

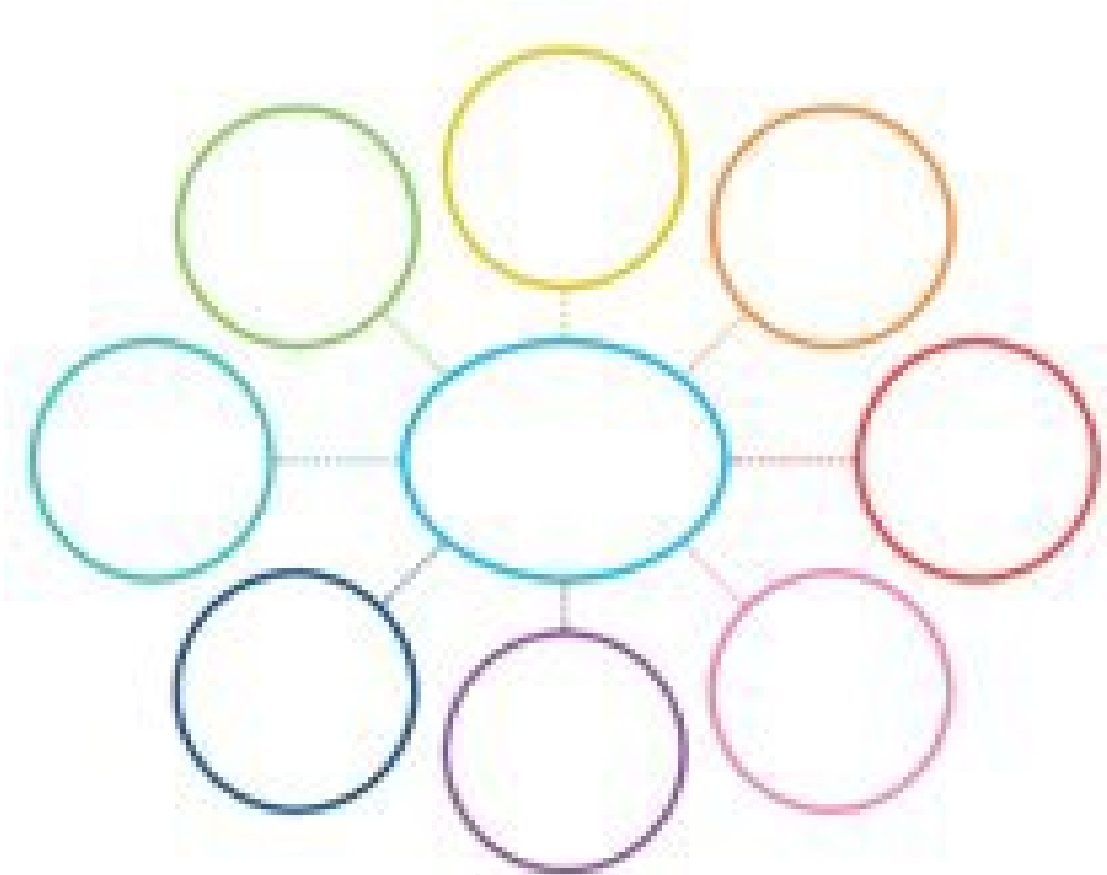
LYMM HIGH SCHOOL
YEAR 9

Pastoral Curriculum
Autumn Term





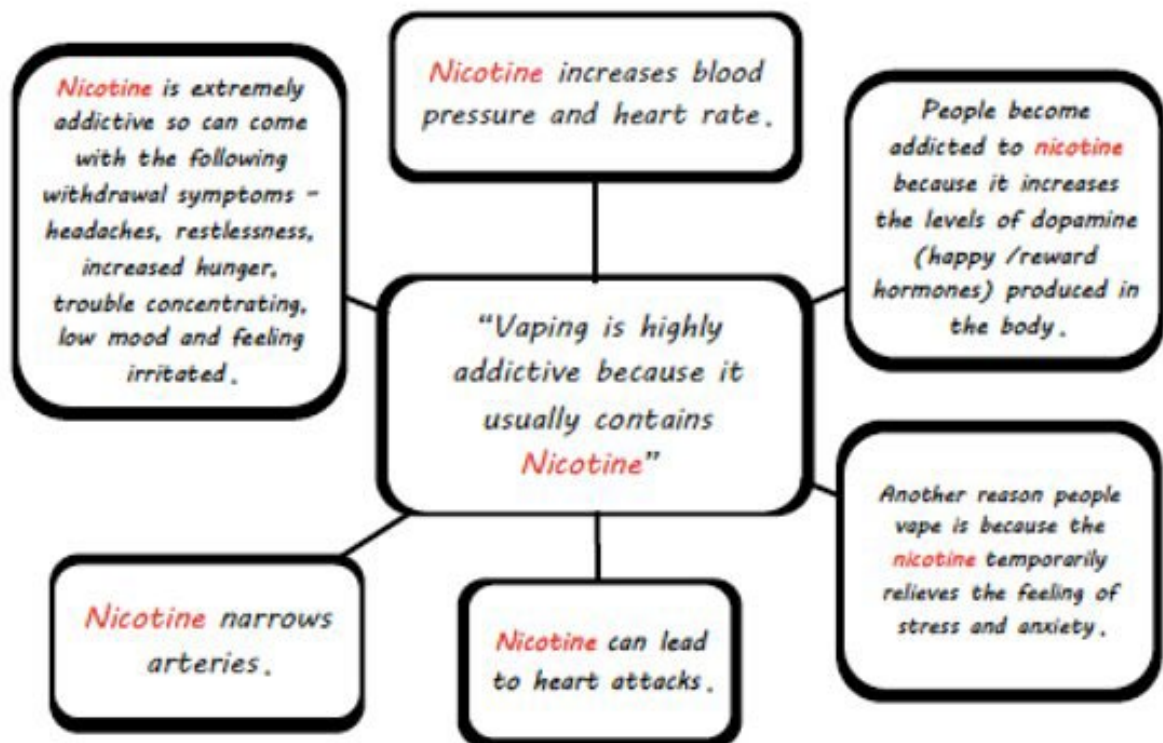
Task 1: What do you know about vaping? Brain dump information



Vaping and the Risks

'Vaping' is the term used for inhaling vapour through an E-Cigarette or other electronic vaping devices. The device operates by heating a pod of liquid that turns into vapour. This liquid usually comes in appealing flavours such as chocolate, strawberry and spearmint to name a few. In the UK, you must be 18 years old to legally buy vape products.

Many people are switching from smoking traditional cigarettes to e-cigarettes, as they believe it's a healthier alternative. This can be a huge misconception, because most vape products contain nicotine which is a highly addictive substance. It is beneficial for vaping companies to use addictive substances in their products to help them increase their sales and profits.



Vaping and the Risks

Some people argue that there are vape products available with no nicotine content, this is true, however, these are also unsafe. These products still have chemicals in them which can irritate the lungs. An FDA analysis on two leading vape brands discovered harmful chemicals in the liquid pods. One of the chemicals that was discovered was diethylene which is a chemical that is used in anti-freeze!

Vaping is becoming increasingly popular among teenagers, and it's hardly surprising with the glamorous advertisements that show youthful models, positively promoting these products. The advertisements are often brightly coloured and are accompanied with social media hashtags to encourage young people to join the 'trend'.

Another challenge for young people is that vaping has become a craze, and there may be some peer pressure to 'fit in'. It is important that you are around friends that you feel comfortable saying 'no' to, or if you are feeling uncomfortable that you are able to leave the situation and speak with a trusted adult.



Vaping and the Risks

1. What is vaping?

2. How old do you have to be to legally buy vape products in the UK?

3. Most vaping products contain nicotine, is this chemical addictive?

4. List 3 different ways that nicotine can be harmful to the body.

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Vaping and the Risks

5. What other harmful chemical did the FDA find in some vape products?

6. How does advertising promote vaping to young people?

7. What is 'peer pressure'?

8. What can you do if you are feeling peer pressured into vaping?

Task 1: Answer the questions about TJ's day below.

