



PSHE Knowledge Organiser



RSE- Sexual Relationships



Year 9
Term 5

Independence

Sex and the Law

In England and Wales, the age of consent for sexual activity is 16. A person under 16 cannot legally consent to sexual activity, and any sexual act with a person under 16 is a criminal offence.

Consent

Consent is a crucial element in relationships, referring to a person's freely given, enthusiastic, informed, and specific agreement to engage in sexual activity or any other activity, and the option to remove consent at any point.

Contraception

Contraception refers to the methods that are used to prevent pregnancy. Some methods of contraception can also be used to prevent sexually transmitted infections (STIs). Contraception is FREE on the NHS for all ages and you can get it from a range of places including NHS services and your GP.

Why you shouldn't rush into sexual relationships?

- 1) It should be part of a loving relationship.
- 2) If you under 16 then it is against the law.
- 3) No method of contraception is 100% safe against pregnancy or STIs.
- 4) Your peers might say they are doing it, but the likelihood is that they are not. Don't give into 'Peer Pressure'.

Intimacy

There are other ways to be intimate without having sex:

- Holding hands.
- Kissing.
- Talking.
- Cuddling.

Intimacy should be about getting to know each other.

Types of contraceptives



Male condom



Combined oral contraceptive pill



Vaginal ring



Progestogen-only pill



Contraceptive injection



Diaphragm



Hormonal intrauterine device (IUD)



Contraceptive implant



Copper intrauterine device (IUD)



Further help and advice

Brook- Confidential advice on sex and relationships.

<https://www.brook.org.uk/>

Childline- Have advice on a wide range of issues. Call 0800 1111

<https://www.childline.org.uk/>

NHS- Have information on medical issues

<https://www.nhs.uk/>

Local Sexual Health Services

Swindon Health Centre, 1 Islington Street, Swindon, Wiltshire, SN1 2DQ. 01793 604038