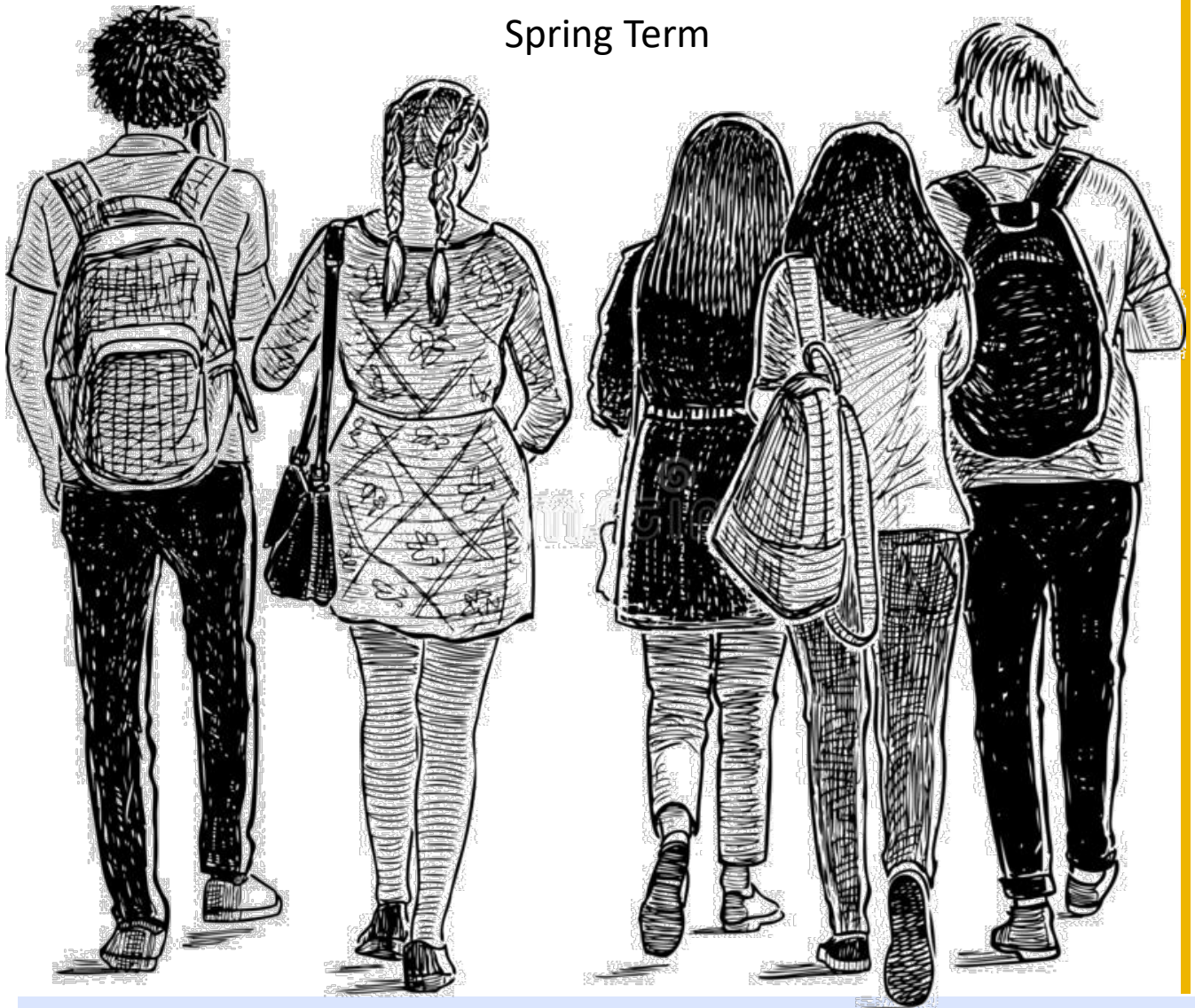


# LYMM HIGH SCHOOL YEAR 9

Pastoral Curriculum  
Spring Term



## Freedom and Capacity to Consent

**LO: Do I understand what freedom and capacity to consent means in different contexts?**

**DO NOW:**

A person consents if they agree by choice, and have the freedom and capacity to make that choice.