	Who or what is influencing the characters?	What impact might this have on them?	What ideas might TJ develop about vaping as a result?
<p>TJ gets ready for school and goes downstairs for breakfast. There are some pamphlets on the kitchen table about quitting smoking, and how vaping can help. TJ sees Mum through the window using her new vape.</p>			
<p>On the way to school, TJ sees a group from the year above at school, laughing and joking together. One is showing the rest of the group their new vape, and they are passing it around to all have a taste. As they walk past, TJ breathes in and thinks it smells nice.</p>			
<p>At lunch, TJ's friend Ben says he thinks his brother will get them some vapes if they ask. The vape shop advertises all the different flavours and colours they have in stock, and TJ is really tempted to say yes. Ben says that if there is a whole shop just for vapes, and they advertise so openly to people their age, it must be ok to do.</p>			
<p>TJ is scrolling through social media feeds after school. There seem to be vapes in a lot of the photos and videos online – nobody is trying to hide what they are doing, not even influencers. And besides, even TJ's mum vapes! TJ decides to speak to Ben about getting a vape tomorrow.</p>			

Task 1: Categorise your consequence cards. Underneath each card/within each card, write whether it is an environmental impact, health impact, legal impact or 'other' impact.

Respectful Relationship and Behaviours

LO: Do I understand how to grow positive relationships and how to assess my readiness for intimacy?

DO NOW:

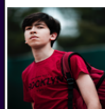
Read the four posts.

Write responses to each post



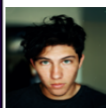
Lilz20

My friend doesn't think people ever get to the point where they feel fully ready to have sex for the first time, so there's no point waiting for that. Are they right?



Wiltz98

My mate says you need to get your date to drink lots of shots to make sex more relaxed. Is that a good idea?



BoomJT5000

I want to be in love before I have sex. But people keep talking about keeping it casual and not committing to anyone. Am I weird for wanting a proper relationship before having sex?



HeartLife30

I don't always have a condom with me when I want to have sex. Anyway, that's a guy's responsibility really, isn't it? If we only skip protection occasionally it will be fine, right?

Read the behaviour and indicate on a scale of 0 (strongly disagree) to 5 (strongly agree) your level of agreement with the statement.

	Strongly Disagree	0-1-2-3-4-5	Strongly Agree
1. Pinching someone's bum is okay.			
2. Having sex after a first date is a bad idea.			
3. Chat-up lines are corny and won't get someone a date.			
4. Telling someone what's great about them, is a nice way to start asking them out.			
5. Dating more than one person in the first few months of seeing someone is fine.			
6. It's flattering if a person keeps asking someone out when they've said no.			
7. Wolf whistling is okay if it's a compliment from someone known to that person.			
8. Buying gifts can be a lovely way to show interest in someone.			
9. Once a person starts sleeping with someone, they should break things off with anyone else they've been dating.			
10. People like to share sexy images with a partner in the first few weeks of dating.			
11. If someone really loves their partner, they will have sex with them.			
12. Threatening to 'out' someone unless they kiss them is manipulative and illegal.			



Kinan is embarrassed he hasn't started dating when his friends have, so tries to show he's just as mature by sharing nudes he found online.



How could Kinan's friends have reassured him, so he didn't feel he needed to share nudes or be embarrassed he's not dating yet?



Kinan's friend Gina really doesn't like receiving nudes, but she doesn't want to look like she's not mature enough to be thinking about sex. So she shares the pics Kinan sent with her partner.



How could Gina act to live more in line with her values?

How can Gina's friends help her to do this?



Gina's partner Blake thinks Gina is sharing nudes as she's ready to have sex, but Blake definitely isn't ready. Blake's now worried that not going along with what Gina wants, might mean getting dumped, or Gina telling people Blake's immature.



How can Blake manage their feelings and this situation?

How can Blake's friends help Blake to manage this situation?

Make a mind map showing:

- The characteristics that show people in a relationship that they are ready to be intimate with each other or have sex
- Their feelings about having sex
- Any practical implications of having sex (like what contraception they need, if you know any)

Sex and Relationships



Today we are looking at some challenging topics. Please feel free to access any support you need.

LIFE PROGRAMME

RELATIONSHIPS (INTIMATE RELATIONSHIPS)
Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography



If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school
- report a crime by calling 999 in emergencies, or 101 to make a non-urgent report

Visit:

A Better Medway: www.abettermedway.co.uk

Brook: www.brook.org.uk 0808 802 1234

Childline: www.childline.org.uk 0800 1111

What are STIs?

