

Let's Talk About Sex



Aim

- I understand what a sexual relationship is and who can have a sexual relationship.

Success Criteria

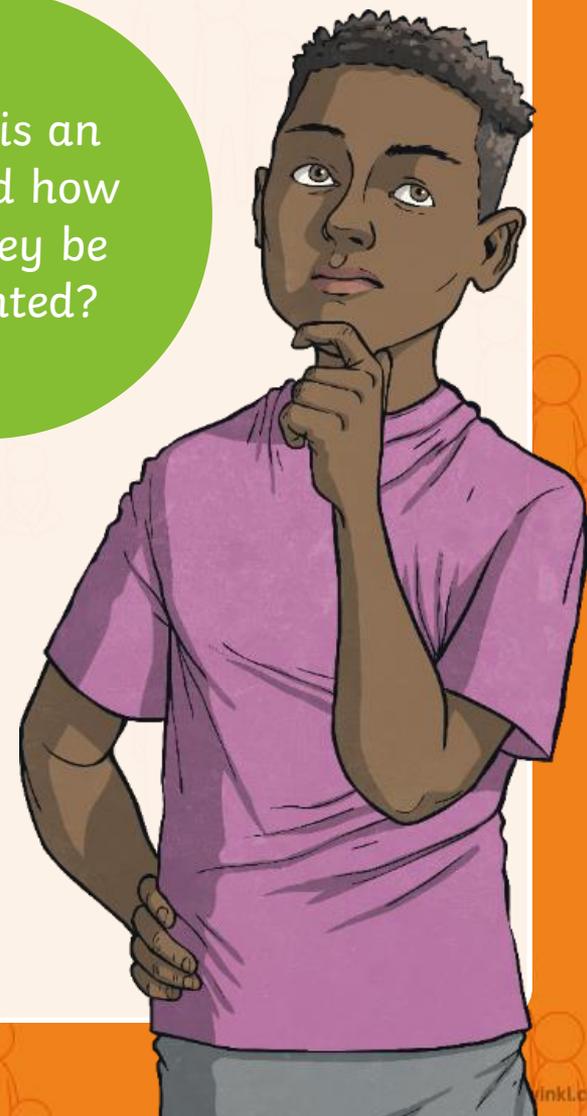
- I can describe the terms 'sexual relationship' and 'sexual intercourse'.
- I can explain who can have a sexual relationship, according to the law.
- I can judge when physical contact is unacceptable and I know how to respond.



What is a sexual relationship and who can have one?

What is an STI and how can they be prevented?

What type of physical contact is unacceptable and how should we respond?