**Write** what might stop this person from being able to give, not give or withdraw their consent to something

**NOTE YOUR IDEAS DOWN HERE**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



LIFE PROGRAMME

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



### Overheard conversation

Alex was really out of it last night!

So after you both left... did you?

Did we what?

You know... did you?

Yeah, yeah we did.

I never thought Alex would do that!

That's what happens when you get drunk...

- What do you think the characters in the scenario are thinking and feeling?
- What do you think Alex is thinking and feeling?
- Is what happened acceptable? If Alex was drunk, was it really consent?



### NOTE YOUR IDEAS DOWN HERE

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

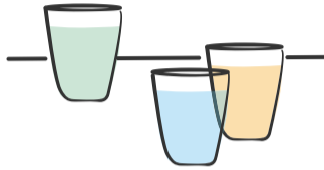
---

1. Which of these scenarios might be against the law?
2. In which scenarios does the person not have the freedom to consent?
3. In which scenarios does the person no longer have the capacity to consent?

Rex and Hannah are at a party, and they are both drinking beers. Rex spikes Hannah's drink with a white powder.



Jill knows Amal doesn't really drink much. So she comes up with a drinking 'game' to make him drink more and get him drunk faster.



Jamie tells Frankie she is single and not seeing anybody else, but this is a lie.



Brad tells Ryan if he doesn't have sex with him, he will 'out' Ryan to his friends and family.



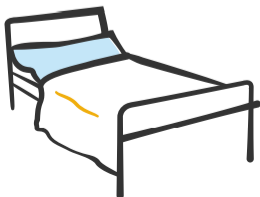
Jake is 16 and dating Marla, who is nearly 13. Marla and Jake have sex while her parents are out.



Trevor has naked photos of Suzy on his phone. He says he will share them with others unless she has sex with him.



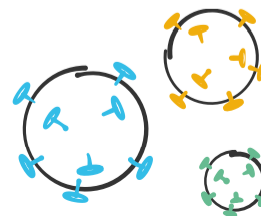
Jemima and Emile had sex last night. In the morning, Jemima is still asleep but Emile wants to have sex again, so climbs on top of her. She wakes up half-way through.



Olu doesn't want to have sex with Lisa yet because she doesn't feel ready. Lisa offers her some drugs, hoping this will relax her and make her want to have sex.



Kludia knows she has a sexually transmitted infection but she doesn't want to tell Greg about it because she thinks he won't want to have sex with her anymore.





## Agree/disagree continuum: Where would you place each statement?



1. It is easy for people to say 'no' to something they really don't want to do
2. It is important for people to be honest about their sexual history before starting a new relationship
3. If a person is put under pressure to say 'yes' they won't be able to get help from the police if they agreed in the end
4. Anybody being threatened or blackmailed into a sexual act should seek help immediately
5. If a person agrees to sex after being given alcohol or drugs, it's their own fault for getting into that situation



NOTE YOUR IDEAS DOWN HERE

---

---

---

---

---

---

---

---

---

---

# Reflect

Choose one of the scenarios and write some advice to the characters

This should include:

- What freedom and capacity to consent mean and why they're so important
- What the person whose consent was being sought could do now (e.g. who might they talk to or get help from?)

Write your advice here:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

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

The logo for kooth, featuring the word "kooth" in a lowercase, sans-serif font with a speech bubble icon integrated into the letter 'o'.The logo for ChildLine, featuring the word "ChildLine" in a green, rounded font with a speech bubble icon. Below it is the number "0800 1111" and a small icon of a telephone handset.

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](http://www.abettermedway.co.uk)

Brook: [www.brook.org.uk](http://www.brook.org.uk) 0808 802 1234

Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111

## Managing the ending of relationship

Task: Add thoughts and reflections on the different representations of feelings and actions around breakups (in society, online, the media etc).