Task 1: Find the answers around the room

Find...	
<p><i>Example</i></p> <p>... two STIs caused by a bacterial infection.</p>	<p>1. Chlamydia</p> <p>2. Syphilis</p>
<p>1. ... two STIs that cannot be treated with an antibiotic.</p> <p><i>Challenge: Suggest a reason why one of these cannot be treated with an antibiotic.</i></p>	<p>1.</p> <p>2.</p>
<p>2. ...one STI that can usually be prevented by using a condom (but not always).</p>	<p>1.</p>
<p>3. ...three STIs that might not always cause symptoms or may only show symptoms some of the time.</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>4. ... one STI that can only be diagnosed with a blood sample.</p>	<p>1.</p>
<p>5. ... three types of treatment that can be used to treat an STI.</p> <p><i>Challenge: Find two STIs that share similar treatments. Are there any other similarities you can find?</i></p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>6. ...the most common STI among young people in the UK.</p>	<p>1.</p>

Challenge: There are self-test kits available for some STIs:

- How do you think the availability of tests to do at home might affect rates of diagnosis?
- What effect do you think this might have on how many new infections there are?



Key question

What is contraception?

1. No method of contraception is ...

...does not affect the chance of pregnancy.

7. Sex with two condoms...

...has next to no impact on the likelihood of pregnancy

2. Pregnancy is still possible ...

...is unreliable as there is a risk that sperm will be present in pre-ejaculation fluid, which can still lead to pregnancy.

8. The sexual position ...

...100% effective. This means every time a heterosexual couple has sex, there is a small risk of pregnancy.

3. The withdrawal method is where a male having sex with a female, withdraws his penis before ejaculation to prevent pregnancy. This method...

...GPs and sexual health clinics for free, or from pharmacies (though sometimes people have to pay for this). Can be used up to 3-5 days after unprotected sex. If someone is going away on holiday, they can pick up emergency contraception from a GP in advance, just in case.

9. Washing the vagina afterwards...

...from sexual health clinics, GP surgeries, and some pharmacies.

4. Condoms are less effective if...

...during menstruation (a period).

10. People can buy condoms and some other barrier contraceptives from...

...is less effective than using a single condom, as friction between them increases the risk the condoms will split.

5. Condoms and other barrier methods can reduce...

...the risk of STI transmission but do not protect from all STIs.

11. Free contraceptives, including condoms, are available...

...still need to use protection to reduce the risk of STI transmission.

6. Same-sex couples may not risk unplanned pregnancy but...

...they are put on incorrectly, come off or split during sex, or if oil-based lubricants are used.

12. If contraception fails (such as a condom splits while being used) people can get emergency contraception from...

...pharmacies, some corner shops and supermarkets, sometimes vending machines in public toilets (remembering it's important to check the contraceptive has a kitemark and is in date).

What is contraception?

Method of contraception	Hormonal (H) or Non-hormonal (N)?	Lasts for ...	Other Notes (e.g. Pros and Cons)
The pill (oral contraceptives)	H / N	<u>1</u> Days / Weeks / Months / Years	Has to be taken every day, can have side effects like headaches and nausea.
Contraceptive patch	H / N	___ Days / Weeks / Months / Years	
Contraceptive injection	H / N	___ Days / Weeks / Months / Years	
Contraceptive implant	H / N	___ Days / Weeks / Months / Years	
Plastic IUD & IUS	H / N	___ Days / Weeks / Months / Years	
Copper IUD	H / N	___ Days / Weeks / Months / Years	
Male condom	H / N		
Female condom	H / N		
Diaphragm/cap	H / N		
Fertility awareness	H / N		
Sterilisation/vasectomy	H / N		

What is contraception?

A couple have been dating for seven months. They started having sex two months ago. They agreed to be careful and to use protection every time they have sex. They have been using them up to now...

A

I love it when you do that.
Makes me ready for anything.

But it won't matter just this once, will it?

I really don't want to stop now...I don't think you do either...

B

That feels so good... but we've run out of protection. Really frustrating but we should probably stop.

Well, maybe not but I'm still not sure, though.

Well...maybe it'll be okay just this once...

Is this effective communication?

Why? Why not?

How might both characters be feeling during this conversation?

How might both characters feel afterwards if they do have sex?

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school
- Visit:
- Get It Sexual Health: Youth services | Get It; <https://getit.org.uk/youth-services/>
- A Better Medway: www.abettermedway.co.uk
- Brook: www.brook.org.uk 0808 802 1234
- Childline: www.childline.org.uk 0800 1111