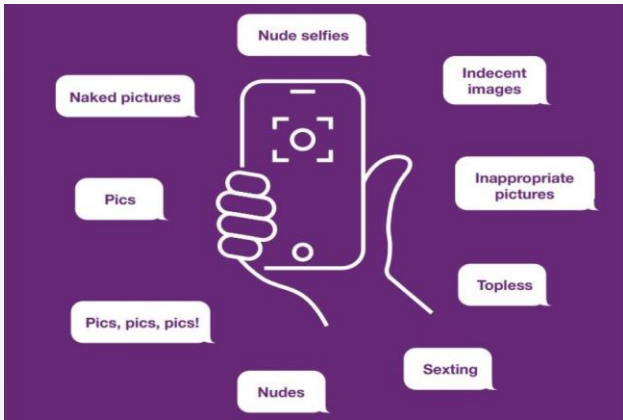


How far do you agree with the statement 'younger people of today are under greater pressure to become intimate, or do intimate acts because of modern technology'?



Instructions: In the back of your book respond to the statement above



RSE- Safe Intimacy

17/07/2026

Challenge

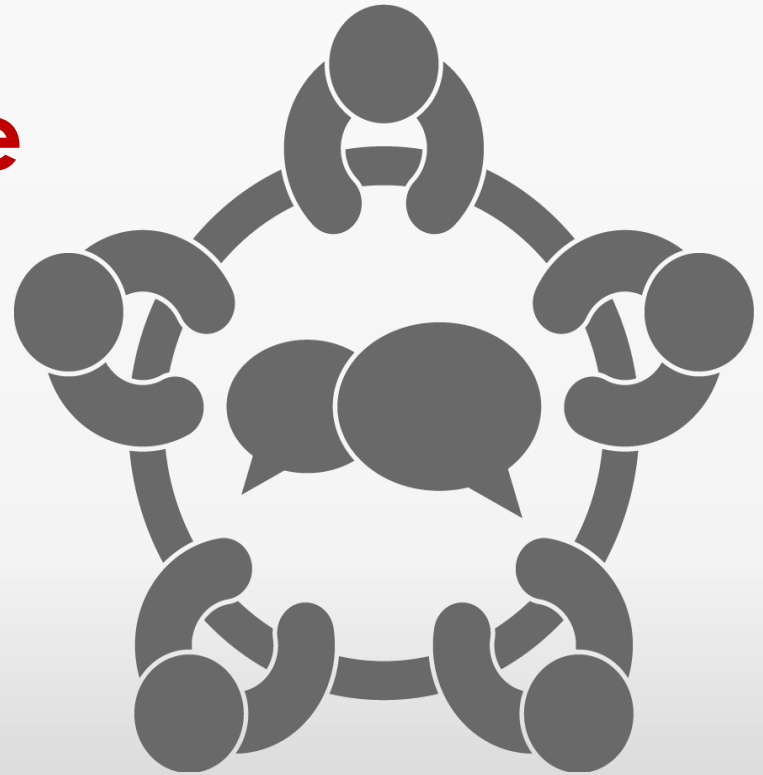
- How far is it true that barrier methods of contraception are the most important form of protection in intimate relationships? Justify your response
- Describe how barrier methods are used in a range of intimate acts?
- Describe at least two ways contraception work, give examples of different types of contraception that work in these ways

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: 'Write a set of instructions showing how people might use condoms correctly'

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).

Condoms

- 98 per cent effective.
- This means that using this method, two women in 100 will get pregnant in a year.
- They fit over a man's erect penis.
- They should be used before any close genital contact.
- Once the man has 'come' but before the penis goes soft, he withdraws holding the condom firmly in place to avoid spilling any sperm.
- The condom is then removed and should be disposed of carefully.

Condoms are 98% effective when used correctly. Can you explain anything else people might need to know about how to fit a condom to make sure it is this effective?



Condoms

Advantages

- They're very safe and effective
- You only need to use them when you have sex
- They protect against some sexually transmitted infections, including HIV
- Male condoms come in many different varieties, shapes and sizes
- Female condoms can be put in at any time before sex

Disadvantages

- Using condoms can interrupt sex
- Male condoms can slip off or split if used incorrectly
- They're easily damaged by sharp fingernails or jewellery
- You must take care that the man's penis goes inside the female condom and not down the side between the condom and the vagina
- Female condoms are not widely available for free



Condoms

Things to check
before opening:

1. Expiry date
2. Kite mark or
other safety mark
3. Is the packet
squidgy?
4. Are your hands
clean?

In pairs explain
why you think
each matters



Condoms

Things to check before opening:

1. Expiry date
2. Kite mark or other safety mark
3. Is the packet squidgy?
4. Are the hands clean?

In pairs explain why you think each matters

Things to check when fitting:

1. It is the right way up
2. There is a little space in the teat, but no air
3. One hand hold the top of the condom in place, the other rolls it down
4. It is rolled all the way down



Condoms

Things to check before opening:

1. Expiry date
2. Kite mark or other safety mark
3. Is the packet squidgy?
4. Are the hands clean?

In pairs explain why you think each matters

Things to check when fitting:

1. It is the right way up
2. There is a little space in the teat, but no air
3. One hand hold the top of the condom in place, the other rolls it down
4. It is rolled all the way down

Things to check after use:

1. Rolled off safely
2. Disposed of in a bin, not a toilet
3. Hands are washed



Condoms

Now it is over to you.

What can you remember about how to fit them properly?

Once you have seen how easy / difficult it is to fit one you will need to create a clear set of instructions in your books.

Extension question to consider while you do these tasks:

Do you feel most people use condoms in a way that allows them to be 98% effective? What are your reasons for thinking this?



Key Task: Write a set of instructions showing how people might use condoms correctly

Key Information

Before Use:

During Fitting:

After Use:

Extension:

One reason condoms are not always actually 98% effective is...



How to prevent STIs- independent work task; use the leaflet answer the questions. In our next lesson we will consider the problem with STIs.

1. Which is the number one way of preventing catching an STI?
2. Which forms of contraception help prevent STIs?
3. Explain how they prevent STIs?

SEXUALLY TRANSMITTED INFECTIONS (STIs)

brook

An STI is any kind of bacterial or viral infection passed on through sexual contact without a condom. Sexual contact can include:

- oral sex (licking, kissing or sucking someone's genital)
- vaginal sex
- anal sex
- sexual touching
- using sex toys

HOW CAN YOU PREVENT STIs?

CONDOMS
Just use a condom correctly every time you have sex. It's the only way to protect against both pregnancy and STIs. Made from very thin latex rubber, they cover the penis like a toy or line the vagina (female condom), stopping sexual fluids being transferred between partners.

DENTAL DAMS
A dam is a thin square of latex, which can be placed over the genitals or anus before you have oral sex. You can get them from sexual health services or buy them online. The dam might be useful in preventing STIs but there is currently no research to verify this.

DON'T WORRY!
Most STIs are easy to treat and clinic staff have seen it all. Use our service finder to see where you can get tested and treated. This includes Brook clinics, which provide free, confidential services for under 25s. brook.org.uk/find-a-service

HOW DO YOU GET TESTED?
Most STIs can be detected by a urine sample, blood test or vaginal/anal swab. A small cotton bud is wiped over the inside of the vagina. A doctor or nurse may do this for you but often you can do it yourself in private. It may be uncomfortable but not painful. Lots of areas now offer home testing where you can order a kit online. Just take a sample yourself and post it for testing. Easy!

HOW DO YOU KNOW IF YOU'VE GOT ONE?
STIs don't always have symptoms, so if you've had unprotected sex, always get yourself tested ASAP. Don't forget emergency contraception too, to protect from pregnancy.

DID YOU KNOW?
Anyone can get an STI. It doesn't matter how many times you've had sex or how many partners you've had.

SEXUALLY TRANSMITTED INFECTIONS (STIs) For more information about all STIs, see brook.org.uk/stis

