

Y8 PSHE 2 - Relationships

Sex and the Law

16 is the legal age at which a person can have sex

Under 13s cannot legally consent to having sex, meaning it is legally classified as rape.

Consent must be given freely, without threat or fear. The person giving consent must be fully able to do so e.g. not be so drunk that their judgment is affected

Consent being given on one occasion or for one activity does not mean that consent has been given for all occasions and activities. It is important to check in regularly.

It is illegal for anyone to create or share sexual images of a person who is under 18.

Pornography

- The sex that is shown in pornography is not real, it is performed by actors and is different from what people do in real life.
- It is illegal to watch pornography under the age of 18, and no young person should feel pressured to watch it
- Some people can become addicted to watching pornography, and it may negatively affect people's body image, confidence and expectations around sex

Contraception

Condoms

Made of latex, put over the penis to stop sperm meeting an egg. Protect against sexually transmitted infections (STIs)

Hormonal

Change a female's hormones to stop pregnancy. Include the pill, implant, and IUS

Info, support, free contraception and STI testing is available at walk in centres, GPs and sexual health clinics. More info at Brook.com and the NHS website.

Y8 PSHE 1 - Health and Wellbeing

Responding to bullying

- Report it right away. If a friend is being bullied you can report it for them
- Speak up if you see someone being bullied, tell the bully that their behaviour is not ok
- If someone is nasty to you, try not to react or respond, tell a member of staff instead
- If you're being bullied online, report via the social media app and seek support from an adult in school, or from www.ceop.police.uk



| Key Term | Definition |
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| Emotional wellbeing | How well someone can manage their emotions and cope with challenges |
| Mental health | How good someone's mental wellbeing is |
| Resilience | Bouncing back from difficulties, and trying again. |
| Positive risk | A risk that might have a positive result e.g. joining a new sports club |
| Negative risk | A risk that might have a negative result e.g. running across a road |
| Assertive | Being self-assured and confident without being aggressive |
| Bullying | Hurting someone, emotionally or physically. Can take place online (cyberbullying). |