

The New Guide to Relationships and Sex - Lesson Plans.

Introduction

The lesson plans below are for use with the online resource 'The New Guide to Relationships and Sex'. There are four subject areas;

Growing up

Looking After Yourself

Sex

Pregnancy

Each with their own objectives and resources, some are more gender specific. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each student's abilities/needs and to divide the class into groups as appropriate.

At the end of each lesson plan there are worksheets for group or individual work.

The 'Help and Advice' section is an online resource at **www.lifesupportproductions.co.uk**

Please also refer to the accompanying resource pack.

Click on the  SUBTITLES next to each video to view a version enhanced with easy read subtitles.

The New Guide to Relationships and Sex Growing Up section lesson plan.

Class: Year	Date:	Period:
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Lesson Topic: SRE – Growing up, body changes and feelings

This lesson plan has six subject areas, some are more gender specific. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each student's abilities/needs and to divide the class into groups as appropriate.

Objectives

Learning outcomes:


To be able to identify the changes that occur to our bodies as we grow up and change from children to adults.
 To be aware of menstruation, it's onset and the possible emotional effects.
 To recognise the types of sanitary protection available, how to use them and how to dispose of them.
 To know of the emotional changes that occur as we grow up.
 To be aware of first dates and petting with special emphasis on consent.
 To know about masturbation, the importance of privacy.
 To know how to find advice or help.

Resources

Videos from 'The New Guide to Relationships and Sex' menu 'Growing Up'

[Growing up and body changes](#)
[Menstruation and periods](#)
[Growing up and feelings](#)
[First dates](#)
[Male masturbation and privacy](#)
[Female masturbation and privacy](#)

Please also refer to the accompanying resource pack.

Click on the  SUBTTLES next to each video to view a version enhanced with easy read subtitles.

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Activity

View the video ' Growing up and Body Changes '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Do we all look the same?</p> <p>Question 2 Do boys and girls bodies change in different ways? At different times?</p> <p>Question 3 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – emphasize that everyone is different and bodies develop at different speeds.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Menstruation and Periods '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Why do women have periods?</p> <p>Question 2 What ways are there to protect you when you are having your period?</p> <p>Question 3 What are the best ways to dispose of sanitary towels? What are the best ways to dispose of tampons?</p> <p>Question 4 What effects can pre-menstrual syndrome have?</p> <p>Question 5 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – first periods – be ready not frightened.</p> <p>What types of sanitary protection are available?</p> <p>How do you use and dispose of sanitary protection?</p> <p>PMS and changing emotions, reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	<p>Time: 5-10 mins</p>
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Activity

View the video ' Growing up and Feelings '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>'Growing up and Feelings'.</p> <p>Question 1 What things can you do to help spots go away?</p> <p>Question 2 Do you have a favourite celebrity or famous person?</p> <p>Question 3 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – spots and acne are normal. Crushes, sexual feelings and confusion. Reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' First dates .	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>'First dates'.</p> <p>Question 1 Why is privacy important when being intimate?</p> <p>Question 2 How do you know if someone has consented to being touched?</p> <p>Question 3 Should you marry someone before having sex with them?</p> <p>Question 4 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – first dates and when to have 'full sex'?</p> <p>Marriage. Reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Male masturbation and privacy '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>'Male masturbation and privacy'.</p> <p>Question 1 Why is it important to be private when you masturbate?</p> <p>Question 2 Should you do anything that hurts?</p> <p>Question 3 What is the best way to clean up?</p> <p>Question 4 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – what can happen if you are not private. Being clean, disposing of tissues. Sources of advice and help if you think you are masturbating too much. (see <i>help and advice section of website</i>).</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Female masturbation and privacy '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>'Female masturbation and privacy'</p> <p>Question 1 Why is it important to be private when you masturbate?</p> <p>Question 2 Should you do anything that hurts?</p> <p>Question 3 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – what can happen if you are not private. Being clean, disposing of tissues. Sources of advice and help if you think you are masturbating too much. (<i>see help and advice section of website</i>).</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Plenary

