










Sex and Relationships

RSE—Intimate and Respectful Relationships

Consent is:		When can consent not be given?	
1	Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.	1	When a person is drunk or high, to the point that they are unable to speak or look after themselves.
2	Reversible. It's okay to say yes and then change your mind — at any time!	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	Informed. You can only consent to something if you have all the facts.	3	They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.
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.	4	Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to.
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).		

Options for Unplanned Pregnancy	
Keep the Baby	When deciding if to keep the baby the people involved need to consider not just the financial implications such as the cost of raising a child but also the impact on income if one parent has to stay home to care for the child. They also need to consider the support that they have around them in terms of friends and family.
Adoption	Adoption is the least common choice for unplanned pregnancy in the UK. It means that the birth parents give up all legal rights to the child and allow other people to raise their child. Adoption are arranged through social services and adoption agencies but they are made legal by court order. Once an adoption order is made legal it cannot be undone and the level of contact between birth parents and adoptive parents are settled by those involved. An adoption order cannot be issued until the baby is at least 6 weeks old. No one can force you to put a baby up for adoption even if you are under 18, and the father's permission is only needed if he is named on the birth certificate. Again information on the father cannot be forced.
Abortion	Abortions are quite common and about 1/3 of women will have had an abortion by the time they are 45. If you live in England, Wales or Scotland , two doctors need to agree that continuing the pregnancy will cause you significant physical or mental distress. Once they have agreed, you have until 24 weeks into the pregnancy to have an abortion. You do not need the permission of the father in order to have an abortion nor do you need the permission of your parents if you are under 16 and are considered mature enough to make medical decisions. A woman can change her mind at any point in the process. If your GP does not agree with abortion and refuses to refer you for the procedure, you have the right to go to another Doctor for the referral.

What does the Law say?		
Act	Definition	Consequence
Rape	A rape is when a person uses their penis without consent to penetrate the vagina, mouth, or anus of another person.	Rape is punished by a maximum of fifteen years' in prison. Aggravated Rape is punished by a maximum of twenty years' in prison Both offences would result in placement on the sex offenders register.
Sexual Assault	Sexual assault is when a person is coerced or physically forced to engage against their will, or when a person, touches another person sexually without their consent. Touching can be done with any part of the body or with an object.	Up to 10 years in prison and placement on the sex offenders register
Sex Between Minors	When both parties involved the sexual activity are under 16 but have consented to the activity.	Technically the law is that if two 13 – 15 year old's engage in consensual sexual activity and each knows that the other is under 16, they will both be guilty of an offence carrying a maximum penalty of five years' imprisonment, however it is unlikely the CPS will prosecute. If one party is under 13 and the other under 18 it is statutory Rape which is punishable by Life imprisonment, but the average is 6-7 years when prosecuted.

	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
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

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.