

Retrieval practice: on your whiteboards:

Why do people have sex?

What are the risks?

Think positive as well as negative?



Consent and alcohol

17/07/2026

Challenge

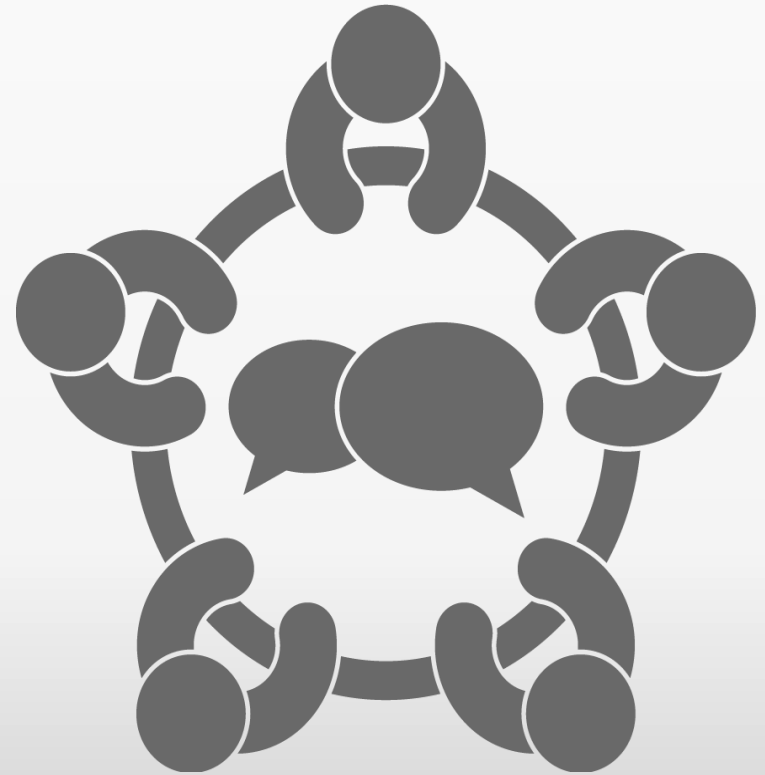
- How far is it true that young people are more likely to take risks when they are socialising with their peers; remember to use examples to help justify your responses
- Describe the impact alcohol has on decision-making around intimate acts, including capacity to seek and give consent
- Describe at least two ways alcohol can impact the behaviour of young people.

Instructions:

- 1) Write the title and date and underline with a ruler.
- 2) Read the progress questions and consider how well you can already answer any of them.

Key Task: 'To what extent can alcohol affect our ability to make reasoned consent?'

At the end of the lesson this will be our main written task



Structured Talk Instructions:

1. Read and consider the above question so that you can participate.
2. Discuss on your table, ensuring everyone contributes and can answer.
3. No hands for feeding back (if you can't answer it's an 'Off Task' negative).

Instructions: after watching the film, answer the following in your exercise book using full sentences

- 1) Explain what is meant by the term 'consent', and describe when it should be sought?
- 2) **A person has 'the right to change their mind', what does that mean, give two examples from the film to help illustrate your answer**
- 3) Fully explain when a person is 'incapable' of giving their consent? Can you think of any other categories of people who are deemed 'incapable' of giving their consent?

CONSENT IS...

