

Do Now

How and why do we correctly use condoms?

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Annie and Sascha have been dating for a year. They are a responsible couple and have taken things slow, but now they are getting closer, they are discussing contraception.

'I know about the pill, but I'm worried I'd just forget to take it.' Says Annie.

'We could use condoms,' said Sascha. 'I think they give them away for free in some places too.'

Discuss: What makes Annie and Sascha a responsible couple?



What is contraception? Explain in your own words using three examples of types of contraception.

Contraception is.....

Examples of this would be....

How and why do we correctly use condoms?


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Learning outcomes:

Explain why condoms are such a safe, popular and effective method of contraception.

Describe accurately how to put on and correctly use a condom.



Contraception: The intentional prevention of conception (pregnancy) through the use of various devices, sexual practices, chemicals, drugs, or surgical procedures.

Male Condom: A thin rubber sheath worn on a man's penis during sexual intercourse as a contraceptive or as a protection against infection..

Sascha is right, using a condom is a very good idea, especially if his partner is worried about forgetting to take the daily contraceptive pill.

He is also correct that you can get condoms for free – at many different places. In fact, there is a helpful NHS link here:

<https://www.nhs.uk/service-search/other-health-services/free-condoms>

where you can just type in your postcode and find out where your nearest free condom supplier is based.



Did you know?

There are many different types of condom available today – but the first rubber condom was produced in 1855. The earliest rubber condoms had a seam and were as thick as a bicycle inner tube.

What exactly are condoms anyway – and how do they work to protect us against both STIs and unintended pregnancies?

Let's watch the clip carefully and go through our answers together afterwards.

<https://www.youtube.com/watch?v=S86TH8CuFcw>



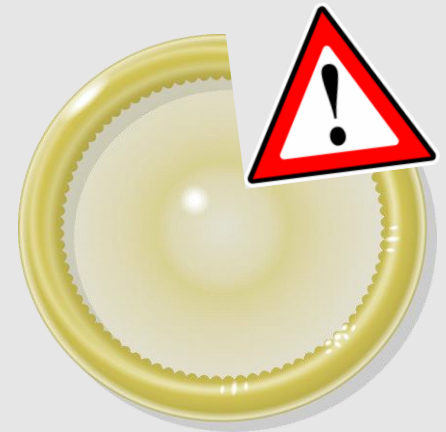
What are condoms made of and when do you put one on?

How do they protect you?

How can you be doubly protected?

What should you check for on condoms?

How much do they cost?



We will now go through the answers together – be sure to fill in any answers to questions that you missed.

What are condoms made of and when do you put one on?

Very thin latex, or rubber and before any sexual contact

How do they protect you?

They stop sperm and semen coming into contact with the vagina and stop any sexual fluids transferring to your partner, meaning they stop the transmission of STIs too.

How can you be doubly protected?

Girls could also take an additional method of contraception, e.g the pill

What should you check for on condoms?

The expiry date and EU Kite mark

How much do they cost?

You can get them for free from Brook services, gum clinics or your GP



Year 8 RSE Summer 1 – Knowledge Check

1. On a scale of 1 to 5, how confident do you feel that you can explain what STIs are and how they are transmitted?
2. On a scale of 1 to 5, how confident do you feel that you can describe what contraception is and give examples of different types?
3. On a scale of 1 to 5, how confident do you feel that you can explain why it is important to use protection when having sex?
4. On a scale of 1 to 5, how confident do you feel that you can describe how condoms work and how they prevent STIs and pregnancy?
5. On a scale of 1 to 5, how confident do you feel that you can outline where you can access free contraception like condoms?
6. On a scale of 1 to 5, how confident do you feel that you can explain how to use a condom correctly and safely?
7. On a scale of 1 to 5, how confident do you feel that you can identify symptoms that may suggest someone has an STI?
8. On a scale of 1 to 5, how confident do you feel that you can describe what happens at a sexual health clinic?
9. On a scale of 1 to 5, how confident do you feel that you can evaluate the importance of getting tested for STIs regularly?
10. On a scale of 1 to 5, how confident do you feel that you can explain why responsible communication and trust are important in relationships involving physical intimacy?

**Please
complete
this on
Satchel
this week**

How and why do we correctly use condoms ?



Useful helplines and charities:

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people

[NEW Young Persons Advice Guide - Let's Talk about It \(letstalkaboutit.nhs.uk\)](https://www.nhs.uk/young-people/relationships/letstalkaboutit) New young persons advice guide from the NHS

<https://www.brook.org.uk/topics/stis/> Further advice, real stories and local services finder



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>