

Teaching Positive Sexual Health

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Sex Education Forum
3rd July 2018

Sex Education Forum Partners



Learning agreement/ Ground rules

- Participation: “the more you put in.....”
- Opportunity to share, learn and practise
- Sensitivity and respect
- Challenge the statement and not the person
- Consider what personal information you share

Ask It Basket



Statutory RSE

- Applies to ALL schools (academies, maintained, special, independent)
- Part of the basic school curriculum, not the National Curriculum
- No parental right to withdraw from relationships education at primary school, parents can still withdraw from RSE at secondary school
- Implemented from September 2019
- Government consultation underway to inform updated RSE guidance and new regulations
- PSHE education could be mandatory too

12 Principles

Our school is committed to relationships and sex education, which:

- 1.** Is an identifiable part of our personal, social, health and economic (PSHE) education curriculum, which has planned, timetabled lessons across all the Key Stages
- 2.** Is taught by staff regularly trained in RSE and PSHE (with expert visitors invited in to enhance and supplement the programme where appropriate)
- 3.** Works in partnership with parents and carers, informing them about what their children will be learning and about how they can contribute at home
- 4.** Delivers lessons where pupils feel safe and encourages participation by using a variety of teaching approaches with opportunities to develop critical thinking and relationship skills
- 5.** Is based on reliable sources of information, including about the law and legal rights, and distinguishes between fact and opinion
- 6.** Promotes safe, equal, caring and enjoyable relationships and discusses real-life issues appropriate to the age and stage of pupils, including friendships, families, consent, relationship abuse, sexual exploitation and safe relationships online
- 7.** Gives a positive view of human sexuality, with honest and medically accurate information, so that pupils can learn about their bodies and sexual and reproductive health in ways that are appropriate to their age and maturity
- 8.** Gives pupils opportunities to reflect on values and influences (such as from peers, media, faith and culture) that may shape their attitudes to relationships and sex, and nurtures respect for different views
- 9.** Includes learning about how to get help and treatment from sources such as the school nurse and other health and advice services, including reliable information online
- 10.** Fosters gender equality and LGBT+ (lesbian, gay, bisexual, trans) equality and challenges all forms of discrimination in RSE lessons and in every-day school life
- 11.** Meets the needs of all pupils with their diverse experiences - including those with special educational needs and disabilities
- 12.** Seeks pupils' views about RSE so that teaching can be made relevant to their real lives and assessed and adapted as their needs change

Notes
These 12 points explain what is needed for good quality RSE. This is based on research evidence and is supported by a wide range of organisations. The purpose of RSE is to help children and young people to be safe, healthy and happy as they grow up and in their future lives. RSE must always be appropriate to pupils' age and stage of development and an essential part of their learning. The law requires that, from September 2020, relationships and sex education (RSE) is taught in all secondary schools in England, and that relationships education is taught in all primary schools in England. In addition, National Curriculum Science* (which is taught in mainstream schools) includes some elements of sex education.

