

Year 11 - RSE - Sexual and Intimate Relationships

Key Terms

Chemsex	Sexual activity engaged in while under the influence of stimulant drugs such as methamphetamine, GHB or mephedrone
GHB/GBL	Developed in the 1960s as an anaesthetic
Fertility	The capability of becoming pregnant

RSE covers a variety of topics and focuses on developing understanding of different aspects of relationships. This includes with yourself, friendships, romantic and sexual relationships



Key Skills

- Active listening and communication
- Teamwork
- Presentation and debate

What is Healthy Sex?

Much of the time when sex is talked about in sex education lessons, it all seems to be about what people shouldn't do.

However, many people would say that sex should be a pleasurable experience and that sex is best with someone who cares about you. This is because if you know the person cares about you, you will feel safe. When you feel safe you can relax and when you relax you can enjoy the experience.

Consent is always required!

Contraception

Condom - Made of latex, put on to an erect penis before penetration

Abstinence - Restraining yourself from having any form of sexual contact

Contraceptive Pill - Contains hormones and is taken daily (often at the same time every day) by women. Stops the lining of the Womb thickening

Implant - A small tube inserted under the skin (usually in the arm). It releases hormones which prevent pregnancy

Fertility and What Impacts It

Biologically Female

Fertility is mostly determined by genetics, which influences how many eggs you are born with.

Doctors believe that the number of eggs at birth determines the length of time a person will remain fertile.

Weight and age can affect fertility levels..

Biologically Male

Quality of sperm can decrease with age. Diet can have an effect too. Older men can have fertility issues due to dipping testosterone levels.

IVF and other fertility treatments can help people conceive if they are having difficulties.

