

# PCSHE – Year 8 Term 2 – Identity and Relationships

## KPI1: Key Terms

- **Consent:** Consent is a person's permission or agreement by choice to anything that informs them. Consent must be freely given, it is reversible, it must be informed, enthusiastic and very specific.
- **Underage:** Under the age of 16.
- **Age of consent:** The age where someone can legally agree to taking part in sexual activity. In the UK the age of consent is 16.
- **Legislation:** the law
- **Prosecuted:** to bring legal action against a crime or punishment of a crime for the breaking of a law.
- **Contraception:** Birth control, also known as contraception, is the use of methods or devices used to prevent unintended pregnancy.
- **Gender Identity:** Gender Identity is an individual person's sense of their gender; it is how they experience, feel, view and label it. It is unique to each person and is separate from the sex they were registered with at birth, although someone's gender identity may align with this.
- **Sexual Orientation:** Sexual Orientation relates to romantic attraction. Examples of sexual orientation can include:
- **LGBTQA+:** The letters stand for: lesbian, gay, bisexual, transgender, queer/questioning, asexual, and many other terms that people may use to define their sexual attraction or gender identity.
- **Cisgender:** Someone whose gender identity is the same as their birth sex.
- **Transgender:** Someone whose gender identity is the different to their birth sex.

## KPI2 – What is consent?

Consent is a person's permission or agreement by choice to anything that informs them. For example, their body, personal space, time, money and belongings.

We all have the right to be asked for consent in situations that involve us, and the responsibility to ask others for consent in situations that involve them. Consent is important because it gives people **choice** and **control** over decisions that affect them.

### Consent is:

- Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.
- Reversible. It's okay to say yes and then change your mind — at any time!
- Informed. You can only consent to something if you have all the facts.
- 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.
- 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:

- When a person is drunk or high, to the point that they are unable to speak or look after themselves.
- 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!
- They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.
- Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to.

## KPI3 – Consent and the Law

In the UK, the age of consent is 16. This means that a person under the age of 16 cannot legally consent to sexual activity because they are seen as not having the capacity to do so. The law applies to everyone, regardless of gender or sexual orientation in England, Wales, Scotland and Northern Ireland.

The law is designed to protect young people from abuse, harm of being taken advantage of. If someone is under the age of 16 and decides to have sex anyway, it is still vital that they and their partner(s) are able to consent to sex in every other capacity.

According to the law, there are no circumstances in which someone under the age of 13 can consent to any sexual activity or act.

## KPI4: Sexting

**Sexting:** Sexting is the sending or posting of nude or semi-nude images, videos or live streams online by young people under the age of 18. This could be via social media, gaming platforms, chat apps or forums. It could also involve sharing between devices via services like Apple's Airdrop which works offline.

### What is the law about sexting?

In the UK the age of consent for sexual intercourse is 16. However, it is an offence to make, distribute, possess or show any indecent images of anyone aged under 18, even if the content was created with the consent of that young person. The law is contained in **Section 1 Protection of Children Act 1978**. 'Indecent' is not defined in law. When cases are prosecuted, the question of whether any photograph of a child is indecent is for a jury, magistrate or district judge to decide. Indecent imagery does not always mean nudity.

### Will I get in trouble?

You can get in trouble if you threaten to share a nude, even if you don't actually do it. Only the police can decide if they're going to charge you with an offence after sexting. But it's important to remember that the law is there to protect you, not get you into trouble.

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## KPI3 – Types of Contraception

Birth control, also known as contraception, is the use of methods or devices used to prevent unintended pregnancy.

Birth control	How to use	Prescription Needed	Protects against STIs
Oral Contraceptive	Take one pill every day as directed	Yes	No
Injection	Get injections every three months	Yes, injection given in health care providers office	No
Female condom	Insert every time before sex	No	Yes
Male condom	Partner must wear every time during sex	No	Yes

## KPI5: Sexual Orientation and Gender Identity

### Gender Identity:

Gender Identity is an individual person's sense of their gender; it is how they experience, feel, view and label it. It is unique to each person and is separate from the sex they were registered with at birth, although someone's gender identity may align with this.

Important definitions:

- **Biological Sex:** The physical anatomy and gendered hormones one is born with.
- **Cisgender:** A description for a person whose gender identity, gender expression and biological sex all align.
- **Gender Dysphoria:** where a person experiences distress due to a mismatch of their biological sex and their gender identity.
- **Intersex:** A person with a set of sexual anatomy that doesn't fit within the labels of female or male (e.g. XXY phenotype, uterus, and penis)
- **Transgender:** A person whose gender identity is the binary opposite of their biological sex, who may undergo medical treatments to change their biological sex.
- **Gender Identity:** A way to describe how you feel about your gender. You might identify your gender as a boy or a girl or something different. This is different from your sex, which is related to your physical body and biology.

People do not necessarily identify as only 'male' or 'female'. There are a number of different labels that people may use to describe their gender.

### Sexual Orientation:

Sexual Orientation relates to romantic attraction. Examples of sexual orientation can include:

- **Asexual:** A person who generally does not experience sexual attraction to any group of people.
- **Bisexual:** A person who experiences sexual, physical and/or spiritual attraction to people of their own gender as well as another gender.
- **Heterosexual:** A person who is attracted to someone with the other gender.
- **Homosexual:** A person who is attracted to someone with the same gender.
- **Pansexual:** A person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions.

KPI6 – Legal Changes that have affected LGBTQ+ people in the UK:

- 2000: Government lifts the ban on lesbians and gay men serving in the Armed Forces.
- 2001: Age of consent for gay/bi men is lowered to 16.
- 2002: Equal rights are granted to same-sex couples applying for adoption.
- 2003: Repeal of Section 28 - Section 28 was a law that made it illegal to talk positively about homosexuality in schools.
- 2003: A new law comes into force protecting LGBT people from discrimination at work. Until 2003 employers could discriminate against LGBT people by not hiring them or not promoting them, just because of their sexual orientation or gender identity.
- 2004: Civil Partnership Act is passed.
- 2004: Gender Recognition Act is passed - This Act allowed trans people to change their legal gender. This means that they can get a new birth certificate that reflects who they really are, which helps for future legal processes like marriage.
- 2007: It becomes illegal to discriminate against people because of their sexual orientation or gender identity when providing them with goods or services.
- 2008: The Criminal Justice and Immigration Act makes 'incitement to homophobic hatred' a crime.
- 2009: A new law gives better legal recognition to same-sex parents.
- 2013: The Marriage (Same-Sex Couples) Act is passed.

### Where to get more help and support:

- Parents and trusted family members
- Teachers and School Staff including School Nurse and Safeguarding Team
- Your Doctor or Community Nurse
- NHS Online
- Young Stonewall: <https://www.youngstonewall.org.uk/>
- The Proud Trust – Local Support groups: <https://www.theproudtrust.org>
- Friends and Family of Lesbians and Gays: <https://www.fflag.org.uk/>
- [www.healthforteens.co.uk](http://www.healthforteens.co.uk)
- [www.brook.co.uk](http://www.brook.co.uk)
- NSPCC: Helpline: 0808 800 5000 (24 hours, every day) [nspcc.org.uk](http://nspcc.org.uk)
- Childline: Helpline: 0800 1111(24 hours, every day) <https://www.childline.org.uk>