

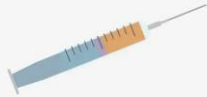





Meden School Curriculum Planning							
Subject	PD	Year Group	11	Sequence No.	3	Topic	Intimate and sexual relationships

Retrieval	Core Knowledge
What do teachers need retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need teach students in this sequence of learning?
<p>Do now: What is an STI? Infections passed from person to person through sexual contact.</p> <p>What types of contraception do you know? Recap</p> <p>What STI's do the students remember from year 10.</p>	<p><u>Why is it important to use contraception?</u></p> <p>Types of contraception:</p> <p>COMBINED PILL</p> <ul style="list-style-type: none"> ● Hormonal ● 99% effective when used perfectly ● Remember to take it daily ● Can choose to have regular periods or skip them <p>PROGESTOGEN-ONLY PILL</p> <ul style="list-style-type: none"> ● Hormonal ● 99% effective when used perfectly ● Remember to take it at the same time every day ● Periods can become lighter or stop <p>PATCH</p> <ul style="list-style-type: none"> ● Hormonal ● 99% effective when used perfectly ● Remember to change it weekly ● Can choose to have regular periods or skip them <p>RING</p> <ul style="list-style-type: none"> ● Hormonal ● 99% effective when used perfectly ● Remember to change it every 3 weeks ● Can choose to have regular periods or skip them <p>MALE CONDOMS</p> <ul style="list-style-type: none"> ● No hormones ● 98% effective when used perfectly ● Remember to use every time you have sex ● Protection against STIs

<p>Using the knowledge of different types of contraception, the students use this in a scenario task.</p>	 <p>FEMALE CONDOMS</p> <ul style="list-style-type: none"> No hormones 95% effective when used perfectly Remember to use every time you have sex Protection against STIs 	 <p>IMPLANT</p> <ul style="list-style-type: none"> Hormonal Over 99% effective Works for 3 years Periods may be lighter or stop 	 <p>INJECTION</p> <ul style="list-style-type: none"> Hormonal Over 99% effective Works for 13 weeks Periods may be lighter or stop
	 <p>DIAPHRAGMS AND CAPS</p> <ul style="list-style-type: none"> No hormones 92-96% effective when used perfectly and with spermicide Remember to use every time you have sex 	 <p>IUD (NON-HORMONAL COIL)</p> <ul style="list-style-type: none"> No hormones Over 99% effective Works for 5-10 years Periods can become heavier 	 <p>IUS (HORMONAL COIL)</p> <ul style="list-style-type: none"> Hormones Over 99% effective Works for 3-5 years Periods may be lighter or stop

Which method of contraception would be best for each of the following scenarios? Why?

Jasmin and David

- They should definitely consider using condoms (a non-hormonal method of contraception) to reduce the risk of pregnancy.
- Although neither has had sex before and they are therefore likely to be free from STIs, it is beneficial to get used to using condoms and there are still potential STI risks if either has shared needles or had intimate contact with others that stopped short of sexual intercourse, for example.
- Condoms can be tricky to use at first (reliability drops from 98% to 85% in first year of use), so Jasmin should consider using an additional method. Since she forgets to take medicine, a contraceptive patch, implant, vaginal ring, or injection may be suitable.
- A coil/cap/diaphragm would not necessarily be recommended. Most young women prefer to wait until after pregnancy for a coil, or at least until they are more sexually experienced, as coils require a specialist to fit which can seem quite daunting for someone new to sex. Coils can

