

SEXUAL HEALTH AND WELLBEING

PSHE / YEAR 11 / BLOCK 2

Block Overview

This block of lessons explores important topics related to sexual health, including fertility, the use of contraception, and the impact of sexually transmitted infections. These lessons also cover aspects of wellbeing within intimate relationships, such as consent.

These lessons have been adapted for the Isle of Man from Scotland's national resource for relationships, sexual health and parenthood (RSHP).

Lesson 1

Healthy Relationships and Consent

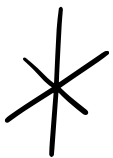
Learning Intentions

Students will be encouraged to explore their ideas of what a healthy relationship looks like. Students will also learn that consent is an important feature of any healthy relationship, and will explore the ways in which consent is communicated.

Success Criteria

By the end of the lesson, students will be able to:

- describe the features of a healthy relationship
- explain what consent means and understand the ways people communicate about consent
- identify where to go if support is needed



Lesson 2

The Right Time

Learning Intentions

Students will explore the factors that can influence choices about intimate relationships, and learn how to determine if they are ready for a sexual relationship. Students are encouraged to delay sexual activity until they are ready.

Success Criteria

By the end of the lesson, students will be able to:

- identify the factors that can influence choices about sex
- identify how to assess if a person is ready for a sexual relationship
- understand that they should delay having sex if they do not feel ready



Lesson 3

Human Fertility and Reproduction

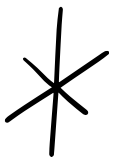
Learning Intentions

Students will recap previous learning about reproduction and contraceptive options. Students will also learn about infertility and miscarriage, and some of the common causes of each. Finally, students will learn about menopause as being a natural time in a woman's life, and consider ways to support women who are going through this change.

Success Criteria

By the end of the lesson, students will be able to:

- identify the different types of contraception available and how to access these
- understand the connection between health and fertility, including causes of infertility
- understand that some pregnancies end in miscarriage and that this affects many families
- describe what menopause is and how this can affect a woman's physical and emotional health



Lesson 4

Contraception

Learning Intentions

Prior learning about contraception will be refreshed. Students will review the purpose and main methods of contraception, and learn where to seek further advice and information on island.

Success Criteria

By the end of the lesson, students will be able to:

- identify the different types of contraception available
- explain how different contraceptive methods are used, and the pros/cons of each
- understand where to go for further support and advice on island



Lesson 5

STIs

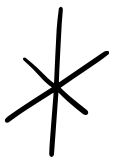
Learning Intentions

Students will learn about the different types of STIs, including symptoms and treatment. Students will read and present case studies to reinforce this learning. Students will also be reminded of local sexual health services and how to access these.

Success Criteria

By the end of the lesson, students will be able to:

- describe some features of STIs and their treatment
- develop greater confidence to discuss sex, sexual health and STI prevention
- understand where to find advice and get support about sexual health concerns



Lesson 6

Explicit Material: Fact or Fiction?

Learning Intentions

Students will learn about the laws regarding explicit material, and how such images can promote unrealistic and unhealthy perspectives on relationships.

Success Criteria

By the end of the lesson, students will be able to:

- understand what is meant by 'explicit material'
- discuss how viewing these images may impact their expectations of relationships
- explain what the law says about explicit materials