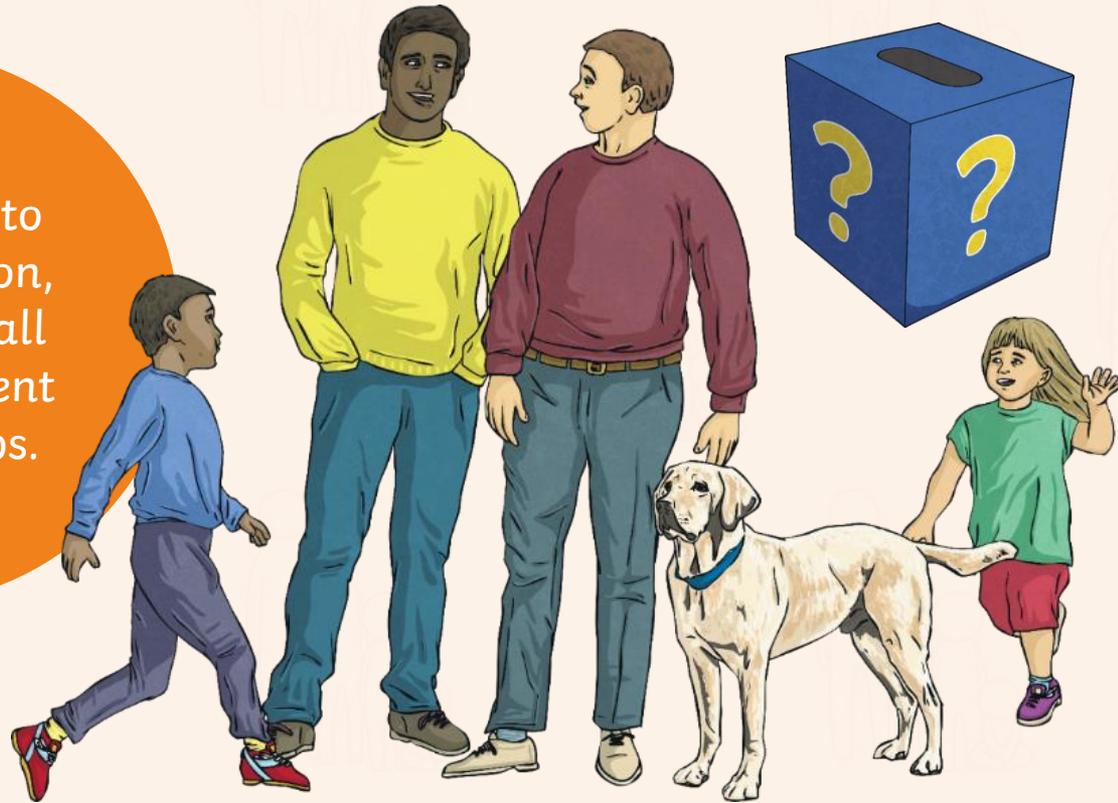


Relationships



If you think of any questions during this lesson, jot them on the scrap paper you've been given and they can go in the question box.

Think back to the last lesson, which was all about different relationships.



What different types of relationship can you remember?

Relationships



Some adults choose to have a physically close, loving relationship with another adult.

There are heterosexual relationships (with someone of the opposite gender) and homosexual relationships (with someone of the same gender).

Relationships



Someone who is 'asexual' isn't interested in having a physical relationship with anyone. They are not sexually attracted to others.

Let's Talk About Sex



What Is 'Sex'?

We may hear the words 'sex', 'sexy' and 'sexual' in everyday life, especially in modern pop songs or in films, but what does it actually mean?



- The term 'sex' can refer to biological sex - whether someone is female or male.
- It can also refer to the physical activity - sexual intercourse.

Let's Talk About Sex



Why Do People Have Sex?

Sexual intercourse, or 'sex' for short, is one way that two adults in a loving relationship may show their love for one another.

It is also the start of the reproduction process, when a couple want to make a baby.



Let's Talk About Sex



Sex and the Law

In the UK, the legal age that people can have sex is 16 years old.

Both people in the sexual relationship must be 16 years old or over.

Both people must consent - this means that both people **want** to have sexual intercourse. If one person forces another person to have sex, it is called rape. Rape is against the law.



Let's Talk About Sex



Media, such as pop songs and television programmes, would have us believe that everyone is having sex and that being 'sexy' is really important!

In reality, this is not the case. Two people, who are 16 or over, may decide to have sexual intercourse if they are attracted to one another and both feel ready to be physically close in this way.

As you go through puberty and your body and emotions change, you may start to feel sexually attracted to others. Having a 'crush' on someone or fancying them is normal. It might be someone you think is good looking or who you admire. It might be someone you know or someone you have never met (like a celebrity). It doesn't mean you love them and it doesn't mean you want to have sex with them.



Let's Talk About Sex



Sexual intercourse is also necessary for reproduction (in other animals, as well as humans). It is how the sperm meets the egg, as you might remember from other lessons.

Although sexual intercourse doesn't always mean that a baby will be conceived (made), it might. If a heterosexual couple want to have sex but do not want to make a baby, they can use contraception to stop the female becoming pregnant.

Contraception methods include condoms, which the man wears on his penis to catch the sperm, or a pill that a woman takes to prevent her ovaries from releasing an egg. If there is no egg to be fertilised, the woman can't get pregnant.

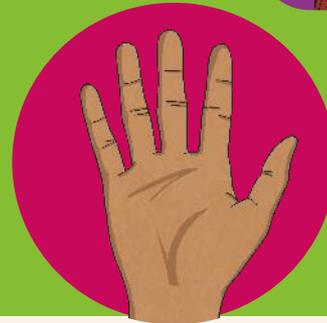


Staying Safe and Healthy



Staying safe refers to being in charge of what happens to your body. Your body is your own and no one else can touch it without your consent.