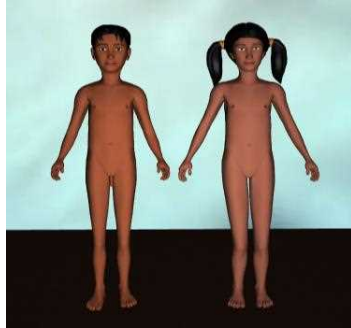
<p>View the video 'Growing up and body changes'.</p> <p>View the video 'Menstruation and periods'.</p> <p>View the video 'Growing up and feelings'.</p> <p>View the video 'First dates and petting'.</p> <p>View the video 'Male masturbation and privacy'.</p> <p>View the video 'Female masturbation and privacy'.</p> <p>Concluding discussion – allow for questions, reinforce the sources of advice and help.</p>	<p>Time:</p> <p>30 mins</p>
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Lesson Evaluation

<p>Subject knowledge: Does each student understand;</p> <p>Body changes and growing up?</p> <p>Periods and sanitary protection?</p> <p>Emotional feelings?</p> <p>First dates, petting and consent?</p> <p>Masturbation and privacy?</p> <p>Where to get help and advice?</p> <p>Further action:</p> <p>Do any of the subject areas need to be reinforced?</p> <p>Did any of the students give you cause to check with your Safeguarding Coordinator?</p> <p>Are the sources of Help and Advice on display clearly?</p>	<p>Time:</p> <p>15 mins</p>
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Worksheet 1 – Growing up and body changes.



Here are Bobby and Sonia at 5 years old.

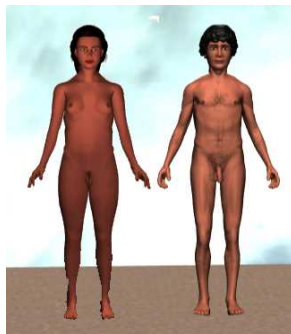
Does everyone's body change in the same ways and at the same age?



At 9 years old have their arms and legs got;

- Shorter?
- Stayed the same?
- Longer?

Tick the answer you think is correct



How has Bobby's body changed at 13 years old?



How has Sonia's body changed at 21 years old?

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Worksheet 2 – Menstruation and periods.

Sanitary
Towels



Tampons



Which picture shows tampons and which picture shows sanitary towels?
Draw an arrow to connect the correct picture and label.



It is important to dispose of used sanitary protection carefully.

Which type of protection goes into the toilet?

Sanitary towels

Tampons

Which type of protection goes into the special bin?

Sanitary towels

Tampons

Tick the answer you think is correct

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Worksheet 3 – Emotions and feelings.



Finding someone attractive and having strong emotional feelings about them is often called;

- A squeeze?
- A crush?
- A squash?

Tick the answer you think is correct



Spots are also called;

- Blisters?
- Bruises?
- Acne?

Tick the answer you think is correct

If you wanted to get help or advice for a problem or worry, would you go to;

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- The police?
- Visit an advice website?



Tick all the answers you think are correct

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Worksheet 4 – First dates.



Why do Bobby and Sonia go somewhere private to be intimate? (write your answers in the box).



How do you know when someone has consented to be intimate;

- You have been intimate before?
- They have said 'yes'?
- You are friends?

Tick the answer you think is correct

When you first decide to have sex it is best if;

- You are friends?
- You are in a loving and trusting relationship?
- You are married?
- You never have sex?

Tick the answer you think is correct



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Worksheet 5 – Male masturbation and privacy.



Why should you go somewhere private to masturbate? (write your answers in the box).



Why have tissues? (write your answers in the box).

If you worried that you are masturbating too much or doing something wrong, who would you go to;

- A carer or parent?
- A doctor?
- A teacher or school nurse?
- Visit an advice website?



Tick all the answers you think are correct

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Worksheet 6 – Female masturbation and privacy.



Why should you go somewhere private to masturbate? (write your answers in the box).



Why is it important to be gentle? (write your answers in the box).