Task: Read the two scenarios on the next page and consider the questions underneath them. Be ready to feedback to your tutor





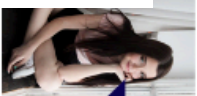
Meg and I were going out for four months and I decided that we needed to break up. We just weren't able to see each other. I really liked her and would miss talking to her, but I would rather be with someone I can meet up with regularly. I sent her a text to explain.

Kaan messaged me to tell me it was over, and it was a shock. He sent me a long text explaining that he wanted to be with someone he could see more often. I had so many questions and didn't really understand – we really got along, and were planning to meet up!

I was really upset and felt rejected. I changed my status to a heart-broken emoji. Lots of my friends sent me supportive messages and some said horrible things about Kaan for the way he made me feel. At first, I felt happy about all the support, but I started to feel guilty about what they were saying about Kaan.

I noticed my phone kept vibrating with messages from people who knew Meg, but I hadn't ever met. They said really offensive things about me, and it annoyed me as they didn't understand my point of view.

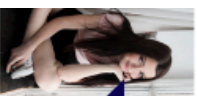
Some people even started threatening me and it made feel paranoid about hanging out in the usual places. I couldn't believe Meg was letting this happen – I thought she really liked me.



We'd been keeping things casual – just hooking up when we bumped into each other at parties. So I never thought we were a thing. But when I started seeing Wayne, Jess got super angry and told me I was a thoughtless fake.

Lisa and I had been seeing each other for a while. We didn't make plans because we hang out with the same people, so were always seeing each other. But we'd been together most weeks, so it really hurt when she hooked up with this guy in front of me last weekend.

I tried to ask Lisa why she did that but she said she didn't owe me an explanation – we were only casual. It made me feel kind of worthless.



I'm telling Wayne we're keeping it casual too. I'm too young for anything serious. Just got to have some fun while I figure out what I really want.

Photos of Wayne and Lisa were all over our group chats. It made me feel really hurt, so I posted some photos we took when we were fooling around our underwear. Now Lisa and her friends are getting angry at me.



### Questions to consider:

- Why did the couple break up?
- How does Meg feel? Why?
- How does Kaan feel? Why?
- How could each person have acted in a more respectful way?
- Are there any other people in this scenario who need to consider their behaviour? Why?
- What advice would you give Meg and Kaan?

### Questions to consider:

- Lisa said the relationship was 'casual' – what does that mean? Do you think she was right?
- How does Jess feel? Why?
- How does Lisa feel? Why?
- How could each person have acted in a more respectful way?
- Are there any other people in this scenario who need to consider their behaviour? Why?

1. What advice could you give to help the characters to manage the breakup?
2. Are these respectful breakups?
3. What behaviours would you alter to make them more respectful?

1. Shana left Tina's place saying the relationship was over without any explanation - Shana refuses to have a conversation about why they are breaking up which is making Tina paranoid and damaging her trust in relationships.

---

2. Xander broke up with Yi by text. He just said "I've had fun but I'm not sure it's working out anymore so I'm going to see other people". Yi doesn't like confrontation and awkward situations, so thought this might have been easier than talking in person but is now feeling crushed and worthless.

---

3. Theo broke up with Zane in a really public way and now Zane wants revenge to get back his sense of pride.

---

4. After one date, Lita is ignoring Si's messages – they just weren't compatible.

---

5. Julie keeps contacting Liam months after they broke up. She keeps turning up at places she knows Liam will be, and sends really intense messages with gifts to his home. Liam is really worried Julie isn't going to stop pestering him.

