

# PCSHE Booklet – Year 11

## Topic 3 – Families

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Teacher: \_\_\_\_\_

### Year 11 Curriculum Overview

Topic 1:	Topic 2: Health Choices and Independence	Topic 3: Families	Topic 4: Financial Decision Making
Communication in relationships  Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse.	Responsible health choices, reproductive health, miscarriage, self-examination and screening.	Different families and parental responsibilities, pregnancy, forced marriage and changing relationships.	Payslips, Tax and Mortgage

#### If you need further support...

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

#### Organisations:

- NSPCC: Helpline 0808 800 5000 (24 hours, every day) [www.nspcc.org.uk](http://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](http://www.helathforteens.co.uk)
- [www.brook.co.uk](http://www.brook.co.uk)
- CEOPS - <https://www.ceop.police.uk/safety-centre/>
- Childline - 0800 1111 - Online chat available at [www.childline.org.uk](http://www.childline.org.uk)
- Relate Relationships Advice - 0300 100 1234 - Online chat [www.healthforteens.co.uk](http://www.healthforteens.co.uk)
- Advice on fertility, pregnancy and abortion: [www.brook.org.uk/topics/pregnancy](http://www.brook.org.uk/topics/pregnancy) or [www.nhs.uk/pregnancy-and-baby](http://www.nhs.uk/pregnancy-and-baby) or [www.nhs.uk/conditions/infertility](http://www.nhs.uk/conditions/infertility) or [www.nhs.uk/conditions/abortion](http://www.nhs.uk/conditions/abortion)
- Advice on infertility - Visit [www.nhs.uk/conditions/infertility](http://www.nhs.uk/conditions/infertility)
- Advice on miscarriage – visit [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk) or [www.nhs.uk/conditions/miscarriage](http://www.nhs.uk/conditions/miscarriage)

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

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

# Knowledge Organiser

## PSHE – Year 11 Term 4 – Families

<p><b>KPI 1 – Key Terms</b></p> <ul style="list-style-type: none"> <li>• <b>Pregnancy:</b> The term used to describe the period of time in which a foetus develops inside the uterus (typically 40 weeks)</li> <li>• <b>Fertility:</b> The ability to produce offspring</li> <li>• <b>Abortion:</b> A procedure to end a pregnancy, sometimes known as a termination of pregnancy.</li> <li>• <b>Miscarriage:</b> The loss of a pregnancy.</li> <li>• <b>Contraception:</b> Methods that are used to prevent pregnancy from occurring during sexual activity.</li> <li>• <b>Hormonal methods:</b> Contraceptive methods which use hormones to prevent pregnancy usually used by women only.</li> <li>• <b>Barrier methods:</b> Contraceptive methods which prevent pregnancy by stopping the sperm from reaching the egg.</li> <li>• <b>Combination methods:</b> Contraceptive methods which use both hormonal and barrier methods to prevent pregnancy.</li> <li>• <b>Natural methods:</b> Contraceptive methods which do not use hormones or barriers, mostly focused on fertility awareness.</li> <li>• <b>STIs:</b> Sexually transmitted infections that are passed on mainly through sexual contact both vaginally, anally and orally.</li> <li>• <b>Marriage:</b> 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).</li> <li>• <b>Civil partnership:</b> A relationship which can be registered by two people of the same sex (to be extended to opposite-sex couples in 2020).</li> <li>• <b>Cohabitation:</b> Living together as a couple without being married/civil partners.</li> <li>• <b>Forced Marriage:</b> A marriage where one or both people do not consent to the marriage and pressure, or abuse is used</li> <li>• <b>Arranged Marriage:</b> A marriage planned and agreed by the families or guardians of the couple concerned, to which both individual's consent.</li> <li>• <b>Illegal/Void marriage:</b> A marriage that is invalid from its inception and cannot be made valid.</li> <li>• <b>Ceremony:</b> A formal religious or public occasion, especially one celebrating a particular event, achievement, or anniversary.</li> </ul>	<p><b>KPI 2 – Routes to Parenthood</b></p> <ul style="list-style-type: none"> <li>• Natural conception – pregnancy achieved through sexual intercourse</li> <li>• Intrauterine insemination (IUI) – Also known as artificial insemination, this involves inserting sperm into the uterus via a thin plastic tube passed through the cervix.</li> <li>• 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.</li> <li>• Co-parenting – When two or more people decide to conceive and parent children together</li> <li>• 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.</li> <li>• 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.</li> <li>• Surrogacy – When someone carries and gives birth to a child for a couple who cannot biologically have a child themselves.</li> </ul> <p><b>KPI 3 – Fertility</b></p> <p><i>How does fertility change?</i></p> <ul style="list-style-type: none"> <li>• Females: fertility gradually decreases with age and declines in the 30s, particularly after 35 years old.</li> <li>• Males: Fertility decreases with age, but to a lesser extent</li> </ul> <p><i>What factors affect fertility?</i></p> <ol style="list-style-type: none"> <li>1. Sexually transmitted infections</li> <li>2. Smoking</li> <li>3. Alcohol</li> <li>4. Anabolic steroids</li> <li>5. Other drugs or medicines</li> <li>6. Weight</li> <li>7. Age</li> <li>8. Environmental factors (e.g. exposure to pesticides, solvents and metals)</li> <li>9. Stress</li> </ol> <p><b>KPI 4 – Maintaining a healthy pregnancy</b></p> <ul style="list-style-type: none"> <li>- Do not smoke or drink alcohol</li> <li>- Avoid certain medicines</li> <li>- Have an STI check</li> <li>- Ensure a healthy diet is followed</li> <li>- Do some safe pregnancy exercise</li> <li>- Attend medical appointments.</li> </ul>	<p><b>If you need further support...</b></p> <ul style="list-style-type: none"> <li>• Home/School Support: Parent, Tutor, Mrs Hayward, Mrs Aston, Mrs Loveridge, Mrs Jones.</li> </ul> <p>Organisations:</p> <ul style="list-style-type: none"> <li>• NSPCC: Helpline 0800 800 5000 (24 hours, every day) <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></li> <li>• Childline: Helpline 0800 1111 (24 hours, every day) <a href="https://www.childline.org.uk">https://www.childline.org.uk</a></li> <li>• Your Doctor, Community Nurse, School Nurse (Ask at reception for appointment), NHS Online, <a href="http://www.helathforteens.co.uk">www.helathforteens.co.uk</a></li> <li>• <a href="http://www.brook.co.uk">www.brook.co.uk</a></li> <li>• CEOPS - <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a></li> <li>• Childline - 0800 1111 - Online chat available at <a href="http://www.childline.org.uk">www.childline.org.uk</a></li> <li>• Relate Relationships Advice - 0300 100 1234 - Online chat <a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a></li> <li>• Advice on fertility, pregnancy and abortion: <a href="http://www.brook.org.uk/topics/pregnancy">www.brook.org.uk/topics/pregnancy</a> or <a href="http://www.nhs.uk/pregnancy-and-baby">www.nhs.uk/pregnancy-and-baby</a> or <a href="http://www.nhs.uk/conditions/infertility">www.nhs.uk/conditions/infertility</a> or <a href="http://www.nhs.uk/conditions/abortion">www.nhs.uk/conditions/abortion</a></li> <li>• Advice on infertility - Visit <a href="http://www.nhs.uk/conditions/infertility">www.nhs.uk/conditions/infertility</a></li> <li>• Advice on miscarriage – visit <a href="http://www.miscarriageassociation.org.uk">www.miscarriageassociation.org.uk</a> or <a href="http://www.nhs.uk/conditions/miscarriage">www.nhs.uk/conditions/miscarriage</a></li> </ul> <p>For further guidance on marriage, civil partnerships and cohabitation or forced marriage visit:</p> <ul style="list-style-type: none"> <li>• <a href="http://www.gov.uk/stop-forced-marriage">www.gov.uk/stop-forced-marriage</a> — for information about reporting forced marriage</li> <li>• <a href="http://www.childline.com">www.childline.com</a> — for general information and guidance on reporting forced marriage</li> <li>• <a href="http://www.freedomcharity.org.uk">www.freedomcharity.org.uk</a> — for information and support regarding forced marriage.</li> </ul>
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**KPI 5 - Options for Unplanned Pregnancy**

