

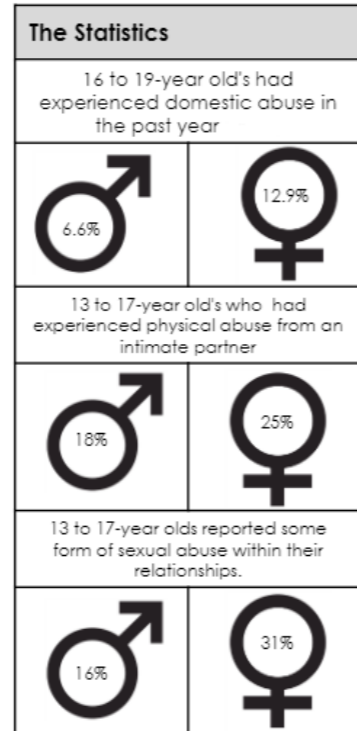


Sex and Relationships

RSE—Communication in Relationships

Key words	Definitions
Sexual Harassment	Unwanted behaviour of a sexual nature which: violates your dignity. makes you feel intimidated, degraded or humiliated. creates a hostile or offensive
Consent	Permission for something to happen or agreement to do something.
Healthy relationship	Healthy relationships involve honesty, trust, respect and open communication between partners and they take effort and compromise
Unhealthy Relationship	Unhealthy relationships, one partner tries to exert control and power over the other physically, sexually, and/or emotionally.
STI	Sexually Transmitted Infections (STIs), are infections that are passed from one person to another through sexual contact.
Stalking	Stalking behaviours are inter-related to harassment and intimidation and may include following the victim in
Public Sexual Harassment	Public Sexual Harassment is unwanted sexual behaviour, actions or gestures, which could be verbal, non-verbal or physical, in

Signs of Abuse		
Physical	Emotional	Social
<p>Unexplained and an increase in injuries such as:</p> <ul style="list-style-type: none"> Black eyes Busted lips Red or purple marks on the neck Sprained wrists Bruises on the arms <p>It's also common for someone to try to cover up the physical signs with clothing. For example:</p> <ul style="list-style-type: none"> Wearing long sleeves or scarves in the hot summer. Wearing heavier than normal makeup Wearing sunglasses inside 	<p>Domestic abuse, of course, can take a serious emotional toll, creating a sense of helplessness, hopelessness, or despair.</p> <p>Other emotional signs of abuse include:</p> <ul style="list-style-type: none"> Low self-esteem Extremely apologetic or meek Seeming fearful Changes in sleep habits Agitation, anxiety, or constant apprehension Developing a drug or alcohol problem Symptoms of depression Loss of interest in daily activities Talking about or attempting suicide 	<p>If you notice that someone who was once outgoing and cheerful has gradually become quiet and withdrawn, it could be a sign of domestic abuse.</p> <p>You may notice that the person:</p> <ul style="list-style-type: none"> Is reserved and distant Drops out of activities they would usually enjoy. Cancels appointments or meetings with you at the last minute. Is often late to work or other appointments. Exhibits excessive privacy concerning their personal life or the person with whom they're in a relationship. Begins isolating themselves by cutting off contacts with friends and family members



Things to Remember








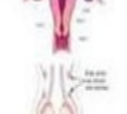
- You can have an STI and not know it.
- Only a Doctor can diagnose an STI.
- If you are diagnosed with an STI you must inform prior partners so they can be tested.
- Some STI's can be transmitted without having sex