If you worried that you are masturbating too much or doing something wrong, who would you go to;

- A carer or parent?
- A doctor?
- A Teacher or school nurse?
- Visit an advice website?



Tick all the answers you think are correct

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**The New Guide to Relationships and Sex
Looking After Yourself section lesson plan.**

Class: Year

Date:

Period:

Lesson Topic: SRE – Looking After Yourself

This lesson plan has four subject areas. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each student's abilities/needs and to divide the class into groups as appropriate. Teachers should be alert to any student that reports or suggests any sexual abuse, whether actual or threatened and be prepared to take further action.

Objectives

Learning outcomes:

To recognise the importance and methods of personal hygiene.
To recognise the importance and methods of self-examination and the need for privacy. To understand consent and the right to say 'no'.
To be aware of first dates and petting with special emphasis on consent.
To know how to find advice or help.

Resources

**Videos from 'The New Guide to Relationships and Sex' menu
'Looking After Yourself';**


Hygiene

Self examination and privacy

Consent and unwanted sexual advances

First dates

Please also refer to the accompanying resource pack.

Click on the  SUBTITLES next to each video to view a version enhanced with easy read subtitles.

Activity

View the video ' Hygiene '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Why is it important to keep yourself clean?</p> <p>Question 2 How often should you shower or bath?</p> <p>Question 3 Which body parts should boys and men wash extra carefully?</p> <p>Question 4 Which body parts should girls and women wash extra carefully?</p> <p>Question 5 If you wanted to know about something or are worried about something, where would you go for help?</p> <p>Discussion – emphasize that keeping clean is both a good way to look after and check your body.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Self-examination and privacy '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Why is it important to check your body?</p> <p>Question 2 Where should you go first to look at yourself?</p> <p>Question 3 What body parts should boys and men look at?</p> <p>Question 4 What body parts should girls and women look at?</p> <p>Question 5 Is everyone's body the same?</p> <p>Question 6 If you see something that worries you or if you want to know about something, where would you go – who would you talk to?</p> <p>Discussion – emphasise the need to go somewhere private and to seek help if anything seems unusual or causes worry.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Consent and unwanted sexual advances '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What should you say to someone who approaches you for sex?</p> <p>Question 2 Is it good to have sex with strangers?</p> <p>Question 3 Sex is for adults, what should children say if someone asks to have sex with them? What should they do?</p> <p>Question 4 What should you do if someone is trying to make you have sex with them or has made you have sex with them?</p> <p>Question 5 What is the age of consent? What does that mean?</p> <p>Question 6 If you are worried about something, where would you go – who would you talk to?</p> <p>Discussion – sexual advances and saying no, reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p> <p>Discussions/role-play about expected and unexpected behaviour around touching and personal space can be useful.</p>	<p>Time: 5-10 mins</p>
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Plenary

<p>View the video 'Hygiene'.</p> <p>View the video 'Self-examination and privacy'.</p> <p>View the video 'Consent and unwanted sexual advances'.</p> <p>View the video 'First dates and petting'.</p> <p>Concluding discussion – allow for questions. Reinforce the sources of advice and help.</p>	<p>Time:</p> <p>15 mins</p>
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Lesson Evaluation

<p>Subject knowledge:</p> <p>Does each student understand;</p> <p>The importance of keeping clean?</p> <p>How to check their bodies and what to look for?</p> <p>Consent, the right to say no and who to turn to for help or advice?</p> <p>First dates and consent?</p> <p>Further action:</p> <p>Do any of the subject areas need to be reinforced?</p> <p>Did any of the students give you cause to check with your Safeguarding Coordinator?</p> <p>Are the sources of Help and Advice on display clearly?</p>	<p>Time:</p> <p>15 mins</p>
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Worksheet 1 – Hygiene.



How often should you have a bath or shower;

- Twice a day?
- Every day or two?
- Once a week?

Tick the answer you think is correct



Which parts of your body should you take extra care to wash carefully;

- Your feet?
- Your private parts?
- Your arms?

Tick the answer you think is correct



Which parts of your body should you take extra care to rinse the soap off;

- Your feet?
- Your private parts?
- Your arms?

