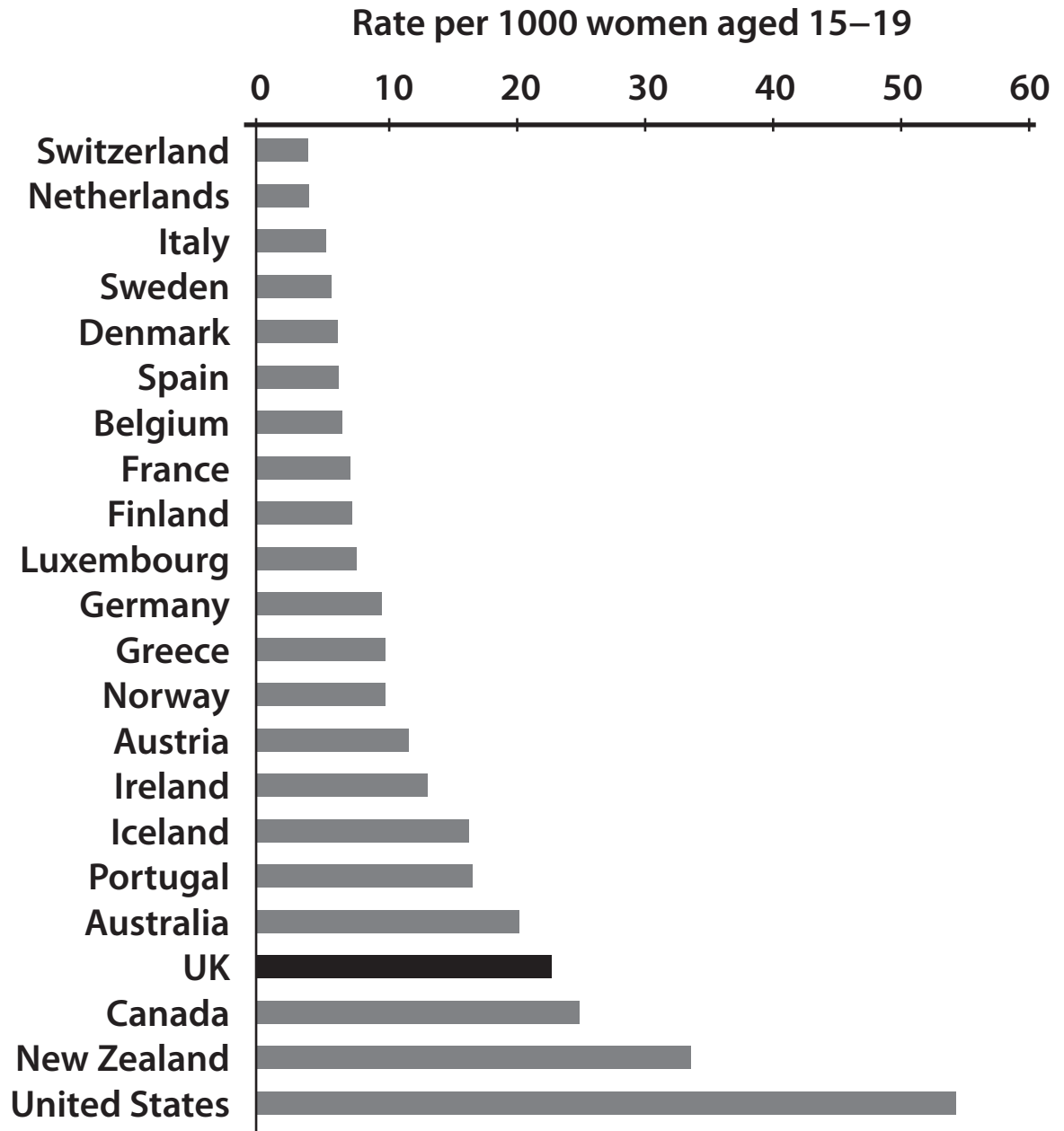
Timing	Resources
15 mins. approx	4YP/Brook Worker

Invite a 4YP/Brook worker in to explain the process of accessing emergency contraception from local clinics/pharmacies.

## Extension Activity – Young Mothers

Timing	Resources
15 mins. approx	'Welcome to our world' Meriton DVD

Use this DVD to highlight the problems faced by young mothers.





