

## Key concepts

<b>Coercion</b>	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.
<b>Sexual Consent</b>	The giving of permission by a person to engage in any form of sexual activity including penetrative and oral sex
<b>Sexual Harassment</b>	Sexual harassment is any unwanted sexual behaviour that makes someone feel upset, scared, offended or humiliated, or is meant to make them feel that way.
<b>Intimacy</b>	A situation in which you have a close friendship or sexual relationship with someone.
<b>Pornography</b>	Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement.
<b>Gambling</b>	Gambling is the wagering of something of value on an event with an uncertain outcome with the intent of winning something else of value.
<b>Anti-radicalisation</b>	The process of preventing a person becoming radicalised.
<b>Contraception</b>	Methods used to prevent pregnancy.
<b>Protection</b>	Methods used to prevent STI's.
<b>Hormonal methods of contraception</b>	Contraceptive methods with use hormones to prevent pregnancy, usually used by Women only.
<b>Barrier methods of contraception</b>	Contraceptive methods which prevent pregnancy by stopping the sperm from reaching the egg.
<b>STI's</b>	Sexually Transmitted Infections are infections that are passed on mainly through sexual contact both vaginally, anally and orally.

## 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).

### What the law says

Act	Definition	Consequence
<b>Rape</b>	A rape is when a person uses their penis without consent to penetrate the vagina, mouth, or anus of another person.	Rape is punished by a maximum of fifteen years' in prison. Aggravated Rape is punished by a maximum of twenty years' in prison Both offences would result in placement on the sex offenders register.
<b>Sexual Assault</b>	Sexual assault is when a person is coerced or physically forced to engage against their will, or when a person, touches another person sexually without their consent. Touching can be done with any part of the body or with an object.	Up to 10 years in prison and placement on the sex offenders register
<b>Sex between minors</b>	When both parties involved the sexual activity are under 16 but have consented to the activity.	Technically the law is that if two 13 – 15 year old's engage in consensual sexual activity and each knows that the other is under 16, they will both be guilty of an offence carrying a maximum penalty of five years' imprisonment, however it is unlikely the CPS will prosecute. If one party is under 13 and the other under 18 it is statutory Rape which is punishable by Life imprisonment, but the average is 6-7 years when prosecuted.

Sexual harassment is no big deal never okay.



**Public Sexual Harassment (PSH)** comprises unwanted attention, sexual advances or intimidating behaviour by strangers in public spaces. It is usually directed towards women and often oppressed groups within society. However, it can be experienced by all.

It includes: Staring, rape jokes, stalking, intimidating, groping, sexual comments, wolf whistling, threats and namecalling.

**#ItsNeverOk**

### Stress Management

- 1. Stop** - become aware of the fact that you are feeling stressed and give yourself a time out.
- 2. Talk** - talk to someone, family, teachers, a friend or your GP. Don't suffer in silence and bottle things up.
- 3. Breathe** - slowing down your breath can help you slow down your mind, which will make you more able to deal with stressful situations.
- 4. Sleep** - Get enough sleep and set up a regular sleep routine- adolescents need 9-10 hours of sleep per night. Be caffeine aware and put your phone onto blue light mode.
- 4. Exercise** - start small, go for a walk or jog. Make a sensible amount of time in your schedule for a hobby or activity you enjoy.
- 5. Have fun!** - call someone and do something you enjoy. Anything from being in nature, mindfulness, going to the cinema and spending quality time with those you value most.

### Contraception methods



British  
Values

### Who can you turn to for help and support?

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

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

**Childline Helpline:** 0800 1111 (24 hours, every day)

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

**Rape Crisis Helpline:** 0808 802 9999 (12-2:30 and 7-9:30)

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

**Survivors UK** – Male Rape and Sexual Abuse Support

[www.survivorsuk.org](http://www.survivorsuk.org)

**RASAC** (Rape and Sexual Abuse Support Centre)

National Helpline: 0808 802 9999 (12-2.30 & 7-9.30)

[www.rasasc.org.uk](http://www.rasasc.org.uk)

**Sheffield Sexual Health Services**

<https://www.sexualhealthsheffield.nhs.uk/>

**Radicalisation and Terrorism:** 101 (police)

<https://www.gov.uk/report-terrorism>

Glue here