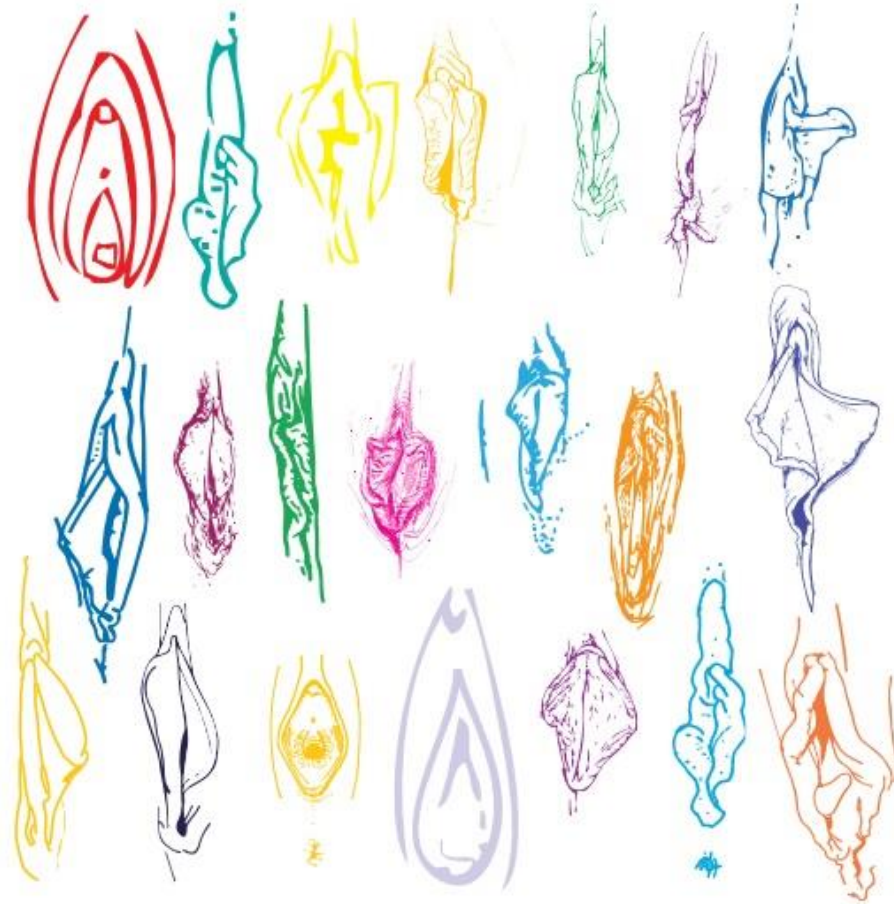
Published 2017

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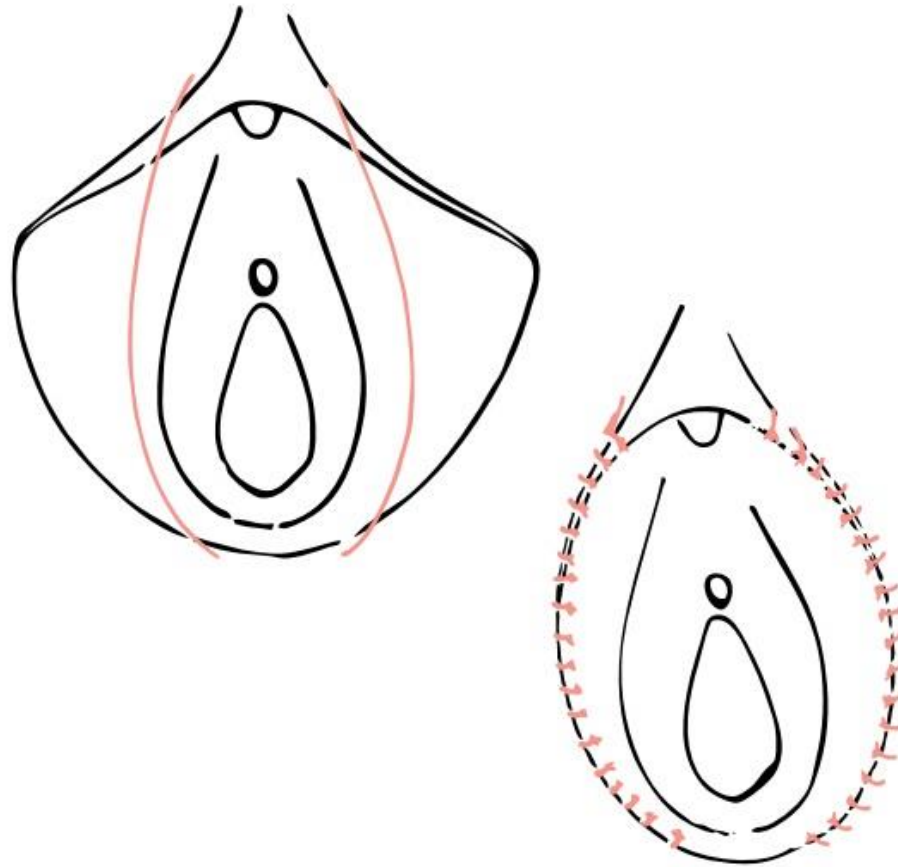
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Genital Terminology

Vulvas



Labiaplasty



Menstrual Cycle

- Why is it important to teach about the menstrual cycle?

