

Intimate Relationships 1

Y10 RHSE [PD] Extraction 2026+

Laws Relating to Sexual Behaviours

Also in Awareness 1 session

Sexual Offences Act 2003

This is the main law covering:

- Consent
- Rape and sexual assault [touching without consent]
- Sexual activity with a child [under 16]
- Abuse of position of trust

A child under 13 **cannot legally consent at all**
Illegal for an adult (18+) in a position of trust to have sexual activity with someone under 18, even if the young person is 16–17 and says yes

Sexual Offences Act 2003:

Exposure (flashing) is illegal if done to cause alarm or distress. Sexual activity in public could also lead to offences like outraging public decency

Voyeurism (Offences) Act 2019

Taking photos under someone's clothing without consent is illegal. Applies in schools, public places, etc.

Protection of Children Act 1978

For under-18s:

- **Creating sexual images** of someone under 18 = illegal
- **Sharing** them = illegal
- **Possessing** them = illegal

Includes:

- Taking a nude photo of yourself
- Sending it to a partner
- Forwarding someone else's image

Criminal Justice and Courts Act 2015

- Illegal to share **private sexual images** without consent to cause distress. Applies even if the image was originally shared **consensually**

Protection from Harassment Act 1997

Repeated unwanted sexual messages or **attention** can be harassment. Includes online behaviour (texts, DMs, stalking)

Intimate relationships are our most personal relationships with others. Consent therefore really matters. If you were going to explain to someone what consent means what would you say?



If we all know what consent is, why do so many people get it so wrong?



The Law on Consent

The legal age of consent

in the UK is 16, regardless of gender or sexual orientation.



FRIES:

- Freely given
- Reversible
- Informed
- Enthusiastic
- Specific

Under the law, **a person consents only if:**

They agree by choice, and they have the freedom and capacity to make that choice

This means silence ≠ consent. Being pressured, scared, or manipulated ≠ consent

Consent must be ongoing and can be withdrawn at any time

Even if someone says “yes,” the law says consent is invalid if:

They are asleep or unconscious

They are drunk or high to the point they can't make a clear decision

They are being threatened, pressured, or coerced

They are deceived about the nature of what's happening

They lack the mental capacity to consent

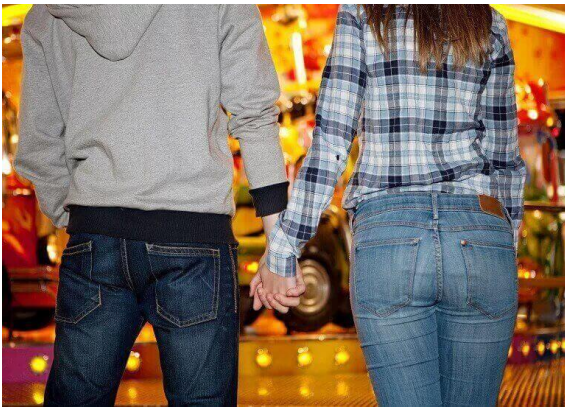
Consent Withdrawal

Sexual Offenses Act 2003

Consent must be:

- Present at the start
- Maintained during
- Still there at the moment anything happens

If consent is withdrawn at any point, continuing becomes unlawful.



Withdrawal happens when someone:

- Says “stop,” “wait,” “I don’t want to anymore”
- Physically pulls away or resists
- Becomes silent, frozen, or unresponsive
- Shows clear distress or hesitation

It does not have to be a dramatic or loud refusal.

Consent can be withdrawn:

- After kissing has started
- During sexual touching
- During sex itself

There is no “point of no return” in law.
Even if:

- Someone previously said yes
- They’ve done something before
- They’re in a relationship

They can still withdraw consent at any moment.



Consent Withdrawal

Consent can also be “withdrawn” indirectly if someone:

- Becomes too drunk or high
- Falls asleep or unconscious
- Gets overwhelmed or panics

At that point, they no longer have the capacity to consent, so continuing is unlawful



The moment consent is withdrawn:

The other person must stop immediately

If they continue, that can legally become: sexual assault, or rape (depending on the act)

The law focuses on whether the person reasonably believed consent still existed—and that belief must be based on clear, ongoing communication

The responsibility is on the person initiating or continuing the activity to:

- Notice changes in behaviour
- Check in if unsure
- Stop if there is any doubt

The law does not accept

- Assumptions
- Guessing
- Ignoring signs



One Scribe Round

Robin: Beyond the issue of consent our choices in our more intimate relationships might affect our wider physical or mental health.

Can you think of any reasons for this?

How Choices Beyond Consent can Affect Our Wider Health

Sexual or relationship choices can affect mental health negatively when:

- Someone feels pressured or not fully ready
- There is regret, guilt, or confusion afterward
- One person is more emotionally invested than the other
- There's a breakup after intimacy, leading to distress

This can contribute to anxiety, low mood or depression, loss of confidence

Emotional readiness matters just as much as legal readiness (age 16).

Key Thoughts

1. Do I want this? (not pressure)
2. Am I ready for the consequences? (emotional + physical)
3. Is this situation safe and respectful?