Tick the answer you think is correct

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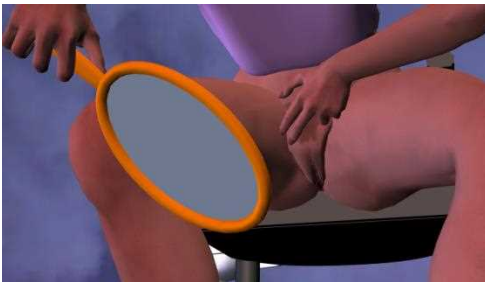
Worksheet 2 – Self-examination and privacy.



What is a good way to check your breasts;

- Have a bath?
- Compare them to each other?
- Sit on a chair?

Tick the answer you think is correct



When you check your vagina, what can you use to help you;

- A mirror?
- A bed?
- The bath?

Tick the answer you think is correct



It is important for boys and men to check under their;

- Shirt?
- Feet?
- Foreskin?

Tick the answer you think is correct

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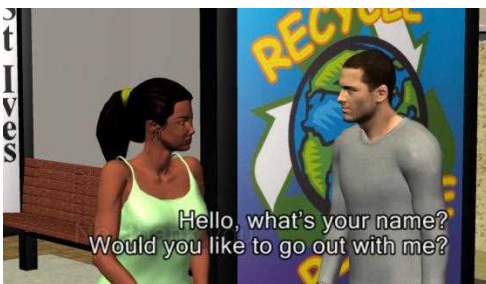
Worksheet 3 – Consent and unwanted sexual advances.



What is the age of consent (how old do you have to be to have sex legally);

- 14?
- 16?
- 18?

Tick the answer you think is correct



Your body is private to you, what should you do if someone asks you for sex;

- Run away and hide?
- Nothing?
- Say 'no', get away and tell someone you trust?

Tick the answer you think is correct



If someone is asking you for sex or has made you do sexual things with them, would you go to;

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- The police?

Tick all the answers you think are correct

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Worksheet 4 – First dates.



Why do Bobby and Sonia go somewhere private to be intimate? (write your answers in the box).



How do you know when someone has consented to be intimate;

- You have been intimate before?
- They have said 'yes'?
- You are friends?

Tick the answer you think is correct

When you first decide to have sex it is best if;

- You are friends?
- You are in a loving and trusting relationship?
- You are married?
- You never have sex?

Tick the answer you think is correct



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The New Guide to Relationships and Sex - Sex section lesson plan.

Class: Year	Date:	Period:
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Lesson Topic: SRE – Sex

This lesson plan has eight subject areas. Several areas deal with consent and may require appropriate responses if any student suggests they are at risk. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each student's abilities/needs and to divide the class into groups as appropriate.

Objectives

Learning outcomes:

- To know about virginity and the importance of condoms.
- To be aware of consent and the right to say 'no'.
- To be aware of different types of relationships.
- To know about 'yes' and 'no' and the importance of respect.
- To have knowledge of and respect different attitudes and opinions about sex. To be aware of consent, including the age of consent, and the right to say 'no'. To know of different types of contraceptives and their appropriateness.
- To know how to find advice or help.

Resources

Videos from 'The New Guide to Relationships and Sex' menu 'Sex';

[Sex, virginity, consent and condoms](#)

[Unwanted sexual advances](#)

[Gay and straight advances](#)


[Consent - yes and no](#)

[Gay sex](#)

[Sex and attitudes](#)

[Consent and unwanted sexual advances](#)

[Sexual pleasure and contraception](#)

Please also refer to the accompanying resource pack. Click on  next to each video to view a version enhanced with easy read subtitles.

