PCSHE – Year 9 Term 4 – Respectful and Intimate Relationships

KPI1: Key definitions:

- **Healthy Relationships:** Healthy relationships involve honesty, trust, respect and open communication between partners, and they take effort and compromise from both people. There is no imbalance of power.
- **Unhealthy Relationships:** An unhealthy relationship can be defined as one that is characterised by an ongoing pattern of behavior, such as lack of communication, power imbalances, lack of mutual respect, lack of boundaries, physical abuse, verbal abuse, emotional abuse, etc.
- **Marriage**: a legally accepted relationship between two people in which they lived together, or the official ceremony.
- **Cohabitation**: another way of saying a couple are living together.
- **Civil partnership:** A civil partnership is a legal relationship which can be registered by two people who aren't related to each other. They are available to both same sex couples and opposite sex couples.
- **Sexual consent**: The giving of permission by a person to engage in any form of sexual activity.
- **Affirmative consent**: Consent is only given when a person agrees verbally to engage in sexual activities.
- **Coercion**: The action or practice of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.
- **A person who is minor**: A person who is under the age of 18 and legally considered a child.
- **Contraception**: Methods that are used to prevent pregnancy from occurring during sexual activity.
- **Hormonal methods**: Contraceptive methods with the use of 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.
- **Pornography**: Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement.
- **Soft Porn**: Films, magazines, photographs etc. that show sexual images such as nudity but not sexual act.
- **Hardcore Porn**: Films, magazines, photographs etc. that shows sex in a very detailed way or shows very violent or unpleasant sex.
- **Child Pornography**: Sexually explicit material depicting anyone under the age of 18.
- **Revenge P**orn: Revealing or sexually explicit images or videos of a person posted on the Internet, typically by a former sexual partner, without the consent of the subject and in order to cause them distress or embarrassment.
- **Sexting**: Sending sexually explicit messages or pictures via mobile phones, instant messaging or email.

KP2: Healthy and Unhealthy Relationships

Healthy Relationships

- You know when you're in a healthy relationship because you feel happy to see and spend time with certain people they could be members of your family, your friends, your work mates or even a romantic partner.
- No relationship is ever perfect, and you will have moments when mine disagreements will rise to the surface causing frustrations with others
- there are many factors that contribute to the development and maintenance of have your relationships including commitment, trust, respect and responsibility,

What is needed to keep a relationship strong?

- Building a relationship on friendship and being a good team.
- Being realistic in your expectations and putting in effort.
- Communicating well
- Talking constructively about any issues when they first arise so that bigger problems don't develop.
- Having good support networks
- Having friends and family around you to help when life is tough.

Unhealthy Relationships

The signs of an unhealthy relationship are easy to spot.

- People stop communicating, become less close, argument frequently and show less love and respect for each other.
- There are many reasons that a relationship might breakdown. Often it has to do with the personalities, attitudes and behaviours of the individual. Other causes come from outside the relationship.

There are many ways to deal with or improve an unhealthy relationship – we could try listening more to others and become more aware of their needs.

We could examine our own behaviour honestly and try to identify aspects of it which is causing conflict with others. However, the best way to improve an unhealthy relationship between partners is by getting advice.

KPI3: Relationships, marriage and family

- **Marriage**: a legally accepted relationship between two people in which they lived together, or the official ceremony.
- **Cohabitation**: another way of saying a couple are living together. This can be formalised with a legal agreement called a cohabitation contract. This outlines the rights and obligations of each partner towards each other e.g. About how you share your property.
- **Civil partnership:** A civil partnership is a legal relationship which can be registered by two people who aren't related to each other. They are available to both same sex couples and opposite sex couples. Registering the civil partnership will give you relationship legal recognition. This will give you legal rights, as well as responsibilities.

Attitudes towards marriage/civil partnerships

Why might people choose a marriage/civil partnership?

- To make a lifelong commitment
- *Love*
- *Societal expectations*
- *Family expectations*

Why might people choose not to marry/form a civil partnership?

- *Independence*
- *Divorce rates*
- *Potential cost*
- *Religious connotations*

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KPI4: On-Screen Relationships

Why aren't there many examples of healthy and realistic relationships in TV, film and online?

- Romantic relationships in the media tend to be over dramatised to make them interesting and more exciting to watch
- They often portray a relationship in a very short amount of time, so things move very quickly.
- People on reality TV possibly have other motives and will act differently because they know they're being watched
- Casting can often be limited
- There are limits to what can be shown on TV and film
- They're usually designed for entertainment rather than to provide a public health message or education.

What impact might this have on how young people think about their own relationships?

- It may cause inaccurate expectations about how quickly relationships should develop
- It may lead to people accepting arguments/breakups as a typical part of relationships
- It could possibly desensitise to issues such as cheating
- It could lead to lowered self-esteem and concerns about body image compared to celebrity culture
- It may lead to individuals believing they are only worthwhile if in a relationship
- There are very few models of what healthy relationships look like.

Who are these representations of relationships appropriate for?

Film, DVD and online classifications can help identify what viewing is appropriate for your age range. Some films, TV programmes shown after 9:00 PM, or online content aimed at older viewers are more likely to have more graphic representations of relationships and may focus on 'grittier' storylines which represent unhealthy relationships.

KPI5: Types of Contraception

Birth control	What is it?	How to use	Prescription Needed	Protects against STIs
Oral Contraceptive	Most contraceptive pills stop ovulation by preventing the ovaries from releasing an egg each month. Oral contraception needs to be taken around the same time each day.	Take one pill every day as directed	Yes	No
Injection	Each injection is more than 99% effective at preventing pregnancy. This method stops ovulation and makes the fluid at the opening to the uterus (womb) thicker, stopping sperm from getting through. The injection lasts 12-14 weeks.	Get injections every three months	Yes, injection given in health care providers office	No
Female condom	It is a loose non-latex pouch with a flexible ring at each end that sits in the vagina, to stop sperm from getting into the uterus.	Insert every time before sex	No	Yes
Male condom	It is a is a strong latex (rubber) pouch that is put over the erect penis to stop sperm from getting into the vagina.	Partner must wear every time during sex	No	Yes

KPI6: What is consent?

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).

Consent cannot be given when:

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.

PKI6: Pornography

Pornography Laws in the UK:

- The legal age to buy/access pornographic material is 18, be this magazine, DVD's or internet access.
- It is legal to watch pornography in the UK if it doesn't feature under 18's, sex with animals, torture, scenes of rape or sexual assault, scenes which are violent to the point of life threatening or likely to cause serious harm.
- Under 18's who film or take sexual pictures of themselves or others can be charged with child pornography offences which can lead to prison sentences of up to 10 years. Even if all involved agreed.
- It is illegal to watch pornography with an under 18, this is considered a form of abuse.
- It is illegal to make and/or distribute pornographic photographs or films without all participants knowledge and consent. This can lead to up to 2 years in prison.

Ways in which pornography can distort views of relationships and sex include…

- Sex ends when the man ejaculates and orgasms.
- Women orgasm every time they have sex.
- People use insults and abusive language when having sex.
- Everyone wants to have sex all the time.
- Sex is an aggressive act of dominance of one partner over another.
- Women are portrayed as bored and sexually frustrated.
- People want to have sex with more than one person at a time.
- External ejaculation is expected and common.
- Anal Sex is common and popular amongst heterosexual couples.
- Sex is good every time.
- Penises are large (over 6inches)
- Sex is all about what men want and men are in control.
- Women are expected to dress up and wear make up for sex.
- Sex is loud.
- Consent to sex means all sex acts.
- You must look and dress a certain way to be considered sexy