<p><b>Keep the Baby</b></p> <p>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.</p>	<p><b>Adoption</b></p> <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>	<p><b>Abortion</b></p> <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 <b>England, Wales or Scotland</b>, 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"> <li>• <b>Up to 10 weeks: Early medical abortion – sometimes known as 'the abortion pill'</b> - 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.</li> <li>• <b>Up to 15 weeks: Vacuum aspiration – sometimes known as 'the suction method'</b> - 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.</li> <li>• <b>Abortions after 15 weeks</b> Abortion after 15 weeks is less common, and most abortions happen in the first 13 weeks of pregnancy.</li> </ul>
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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
	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
	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)

# Knowledge Organiser

# Lesson 1 Low Stake Quiz

1. \_\_\_\_\_  
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# Sliding Scale – Lesson 1

## Fertility and Routes to Parenthood

**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Sliding Scales

I can explain how fertility changes over a person's lifetime and some of the factors affecting this.



I can explain how to maintain a healthy pregnancy.

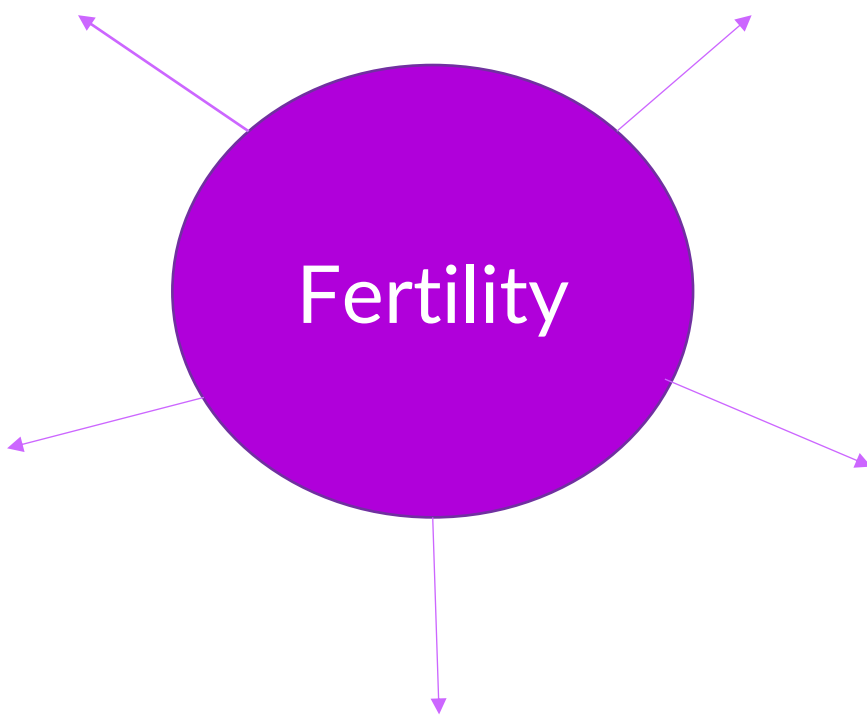


I can describe different routes to parenthood.