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Activity

View the video ' Sex and virginity, consent and condoms '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What makes someone a virgin?</p> <p>Question 2 What should you do if you feel pressured to have sex?</p> <p>Question 3 How do you know someone has consented to have sex with you?</p> <p>Question 4 What should you do if someone says no?</p> <p>Question 5 Why are condoms important? When should you use a condom?</p> <p>Question 6 Why is it important to be private?</p> <p>Question 7 What should you do with used condoms?</p> <p>Question 8 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – sexual advances and saying no. Virginity and marriage, when to first have sex? The importance of being gentle. Reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	<p>Time: 5-10 mins</p>
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Activity

View the video ' Unwanted sexual advances '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What should you say to someone who approaches you for sex?</p> <p>Question 2 Is it OK to have sex with strangers?</p> <p>Question 3 Sex is for adults, what should children say if someone asks to have sex with them? What should they do?</p> <p>Question 4 What is the age of consent? What does that mean?</p> <p>Question 5 What should you do if someone is trying to make you have sex with them or has made them have sex with them?</p> <p>Question 6 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – sexual advances and saying no. Reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p> <p>Discussions/role-play about expected and unexpected behaviour around touching and personal space can be useful.</p>	<p>Time: 5-10 mins</p>
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Activity

View the video ' Gay and straight relationships '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What do people mean when they say they in a relationship?</p> <p>Question 2 How long have Sonia and Bobby been together?</p> <p>Question 3 Why do people say they are in love with each other?</p> <p>Question 4 Why is trust and respect important in a relationship?</p> <p>Question 5 Who would you ask if you wanted to know something about relationships?</p> <p>Discussion – talking about homosexuality can cause some embarrassment or homophobic reactions. It can be useful to discuss respect and people's rights.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Consent – yes and no '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What should you do if you ask someone out and they say 'no'?</p> <p>Question 2 What is the age of consent?</p> <p>Question 3 When is it ok to talk to someone you have asked out?</p> <p>Question 4 What should you say to someone who asks you to go out with them?</p> <p>Question 5 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – what is consent? Reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p> <p>Discussions/role-play about expected and unexpected behaviour around touching and personal space can be useful.</p>	<p>Time: 5-10 mins</p>
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Activity

View the video ' Gay sex '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What is the difference between gay and lesbian?</p> <p>Question 2 Why should gay men use condoms?</p> <p>Question 3 What is the age of consent for gay men or lesbians?</p> <p>Question 4 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – talking about homosexuality can cause some embarrassment or homophobic reactions. It can be useful to discuss respect and people's rights.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Sex and attitudes '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Do people have different opinions about sex?</p> <p>Question 2 What is the age of consent?</p> <p>Question 3 What can happen if you have sex before you are 16?</p> <p>Question 4 Do some people find sex embarrassing?</p> <p>Question 5 Who would you talk to about sex?</p> <p>Question 6 What should you do if someone is trying to make you have sex with them or has made you have sex with them?</p> <p>Discussion – Why do some people find sex embarrassing?</p> <p>Reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Consent and unwanted sexual advances '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What should you say to someone who approaches you for sex?</p> <p>Question 2 Is it OK to have sex with strangers?</p> <p>Question 3 Sex is for adults, what should children say if someone asks to have sex with them? What should they do?</p> <p>Question 4 What should you do if someone is trying to make you have sex with them or has made you have sex with them?</p> <p>Question 5 What is the age of consent? What does that mean?</p> <p>Question 6 If you are worried about something, where would you go – who would you talk to?</p> <p>Discussion – sexual advances and saying no. Reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p> <p>Discussions/role-play about expected and unexpected behaviour around touching and personal space can be useful.</p>	Time: 5-10 mins
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Activity

View the video ' Sexual pleasure and contraception '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Apart from wanting to have a baby why else do people have sex?</p> <p>Question 2 What are the different types of contraception?</p> <p>Question 3 Which type of contraceptive is best for protection against disease?</p> <p>Question 4 Where can you get condoms from?</p> <p>Question 5 If you are worried about something, where would you go – who would you talk to?</p> <p>Discussion – what are contraceptives for? Reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Plenary

<p>View the video 'Sex and virginity, consent and condoms'.</p> <p>View the video 'Unwanted sexual advances'.</p> <p>View the video 'Gay and straight relationships'.</p> <p>View the video 'Consent – yes and no'.</p> <p>View the video 'Gay sex'.</p> <p>View the video 'Sex and attitudes'.</p> <p>View the video 'Consent and unwanted sexual advances'.</p> <p>View the video 'Sexual pleasure and contraception'.</p> <p>Concluding discussion – allow for questions. Reinforce the sources of advice and help.</p>	<p>Time:</p> <p>25 mins</p>
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Lesson Evaluation