Infection	Symptoms	Treatment
Chlamydia: <i>Bacterial infection</i>	Women often have no symptoms or may have pain with sexual intercourse, lower abdominal pain, changes in bleeding pattern. Men may have no symptoms or may have watery or thick discharge from penis, pain or urinating.	Antibiotics
Gonorrhoea: <i>Bacterial infection</i>	Women usually have no symptoms, but may have pain with sex, vaginal discharge, lower abdominal pain. Men may have no symptoms or discharge from penis, discharge from anus, pain in testicles, pain on urinating.	Antibiotics
Syphilis: <i>Bacterial infection</i>	Painless ulcer (chancre) usually on genitals; later swollen glands, rash, hair loss.	Antibiotics
Bacterial vaginosis <i>Bacterial Infection</i>	If the control of the normal bacteria in a healthy vagina fails, an overgrowth of certain bacteria can occur. Greyish white, smelly vaginal discharge.	Oral tablets and/or vaginal pessaries.
Genital warts <i>Viral Infection</i>	Fleshy or flat lumps on or around genitals, anus, groin or thigh.	Visible warts can be treated, but the infection cannot be cured.
Genital herpes <i>Viral Infection</i>	Painful, red blisters, little sores or ulcers, flu-like symptoms, and sometimes a discharge.	Anti-herpes drugs and pain relief can be given to treat symptoms, but the infection cannot be cured.
Hepatitis B <i>Viral infection</i>	May have no symptoms or mild flu-like illness or vomiting, abdominal pain, dark urine and yellowing of the skin and whites of the eyes. Can be passed on through vaginal, anal or oral sex without a condom with someone who has the infection; from mother-to-baby. By sharing needles, syringes, toothbrushes, razors and unsterilized instruments that pierce the skin.	Not curable, but it is treatable with Anti-viral medications
Trichomoniasis <i>Parasitic Infection</i>	Women may have no symptoms, but there may be a yellowy-green frothy vaginal discharge. Men usually have no symptoms.	Antibiotic tablets and/or vaginal pessaries.
Pubic lice - crabs <i>Parasitic Infection</i>	Intense itching in the pubic area, small nits (eggs) on pubic hair.	Special shampoo, cream or spray applied to pubic area. Wash all clothing and bed linen.
HIV <i>Human Immunodeficiency Virus</i>	HIV attacks the white blood cells and causes damage to the immune system so that it can be difficult to fight off infections. Usually no obvious symptoms for many years. HIV can be transmitted through blood, semen and vaginal fluids, sharing needles and from mother-to-baby.	No immunisation or cure available although there are medications to manage the condition.
Pelvic inflammatory disease (PID)	An infection of the womb and fallopian tubes that can cause infertility. Pain during sex, sore abdomen or back, heavy, irregular or painful periods, spotting, high temperature, feeling sick; sometimes no symptoms.	Antibiotics and rest.

Who Can you turn to for help and Support	
Parents or trusted family members	The Police / Community support officers
School Safe Guarding Team or any member of staff.	
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
Rape Crisis	Helpline: 0808 802 9999 (12-2:30 and 7-9:30) rapecrisis.org.uk
Survivors UK – Male Rape and Sexual Abuse Support	survivorsuk.org
RASAC (Rape and Sexual Abuse Support Centre)	National Helpline: 0808 802 9999 (12-2.30 & 7-9.30) rasasc.org.uk

Consent is:	
1	Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.
2	Reversible. It's okay to say yes and then change your mind — at any time!
3	Informed. You can only consent to something if you have all the facts.
4	Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.
5	Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

When can consent not be given?	
1	When a person is drunk or high, to the point that they are unable to speak or look after themselves.
2	Asleep or Passed Out – if they are not conscious they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity – STOP!
3	They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.
4	Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to.

	Birth Control	How to Use	Prescription Needed	Protects Against STDs
Hormonal	Monthly oral contraceptive (the Pill) 	Take one pill every day as directed.	Yes	No
	Extended-regimen oral contraceptive 	Take one pill every day for three months as directed.	Yes	No
	Patch 	Apply to skin and change weekly.	Yes	No
	Vaginal ring (hormonal) 	Insert monthly and leave in place for 21 days.	Yes	No
	Injection 	Get injections every three months.	Yes, injections given in health care provider's office.	No
	Hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to three or five years.	Yes, IUC inserted in health care provider's office.	No
	Implantable hormonal contraceptive 	Implanted under the skin of the arm and can remain for up to three years.	Yes, implanted in health care provider's office.	No
Non-hormonal	Spermicide 	Apply every time before sex.	No	No
	Diaphragm 	Insert every time before sex. Keep in place for six hours after sex.	Yes	No
	Contraceptive sponge 	Insert vaginally. Effective for 24 hours. Keep in place for six hours after sex.	No	No
	Cervical cap 	Insert every time before sex and keep in place for six hours after sex.	Yes	No
	Female condom 	Insert every time before sex.	No	Yes
	Male condom 	Partner must wear every time during sex.	No	Yes (latex or synthetic only)
	Non-hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 10 years.	Yes, IUC inserted in health care provider's office.	No
	Female sterilization or male sterilization (vasectomy) 	No action required after surgery.	No, performed surgically.	No