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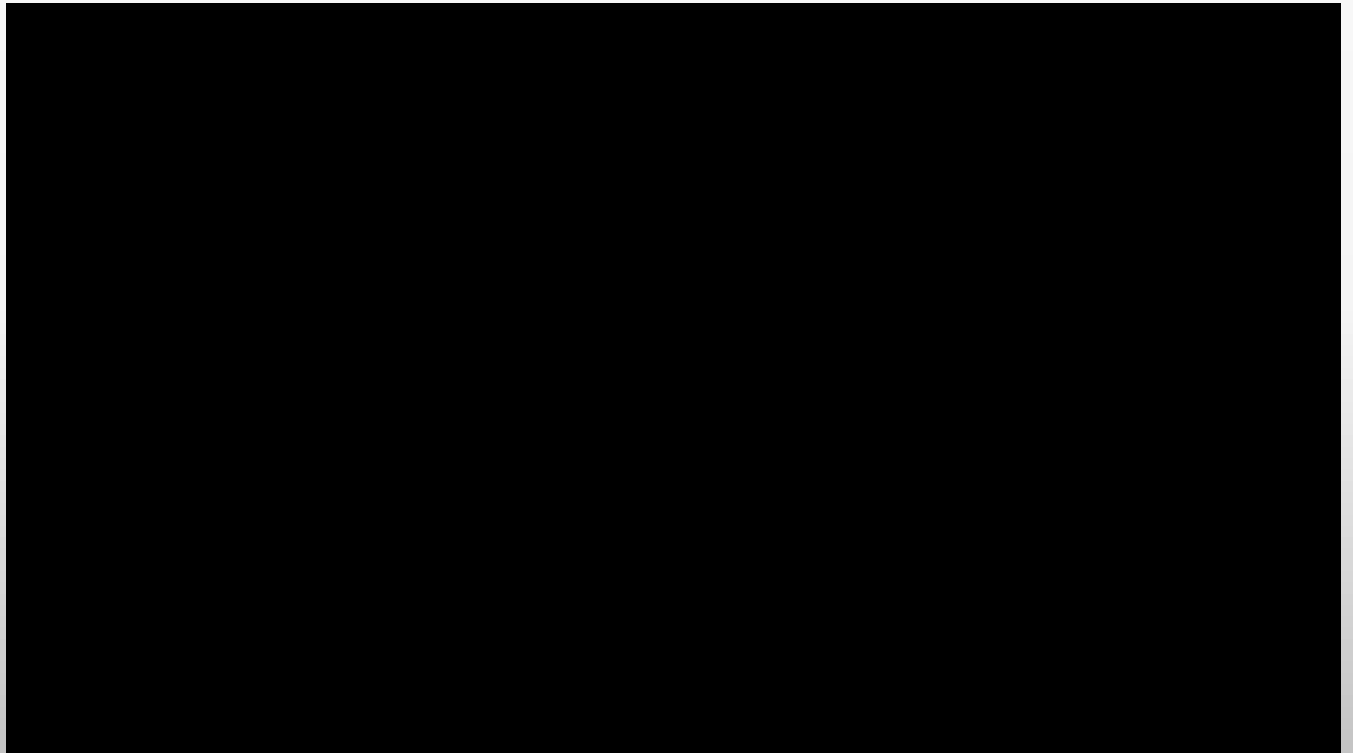
All STIs can be passed on during unprotected oral, vaginal or anal sex. HIV and syphilis can also be passed on by sharing needles. Here are some other things you should know:

Chlamydia	Genital herpes	Genital warts	Gonorrhoea	HIV	Public lice	Syphilis	Trichomoniasis
Symptoms No symptoms in 75% women 50% men Possible symptoms • Unusual discharge from the vagina, penis or anus • Burning/itching in the genital area • Pain when passing • Heavy periods or bleeding between periods • Itchy/lower abdominal pain • Abdominal pain during sex • Bleeding during/after sex • Painful swelling or sores	Symptoms Often no signs or symptoms. Possible symptoms • Flu-like fever, headache, aches and pains • Burning, itching or itching in the genital area • Small fluid-filled blisters which burst, leaving small, red, very painful sores • Pain when urinating or passing over the sores • Possible discharge	Symptoms Often no visible symptoms and it can be months/years before warts appear. Possible symptoms • Can appear alone or in clusters like a cauliflower • Green, yellow or white discharge from the penis • Green, yellow or white discharge from the vagina • Lower abdominal pain/tenderness • Painful swelling of the prostate • Pain or tenderness in the testicles	Symptoms No symptoms in 50% women 50% men Possible symptoms • Green, yellow or white discharge from the penis • Green, yellow or white discharge from the vagina • Lower abdominal pain/tenderness • Painful swelling of the prostate • Pain or tenderness in the testicles	Symptoms Around 80% of people will have a short, 2-week flu-like illness soon after getting the HIV virus. This may last for 2-3 weeks with sore throat, fever, aches, swollen glands and a rash. After this, there may be no symptoms for many years. Possible symptoms • Blood test (antibody) • Brown spots on the skin • Yellow/grey or red lumps	Symptoms Often no signs or symptoms. Possible symptoms • Stage 1: Small, painless, red, infectious sore on the penis, anus or mouth. • Stage 2: May include painless sores on the penis or anus, swollen glands, weight loss, white patches on the mouth. • Stage 3: Rarely occurs in the UK. May cause all the symptoms of stage 2, plus neurological symptoms such as paralysis, loss of coordination, blindness, stroke and dementia. • Needing to see more than one doctor	Symptoms Often no signs or symptoms but if there are, they usually appear within a month. Possible symptoms • Itching, swelling and soreness of the genital • Yellow, green, grey or white vaginal discharge • This, while passing, may cause pain • Lower abdominal pain (women) • Pain during sex and passing • Itchy outer thigh (women) • Needing to see more than one doctor	Symptoms Often no signs or symptoms but if there are, they usually appear within a month. Possible symptoms • Itching, swelling and soreness of the genital • Yellow, green, grey or white vaginal discharge • This, while passing, may cause pain • Lower abdominal pain (women) • Pain during sex and passing • Itchy outer thigh (women) • Needing to see more than one doctor
Diagnosis Urine or swab test. Examination by doctor or nurse.	Diagnosis Urine or swab test. Examination by doctor or nurse.	Diagnosis Urine or swab test. Examination by doctor or nurse.	Diagnosis Urine or swab test. Examination by doctor or nurse.	Diagnosis Blood test, 2 weeks after exposure. Examination by doctor or nurse with a magnifying glass.	Diagnosis Examination by doctor or nurse. Blood test or swab if there is a sore.	Diagnosis Examination by doctor or nurse. Blood test or swab if there is a sore.	Diagnosis Examination by doctor or nurse. Blood test or swab if there is a sore.
Treatment Course of antibiotics. No treatment can cause infertility in men and women.	Treatment Antiviral medicines. Treatment is given to relieve symptoms. No treatment can cause infertility in men and women.	Treatment Cream or lotion. Warts can be frozen, treated or removed. It can take months, but warts do disappear.	Treatment Antibiotic injection in the buttocks of men and a single antibiotic tablet. No treatment can cause infertility in men and women.	Treatment Can be managed with drugs. There is no cure but can be kept under control. Can develop into AIDS, when you cannot fight off life-threatening infections.	Treatment Specialist drugs. No treatment can cause infertility, skin irritation and infections.	Treatment Single antibiotic injection or course of injections. If treated stage 3 it can be fatal.	Treatment Antibiotics. Unlikely to go away with no treatment.