Vaginal Discharge

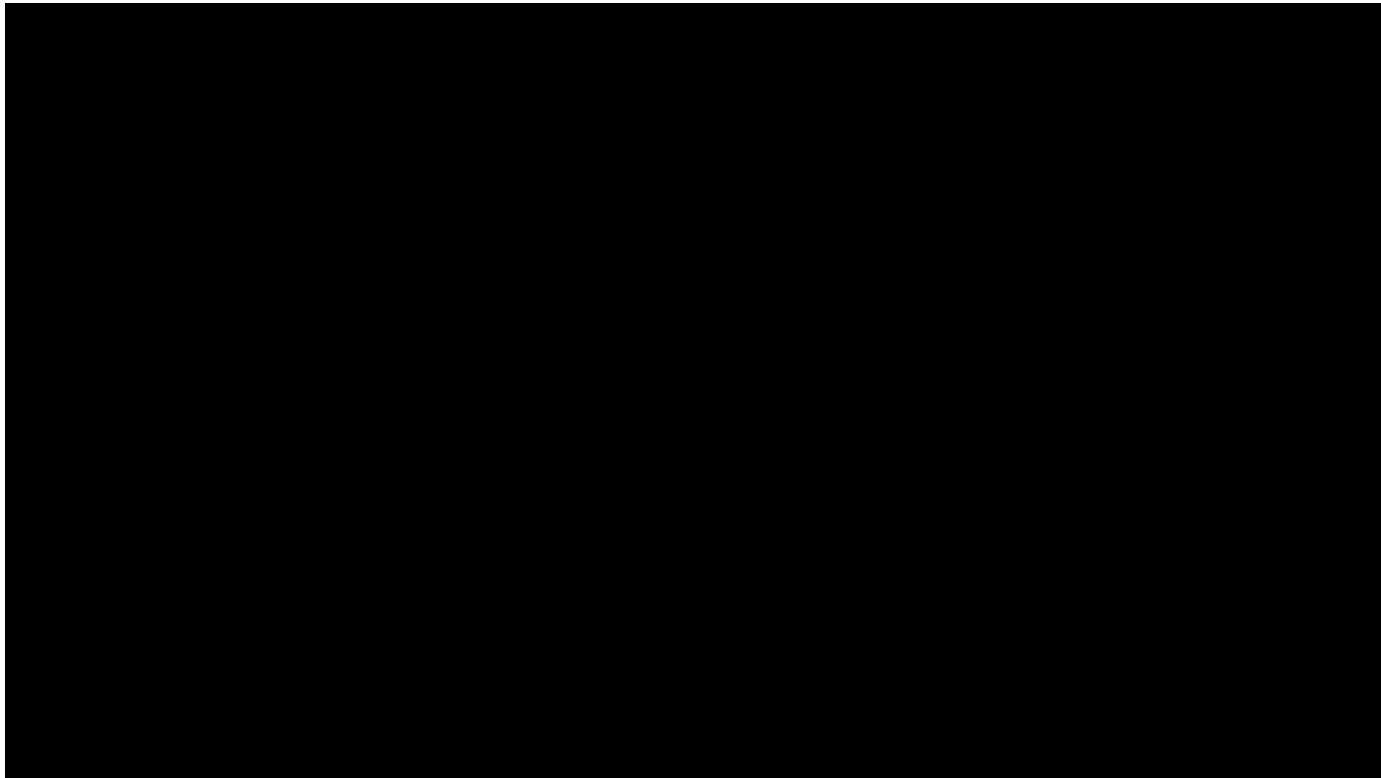
- How much vaginal discharge is normal?

1) None

2) 4ml in 24 hours

3) 40ml in 24 hours

Vaginal Discharge



Dr Jen Gunter Vaginal Discharge Video: <https://youtu.be/kl4sSh09Eks>

Pregnancy Test

- When does the pregnancy test become positive?
 - 1) The day after you have sex
 - 2) 3 days before your period is due
 - 3) 5 days after the embryo has implanted

Boys' School

- Do you need to teach about the menstrual cycle in a boys' school?

