

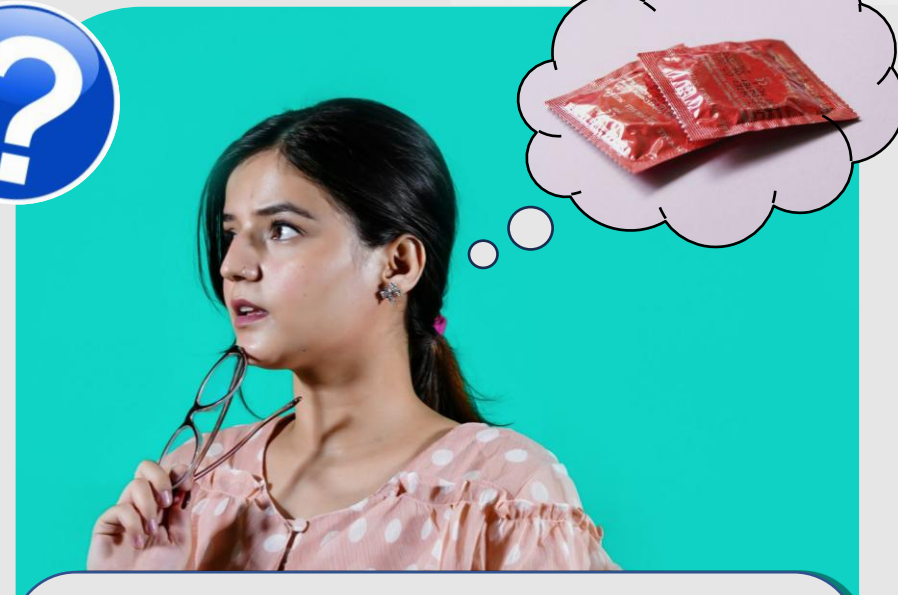
Do Now

Assessing our readiness for sexual activity



Hannah is 18 and she's sick of hearing her friends talk about sex all the time – she's also sick of them asking her if she's still a virgin. 'Maybe I'll just get sex over and done with, so they'll shut up about it.' She thinks. 'I know Gaz from Spanish club likes me. Not so sure I'm that bothered about him though...'

Discuss: Does it sound like a good idea for Hannah to sleep with Gaz? Why?



Why do some teens feel a pressure to engage in sexual activity before they may feel ready to?

I think some teens feel pressure because...

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Learning outcomes:

Describe the factors we need to consider to enjoy a healthy sex life when we are ready.

Explain how everyone becomes ready at different times.

Watch first:

<https://youtu.be/loSwmMd7p-Q>



Masturbation - stimulation of the genitals by oneself for sexual pleasure.

Orgasm -The peak of pleasurable sexual excitement, with a series of involuntary contractions of the muscles of the genitals, usually accompanied by the ejaculation of semen by the male.

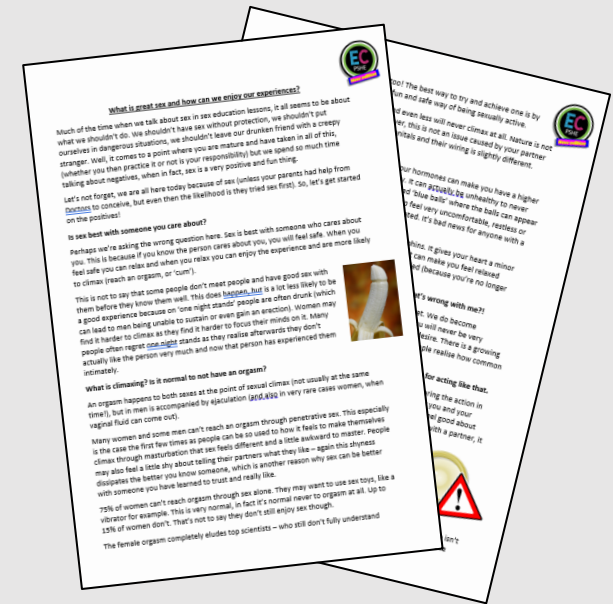
Assessing our readiness for sexual activity



Sex can be embarrassing to talk about – but it's so natural and really shouldn't be. Who's brave enough to do a little light reading aloud?

THORNDEN THREE READING!

This is important so please follow the text closely



What Is Great Sex and How Can We Enjoy Our Experiences?