<p>Subject knowledge: Does each student understand;</p> <p>Virginity and consent? The importance of condoms?</p> <p>Consent, the right to say no and who to turn to for help or advice?</p> <p>Different types of relationships including homosexual and heterosexual?</p> <p>Consent and understanding both 'yes' and 'no'?</p> <p>Different attitudes to sex, the importance of speaking to the right person?</p> <p>Consent, including the age of consent, and the right to say 'no'?</p> <p>Different types of contraceptives and their appropriateness?</p> <p>Where to get help and advice?</p> <p>Further action:</p> <p>Do any of the subject areas need to be reinforced?</p> <p>Did any of the students give you cause to check with your Safeguarding Coordinator?</p> <p>Are the sources of Help and Advice on display clearly?</p>	<p>Time:</p> <p>15 mins</p>
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Worksheet 1 – Sex and virginity, consent and condoms.



What is the age of consent (how old do you have to be to have sex legally);

- 14?
- 16?
- 18?

Tick the answers you think are correct



A virgin is someone who;

- Has never kissed?
- Has not had sexual intercourse?
- Is not a parent?

Tick the answers you think are correct



What should you do if you feel pressured by your friends to have sex;

- Ignore them and hope it stops?
- Talk to someone you trust?
- Check online for advice?

Tick the answers you think are correct



Why is privacy important?

Write your answer in the box.

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Why are condoms important;

- To stop pregnancy?
- To stop infections?
- To protect against HIV/AIDS?

Tick the answers you think are correct



What should you do with used condoms? Write your answer in the box.



Who would you talk to about sex;

- Teacher/school nurse?
- Carer or parent?
- A doctor?
- Visit an advice website?

Tick the answers you think are correct

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Worksheet 2 – Unwanted sexual advances.



What is the age of consent (how old do you have to be to have sex legally);

- 14?
- 16?
- 18?

Tick the answers you think are correct



Your body is private to you, what should you do if someone asks you for sex;

- Run away and hide?
- Nothing?
- Say 'no', get away and tell someone you trust?

Tick the answers you think are correct



Sex is for adults, what should children do if someone asks to have sex with them;

- Run away and hide?
- Nothing?
- Say 'no', get away and tell someone you trust?

Tick the answers you think are correct



If you wanted to know about something or needed help, where would you go;

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- The police?

Tick all the answers you think are correct

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Worksheet 3 – Gay and straight relationships.



What is a man who is in a relationship with another man called;

- Lesbian?
- Gay?
- Straight?

Tick the answers you think are correct



What is a woman who is in a relationship with another woman called;

- Lesbian?
- Gay?
- Straight?

Tick the answers you think are correct



What do people sometimes say if they have been in a relationship for some time;

- They know each other?
- They are friends?
- They are 'in love'?

Tick the answers you think are correct



If you have questions about straight, gay or lesbian relationships who would you talk to;

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- Visit an advice website?
- A friend?

Tick all the answers you think are correct

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Worksheet 4 – Consent – yes and no.



What should you do if you ask someone out and they say 'no';

- Go away and leave them alone?
- Ask them again?
- Tell a friend?

Tick the answers you think are correct



What is the age of consent (how old do you have to be to have sex legally);

- 14?
- 16?
- 18?

Tick the answers you think are correct



If someone asks you to go out with them and you don't want to, what should you say;

- 'No'?
- 'Yes'?
- 'Maybe'?

Tick the answers you think are correct



If someone is bothering you, keeps asking you out, who would you talk to;

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- The police?
- A friend?

Tick the answers you think are correct

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Worksheet 5 – Gay sex.

