

PCSHE – Year 11 Term 4 – Families

KPI 1 – Key Terms

- **Pregnancy:** The term used to describe the period of time in which a foetus develops inside the uterus (typically 40 weeks)
- **Fertility:** The ability to produce offspring
- **Abortion:** A procedure to end a pregnancy, sometimes known as a termination of pregnancy.
- **Miscarriage:** The loss of a pregnancy.
- **Contraception:** Methods that are used to prevent pregnancy from occurring during sexual activity.
- **Hormonal methods:** Contraceptive methods which use hormones to prevent pregnancy usually used by women only.
- **Barrier methods:** Contraceptive methods which prevent pregnancy by stopping the sperm from reaching the egg.
- **Combination methods:** Contraceptive methods which use both hormonal and barrier methods to prevent pregnancy.
- **Natural methods:** Contraceptive methods which do not use hormones or barriers, mostly focused on fertility awareness.
- **STIs:** Sexually transmitted infections that are passed on mainly through sexual contact both vaginally, anally and orally.
- **Marriage:** legal union between a man and a woman or between a same-sex couple (in England, Wales and Scotland and, from January 2020, in Northern Ireland).
- **Civil partnership:** A relationship which can be registered by two people of the same sex (to be extended to opposite-sex couples in 2020).
- **Cohabitation:** Living together as a couple without being married/civil partners.
- **Forced Marriage:** A marriage where one or both people do not consent to the marriage and pressure, or abuse is used
- **Arranged Marriage:** A marriage planned and agreed by the families or guardians of the couple concerned, to which both individual's consent.
- **Illegal/Void marriage:** A marriage that is invalid from its inception and cannot be made valid.
- **Ceremony:** A formal religious or public occasion, especially one celebrating a particular event, achievement, or anniversary.

KPI 2 – Routes to Parenthood

- Natural conception – pregnancy achieved through sexual intercourse
- Intrauterine insemination (IUI) – Also known as artificial insemination, this involves inserting sperm into the uterus via a thin plastic tube passed through the cervix.
- In vitro fertilisation (IVF) – Fertility medicine is taken to encourage the ovaries to produce more eggs than usual. Eggs are then removed and fertilised with sperm in a laboratory. A fertilised egg (embryo) is then returned to the uterus to grow and develop.
- Co-parenting – When two or more people decide to conceive and parent children together
- Adoption – The legal process by which a child who cannot be bought up within their birth family becomes full, permanent, legal members of their new family.
- Fostering – Providing a child with a home while they are unable to live with their own family (the child remains the legal responsibility of the council and/or their birth parents.
- Surrogacy – When someone carries and gives birth to a child for a couple who cannot biologically have a child themselves.

KPI 3 – Fertility

How does fertility change?

- Females: fertility gradually decreases with age and declines in the 30s, particularly after 35 years old.
- Males: Fertility decreases with age, but to a lesser extent

What factors affect fertility?

1. Sexually transmitted infections
2. Smoking
3. Alcohol
4. Anabolic steroids
5. Other drugs or medicines
6. Weight
7. Age
8. Environmental factors (e.g. exposure to pesticides, solvents and metals)
9. Stress

KPI 4 – Maintaining a healthy pregnancy

- Do not smoke or drink alcohol
- Avoid certain medicines
- Have an STI check
- Ensure a healthy diet is followed
- Do some safe pregnancy exercise
- Attend medical appointments.

If you need further support...

- Home/School Support: Parent, Tutor, Mrs Hayward, Mrs Aston, Mrs Loveridge, Mrs Jones.

