

Key concepts	
Protection	Using methods to prevent STIs
Contraception	Using methods to prevent pregnancy
Consent	Consent means to give permission for something to happen.
Harassment	when someone behaves in a way which offends you or makes you feel distressed or intimidated
STI	Sexual transmitted disease. When you catch a disease through having sex.
Pornography	Explicit depiction, in pictures, writing, or other material, of sexual subjects or activity in a manner intended to arouse.

Consent

Consent is defined as an agreement made by someone with the freedom and ability to decide something.
 Under the law, it is the person seeking consent who is responsible for ensuring that these conditions are met.
 Consent has to be given freely and no one can be made to consent to something. It’s not consent if someone does something because they feel they have to.
 British law says that both people need to give their consent before sex or any physical closeness
 The law also says that to consent to sex a person must be 16 or over and have the ability to make informed decisions for themselves (i.e. they have to be mature enough to make the decision and not be impaired by e.g. drugs or alcohol)

Sexual harassment is ~~no big deal~~ never okay.



Sexual harassment is ~~just a bit of banter~~ never okay.



Sexual harassment is ~~part of growing up~~ never okay.



Sexual harassment

Sexual harassment is **unwanted behaviour of a sexual nature which:**
 violates your dignity. makes you feel intimidated, degraded or humiliated.
 creates a hostile or offensive environment.

Meadowhead has a NEVER OK policy relating to sexual harassment.



Risks of Pornography

1. Though porn shows actors having real sex, they are not shown as real people with real personalities and feelings.
2. Porn only focuses on the body bit of sex, not the feelings bit which for most people is the most important aspect.
3. Sex in porn is often different to how people have sex in real life

Image based sexual harassment (IBSH)

IBSH is the sharing of sexually explicit images or videos without the consent of the person who features in the image or video.
 IBSH has become more common as technology has advanced, especially with the rise of the camera phone, which has enabled people to film easily, as well as social media sites and platforms such as WhatsApp, Snapchat etc., which allow people to easily send and receive content.
 There have been several websites dedicated to hosting IBSH videos.



Contraception and Protection

Contraception - Why do people use it? To not get pregnant.
 Protection - Why do people use it? To stop STIs from spreading.

Forms:

- Condom** - A flexible barrier, usually made of latex, designed to cover the penis during sex. This is a form of both contraception and protection.
- Pill** – A contraceptive taken by mouth to stop pregnancy
- Implant** – A match stick like hormone inserted into a woman's arm to prevent pregnancy
- Family planning** - Having sex when a woman is not ovulating to avoid pregnancy