	<p>sometimes be less comfortable to fit prior to pregnancy. Caps/diaphragms are often quite fiddly to use so are more often recommended for someone who is sexually experienced.</p> <ul style="list-style-type: none"> • If Jasmin and David did have unprotected sex, or the condom broke, the emergency contraceptive pill can be taken up to 72 hours (Levonelle) or 5 days (EllaOne) after unprotected sex. Emergency contraception pills use medication to block pregnancy and most use the same hormones that are in regular birth control pills. The emergency contraceptive pill cannot end a pregnancy once it has started. <p>2. Sonia and Daisy:</p> <ul style="list-style-type: none"> • Pregnancy is not a risk in same sex relationships. The risk of STI transmission in female/female sex is low but they should both consider getting tested for STIs due to Sonia's ex. • They might consider the use of dental dams or finger condoms until they are sure both partners are free of infection. <p>3. Nico:</p> <ul style="list-style-type: none"> • Nico should always use condoms when having sex with other people and have regular checks for STIs. • This is high risk behaviour and he may wish to think about why he is choosing to have so many different partners. <p>4. Rosie and Keith:</p> <ul style="list-style-type: none"> • Vasectomy is an option for Keith, or sterilisation for Rosie. • Or they could consider using fertility awareness methods where Rosie works out when she is fertile and abstains on those days. However, this method requires strong commitment to abstaining on fertile days and there is still a risk of conception. • Students may suggest the 'withdrawal method' as a form of contraception. If they do, emphasise that even if the male doesn't ejaculate, sperm can still be present in his pre-ejaculation fluid which could lead to pregnancy. Also, the fluid can transmit sexually transmitted infections. This method requires men to be very controlled with their ejaculation which is not always possible. <p>Symptoms of some STIs</p> <ul style="list-style-type: none"> • Genital Herpes <p>Symptoms can occur 26 days after exposure and include</p>
--	--

	<ul style="list-style-type: none"> - itching/tingling in the genital or anal area - small fluid-filled blisters and painful sores - pain when passing urine - a flu-like illness <ul style="list-style-type: none"> • Genital Warts <p>You might notice small, fleshy growths, bumps anywhere in the genital or anal area.</p> <ul style="list-style-type: none"> - Itch and cause inflammation <ul style="list-style-type: none"> • Gonorrhoea <p>About half of all women infected with gonorrhoea, and over 90% of men experience symptoms</p> <ul style="list-style-type: none"> - Can affect the genitals, anus, rectum and throat with symptoms including - a thin, watery discharge from the vagina or tip of the penis that can appear yellow or green, and pain when urinating <p><u>Can STI's impact fertility?</u></p> <p>Fertility relates to a person or couple's ability to conceive a child.</p> <p>You have 30 seconds to write down everything you can think of that might affect someone's fertility. You get a point for every factor listed. The winner will receive a golden ticket.</p> <ul style="list-style-type: none"> • • Age – [fertility declines with age. Male fertility declines, but this is not to the same extent as female fertility. Female fertility gradually declines in the 30s, particularly after the age of 35 years old. After menopause (when menstruation stops) they are no longer able to conceive] • • Sexually Transmitted Infections (STIs) – [left unchecked and untreated, some STIs can have a lasting impact on fertility, particularly chlamydia and gonorrhoea] • • Smoking – [affects someone's chances of conceiving and can reduce semen quality] • • Alcohol – [excess or binge drinking can affect sperm and egg production, making it harder to conceive] • • Anabolic steroids – [long-term misuse of anabolic steroids can reduce sperm count and sperm mobility] • • Other drugs or medicines – [medicines, such as those used in chemotherapy, can sometimes severely reduce sperm production. Illegal drugs, such as cannabis and cocaine, can seriously affect fertility and make ovulation more difficult]
--	---

