



I WISH

YEAR 9

LESSON 1

INTRODUCTION

Aim: Students will explore some of the reasons why teenagers decide to have sex.

Introduction
What do you wish for in a relationship?

Story: Tom & Jenna
Will Jenna have sex with Tom? What might be the possible implications of this decision?

Discussion



BBC Film Clip
Why I started having sex

Why might young people start to have sex?

Reasons might include
Curiosity, fun, peer pressure, pleasure, influence of alcohol, keep partner, being in love

FORCE/PRESSURE

- It's OK to say no
- Recognising sexual exploitation and abuse and how to get help

Feel Ready?
Tom and Jenna felt ready to have sex, but were they ready for the possible impacts of making that choice?

Aim: Students will understand the possible short and long term impacts of having an unplanned pregnancy as a teenager on both the mother and the father's lives (and their families), and to know how to access help and support in this situation.

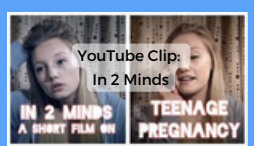
LESSON 2

PREGNANCY

Introduction
Quiz:
How easily can pregnancy occur?

Choices For Unplanned Pregnancy
Abortion
Adoption
Parenting
Who should decide?

Consequences



YouTube Clip:
In 2 Minds
TEENAGE PREGNANCY

From Fixers: made by a 16 year old.

Discussion
How did having a baby affect the girls life? How might the father have been impacted?


Abortion & Adoption
What short and long term impacts might these choices have on her? On her family? On the father?

A Father's Rights & Responsibilities

Discussion:
What support should a teenage father provide?
During pregnancy?
After the birth?
As the child grows up?
Role of Child Maintenance Service

Help & Support

Who to talk to, where to get help and support



Aim: Students will understand how to keep themselves safe from unplanned pregnancy and how to access contraception. They will start to consider what characteristics of a relationship make it possible to negotiate use of contraception.

CONTRACEPTION

LESSON 3 STI'S

Aim: Students will learn what an STI is, how they are passed on, and the key features of STI's. They will understand how to prevent STI's and how to access help, support and testing.

Different Types of Contraception
Interview with GP: reliability of different types.
Implant
Injection
Pill
Condom
Coil (IUD/IUS)
Emergency contraception

Checklist For Right Contraception

- RELIABLE ✓
- SAFE ✓
- EASY TO USE ✓
- LONG ACTING ✓


How & Where To Access

Whose Responsibility?
Contraception requires forward planning.
Whose responsibility is contraception?
Are we ready to have that discussion with our partner?
If not, are we ready to have sex?

Introduction
What is an STI and how are they passed on?

Quiz
Facts and myths about many STI's with answers from GP


YouTube Clip: NSW Health STI's



Concept of past relationship chain passing on STI's to present relationship.

How To Keep Safe
Delay sex
Condoms
Regular testing
Vaccination

Help & Support
Where to go for advice, testing and treatment, and how to access local sexual health clinic



LESSON 4

EMOTIONAL WELLBEING

Aim: Students will explore what makes the best context for sex, to understand that whatever has happened in the past, we can all make positive healthy choices for the future, to know how to access help/support.

What Are The Positive Things Sex Can Bring In A Relationship?
Discussion

How Does Sex Impact Our Emotions?
Feelings may depend on circumstances:
Trust partner? Alcohol? Beliefs/values?
Contraception/condom?
Parents' feelings? Planned? Consent?

Longer Term Feelings
Recent research has shown that 50% of women and 25% men who started to have sex under the age of 18 'wish they had waited longer'

Discussion:
Why? Role of trust and commitment in relationship before having sex. Some people choose to wait for longterm relationship (even marriage) before having sex. Why might they do this? Pros and cons?

Conclusion
Sex can bring many positive things to a relationship but can also have significant impacts on our physical and emotional health both now and in the future. It's important to think carefully about these impacts in order to make healthy and informed decisions in this area

FURTHER HELP:

At the end of each lesson, students are encouraged to talk to school pastoral services and/or a parent/carer/other trusted adult and directed to sources of extra help and support.

Consent
Definition, legal age, impact of alcohol/drugs