Risks and Consequences

- Sexually transmitted infections (STIs)
- Pregnancy
- Physical safety
- Peer pressure and reputation
- Conflict and emotional harm
- Digital impact

Healthy when:

- It is mutual, wanted, and unpressured
- Both people feel emotionally ready
- There is respect, communication, and safety

Risky when:

- It is driven by pressure, curiosity alone, or external expectations
- There is lack of knowledge or preparation
- It happens in unsafe contexts (e.g. alcohol, secrecy, power imbalance)

“Consent answers *is it allowed?* — health asks *is it good for you, now and long-term?*”

How Choices Beyond Consent can Affect Our Wider Health

Respectful relationships can help mental and emotional health :

- Build confidence and self-esteem
- Create a sense of belonging and emotional security
- Improve mood and reduce stress
- Help develop communication and empathy skills

Respectful relationships can help physical health:

- Learning about protection encourages responsible health behaviour
- Accessing services (e.g. contraception advice) builds health literacy
- Open communication can support safer sex practices



Learning to:

- Communicate boundaries
- Respect others
- Handle rejection

Builds skills for healthy adult relationships

“Consent answers *is it allowed?* — health asks *is it good for you, now and long-term?*”

One Scribe Round Robin: Having considered how consent might affect our wider health we now need to turn to a disturbing practice within a very few people's intimate relationships, that of suffocation or strangulation.

It might seem obvious, but what are the dangers to people's wider health?

How These Choices can Affect us Beyond Our Health with reference to strangulation and suffocation

Key Terms

Strangulation: pressure applied to the neck (hands, arm, clothing, or an object)

Suffocation: restricting breathing (covering the mouth/nose, blocking airflow)

These are sometimes referred to online as “choking,” but medically that term is misleading—this is restriction of oxygen to the brain.



What is shown online is often unrealistic and edited—it does not show the risks or consequences.

Immediate physical health risks

Even a short period of oxygen restriction can cause:

- Loss of consciousness (can happen in seconds)
- Brain injury due to lack of oxygen
- Damage to blood vessels in the neck
- Stroke (can occur hours or days later)
- Seizures

You cannot tell by looking how serious the injury is. Someone may appear “fine” and then collapse later.

How These Choices can Affect us Beyond Our Health with reference to strangulation and suffocation

Under the **Sexual Offences Act 2003** **you cannot legally consent to serious harm**. Causing serious injury through strangulation can be prosecuted as a serious offence.

In England and Wales, non-fatal strangulation is now a specific criminal offence under the Domestic Abuse Act 2021.



What is shown online is often unrealistic and edited—it does not show the risks or consequences.

Influence of media and online content

Exposure through:

- Pornography
- Social media trends

Can:

Make dangerous behaviours seem normal or expected

Create pressure to try things without understanding the risks

One Scribe Round

Robin: Now we consider safety in the sexual element of an intimate relationship. Starting by considering HIV. Here we learn about pre and post phylaxis.

What might these two terms mean?

Forms of Contraception and STI Reduction

Protection from HIV

Pre-exposure prophylaxis (PrEP) is an HIV medicine taken by people who do not have HIV that reduces the risk of getting HIV from sex by about 99% and from injection drug use by at least 74%.

Protection from HIV

Post-exposure prophylaxis or PEP (sometimes called PEPSE) is a combination of HIV drugs that can stop the virus taking hold. It can be used after the event if you've been at risk of HIV transmission.

To work, PEP must be taken within 72 hours (three days), and should be taken as soon as possible, ideally within 24 hours.

PEP is not a 'morning after pill' for HIV, and it's not guaranteed to work. It's meant as an emergency measure to be used as a last resort, such as if a condom fails during sex. Taking PEP will not protect you from other sexually transmitted infections or unplanned pregnancy.

Sourcing

PEP and PrEP is available on the NHS for free but is only given to people who meet guidelines about its use.

The best place to get PEP is a sexual health or HIV clinic. If you need PEP over the weekend or outside of office hours, when clinics will often be closed, the best place to go is an Accident and Emergency department.

PEP is not normally available from GPs.

One Scribe Round

Robin: Moving on from HIV, though we might still wish to talk about it, we will now consider the wider choices around contraception, contra-infection, and the dangers of STIs.

Before seeing the next two slides, how much do you feel you already know?

Forms of Contraception and STI Reduction

Brook offer a complete guide to forms of contraception, understanding STIs and more:

[Sexual Health help and advice](#)

We will now spend five minutes looking at these two websites so we can see what is on offer in terms of further information and support.

Your Sexual Health Matters offer a complete guide to forms of contraception, understanding STIs and more. They are the group recommended by our school nursing service:

[Home :: Your Sexual Health Matters](#)

We will now spend five minutes looking at these two websites so we can see what is on offer in terms of further information and support.

Based on our swift research, why might people feel there is a stigma around:

- Carrying contraception?
- Using pre-phylaxis?
- Checking for STIs?

Choices on Pregnancy

How can a person make up their mind whether they should become a parent?

