



RUSHCLIFFE
SPENCER ACADEMY

Teacher notes:

Please note this session is on Health issues and could be a difficult topic to teach.

Students will also learn about health issues in particular cancer.

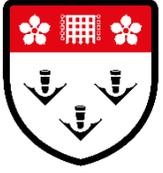
<u>Video/IT needed</u> 	<u>Books/resouces</u> 	<u>Sensitive Info</u> 	<u>Anything else helpful</u> 
You will need YouTube.	Students will need their books.	This lesson covers mental health. Please check the content and let the class know they will be covering this to pre warn them. You may want to check with HoY or Helen regarding individual students who suffer with their mental health.	



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Session 1

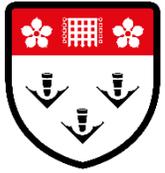
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Do Now:

In your books, write down all the reasons why people have sex?



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Do Now - Thoughts:

Feedback as
a class.....did
you get any
others?

EXCITEMENT

TO HAVE FUN

BECAUSE YOU FEEL LIKE YOU'RE
THE ONLY ONE NOT HAVING SEX

BECAUSE YOU KNOW SOMEBODY
ELSE EXPECTS IT

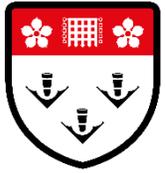
TO PROVE SOMETHING

TO FEEL GOOD IN YOUR BODY

TO FEEL DESIRABLE

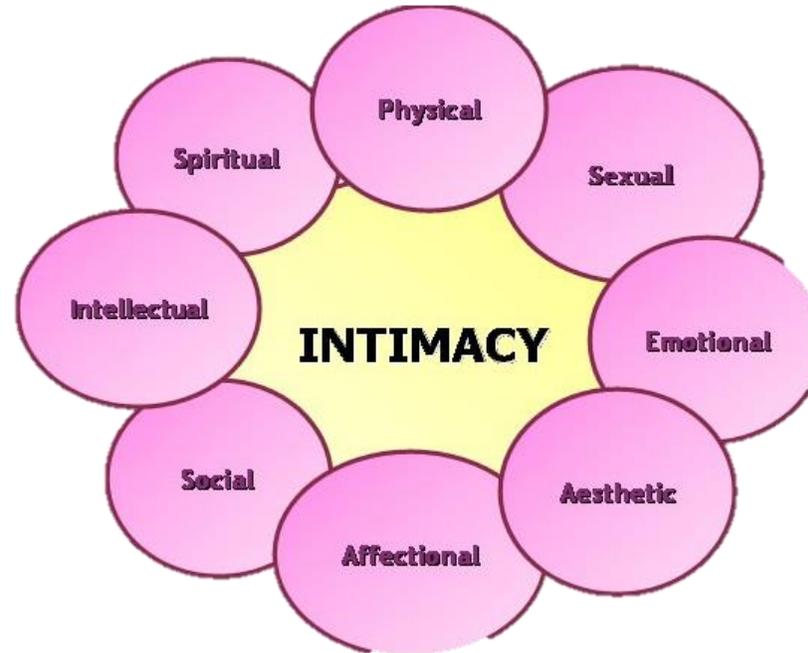
BECAUSE YOU DON'T WANT THE
OTHER PERSON TO FEEL REJECTED

TO STOP THE OTHER PERSON
FROM PRESSURING YOU



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Intimate Relationship Overview



**Sex is a
choice**

Consent

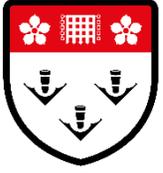
Safe sex & STIs

Consequences of
unprotected sex

Healthy
Relationships

Sexting

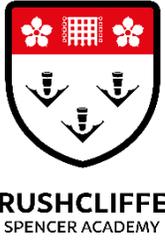
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Lesson Aim:

- To understand that sex is choice and how to combat peer pressure



What is sex? And how old must you be to legally have sex?

On your own, in your books, write down a definition to what you think sex is.

Once finished, compare with your neighbour



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What is sex?

“Sex is when a man puts his penis into a woman’s vagina to make a baby.”

16 years old is the minimum age to legally have sex

Do you think this is a good definition?



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What is sex?

“Sex involves intimate parts of the body and can mean different things for different people.”

This is much better!



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Sex is a choice

- Thinking back to all of those reasons as to why people have sex, you have to remember it is your own personal choice as and when you want to have sex.
- Do not feel pressured into having sex by your family, friends or partners.
- If your partner is pressuring you into having sex, you are probably in an unhealthy relationship.



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Session 2

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Do Now:

There is too much
sex in films, on TV
and online
nowadays

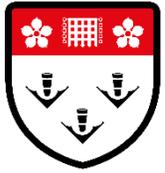
Quiet reflection:
To what extent do you agree with this statement?



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Lesson Aim:

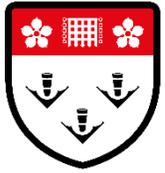
- ✓ explain what it means for media content to be sexualised
- ✓ evaluate the ways in which sexualised content can be harmful to individuals and society



Exploring social norms

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	My guess	Actual statistic
What percentage of films watched at home are viewed with friends and family (instead of alone)?		67%
What percentage of 13-14 year olds have changed their choice of film based on the age rating it was given?		62%
What percentage of teenagers agree that violence is the most serious concern when classifying a film?		86%
What percentage of teenagers think it's important to have the same classifications online and offline (e.g. in film or TV)?		95%
What percentage of teenagers check the age rating of a film in the cinema all or most of the time?		73%



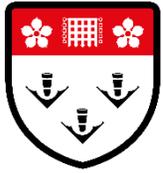
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Some people I know watch stuff that's way too old for them. It seems sad to me, because they now think the way people behave towards each other in films – especially when it's about sex - is normal for people our age, when really it's not. Some of my mates say some really bad stuff about women too and I think a lot of that's because of what they're watching. So I'm glad I've stuck to watching films I enjoy that are right for my age group.



Brad, 13

- What might the long term impact be of watching content that is not suitable for a person's age group?
- What might the impact be on wider society of having harmful content easily accessible?



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What can be shown?

Most likely to be shown:



Two gay characters kiss U	In a comedy, a cartoon character shows their bottom U	A couple are shown kissing and cuddling in public U	Two characters get married at the end of a film U
An educational video about sex shown in a PSHE lesson PG	In a series on a streaming service, a group of friends make jokes about sex PG	Characters talking about fancying each other PG	A film tells the story of two teenage characters who fall in love PG
In a romantic scene, a character's naked back is briefly shown on screen 12	A character uses a sexually offensive word in an argument 12	The storyline includes a one-off sexual encounter between two characters 12	A married couple are having sex covered by sheets 12

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