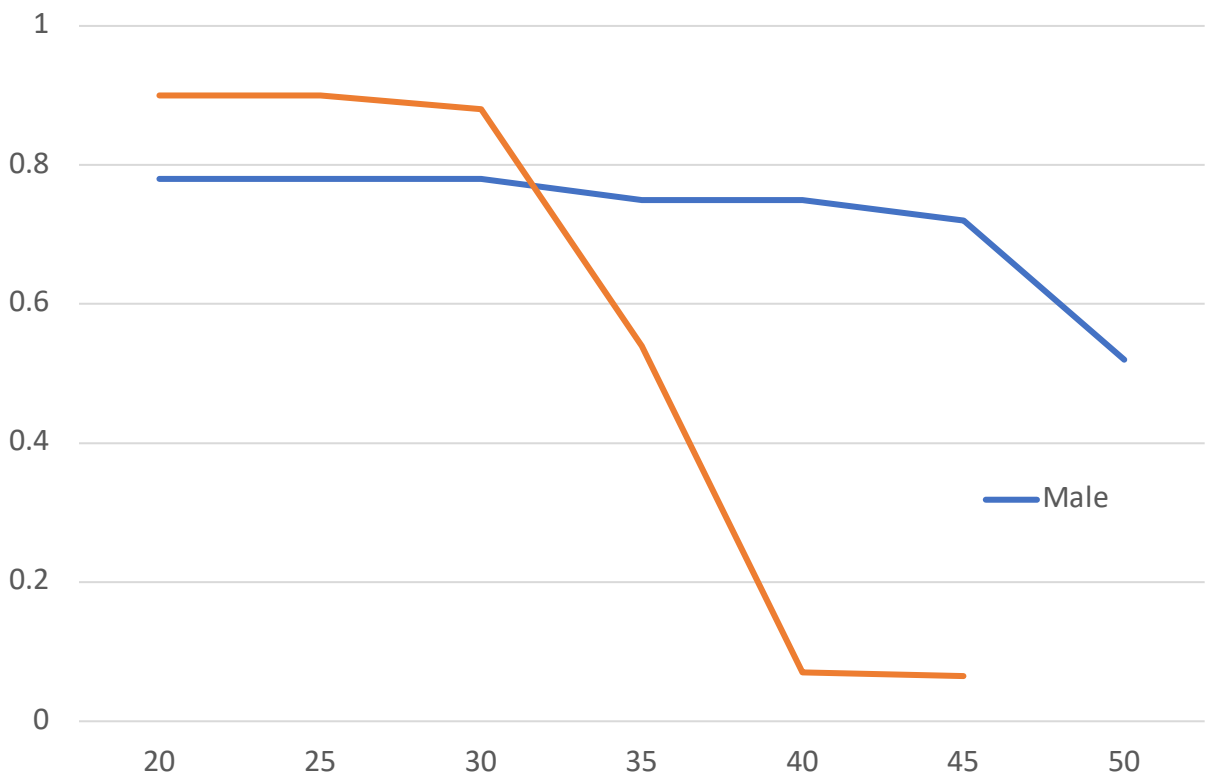
**Key words:** Fertility, pregnancy, conceive, infertility, In vitro fertilisation (IVF), Intrauterine, insemination (IUI), surrogacy, donor, fostering, adoption

**Task:** Complete the mind map in your booklet, writing down everything you know or believe in relation to the questions.



- What is fertility?
- What might increase a person's fertility?
- What might decrease a person's fertility?
- What help is available for someone who requires advice and support in relation to their fertility?

Fertility relates to a person or couple's ability to conceive a child.



\*relative fertility rate indicates likelihood of conception

\*\*visual representation created using data from <https://www.britishfertilitysociety.org.uk/fei/at-what-age-does-fertility-begin-to-decrease>

1. What does this graph\*\* suggest about someone's fertility?
2. What similarities and differences are there between male and female fertility?
3. How might this impact someone's choices around becoming a parent?
4. What else should people keep in mind when making decisions in relation to fertility in the future?

# What affects fertility?

**Task:** In your pairs, you have 30 seconds to write down everything you can think of that might affect someone's fertility – you'll get a point for every correct factor you list!

1.

2.

3.

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6.

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9.

**Task:** In pairs, use the information about the different options people have for starting a family, to note down what route each character/couple might take.