<p>Do now: Recap. Name one type of contraception.</p> <p>Recap talk task: What STI's do you know?</p> <p>Links to pregnancy and fertility from topic 1.</p>	<ul style="list-style-type: none"> • • Weight – [being overweight or obese reduces fertility; in females, being either overweight or severely underweight can affect ovulation. A healthy diet and exercise regime can contribute towards maintaining a healthy weight] • • Environmental factors – [exposure to certain pesticides, solvents and metals has been shown to affect fertility, particularly in males] • • Stress – [in severe cases, stress may affect ovulation and sperm production] <p>Although students may suggest caffeine consumption as a factor, there is no evidence to suggest caffeinated drinks are associated with fertility problems. Similarly, men also sometimes try wearing loose fitting underwear to help fertility because higher temperatures in the scrotum can reduce semen quality. However, it is not clear whether wearing loose fitting underwear improves fertility. Some studies suggest that sperm quality is affected by mobile phones carried in trouser pockets, however, the evidence for this is inconclusive.</p> <ul style="list-style-type: none"> • There are various things that can help ensure a healthy pregnancy, for example, not smoking, or avoiding taking certain medicines and other drugs. • Drinking alcohol during pregnancy can risk causing harm to the baby, and sometimes this can result in mental and physical problems in the baby, called foetal alcohol syndrome. It is therefore very important that alcohol is avoided throughout the pregnancy. Regular, low impact exercise and a healthy diet can also support a healthy pregnancy. Some STIs can affect the health of the developing foetus, so it is also recommended to have an STI check. For further information, visit: www.nhs.uk/conditions/pregnancy-and-baby/health-things-you-shouldknow-pregnant/. <p>Factors that can affect the healthy development of a pregnancy:</p> <ul style="list-style-type: none"> • Age • STIs • Smoking • Alcohol • Anabolic steroids • Other drugs or medicines • Weight
---	---

<p>Students need to know what consent means to understand capacity to consent. Consent is studied throughout the key stages.</p> <p>Do now: What first aid do you know? Recap of previous first aid lessons.</p>	<ul style="list-style-type: none"> • Environmental factors • Stress <p>STIs can cause infertility in both females and males. In females, an untreated STI can cause inflammation and scarring in the fallopian tubes and other reproductive organs. This makes it hard for sperm to reach an egg. Scarring in the fallopian tubes can also lead to ectopic pregnancy.</p> <p>Some STIs can be passed from a pregnant woman to the baby before and during the baby's birth.</p> <p>In males, the epididymis and urethra can be damaged by an untreated STI, leading to fertility problems. The epididymis is the long tube that transports sperm from the testes. The urethra is the tube that transports urine and semen out of the body.</p> <p>Some STIs, such as syphilis, cross the placenta and infect the baby in the womb. Other STIs, like gonorrhea, chlamydia, hepatitis B, and genital herpes, can pass from the mother to the baby as the baby passes through the birth canal. HIV can cross the placenta during pregnancy and infect the baby during delivery.</p> <p><u>What is capacity to consent?</u> Capacity means the ability to use and understand information to make a decision, and communicate any decision made. A person lacks capacity if their mind is impaired or disturbed in some way, which means they're unable to make a decision at that time. Sexual consent capacity is the ability to voluntarily make a reasoned decision whether or not to engage in sexual activities.</p> <p><u>What is first aid?</u></p> <ul style="list-style-type: none"> • What is the primary survey? The primary survey is a quick way to find out how to treat any life threatening conditions a casualty may have in order of priority. • The acronym DRsABC is used to guide people through the correct emergency response procedures.
---	---

Recap task - say it out loud, what comes next?

DRSABC (Danger, Response, Send for help, Airway, Breathing, Circulation)

Recovery position video - <https://www.youtube.com/watch?v=ubbZU15-ETM>

Scenario

- On a scouting trip Elliot walks into his tent and finds one of his group lying on their inflatable sleeping mat not moving. He can't wake them up.

Discuss - What should the first aider do?

Answers:

- Shout for help
- Do a primary survey (DRSABC)
- If they are breathing normally put them in the recovery position. Call 999/112 for emergency help
- If they are not breathing normally commence CPR
- If they are not breathing normally ask a bystander to call 999 or 112 for emergency help and bring an AED if available

If alone make the call yourself, then commence CPR.

Use the link to help Harry in an interactive scenario as a class.