<b><i>Pregnancy – Events/Actions</i></b>	<b>Missing a period</b>	<b>Pregnancy test from the pharmacy</b>
<b>Pregnancy test confirmed by a doctor</b>	<b>Pregnancy test negative</b>	<b>Emergency contraception from pharmacy or clinic</b>
<b>Visit to doctor or clinic to discuss options</b>	<b>Discuss options with family</b>	<b>Discuss options with partner</b>
<b>Abortion</b>	<b>Proceed with pregnancy</b>	<b>Adoption</b>
<b>Keep baby</b>	<b>Discuss future contraception with clinic (nurse/doctor)</b>	<b>Discuss contraception with partner(s)</b>
<b><i>STIs – Events/ Actions</i></b>	<b>Signs and symptoms of an STI</b>	<b>Tell partner(s) to get checked out</b>
<b>Visit to GUM Clinic</b>	<b>Wait for results (days/weeks)</b>	<b>Treatment for an STI</b>
<b>Discuss protection with clinic (nurse/doctor)</b>	<b>Discuss protection with partner</b>	





## Abortion – True/False Quiz

	TRUE	FALSE
1. In the UK, a woman has a legal right to an abortion if she wants one.		
2. Some organisations which advertise pregnancy testing try to persuade women not to have an abortion.		
3. In the UK abortion can only legally take place up to 18 weeks of pregnancy.		
4. All abortion operations are carried out in the same way.		
5. Over half of girls aged under 16 who get pregnant have an abortion.		
6. A girl aged under 16 cannot have an abortion without her parents' permission.		
7. All religious people are against abortion.		
8. Each year over 150,000 abortions are carried out in the UK.		
9. A woman can always get an abortion free on the National Health Service.		
10. Most abortions in the UK take place within the first 12 weeks of pregnancy.		
11. Abortion is completely illegal in some countries.		
12. Having an abortion is more dangerous to a woman's health than having a baby.		
13. The further into pregnancy a woman is, the more dangerous it is to have an abortion.		
14. Every woman who has an abortion feels very guilty and sad afterwards.		



## Abortion – True/False Quiz Answers

1. **FALSE.** She has to have the agreement of two doctors, although they don't have to be her own family doctor. The two doctors can agree to an abortion if continuing pregnancy would be a risk to the woman's life, a risk to her physical or emotional health, a risk to the health of existing children or if there is a risk that the child would be born with a severe handicap. As well as going through her own doctor, a woman can be put in touch with doctors through organisations like Brook, the British Pregnancy Advisory Service (BPAS) and family planning clinics. The situation is different in Northern Ireland where it is more difficult to get a legal abortion.
2. **TRUE.** Some organisations like LIFE and SPUC (Society to Protect the Unborn Child) are against abortion and try to persuade women not to have abortions. Other organisations like Brook and BPAS support women in making up their own minds whether or not to have an abortion.
3. **FALSE.** The upper time limit is now 24 weeks. In exceptional cases, such as severe damage to the foetus or risk that continuing pregnancy could result in the mother dying, abortion can take place later than 24 weeks. Very few abortions take place after 20 weeks.
4. **FALSE.** A range of methods are used – often depending on how many weeks into pregnancy the woman is. An abortion pill is now sometimes available and can be used up to 9 weeks of pregnancy. The tablets lead to women having a similar experience to a heavy period. Up to 12 weeks, the main method is called Vacuum Aspiration, where the contents of the womb are removed through a suction tube. This usually does not involve an anaesthetic. Between 12 and 16 weeks women often have a D&C, where the cervix is dilated and the contents of the womb are removed using instruments. This usually involves a general anaesthetic. After 16 weeks of pregnancy, methods are more complicated and often involve inducing labour or women being operated upon in a similar way to a caesarean section.
5. **TRUE.**
6. **FALSE.** It is not against the law, but is rare. Doctors would prefer parents/carers to be involved. However, many doctors would agree to her having an abortion without parents/carers knowing if the situation was exceptional – for example where it is clear that the girl is mature enough to decide for herself and it is in her best interest that her parents/carers do not know.
7. **FALSE.** Many, but not all, religious leaders are against abortion. Abortion is often accepted by religious leaders where continuing pregnancy would put the life of the mother at serious risk or where a woman has been raped. As for religious people, as opposed to leaders, views about abortion vary greatly.
8. **TRUE.** It has been estimated that between 1 in 4 and 1 in 6 of all women in the UK who are now aged 16-60 have had an abortion at some time in their life.
9. **FALSE.** 75% of abortions take place on the NHS, but 25% occur in private clinics where women may pay up to £500. It varies from area to area, with less than half paid for by the NHS in some localities. If women cannot get a free NHS abortion and have no money, they can approach organisations like Brook or BPAS who may be able to help.
10. **TRUE.**
11. **TRUE.** In recent years, abortion has been illegal in many countries including Ireland, many African, South American and Far East countries and some East European countries. In some American states, militant anti-abortionists – some of whom have bombed abortion clinics and assassinated staff who work in them – have made it very difficult to get an abortion. In countries where it is illegal to have an abortion, there are many deaths of pregnant women who try to get a 'back street' abortion or who try to abort themselves.
12. **FALSE.** If an abortion is carried out in the proper medical way, it is not dangerous. In the UK, more women die from having a baby than from having an abortion.
13. **TRUE.** See Answer 4. This means that it is important for a woman who thinks she is pregnant and thinking about having an abortion to act quickly and seek out help.
14. **FALSE.** Whilst some women may feel very guilty and sad, some will also feel relief. A lot of people expect women to feel guilty if they have an abortion. This can add to women who already have a difficult decision to make.