- Get information about your options
- Talk to your partner , friends or family,
- Talk to your GP
- Talk to someone at the sexual health clinic about the options

What should they consider?

- Are they ready to be a parent how is their life now?
- What are your hopes for your future?
- Will having a child stop you from doing the things that are most important in their life?
- Does their partner want to become a parent?

Abortion: When would a person need to decide by?

- Do not delay deciding
- Legal abortions are safer and easier done in the early stages of pregnancy
- Are they emotionally ready to face an abortion?
- How does their partner feel about abortion as an option?

Abortion: How do the types of procedure differ?

Within 5 days = emergency contraception

Up to 9 weeks = early medical abortion which is two medicine that end the pregnancy.

Up to 15 weeks = vacuum or suction method used to remove the pregnancy

From 10 – 24 weeks = medical abortion again using two medicines used to end the pregnancy

15- 24 weeks = surgical dilation & evacuation = a major operation to remove the pregnancy

Choices on Pregnancy

- Abortion in the UK is very safe, safer than continuing a pregnancy and giving birth
- Abortion does not lead to infertility
- Abortion in the UK is very common - one in three women will have an abortion
- Abortion is legal in England, Scotland and Wales and Northern Ireland (from April 2020)
- Abortions are available free on the NHS.
- Other countries abortion laws vary but where abortion is illegal, abortions still happen at similar rates but are often unsafe.

Adoption

- Adoption process starts during pregnancy
- It isn't completed until the paperwork is signed when the child is six weeks old
- Usually, the child goes in to foster care for a short time
- The adoptive parents then look after the child and apply to the courts for an adoption order
- Once the order is granted, the adoption is final and the adoptive parents are then fully responsible for the child

Ways in Which Alcohol and Drugs may Increase Risk in Sexual Behaviours

Returning to Brooke, let's consider the dangers of alcohol and drug use in increasing risk during sexual behaviour.

<https://www.brook.org.uk/your-life/alcohol>

Now considering Your Sexual Health, how do the search results show these risks?

<https://www.yoursexualhealthmatters.org.uk/home/search?query=alcohol#search-status>

Staying with these two websites, how can we use these to seek the help of professionals?

How can these websites help us counter misinformation?

Connect: Look back at your four whiteboards. Which were the most important points? Who made them? Do they still hold these ideas? Have they changed? Write a summary in your books

Faith-Based Views on These Areas

Christianity

Many Christians believe:

- Relationships should be based on love, respect, honesty and commitment.
- Consent and treating others with dignity are important.
- Sex is often taught as something special within marriage, although beliefs vary between denominations and individuals.
- Caring for health and avoiding harm to others are important values.
- Some Christians avoid alcohol completely, while others believe moderate drinking is acceptable if it is responsible and safe.

Islam

Many Muslims believe:

- Respect, modesty and responsibility are central to relationships.
- Consent and kindness are important because every person deserves dignity.
- Sexual relationships are usually taught as appropriate within marriage.
- Protecting health and avoiding harm are important teachings.
- Alcohol is generally forbidden in Islam because it can affect judgement and behaviour.

Buddhism

Many Buddhists believe:

- People should avoid causing harm to others.
- Relationships should involve compassion, respect and responsibility.
- Good choices come from mindfulness and self-control.
- Intoxicants such as alcohol are often discouraged because they can cloud judgement.

Judaism

Many Jewish people believe:

- Relationships should involve mutual respect, care and responsibility.
- Consent and personal dignity are important.
- Family life and commitment are highly valued.
- Looking after physical and emotional wellbeing is important.
- Views on alcohol vary, though moderation and responsibility are emphasised.

UK STI Statistics (England) on STIs since 2023

Chlamydia

- The most commonly diagnosed STI in England.
- Around 168,889 diagnoses were reported in 2024.
- Diagnoses fell by around 13% compared with 2023, but rates are still highest in younger people.

Many people with chlamydia have no symptoms, which is why testing and accurate information matter.

Gonorrhoea

- Around 71,802 diagnoses in England in 2024.
- Cases decreased compared with 2023, especially in young people aged 15–24.
- Health agencies are concerned about antibiotic-resistant strains becoming harder to treat.

This helps explain why prevention, testing, and early treatment are important public health issues.

Syphilis

- England recorded around 13,030 total syphilis diagnoses in 2024.

This is the highest level in decades.

Citizenship Information on These Areas

HIV

- HIV is now treatable with modern medicine.
- Many people with HIV live long, healthy lives.
- Testing and treatment greatly reduce transmission risk.

HIV is not spread through:

- Hugging
- Sharing food
- Casual contact

Reducing stigma is important.

In the East Midlands in 2024:

- There were around 24,009 new recorded STI diagnoses.
- This equalled 481 diagnoses per 100,000 people.
- People aged 15–24 accounted for 49% of all new STI diagnoses in the East Midlands.

Further information

BISHUK.COM

Guide to sex, love
and you - for
everyone over 14



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UK's leading
HIV/AIDS Sexual
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Advice, Clinic
information



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young people



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wellbeing



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STIs, pregnancy
and pleasure
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knowledge