<p>A heterosexual person is attracted to;</p> <p><input type="checkbox"/> The opposite sex?</p> <p><input type="checkbox"/> The same sex?</p> <p><input type="checkbox"/> Both sexes?</p>	<p>A homosexual person is attracted to;</p> <p><input type="checkbox"/> The opposite sex?</p> <p><input type="checkbox"/> The same sex?</p> <p><input type="checkbox"/> Both sexes?</p>	<p>A bisexual person is attracted to;</p> <p><input type="checkbox"/> The opposite sex?</p> <p><input type="checkbox"/> The same sex?</p> <p><input type="checkbox"/> Both sexes?</p>
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Tick the answer you think is correct

Why should gay men use condoms;

- To prevent pregnancy?
- To protect against diseases and AIDS?
- To keep warm?



Tick the answer you think is correct



Homophobia is;

- Being gay?
- Fear of homosexuality?
- Fear of heterosexuality?

Tick the answer you think is correct

The age of consent for gay men and lesbian women is;

- 16?
- 18?
- 21?



Tick the answer you think is correct

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Worksheet 6 – Sex and attitudes.



What is the age of consent - how old do you have to be to have sex legally;

- 14?
- 16?
- 18?

Tick the answer you think is correct



What can happen if you have sex before you are 16;

- They may go to prison?
- You may go to prison?
- Nothing?

Tick the answer you think is correct



Do some people find sex embarrassing;

- Yes?
- No?
- Depends?

Tick the answer you think is correct



Who would you talk to about sex;

- Teacher/school nurse?
- Carer or parent?
- A doctor?
- Visit an advice website?
- A friend?

Tick the answer you think is correct

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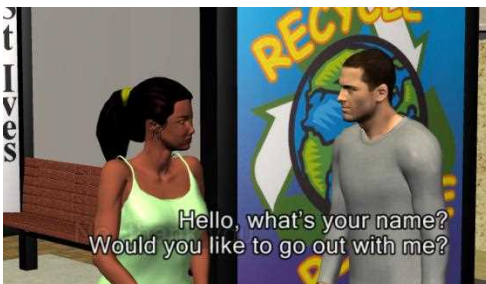
Worksheet 7 – Consent and unwanted sexual advances.



What is the age of consent - how old do you have to be to have sex legally;

- 14?
- 16?
- 18?

Tick the answer you think is correct



Your body is private to you, what should you do if someone asks you for sex;

- Run away and hide?
- Nothing?
- Say 'no', get away and tell someone you trust?

Tick the answer you think is correct



If someone is asking you for sex or has made you do sexual things with them, who would you go to;

- Carer or parent?
- A doctor?
- Teacher/school nurse?
- The police?

Tick the answer you think is correct

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Worksheet 8 – Sexual pleasure and contraception.



Why do people have sex;

- To have a baby?
- For pleasure?
- Because they are married?

Tick the answer you think is correct



Where can you get condoms from;

- The chemists?
- A condom machine?
- The doctors?

Tick the answer you think is correct



Which type of contraception is best to protect you against diseases and AIDS;

- Coil?
- The pill?
- Condoms?

Tick the answer you think is correct

If you wanted information or advice about contraception where would you go;

- Teacher/school nurse?
- Carer or parent?
- A doctor?
- Visit an advice website?

Tick the answer you think is correct



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The New Guide to Relationships and Sex - Pregnancy section lesson plan.

Class: Year

Date:

Period:

Lesson Topic: SRE – Pregnancy

This lesson plan has three subject areas, some are more gender specific. Optimise your choice of content for your tutor group. Teachers may wish to modify the lessons to each student's abilities/needs and to divide the class into groups as appropriate.

Objectives

Learning outcomes:

To know of different types of contraceptives and their appropriateness.
To be aware of menstruation, it's onset and the possible emotional effects.
To be familiar with the types of sanitary protection available, how to use them and how to dispose of them.
To know about conception, pregnancy and birth.
To know how to find advice or help.

Resources

Videos from 'The New Guide to Relationships and Sex' menu 'Pregnancy';

[Sexual pleasure and contraception](#)

[Menstruation and periods](#)

[Pregnancy and birth](#)

Please also refer to the accompanying resource pack.

