



PSHE Knowledge Organiser



RSE- Sexual Relationships



Year 9
Term 6
Aspiration

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.

Pregnancy options

Morning after pill- a form of contraception that can be taken after unprotected sex (some within 3 days, some within 5 days)

Abortion – terminating the development of a pregnancy.

Adoption & fostering- some may choose to go ahead with pregnancy with a plan to have the baby adopted.

Sexually Transmitted Infections (STIs)

Sexually transmitted infections (STIs) are common and can be passed on during sex or through sexual contact. They can be treated at a sexual health clinic, pharmacy and doctor. Symptoms of a sexually transmitted infection (STI) can include:

- an unusual discharge from your vagina, penis or anus
- pain when urinating
- lumps or skin growths around your genitals or bottom (anus)
- a rash
- unusual vaginal bleeding
- itchy genitals or anus
- blisters, sores or warts around your genitals, mouth or anus

Loss and change in a relationship

As humans our lives are constantly changing and sometimes often relationships change. We know that there are different stages to a relationship and our feelings change. Sometimes that means relationships end.

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