PSHE Programme of Study

- Key Stage 3:
 - H9. the importance of and ways of taking increased responsibility for their own physical health and personal hygiene
 - H12. that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain STIs
- Relationships
 - R21. about contraception, including the condom and pill (see also 'Health') and to develop communication and negotiation skills necessary for contraceptive use in healthy relationships
 - R22. about the risks related to unprotected sex, which could include exploring the consequences of unintended pregnancy and the options available in such circumstances

PSHE Programme of Study

- Key Stage 4
 - Health and Wellbeing
 - H7. how to take increased responsibility for maintaining and monitoring their own health
 - H9. about STIs, including HIV/AIDS, how to protect themselves and others from infection and how to respond if they feel they or others are at risk
 - Relationships
 - R22. about accessing and the correct use of contraception (including emergency contraception), negotiating condom use, reinforcing and building on learning in Key
 - Stage 3
 - R23. to understand the consequences of unintended pregnancy and of teenage parenthood (in the context of learning about parenting skills and qualities and their importance to family life)

Menstrual Cycle School Audit

Adventures in
Menstruating 



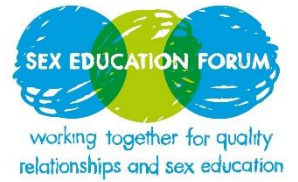
#periodpositive



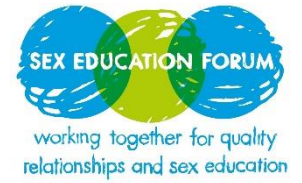
Contraception Methods

- Name of Contraception?
- Advantages of this contraception for young people?
- Disadvantages?
- Does it protect against STIs?

Sexual Health Clinic Scenarios



Quiz



Quiz Answers

1) What is stealthing?

- a. Stealing condoms
- b. Having sex with someone while they are asleep
- c. Removing a condom during sex without the partners' knowledge

2) In a survey of over 2000 children, how many of them had learned about FGM at school?

24% 44% 64%

Source: Heads or Tails
Survey; Sex Education
Forum 2008?

Quiz Answers

- 3) Which STI are you more susceptible to if you shave off your pubic hair?
- a. Warts
 - b. Chlamydia
 - c. Pubic Lice
- 4) Which type of contraception is put into the uterus?
- a. Contraceptive Ring
 - b. Intrauterine System (IUS)
 - c. Implant

Quiz Answers

5) In what year was the 'marital rape exemption' abolished in the UK?

1991

6) Which of the following activities is NOT a risk factor for HIV transmission?

a. Oral Sex

b. Sharing a Toothbrush

c. Breastfeeding

Quiz Answers

7) In a study of 1000 women over half could not correctly label which part of the human anatomy?

- a. Foreskin
- b. **Vagina**
- c. Clitoris

Source: Survey by the Eve Appeal;
<https://www.independent.co.uk/life-style/health-and-families/health-news/vagina-study-nearly-half-of-british-women-cannot-identify-vulva-cervix-a7219656.html>

8) How long can sperm survive inside the female reproductive system?

- a. 12 hours
- b. 2 days
- c. **7 days**

Source: FSRH Fertility Awareness Guidelines 2015;
<https://www.fsrh.org/standards-and-guidance/documents/ceuguidancefertilityawarenessmethods/>

Quiz Answers

9) Which STI is the subject of the U=U (undetectable=untransmittable) awareness campaign?

- a. HIV
- b. Gonorrhoea
- c. Chlamydia

10) Put these forms of contraception in order of how effective they are at preventing pregnancy

- a. Condom ← 3
- b. Intrauterine System (IUS) ← 1
- c. Combined Oral Contraception (Pill) ← 2
- d. Diaphragm ← 4

Lesson Planning - STIs

- To understand some of the consequences of unprotected sex
- To be able to identify a range of the most common STIs
- To understand how to protect against STIs and seek advice for treatment

Condom Demonstration



Ideas to take back

1) Now

2) Medium Term

3) Long Term

Participant Feedback

Please use the following link to complete your course evaluation:

<https://www.surveymonkey.co.uk/r/SEFtraining>

To find out more about our services, or to become a member, please see our website:

www.sexeducationforum.org.uk

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