	Routes to parenthood
Rachel and Steven have been together for many years. They spent their 30s focusing on their careers, spending time socialising with friends and family and travelling as much as possible. Now both 40 years old, they feel ready to start a family. However, they have been trying to conceive for over a year and have not fallen pregnant.	
Oliver and Zane spend a lot of time with their nieces, nephews and friends' children; they love kids of all ages and agree that now is the time to start a family of their own. They just aren't sure where to begin!	
Graham has always wanted children of his own and is keen to start a family. He thought he would have a partner by now, but he has not found someone he would like to have a family with. He has decided to raise a child alone instead.	
27-year-old Asha and 25-year-old Chidi want a large family and recently bought a family-sized home together. Although their families keep asking when they are going to get pregnant, they are not sure whether they should wait a few years before they start, as they are both doing really well in their respective jobs.	
Most of Lian's friends have children and she feels like she might be missing out. She knows she won't be fertile forever so thinks she should act now. However, she is not in a relationship and isn't sure children are really for her.	
Mariam and Zara would like to have children. Zara has always wanted to carry a child herself and Mariam is very supportive of this, but they are not sure if that's a possibility or what their other options might be.	

### Routes to parenthood options:

1. Decide not to have a child
2. Natural conception — a male and female achieving pregnancy through vaginal sex.
3. Intrauterine insemination (IUI) — also known as artificial insemination, this involves inserting sperm into the uterus via a thin plastic tube passed through the cervix. Sperm is collected and the fastest moving sperm are selected.
4. In vitro fertilisation (IVF) — fertility medication is taken to encourage the ovaries to produce more eggs than usual. Eggs are then removed from the ovaries and fertilised with sperm in a laboratory. A fertilised egg (embryo) is then returned to the uterus to grow and develop.
5. Co-parenting — when two or more people decide to conceive and parent children together. A co-parent will not have sole custody of the child, and there are many details to be worked out, such as what role each parent will take, how financial costs will be split, and the degree of involvement each will have with raising the child.
6. Adoption — the legal process by which a child who cannot be brought up within their birth family becomes a full, permanent and legal member of their new family. Adopters become the child's legal parents with the same rights and responsibilities as if the child was born to them.
7. Fostering — providing a child with a home while they are unable to live with their own family. Many children in foster care will return home or go to live with family members. A fostered child remains the legal responsibility of the council and/or their birth parents and foster carers receive support from a social worker.
8. Surrogacy — when a woman carries a pregnancy for a couple who cannot maintain a pregnancy themselves. In some cases, the eggs of the mother or a donor are used, while in other cases the surrogate's egg is fertilised with the sperm of the father. The baby does not legally become the couple's until a parental order has been issued after the child's birth. Until this order is issued the surrogate has the right to keep the baby.
9. Egg freezing — similar to the process of IVF, this involves collecting a female's eggs, freezing them and using them at a later date. \*Whilst many of these routes to parenthood can be successful, they may come with additional challenges. For example, they can be emotionally/ physically demanding, and costly. They have variable success rates and are not always guaranteed to produce children. So, different routes should be fully researched and explored before a couple or an individual makes their decision.

# Routes to parenthood: support

Who or where might the people in the scenarios go to in order to find out more information or to seek help, guidance and support?

In your pairs, try to list at least five possible sources of support.

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4.

5.

# Lesson 2 Low Stake Quiz

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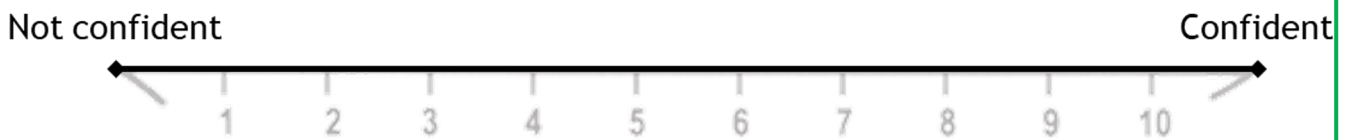
# Sliding Scale – Lesson 2

## Pregnancy Outcomes

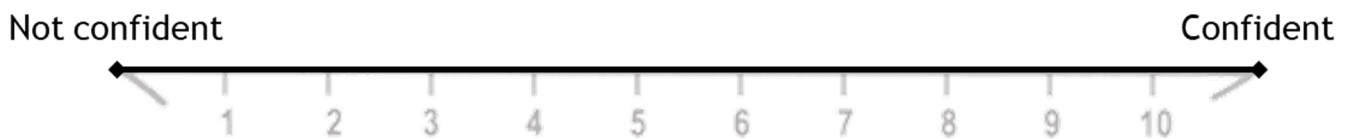
**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Sliding Scales

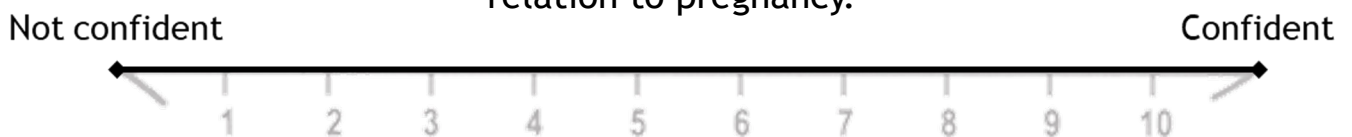
I can identify the range of options available in the event of an unplanned pregnancy.



I can recognise that miscarriage can occur and where to access support in the event of a miscarriage.



I can describe where and how to access impartial advice and support in relation to pregnancy.



**Key words:** Pregnancy, adoption, abortion, miscarriage, influence

**Task:** Read the scenario on your handout and respond to the four questions surrounding it.

**Scenario:** Dan and Amalie are both 16 years old. Amalie missed her last period, so asked Dan to buy a pregnancy test and bring it round when her parents were out. She has just taken a pregnancy test and the result is positive.

How might Amalie be feeling?

How might Dan be feeling?



What options do they have?