---

In their groups or as a class, create a list of “Do’s and Don’ts” for managing breakups. Suggestions could include (if you’re stuck, rank these ideas on the next page):

DO:

1. **...accept it:** Try to manage a breakup by accepting that it is over, and work through the related emotions. There may be good and bad days, and it is okay to cry.
2. **...reduce triggers:** Some may decide to box up or throw away souvenirs collected from the relationship, delete their ex’s number, or block them on social media.
3. **...allow time:** Getting over a breakup can take time. There is no fixed time - it varies from person to person.
4. **...look after yourself:** Balancing food, sleep and exercise can help support mental wellbeing.
5. **...find positive activities:** Finding a new hobby or re-visiting old ones can help to distract from negative feelings and create a fresh sense of identity outside of the ended relationship.
6. **...reach out:** People benefit from the positive feelings associated with spending time with friends and family.
7. **...use clear communication:** If a person clearly ends the relationship, this is final and should be respected. But being open about the reasons for the breakup, without being hurtful, and allowing for discussion, can help the other person heal. If it feels safe to do so, such conversations can clear the air and allow for a smoother breakup. However, they are not a chance for the other person to manipulate, negotiate or demand endless explanations and it is okay to end the conversation if this happens. Rehearsing the conversation might be helpful.
8. **...create a reasons list:** In time, the important reasons for the breakup may be forgotten, which can lead to reconciliation when the relationship is unlikely to succeed. Noting down what didn’t work about the relationship can help to balance out rose-tinted memories and avoid complex breakups.
9. **...focus on the positives:** It can be easy to focus on what was lost, but focusing on the new opportunities ahead can be hugely helpful. New adventures and opportunities can arise, as well as the prospect of new relationships when ready.


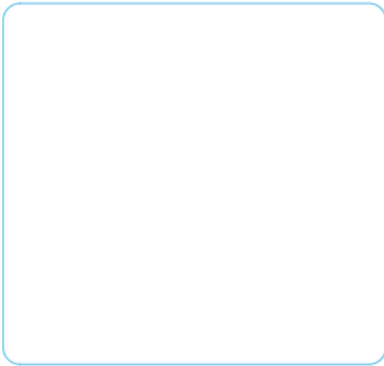

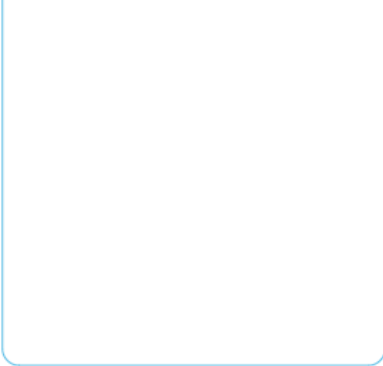

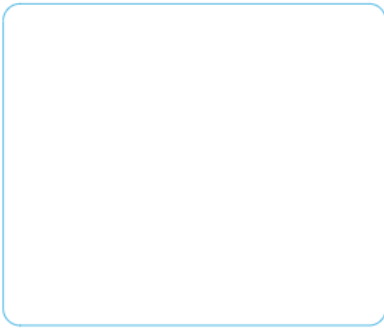

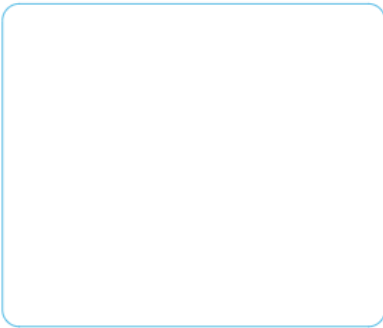
In groups or as a class, create a list of “Do’s and Don’ts” for managing breakups. If you’re stuck, rank the top 5 ideas from the previous page

- 1.
- 2.
- 3.
- 4.
- 5

Look at these 4 online posts. What would you reply?

Then,

In a different colour pen, add any new learning or make any changes you need to your mind map from the start.

 <p>Lilz20</p> <p>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?</p> 	 <p>Wiltz98</p> <p>My mate says you need to get your date to drink lots of shots to make sex more relaxed. Is that a good idea?</p> 
 <p>BoomJT5000</p> <p>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?</p> 	 <p>HeartLife30</p> <p>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?</p> 

## Signposting support

If you would like further guidance or support:

- speak to a parent/carers, 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](http://www.abettermedway.co.uk)

Brook: [www.brook.org.uk](http://www.brook.org.uk) 0808 802 1234

Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111



For advice on where to get help after a sexual assault, [www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault](http://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault)

Contact Victim Support if they feel they, or someone they know, may have been a victim of a sexual offence:

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)