Organisations:

- NSPCC: Helpline 0800 800 5000 (24 hours, every day) www.nspcc.org.uk
- Childline: Helpline 0800 1111 (24 hours, every day) <https://www.childline.org.uk>
- Your Doctor, Community Nurse, School Nurse (Ask at reception for appointment), NHS Online, www.helathforteens.co.uk
- www.brook.co.uk
- CEOPS - <https://www.ceop.police.uk/safety-centre/>
- Childline - 0800 1111 - Online chat available at www.childline.org.uk
- Relate Relationships Advice - 0300 100 1234 - Online chat
- www.healthforteens.co.uk
- Advice on fertility, pregnancy and abortion: www.brook.org.uk/topics/pregnancy or www.nhs.uk/pregnancy-and-baby or www.nhs.uk/conditions/infertility or www.nhs.uk/conditions/abortion
- Advice on infertility - Visit www.nhs.uk/conditions/infertility
- Advice on miscarriage – visit www.miscarriageassociation.org.uk or www.nhs.uk/conditions/miscarriage

For further guidance on marriage, civil partnerships and cohabitation or forced marriage visit:

- www.gov.uk/stop-forced-marriage — for information about reporting forced marriage
- www.childline.com — for general information and guidance on reporting forced marriage
- www.freedomcharity.org.uk — for information and support regarding forced marriage.

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KPI 5 - 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.
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Adoption	<p>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.</p> <p>However, a court can decide the adoption can go ahead without your consent if it thinks the child would be put at risk if they were not or if it is determined that you're incapable of giving consent, for example due to a mental disability.</p>
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Abortion	<p>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. A GP will not perform the abortion but will refer you to a specialist service like the Marie Stopes Clinic. 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. There are two ways of ending an unwanted pregnancy; a medical abortion or a surgical abortion. Which you have depends on many factors, including how far along in the pregnancy you are.</p> <ul style="list-style-type: none"> • Up to 10 weeks: Early medical abortion – sometimes known as 'the abortion pill' - Early medical abortion can involve two visits to a clinic and is performed in the first ten weeks of pregnancy. This method involves taking two medicines which end a pregnancy. It's not the same as emergency contraception. • Up to 15 weeks: Vacuum aspiration – sometimes known as 'the suction method' - For this procedure either a general (asleep) or local (awake) anaesthetic would be given. The procedure only takes about 5-10 minutes and there is no wound or stitches. The cervix is gently stretched to allow a thin tube to pass through it into the womb. Once the tube is inserted the pregnancy is removed by suction. Most people only take an hour or so to recover and go home the same day. • Abortions after 15 weeks Abortion after 15 weeks is less common, and most abortions happen in the first 13 weeks of pregnancy.
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KPI 6 - Sexual Health

A sexually healthy person is someone who understands that sex can have various outcomes, ranging from pleasure to transmission of sexually transmitted infections (STIs).

		Types of Contraception			
		Birth control	How to use	Prescription Needed	Protects against STIs
Hormonal	Oral Contraceptive (the pill)		Take one pill every day as directed	Yes	No
	Patch		Apply to the skin and change weekly	Yes	No
	Vaginal ring		Insert monthly and leave in place for 21 days	Yes	No
	Hormonal intrauterine contraceptive (IUC)		Inserted into the uterus and can remain for up to three or five years	Yes, IUC inserted in the healthcare providers office	No
	Injection		Get injections every three months	Yes, injection given in health care providers office	No
	Implantable hormonal contraceptive		Implanted under the skin of the arm and can remain for up to three years	Yes, inserted in the healthcare providers office	No
Barrier	Female condom		Insert every time before sex	No	Yes
	Male condom		Partner must wear every time during sex	No	Yes

KPI 7 – Forced Marriage

A forced marriage is where one or both people do not (or in cases of people with learning disabilities or reduced capacity, cannot) consent to the marriage as they are pressurised, or abuse is used, to force them to do so. It is recognised in the UK as a form of domestic or child abuse and a serious abuse of human rights. The pressure put on people to marry against their will may be:

- physical: for example, threats, physical violence or sexual violence
- emotional and psychological: for example, making someone feel like they are bringing 'shame' on their family
- Financial abuse, for example taking someone's wages, may also be a factor.

The Anti-social Behaviour, Crime and Policing Act 2014 made it a criminal offence in England, Wales and Scotland to force someone to marry. This includes:

- taking someone overseas to force them to marry (whether or not the forced marriage takes place)
- marrying someone who lacks the mental capacity to consent to the marriage (whether they are pressured to or not)