What might their next steps be?

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# Options

In the case of an unplanned pregnancy, there are three possible options:

- Become a parent
- Have an abortion (also known as a 'termination')
- Relinquish the child for adoption

In pairs, come up with ten different factors that might influence the decisions someone makes about an unplanned pregnancy.

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10.

1. What might your character's initial reaction to the pregnancy be?

2. What might influence the character's decision going forward?

3. Which influence might your character prioritise above all others?

Zarah is 18 years old. She has been working really hard to get good A-level results and has a place at a great university in another city for next year. She has been with her boyfriend since Year 11 and they have a strong relationship, although he now works full-time so they don't see each other as regularly.

Louie's girlfriend wants to keep the baby, but he doesn't feel ready to be a father and isn't sure how he will afford to financially support a family either. He knows his parents are going to be really angry – his Dad even gave him a lecture about safe sex when he first started dating! He's going to be so disappointed.

Klaudia is 15 years old and doesn't know who to contact about her options – she's never even had to make her own GP appointment before! Her family are very religious and she wasn't supposed to have sex before marriage. She thinks they will ask her to leave home if she tells them that she's pregnant.

Jana's mum had her when she was young and raised her alone. She never wanted Jana to do the same thing. Jana and her ex-boyfriend Darren were dating for a year, but broke up 3 months ago after lots of arguments. Jana is hoping the pregnancy might bring them back together.

Dalia is in a new relationship and doesn't know how her partner will react to the news. Both of them work full time and have been saving money up, but they want to use this to go on holidays and buy a flat together. Dalia thinks that the wrong decision might end the relationship, but she doesn't know what the right decision is.

Frankie finally feels like their life is coming together; they have found a group of really good, supportive friends at college, they are studying subjects they care about and getting on really well with their parents. Frankie thinks this all might go away if they reveal they are pregnant.



# Sliding Scale – Lesson 3

## Pregnancy Choices

**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Sliding Scales

I can identify the key legal considerations in relation to abortion.



I can explain why there are strongly held views on either side of the abortion debate.



I can explain where and how to access medical services and emotional support.



**Key words:** Abortion, termination, pro-life, pro-choice

**Task:** Complete the forum sentences to demonstrate your current understanding.



My partner and I just found out we've conceived and I'm 6 weeks pregnant... but we don't want to continue the pregnancy. We don't even want anyone to know what's happened, but we're only 16 and aren't sure I can have an abortion unless we tell our parents. What should we do?



I expect you and your partner must be feeling...



The first thing you should do is...



The laws around abortion say that...



To get some more advice, help or support you could...

## Facts about abortion:

1. There are three main ways to get an abortion on the NHS: someone can self-refer by contacting an abortion provider directly, or they can speak to a GP and ask for a referral to an abortion service, or they can contact a sexual health clinic and ask for a referral to an abortion service<sup>1</sup>. If a doctor has a 'conscientious objection' to abortion, they must refer the woman to further care and inform them of their right to see another doctor<sup>2</sup>.
2. The vast majority of abortions take place early in pregnancy. The pregnancy should not have exceeded its 24th week (although abortions may be performed after 24 weeks in certain circumstances, for example, if the pregnant woman (or trans man)'s life is at risk or the child would be born with severe disabilities).
3. Although some may choose to pay for private treatment, in England, Scotland and Wales, abortions are available free of charge on the NHS<sup>3</sup>.
4. A woman (or trans man) can have an abortion or termination of pregnancy if two doctors decide that one or more of the grounds specified in the Abortion Act are met<sup>4</sup>.
5. While many couples will want to discuss their options together, "women do not need their partner's agreement to have an abortion, although some will want to discuss the pregnancy with their partner and come to a joint decision. Partners who have taken legal action to try to prevent an abortion have been unsuccessful"<sup>5</sup>.
6. Although someone under 16 may be encouraged to speak to their parents, they have the right to confidentiality and can give their consent to an abortion themselves, as long as they are considered competent (i.e. able to understand a health professional's advice and the risks and benefits of the treatment options<sup>6</sup>). At any age, it is only in exceptional circumstances, where the woman (or trans man), or another person is at risk of serious harm, that information may be disclosed to someone else without the patient's agreement<sup>7</sup>.
7. Abortion is extremely safe in the UK, where it is carried out in a medical facility and by medical professionals. Abortions are safest when carried out as early as possible in pregnancy<sup>8</sup>.
8. It is not compulsory for someone to have counselling before having an abortion. However, all women (or trans men) requesting an abortion can discuss their options with, and receive support from, a trained pregnancy counsellor if they wish<sup>9</sup>.
9. Fertility returns immediately after an abortion and having an abortion does not increase the risk of miscarriage, ectopic pregnancy or a low placenta in future pregnancies<sup>10</sup>.
10. Having an abortion is not the same as taking emergency contraception. Pregnancy only starts when a fertilised egg implants in the lining of the uterus. The emergency contraceptive/morning after pill works by delaying the release of an egg so no fertilisation happens<sup>11</sup>. The two main methods of abortion are taking medication to end the pregnancy, and surgical abortion – a minor procedure to remove the embryo/foetus.

Ada has just discovered she is pregnant. At 16, this isn't a welcome discovery and Ada is not sure whether she will continue the pregnancy. Ada feels torn. She knows she wants a baby, just not yet. She has just started college and doesn't have much money. She does have a supportive family, but is no longer with her boyfriend.