Infertility	
Causes	<p>Infertility can be caused by many different things. For 25% of couples, a cause can't be identified.</p> <p>In women Infertility is most commonly caused by problems with ovulation, the monthly release of an egg. Some problems stop an egg being released at all, while others prevent an egg being released during some cycles but not others. This can be caused by several medical conditions such as PCOS, Thyroid Problems, fibroids, PID, Endometriosis or an untreated STI.</p> <p>In men The most common cause of infertility in men is poor-quality semen, Possible reasons for abnormal semen include a lack of sperm or a very low sperm count, sperm that aren't moving properly, abnormal sperm shape, making it harder for them to move or hypogonadism - an abnormally low level of testosterone.</p>
Treatments	<p>Fertility treatment is available on the NHS but there are long waiting lists and couples must meet strict criteria to be eligible.</p> <p>The treatment offered will depend on what's causing the fertility problems and what's available from the local clinical commissioning group (CCG).</p> <p>Medical Treatments Fertility medicines are usually prescribed to women as they're mostly used to help with ovulation problems. But, in some cases, they may also be prescribed to men. Some of these medicines may cause side effects, such as nausea, vomiting, headaches and hot flushes.</p> <p>Assisted Conception: Intrauterine insemination (IUI) IUI, also known as artificial insemination, involves inserting sperm into the womb Sperm is first collected and washed in a fluid. The best- quality sperm are selected.</p> <p>In vitro fertilisation (IVF) In IVF, the egg is fertilized outside the body. A fertilised egg called an embryo is then returned to the woman's womb to grow and develop.</p>
Same Sex Couples	
Adoption	<p>In November 2002, the Adoption and Children Act passed into law and, for the first time, allowed unmarried couples, including same-sex couples, to apply for joint adoption. Applications for adoption must be made to an adoption agency. These may be run by the local authority or an approved agency. The adoption assessment is lengthy and thorough. If you are a couple applying to adopt you will both be assessed, and will need to demonstrate the stable and enduring nature of your relationship.</p> <p>Following a successful assessment the application is referred to an Adoption Panel. If you are approved by the Panel, you will go through a matching process. This involves a child or young person being placed with you. Depending on the success of this placement, an application can be made to the court for an adoption order. At this stage further reports will be placed before the court to help them reach a final decision. If successful both partners will have parental rights for the child.</p>
Surrogacy	<p>Surrogacy is where a woman carries a child for intended parents and relinquishes her parental status upon the birth of the child. This is commonly an option for male same-sex couples who wish to have a child without sharing responsibility with the child's mother/s. Under English law, the surrogate is always treated as the legal mother of a child at birth. If the surrogate is married or in a civil partnership, her husband/civil partner is treated as the child's second parent. This excludes the intended father(s) from having any legal status at birth. Parents who enter into a surrogacy arrangement may apply to the court within six months of their child's birth for a 'parental order' to acquire parenthood.</p>
Donor insemination	<p>Donor insemination involves using donor sperm. This can be obtained by using an anonymous sperm donor (from a sperm bank), or using a known donor or a friend. If a baby is conceived in a UK licensed fertility clinic or at home and the couple are in a civil partnership or married, then the non-birth mother will automatically be the second legal parent and will be named as such on the birth certificate.</p> <p>Regardless of the method of conceiving the donor will have no legal parenthood status.</p>