In many sex education lessons, the focus is often on what we should not do: don't have unprotected sex, don't put yourself in unsafe situations, don't leave a friend in danger. These lessons are important, but they can sometimes make sex seem only negative. In reality, sex can be a positive, natural and enjoyable part of life. We are all here because of it, and it is healthy to understand it in a balanced way.

Sex and Trust

Sex is usually better when you feel safe, respected and cared for by your partner. Feeling safe allows you to relax, which makes the experience more enjoyable and often more likely to lead to climax, also called an orgasm. This does not mean that some people do not enjoy casual sex, but it is less likely to be a good experience. Alcohol or drugs can make it harder for people to perform or enjoy themselves, and one-night stands often leave people feeling regretful afterwards.

What Is Great Sex and How Can We Enjoy Our Experiences?



Understanding Orgasm

An orgasm is the point of sexual climax. For men it usually includes ejaculation. For many women and some men, reaching orgasm can be difficult, especially at first. This is because sex often feels different from masturbation, which is the way many people first learn what feels good for them. It is very common for women to need clitoral stimulation, such as using a vibrator, rather than penetrative sex alone. In fact, around 75% of women cannot reach orgasm through penetration alone, and up to 15% of women never experience an orgasm at all.

This does not mean that sex cannot still be enjoyable. Everyone's body is different, and scientists still do not fully understand the female orgasm. Often, communication, patience and trust with a partner help to make the experience better.

What Is Great Sex and How Can We Enjoy Our Experiences?



Masturbation is completely normal and healthy. Many people, especially teenagers, have a higher sex drive because of hormones and may masturbate frequently. Masturbation can help you learn about your body, can relieve sexual frustration, and releases feel-good chemicals called endorphins, which help relaxation, mood and even sleep.

It is unhealthy to avoid masturbation entirely if you have a sex drive. Men can experience discomfort sometimes called “blue balls,” and women may feel tense or irritable. Masturbation is a safe and private way to explore your own body and reduce stress.

Not Everyone Is Interested in Sex

Some people feel little or no sexual desire, and that is completely normal too. You may simply not be interested yet, or you may be asexual, which means you do not experience sexual attraction. Being asexual is natural and many people identify this way.

What Is Great Sex and How Can We Enjoy Our Experiences?



The Problem with Porn

Pornography is not an accurate picture of real sex. It is designed for entertainment, like a movie car chase compared to real driving. Real sex is about what feels right for you and your partner. The best sexual experiences are those that feel comfortable, respectful, safe and enjoyable. If you do not feel this way with a partner, it is usually not a good idea to have sex with them.

Regret and Safety

Sometimes people regret having sex, especially if it was with someone they did not trust or if they were under the influence of alcohol or drugs. The best sex happens when you are clear-headed, can give full consent, and can enjoy and remember the experience.

If you regret having sex because you did not use contraception, you can get emergency contraception (sometimes called the morning-after pill) from a pharmacy or GP within 72 hours, and in some cases up to five days after sex.

Let's remind ourselves of what we ALWAYS need to plan first when we're planning recreational sex – contraception!

Watch the clip below together as a class.

As you watch the clips, note down as many ideas as you can on both side of the columns. We'll go through the answers together afterwards. <https://www.youtube.com/watch?v=Zx8zbTMTncs>



What are the different contraceptive methods?	Briefly state how these prevent pregnancy

**Now as we go through the answers,
Ensure you complete any points which you
missed.**



What are the different contraceptive methods mentioned in the clip?	Briefly state how these prevent pregnancy:
Male and female condoms	These prevent sperm from coming into contact with vaginal space.
Diaphragm, cervical cap and sponge	They barricade the entrance to the uterus (called the barrier method).
Spermicides (foam, cream, jelly, suppositories or thin films)	These immobilise and destroy sperm.
The pill, patch, injection (shot), vaginal ring – there is also an implant too.	These suppress ovulation (the release of eggs, so there's nothing to be fertilised). Hormones can also make mucus which is too sticky for sperm to cross.
IUDs (intrauterine devices) such as the hormone-based coil or the copper coil.	Disable sperm and make egg implantation difficult.

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Useful helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teenagers struggling with any subject. 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.

[NEW Young Persons Advice Guide - Let's Talk about It \(letstalkaboutit.nhs.uk\)](#) New young persons RSE advice guide from the NHS





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>

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.

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

Eating Concerns

Beat Eating Disorders –

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

NHS Live Well – Eating Disorders –

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

Healthy Lifestyle

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

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