**Turn and Talk:** Why do you think this is such a tough decision for Ada?

Why do you think there is such a wide range of beliefs and opinions about abortion?

*I think there's a wide range of beliefs and opinions on abortion because...*

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**Task:** What do you think might influence someone's views about abortion?

Create a list of possible influences.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



Support available	Who could help?
Provide medical advice	
Can refer someone for an abortion	
Provide listening and empathy	
Provide emotional support strategies	
Can conduct a medical assessment	
Provide therapeutic (psychological) support	
Provide accurate, reliable, non-biased information	
Take steps to safeguard the person if they are at risk	

**Options:**

1. Parents
2. Partner
3. Other family members
4. Teachers
5. Other trusted adults
6. GP
7. Counsellor
8. Nurse
9. Friends
10. Advice lines
11. Charities
12. Online support service

# Lesson 4 Low Stake Quiz

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_

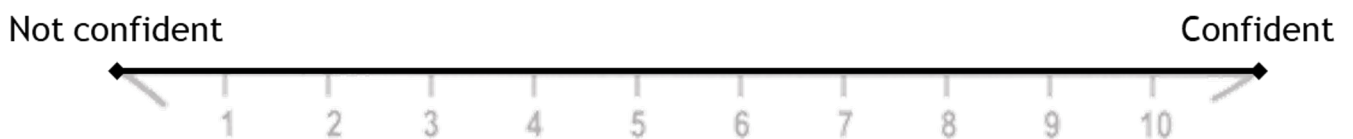
# Sliding Scale – Lesson 4

## Sexual Health

**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Learning Objectives:

I can understand what it means to be sexually healthy



I can describe the different types of contraceptives and how they work.



I can identify the signs, symptoms and causes of sexually transmitted infections and know where to seek advice.



**Key words:** Reproductive health, contraceptives, STIs, safe sex.



# What is Safer Sex?

**Task:** Use the information in your booklet to complete the table.

Statement	High Chance of Pregnancy?	Low Chance of Pregnancy?
Sexual intercourse – using a condom		
Sexual intercourse – using the pill		
Sexual intercourse – using contraceptive injections		
Sexual intercourse – using contraceptive implants		
Sexual intercourse – using an IUS (Intra-Uterine System)		
Emergency contraception after sexual intercourse		
Sexual intercourse with no contraception		
First time sexual intercourse using no contraception		
Sexual intercourse where the male pulls out before he ejaculates		
Sexual intercourse standing up		
Urinating immediately after sexual intercourse		
Sexual intercourse without an orgasm		
Sexual activity using a dental dam		

**Task:** Now try to complete this table, based on which method of contraception prevents STIs.

Statement	High Chance of STI transmission?	Low Chance of STI transmission?
Sexual intercourse – using a condom		
Sexual intercourse – using the pill		
Sexual intercourse – using contraceptive injections		
Sexual intercourse – using contraceptive implants		
Sexual intercourse – using an IUS (Intra-Uterine System)		
Emergency contraception after sexual intercourse		
Sexual intercourse with no contraception		
First time sexual intercourse using no contraception		
Sexual intercourse where the male pulls out before he ejaculates		
Sexual intercourse standing up		
Urinating immediately after sexual intercourse		
Sexual intercourse without an orgasm		
Sexual activity using a dental dam		

# Which contraceptive?

**Task:** For at least two of the scenarios. Write down which method of contraceptive each couple should use and explain why this couple should use it.

**Scenario one:** Milly and James, who are 18, have been going out for several months. They use condoms to protect against STIs and pregnancy. However the other evening when they had sex, the condom broke.

**Scenario two:** Taylor, who is 17, has been going out with her boyfriend, who is also 17, for six months. She confides in you that she is considering having sex with her boyfriend, but they don't know what method of contraceptive control to use.

**Scenario three:** Josh, 19, tells you that he had sex with his girlfriend Emily, 18 last night, for the first time. They decided to use the withdrawal method (this means he withdrew his penis before ejaculating).

**Scenario four:** Yvonne and Nina, who are both 17, have been going out for a few months and are at the point that they feel ready for sex. Neither of them is comfortable talking about contraception.

**Scenario five:** Michael and William, both 18, have been together for a month and have decided the time is right to have sex. William has suggested they use a condom, but Michael is reluctant to do so.

STIs are a medical problem with an estimated 357 million new cases worldwide each year.

**Task:** Discuss the following questions with your partner.

Why do you think people are reluctant to talk about them or get tested?

How could this situation be improved?

# Lesson 5 Low Stake Quiz

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_

# Sliding Scale – Lesson 5

## Forced Marriage

**Task:** Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

### Learning Objectives:

I can explain what is meant by forced marriage and how it differs from arranged marriage.



I can identify the consequences of forced marriage



I can analyse how to safely access support for myself or others who may be at risk or have already been subject to a forced marriage.