Freely given
Reversible
Informed
Enthusiastic
Specific



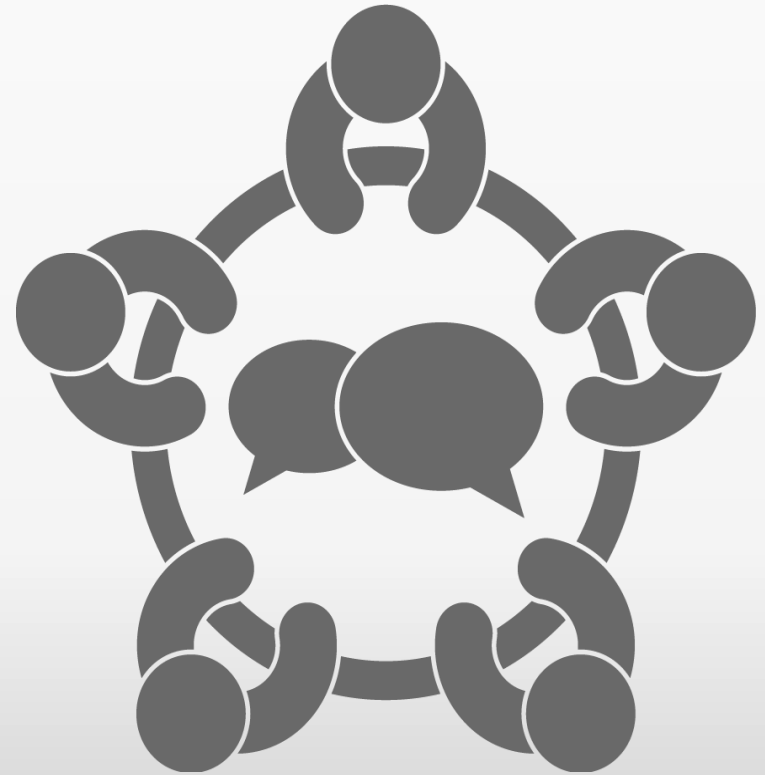
Consent



What is sex without consent?

What are the likely impacts?

Consider the perpetrator and the victim



Structured Talk Instructions:

1. Read and consider the above question so that you can participate.
2. Discuss on your table, ensuring everyone contributes and can answer.
3. No hands for feeding back (if you can't answer it's an 'Off Task' negative).

For the Perpetrator

Possible custodial sentence if found guilty of rape

Sexual assault could lead to a community order, fine or prison sentence

Having sex without consent and sexual assault could result in the perpetrator being added to the sex offenders' register

Having a criminal record, and/or being put on the sex offender's register will have major impact on future life events such as getting work.

What are the likely impacts?



For the victim

PHYSICAL

- Sexually transmitted infections for both people and any other future partners
- **Physical injury**
- Injuries to the inside of the body (internal injuries)
- **Mental health problems including depression**
- Unwanted pregnancy.

EMOTIONAL

- Lower self-esteem and sense of worth
- **Humiliation**
- Fear
- **Hurt**
- Embarrassment
- **Problems trusting future partners**
- Problems forming new relationships.

What are the likely impacts?





Instructions: after watching the film- storyboard what happened to Anna- just use images to convey what happened.



Anna's story in six slides:

1. Anna is shy, she takes cider to a party
2. She drinks about 3 glasses of cider, feels more confident and starts flirting with her friend's ex
3. She goes to the kitchen and drinks a couple of Alco-pops and flirts, then kisses another boy.
4. She ends up in a bedroom with her friend, the ex and a few others taking selfies.
5. She and the ex really flirt- the friend leaves- she **then kisses her friend's ex.**
6. The next day she cannot remember much, sees photos being posted online, then confesses to her friend.



The impact of alcohol on the brain



A CHILD'S BRAIN

continues developing
until they are in their



EARLY 20's

ALCOHOL IS A DRUG

that can
disrupt a
young
person's



BRAIN

=

Areas that continue development through adolescence

FRONTAL LOBE



HIPPOCAMPUS



DEVELOPMENT

FRONTAL LOBE

Speech, emotions,
reasoning (including
inhibition of
impulsive behaviours)

PRE-FRONTAL CORTEX

Rational thinking,
memory, personality,
behaviour



HIPPOCAMPUS

Learning and
memory

CEREBELLUM

Movement and
balance



The impact of alcohol on the brain

Anna is shy so she uses alcohol to feel more confident at the party- she doesn't feel like she fits in. Alcohol affects the hypothalamus and prefrontal cortex making her less inhibited and feel more extroverted.

Alcohol releases dopamine in your brain- so it makes her want to drink more to get the 'reward' hormone.

Alcohol triggers the release of testosterone often increasing a female's sexual desire, but reducing their ability to judge attractiveness.

Alcohol slows down the function of the hippocampus which means people struggle to remember things and may even 'black out' completely.



Key Task: 'To what extent can alcohol affect our ability to make reasoned consent?'

Alcohol has a wide variety of affects. The key ones to consider here are:

- **The effect on a person's confidence**
- **The effect on their judgement**

These effects matter because...

Reasoned consent means...

This is impeded by alcohol because...

If a person engages in a sexual or intimate act without reasoned consent it is...

Key effects on the perpetrator and victim include...

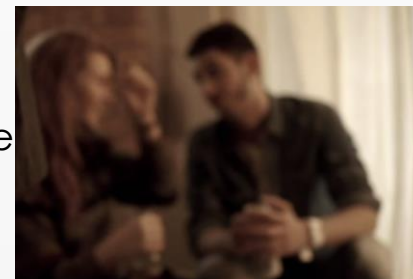
The key learning point from this lesson is...