Some parts of our body are private, such as the genitals and the mouth. If someone ever tries to touch you in a place on your body that you are not comfortable with, or in a way that does not feel right, you must tell them to stop, say it is not appropriate and push them away. You should then tell a trusted adult straight away so that it doesn't happen again.



It's never your fault if somebody touches you in a way that makes you feel uncomfortable and it's very important that you tell someone so that they can help to keep you safe.

Staying Safe and Healthy



It can be difficult to speak up sometimes when we don't feel safe or when someone has made us feel uncomfortable. Being brave enough to speak up takes a lot of courage but it's really important that we do, so that someone can help.

Some children phone Childline on **0800 1111** when they need to talk about something that has happened. When children call this number, a person answers whom they can trust. By calling Childline, they can get the support and advice they need to report or deal with whatever has happened.



Staying Safe and Healthy



Remember

- Both people must consent to sexual intercourse.
- Sexual intercourse is something many adults enjoy when both people feel ready.
- The legal age to have sexual intercourse for both people is 16.
- If anything in a relationship ever makes you feel uncomfortable, you always have the right to say 'no' and stop.
- It's never OK to pressure or persuade someone else to be physically close if they don't wish to be.
- Two consenting adults may choose to have sex for different reasons, but they both have the right to feel comfortable, happy and safe.



Questions and Answers



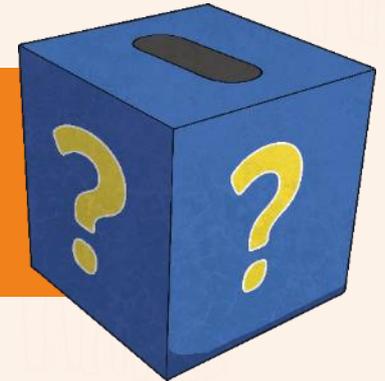
Look at, or think about, your questions from earlier in the lesson..

Decide whether these questions have been answered in today's lesson.

Perhaps you have more you would like to write down.



If you still have questions you would like answered, put them in the Question Box at the end of the lesson and we can come back to these later.

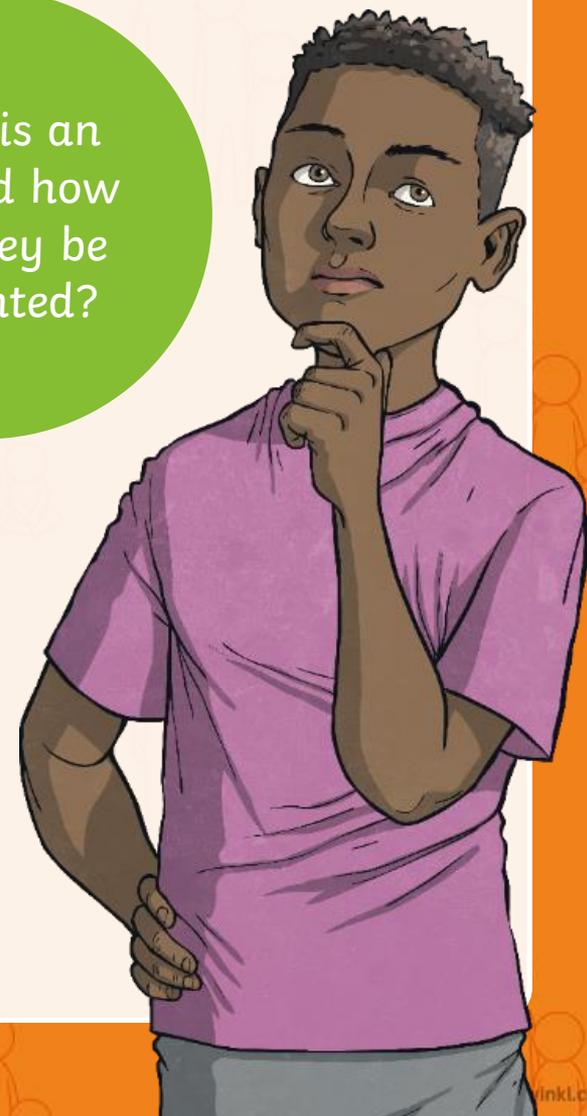




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