**Key words:** forced, arranged, marriage, rights, protection.

**Task 1:** Answer the following questions in your booklet to demonstrate your current understanding.

<p>What does being 'married' mean?</p>	<p>What makes a marriage positive or healthy?</p>
<p>What might the benefits of being married be?</p>	<p>How do people decide who to marry?</p>

## Forced or arranged marriage?

**Task:** In pairs, sort the statements into features of forced marriage and arranged marriage.

<p>Consent is given by both people</p>	<p>Potential partner can be declined.</p>
<p>One or both people do not consent.</p>	<p>Involves physical, emotional or physiological pressure.</p>
<p>Illegal</p>	<p>Parents of the person getting married respect their wishes.</p>
<p>Legal</p>	<p>An abuse of human rights</p>
<p>Can take place at very short notice.</p>	<p>Both people must be over the age of 18</p>
<p><b>Key</b>  <input type="checkbox"/> Arranged Marriage  <input type="checkbox"/> Forced Marriage</p>	

**Task:** Read the information sheet and answer the questions in full sentences in your booklet.

### **Forced Marriage and Arranged Marriage**

A forced marriage is when either one or both of the people getting married are being coerced into the marriage. This means that they do not give their full consent to be getting married, and they aren't given the right to refuse the marriage. Forced marriage is a violation of Article 12 of the European Convention on Human Rights.

An arranged marriage is not forced. An arranged marriage is when the family of the person getting married take responsibility for finding a suitable match. Both people in an arranged marriage must consent to the marriage and are given the right to refuse the match. Parents looking to arrange a marriage for their child might take into consideration factors like the potential partner's religion, finances, family background, career choices, social standing and potentially many other factors. The point of the arranged marriage is to find a partnership that will create happiness for both the people getting married and their families.

Forced marriages happen for several reasons. Some of these include maintaining family 'honour'; making sure that wealth or property stays within a particular family; financial pressure; social pressure; a family seeing their child as a burden that they want to put onto someone else, to name but a few reasons.

Overall, in the UK, forced marriages are relatively rare. Victims of forced marriage are typically aged between 13 and 30, although it can happen to people outside of that age range. In the UK, 97% of cases of forced marriage are within Asian communities, with Pakistani families accounting for 72% of these. In some cases, children have been taken out of the UK on 'holiday', where they have then had their passports taken from them and been forced to marry somebody without having been told anything about it previously.

Forcing someone into a marriage is illegal in the UK. Since 2014, parents who have been found guilty of forcing their child into marriage can face up to seven years in prison. UK nationals who are forced into marriage abroad are also protected by this law.

For people who are unfortunate enough to be forced into marriage, the consequences can be extremely serious. The mental and physical health of a person in a forced marriage can be put in danger, potentially resulting in self harm or suicide. A person in a forced marriage may also experience violence from their spouse if they stay in the marriage, but they may also face violence if they try to escape from the marriage. Sometimes this violence comes from the spouse; sometimes it comes from one of the spouses' families. The motivation for this violence is to protect the so-called 'honour' of the family. This is one example of actions sometimes referred to as 'honour-based violence', and it is usually (but not always) women who are the victims of this.

There are very few, if any, justifications in any of the major world religions for forced marriage. In fact, Islam forbids forced marriage: "O ye who believe! Ye are forbidden to inherit women against their will. Nor should ye treat them with harshness" (Qur'an 4:19). There are also several Hadiths which forbid forced marriage, such as "A matron should not be given in marriage until she is consulted, and a virgin should not be given in marriage until her permission is sought" (Jami' at-Tirmidhi Volume 2, Book 6, Hadith 1107).

The Book of Genesis does contain mention of arranged marriage - for example, Isaac and Rebekah. The Bible does not say much about arranged or forced marriages, although it does give advice on how men and women should behave in marriage in Ephesians 5:22-33.

Because forced marriage is illegal and often involves the victims not finding out until very close to the wedding itself, the arrangements are often made in secret. It is difficult for those who may take a line against the marriage to find out.