Click on  next to each video to view a version enhanced with easy read subtitles.

Activity

View the video ' Sexual pleasure and contraception '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Apart from wanting to have a baby why else do people have sex?</p> <p>Question 2 What are the different types of contraception?</p> <p>Question 3 Which type of contraceptive is best for protection against disease?</p> <p>Question 4 Where can you buy condoms from?</p> <p>Question 5 If you are worried about something, where would you go – who would you talk to?</p> <p>Discussion – what are contraceptives for? Reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Activity

View the video ' Menstruation and Periods '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 Why do women have periods?</p> <p>Question 2 What ways are there to protect you when you are having your period?</p> <p>Question 3 What are the best ways to dispose of sanitary towels?</p> <p>What are the best ways to dispose of tampons?</p> <p>Question 4 What effects can pre-menstrual syndrome have?</p> <p>Question 5 If you wanted to know about something or needed help, where would you go?</p> <p>Discussion – first periods – be ready not frightened. What types of sanitary protection are available?</p> <p>How do you use and dispose of sanitary protection?</p> <p>PMS and changing emotions, reinforce the sources of advice and help.</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	<p>Time: 5-10 mins</p>
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Activity

View the video ' Pregnancy and birth '.	Time: 5 mins
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Development

<p>Quiz</p> <p>Where appropriate to each student's abilities, the quiz below may be useful. Either for individual or group work.</p> <p>Question 1 What is the age of consent?</p> <p>Question 2 How long does pregnancy last?</p> <p>Question 3 Where do people go to give birth?</p> <p>Question 4 What is a Caesarean?</p> <p>Discussion - What is it like to look after a new baby?</p> <p>Additional work sheets at the end of this lesson plan can be used with discussion or as an alternative.</p>	Time: 5-10 mins
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Plenary

View the video ' Sexual pleasure and contraception '.	Time: 15 mins
View the video ' Menstruation and periods '.	
View the video ' Pregnancy and birth '.	
Concluding discussion – allow for questions, reinforce the sources of advice and help.	

Lesson Evaluation

Subject knowledge: Does each student understand;	Time: 15 mins
Different types of contraceptives and their appropriateness?	
Periods and sanitary protection?	
About sex and conception?	
What pregnancy means?	
Where to get help and advice?	
Further action:	
Do any of the subject areas need to be reinforced?	
Did any of the students give you cause to check with your Safeguarding Coordinator?	
Are the sources of Help and Advice on display clearly?	

Worksheet 1 – Sexual pleasure and contraception.



Why do people have sex;

- To have a baby?
- For pleasure?
- Because they are married?

Tick the answers you think are correct



Where can you get condoms from;

- The chemists?
- A condom machine?
- The doctors?

Tick the answers you think are correct



Which type of contraception is best to protect you against diseases and AIDS;

- Coil?
- The pill?
- Condoms?

Tick the answers you think are correct

If you wanted information or advice about contraception where would you go;

- Teacher/school nurse?
- Carer or parent?
- A doctor?
- Visit an advice website?

Tick the answers you think are correct



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Worksheet 2 – Menstruation and periods.

Sanitary
Towels



Tampons



Which picture shows tampons and which picture shows sanitary towels? Draw an arrow to connect the correct picture and label.



It is important to dispose of used sanitary protection carefully.

Which type of protection goes into the toilet?

- Sanitary towels Tampons

Which type of protection goes into the special bin?

- Sanitary towels Tampons

Tick the answer you think is correct

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Worksheet 3 – Pregnancy and birth.



What is the age of consent - how old do you have to be to have sex legally;

14?

16?

18?

Tick the answer you think is correct



What happens when the sperm meets the egg inside Sonia;

It slowly grows into a baby?

Sonia goes to the hospital?

Bobby is a dad?

Tick the answer you think is correct



How long does pregnancy last;

6 months?

9 months?

1 year?

Tick the answer you think is correct



Where do Sonia and Bobby go to have the baby;

A school?

The hospital?

A doctor?

Tick the answer you think is correct

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