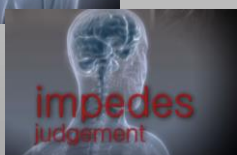
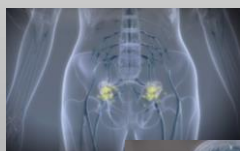
1-Y10- First party of the year- everyone is a bit stressed and socially anxious about the party. Anna was quite quiet and shy so she took a big bottle of cider with her to help herself relax, boost her confidence and be more sociable

2- As they drank more the girls started to talk about the boys they liked and her friends encouraged her to go over and speak to a boy she quite liked, who was one of her close friends ex-boyfriend. She was flirting with him and said she felt so much less self-conscious.



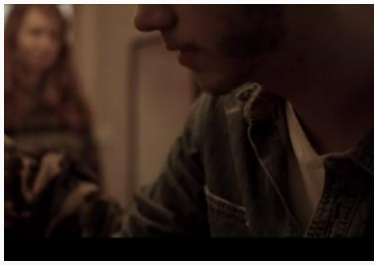
3- Drinking on an empty stomach means the alcohol is absorbed more easily. The liver is put under strain and cannot process all the alcohol, so the rest circulates around the blood supply. When in the brain where it changes the way the cells and you behave. Alcohol represses the areas of your brain that control inhibitions, making you temporarily feel more outgoing and sociable.

4- After some more alcohol, she was chatting with another boy and they openly flirted with each other they kissed. She said ordinarily she wouldn't have behaved like that or fancied him.



5- Alcohol interferes with the hormone testosterone which makes females feel more confident and increase their sexual desire. Alcohol also impedes the brain's judgement on the attractiveness of someone so you fancy them more when you drink alcohol.



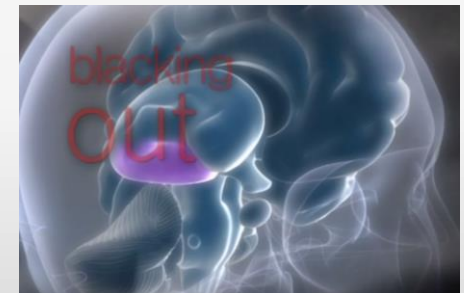


6- Anna has now drunk 3 large glasses of cider and 2 alcopop drinks and she met up with her friends and the boy she fancied (her friends ex in a bedroom.

7- Anna and boy were openly flirting with each other and her close friend left the room. There was a camera there so they started taking photos together. They started kissing and after a while the boy said "I don't think this is a good idea as you are a friend of my ex".



8- Anna said she couldn't really remember much else after this point in the evening. The area of the brain called the hippocampus is responsible for recording new memories. Alcohol prevents this from happening meaning the brain cannot be remember and are blacked out.



9- The next day the regrets started kicking in. The boy posted the picture online. At first her friend was ok and said "hey you were drunk", but after a few days she said that Anna had betrayed her. Anna regretted because she was drunk and hadn't thought of the consequences.



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[Criminal injuries compensation](#)

Get help

If you've been affected by crime, there are a number of ways you can contact us to get support or information.

Get support locally

- Contact your [nearest Victim Support team](#)

Call our national phone line

- Call our Supportline for free on **08 08 16 89 111**, 24/7

Get support online

- [Start a live chat](#), available across England and Wales, 24/7
- [Request support online](#)
- Access [My Support Space](#) - a free online resource containing interactive guides and videos

Alternatively you can call the Victims' Information Service for free on **08 08 16 89 293**

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pics to
view
sites

your sexual health matters

- If I'm no good, **ask** your sexual health service for something new.
- There is no medical reason not to use me. Even people with **allergies** can use condoms.
- People who use me feel their experience is just as **pleasurable** as people who don't.
- I'm **free** use me!
- I'm **easy** to carry.
- I offer protection against sexually transmitted **infections**.
- I can **stop** unwanted pregnancy (if used properly).
- When it comes to HIV, I make sex **10,000** times safer.
- I've been around for centuries. But don't worry I'm in date and **safe** to use now.
- I come in lots of colours, flavours and **sizes**.

yoursexualhealthmatters.org.uk

Booking & Information Freephone: 0800 328 3383

DERBYSHIRE County Council

NHS Derbyshire Community Health Services



Progress Review Question:

Challenge

- How far is it true that young people are more likely to take risks when they are socialising with their peers; remember to use examples to help justify your responses
- Describe the impact alcohol has on decision-making around intimate acts, including capacity to seek and give consent
- Describe at least two ways alcohol can impact the behaviour of young people.

Instructions:

- 1) Choose the most challenging question you can answer.
- 2) Aim to write a paragraph using full sentences; remember examples to help explain your answer.