Other infections include bacterial vaginosis, chlamydia, proctitis, urethritis and vaginitis which can be caused by other STIs but are not themselves, STIs. Find out more at brook.org.uk/stis

C-Scheme

If you're aged between 13 and 24 you can sign up for the C-Scheme. The scheme gives you access to a choice of free condoms (different sizes, flavours and textures), dams and lube. You can access the service however you identify and whatever your sexual orientation. It doesn't matter whether you're having sex, thinking about having sex or if you're just curious





Get **STI Test Kits** and **condoms** posted to your house, in discreet packaging



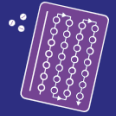
To request a test



Emergency contraception



Free condoms by post



Oral contraception

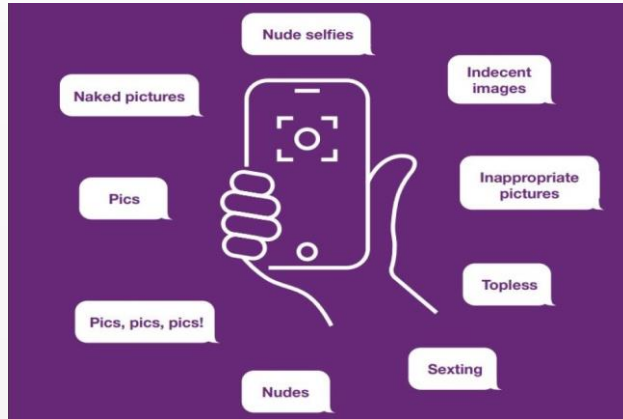


Service finder



**Sexual Health Practitioner
1:1 virtual consultation**

Clinic	Opening Hours	LGBT+	Contraception	Pregnancy
Alferton	Tuesdays 11 – 7pm	Yes	Yes	Yes
Bolsover	Wednesdays 9:30 – 5pm (Alternative weeks)		Yes	Yes
Buxton	Wednesdays 9-6pm	Yes	Yes	Yes
Darley Dale	Fridays 9 – 5pm	Yes	Yes	Yes
Long Eaton	Fridays 9-5pm	Yes	Yes	Yes
Chesterfield	Monday - Thursdays 8am - 5pm Fridays 8am - 5pm Saturdays 10am – 1pm	Yes	Yes	Yes



**How far do you agree
younger people of today are
under greater pressure to
become intimate because of
modern technology or for
other reasons?**



Progress Review Question

Challenge

- How far is it true that barrier method of contraception are the most important form of protection in intimate relationships? Justify your response
- Describe how barrier methods are used in a range of intimate acts?
- Describe at least two ways contraception work, give examples of different types of contraception that work in these ways

