



Year 8 PSHE – Relationships and Sex Education



Key Knowledge

Relationships

A relationship is what connects two or more people. Platonic relationships include friendships and siblings for example. Sexual and/or romantic relationships are between people who are attracted to each other. Heterosexual relationships are between two people of different genders. Homosexual relationships are between two people of the same gender.

Consent

Legal definition: A person consents if he/she agrees by choice, and has the freedom and capacity to make that choice.

Seeking someone’s consent by pressurising or manipulating them is wrong, and consent in its true sense cannot be obtained through pressure or manipulation, whatever someone actually says.

If situations do not feel right to someone, they always have the right to not give their consent, and this must be respected.

Contraception and Safe Sex

Condoms

- The most common form of contraception.
- Can be used by males and females.
- Used to prevent pregnancy and the spread of Sexually Transmitted Infections (STIs).



Contraceptive Pills

- Taken by females to prevent pregnancy.
- Taken once a day.
- It can also reduce the heaviness of periods.



Contraceptive Injection

- Given by a doctor or nurse,
- Administered once every 3 months.
- It releases a hormone into the bloodstream to stop an egg being matured in the ovary.
- It can also make it harder for sperm to enter the uterus.



Where to find further support

Relate Relationships Advice / www.relate.org.uk / 0300 100 1234

Warwickshire Sexual Health / <https://www.sexualhealthwarwickshire.nhs.uk/> / 0300 123 6644 (press 4)

The Proud Trust (Youth LGBTQ+ Support) / <https://www.theproudsttrust.org/young-people/> / 0161 660 3347



LGBT+ Terminology

Lesbian	Someone who identifies as a woman and is sexually and/or romantically attracted to other women.
Gay	Someone who is attracted to or wants to be with someone of the same gender. ‘Gay’ is usually used to refer to men.
Bisexual	Someone who feels attraction to more than one gender and at different points in their life may be in relationships with either.
Transgender	Someone who identified as one gender, but wishes to change to identify as another gender. This does not require surgery.
Transsexual	A term for someone who has undergone surgical procedures to change their biological sex.
Non-binary	Someone who does not identify with the gender binary (the idea that there is only male or female). They may feel like their gender does not align to either at all or they may feel like they are somewhere in between the two,
Pansexual	This is different to bisexuality which generally encompasses attraction to two genders. Pansexual people feel attraction to people of all gender identities.
Cisgender	Someone whose gender aligns with the one they were assigned at birth e.g. someone assigned female at birth who grows up to identify as female.
Asexual	Someone who doesn’t feel sexual attraction to others. This doesn’t necessarily mean they won’t want relationships, for example they may still have romantic attraction.