

Key concepts

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| Coercion | The action or practice of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats. |
| Sexual Consent | The giving of permission by a person to engage in any form of sexual activity including penetrative and oral sex |
| Domestic Abuse | Domestic abuse is violence, or other abuse, by one person against another in a domestic setting, such as in marriage or cohabitation or between siblings. |
| Conception | The point when the sperm meets the egg and a foetus is conceived. |
| Fertility | The ability of people to conceive a child. |
| Infertility | The inability or difficulty to conceive a baby through natural methods |
| Miscarriage | The spontaneous or unplanned ending of a pregnancy before the foetus can survive independently. |
| Still birth | Foetal death that occurs after 24 weeks of pregnancy which results in the foetus being born without signs of life. |
| Abortion | When a pregnancy is ended either by taking medicines or having a surgical procedure. |
| Adoption | The act of legally taking somebody else's child and raising it as your own. |

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).

When consent cannot be given:

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.

Types of abuse

Physical Abuse: Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon them.

Sexual Abuse: Coercing or attempting to coerce any sexual contact or behaviour without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

Emotional Abuse: Undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

Economic Abuse: Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

Psychological Abuse: Elements of psychological abuse include - but are not limited to - causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

Options for unplanned pregnancy:

Keeping the baby - 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.

Adoption - 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. Adoptions 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. Again information on the father cannot be forced. 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

Abortion - 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 England, Wales or Scotland, 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. 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. 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.

- Up to 10 weeks: Early medical abortion – sometimes known as 'the abortion pill' - 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.
- Up to 15 weeks: Vacuum aspiration – sometimes known as 'the suction method' - 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.
- Abortions after 15 weeks Abortion after 15 weeks is less common and most abortions happen in the first 13 weeks of pregnancy.

Treatment for infertility

Fertility treatment is available on the **NHS** but there are long waiting lists and couples must meet strict criteria to be eligible. The treatment offered will depend on what's causing the fertility problems and what's available from the local NHS services.

Medical Treatments:

Fertility medicines are usually prescribed to women as they're mostly used to help with ovulation problems. But, in some cases, they may also be prescribed to men.

Assisted Conception:

Intrauterine insemination (IUI) IUI, also known as artificial insemination, involves inserting sperm into the womb Sperm is first collected and washed in a fluid. The best quality sperm are selected.

In vitro fertilisation (IVF):

In IVF, the egg is fertilized outside the body. A fertilised egg called an embryo is then returned to the woman's womb to grow and develop.

Fertility options for same sex couples: Adoption

Surrogacy -Surrogacy is where a woman carries a child for intended parents and relinquishes her parental status upon the birth of the child.

Donor Insemination – Artificially inserting donor sperm into the intended mothers vagina.

IVF – Using a donor egg or sperm

Who Can you turn to for help and Support

Parents or trusted family members and,
Friends The Police / Community support officers
School Safe Guarding Team or any member of staff.

NSPCC

Helpline: 0808 800 5000 (24 hours, every day)

www.nspcc.org.uk

Childline

Helpline: 0800 1111(24 hours, every day)

<https://www.childline.org.uk>

Women's Aid

Helpline: 0808 2000 247 24hr

<https://www.womensaid.org.uk>

Men's Advice Line

Helpline: 0808 801 0327 Monday-Friday 9am-5pm

<http://www.mensadviceline.org.uk/>

Marie Stopes UK – Your pregnancy options

<https://www.mariestopes.ie/your-pregnancy-options/>

Sheffield Rape and Sexual Abuse Centre

<https://www.srasac.org.uk/>

Sexual Health Sheffield

<https://www.sexualhealthsheffield.nhs.uk/services/sti-screening-and-treatment/hiv-services/>