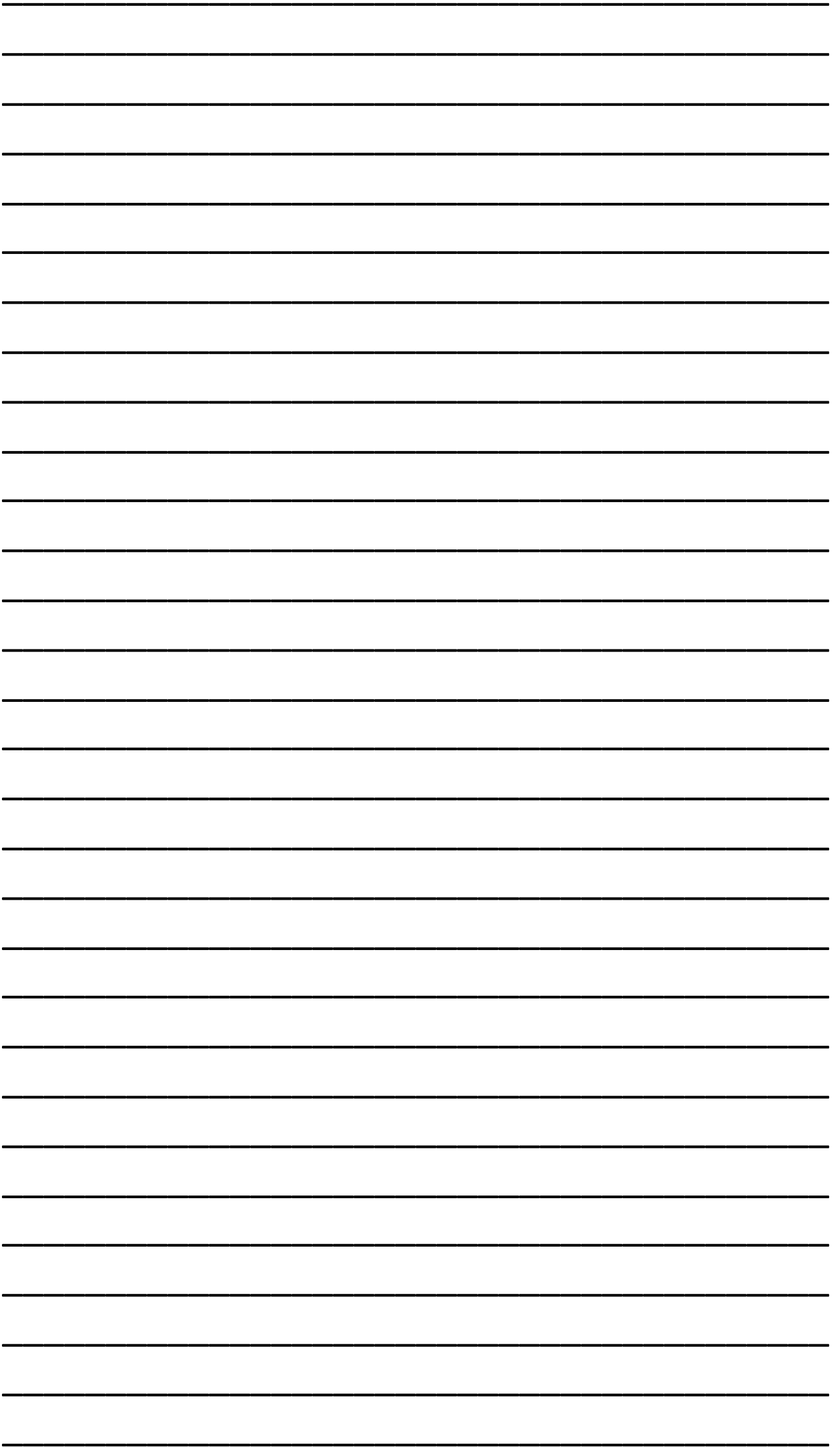
Remember you may also be completely wrong about your suspicions about a friend too, but it's always best to be on the safe side. If you are worried, don't try and wade in and sort the situation out yourself; you won't be able to. You must tell an adult in a position of trust – your Headteacher would be ideal.

If it is you that is being pressured into marriage, you must remember that UK law is on your side – even if you are in another country (if you are a UK citizen). If you think going abroad will involve a forced marriage, and your parents are insisting on you travelling, you should ring 999 and tell the police. You don't have to take action against your parents – the police can just talk to them and reiterate your rights if this is what you want. This is a difficult action to take against the people you love – but you could get a friend to phone the police for you and say you didn't know about the call.

If you believe going on a plane will mean flying into a forced marriage, and you only realise this at the last minute then go to the airport toilets (UK) and phone the special number on the back of the cubicle doors. Most airports have these now for emergencies and this will alert the Forced Marriage Unit who will help you immediately. If not, tell airport staff, or, if in a foreign country, tell the police, find the British Embassy (if possible) or contact anyone you trust in the UK to raise the alarm.

#### **Questions:**

1. What is the difference between forced and arranged marriages?
2. What is a forced marriage in violation of?
3. Why do forced marriages occur?
4. Who is at risk of a forced marriage?
5. What are the consequences of a forced marriage?
6. What do religious texts say about forced marriages?
7. What should I do if I am concerned about anyone at risk of a forced marriage?



**Task:** Sometimes whether a marriage is ‘forced’ or ‘arranged’ isn’t that clear cut. Read through the real-life examples and decide which category you believe they fall into, explain why and analyses what you believe to be the best course of action (if any) for the victim.

Case Study:	Forced or arranged?	Why I think this:	Action the victim could take (if applicable) and why.
<p>Dev has always been shy and dreads speaking to girls he likes. Dev’s parents have friends who have a daughter, Savi, who likes the look of Dev’s picture. After meeting a couple of times and getting on well, Dev and Savi’s parents have started to plan a wedding, with Dev and Savi’s help.</p>			
<p>Laila and Gary are Jehovah’s Witnesses. Their parents are keen for them to marry within their faith. Gary’s parents have been inviting Laila round for dinner for a while now and have begun to hint to Laila’s parents how suitable they would be as a married couple but have stressed to Gary that they won’t invite her again if he’s not keen. Gary is very keen.</p>			
<p>Ali’s parents have discovered he is gay. Mortified that this does not fit in with their culture or religion, they have decided Ali must marry a girl before he disgraces the family honour. Ali is unaware of this and thinks he is travelling to India to watch a cricket match.</p>			

Case Study:	Forced or arranged?	Why I think this:	Action the victim could take (if applicable) and why.
<p>Aisha has been tricked by her parents. She was told she was going to her aunt's funeral in Pakistan and instead was threatened at knife-point by her uncle to marry some man twenty years older than her. It seems her family are in a lot of debt and this was the only way it could be paid off. Aisha's mother keeps crying and saying, 'I wish there was another way, you know we love you.' Aisha is very confused and can't believe they would do this. The new husband has stolen her phone and sold it. He expects Aisha to do farm work all day but at least he disappears at night to gamble.</p>			
<p>Fatima is at Birmingham Airport. It has suddenly dawned on her that something doesn't feel right. Her brother keeps going off to make phone calls to her cousin and speaking about a 'drop off point'. She has had a text off her boyfriend to say, 'your Dad's just told me to forget about you – I won't see you again. What's going on?'</p>			



