

Jigsaw!® Charter

Everyone has the
right to...

- ✦ Participate or
pass
- ✦ Listen and speak
- ✦ Privacy
- ✦ An opinion
- ✦ Learn

Everyone has the
responsibility to...

- ✦ Allow others to
participate or pass
- ✦ Listen and allow
others to speak
- ✦ Maintain privacy
- ✦ Respect difference
of opinion
- ✦ Allow others
to learn

PSHE Learning Intentions

I know that an intimate relationship can move through different stages and how behaviour may change according to the stage

I can give examples of how the media can sometimes portray unrealistic expectations of sex and relationships

I can tell you some of positive and negative connotations of sex and where these might come from

I can tell you about my own sexual relationships checklist and what I can do to protect my sexual and reproductive health now, and in the future

Social and Emotional Skills Learning Intentions

I can judge whether information I receive about intimate sexual relationships can be trusted

I know how to access confidential health and advice about sex and relationships

Scientists now believe they can identify six stages in an intimate romantic relationship.

These are:

- Lust or 'the crush'
- Romance (or the 'honeymoon period')
- Pair bonding/affection
- Forever more
- The threat or ordeal
- The real deal





Milly and Jacob have fancied each other for a year but they have never had the courage to ask each other out. It's the end of school and a friend has a party to celebrate. Both Milly and Jacob have had a few alcoholic drinks at the party.

But what happens next? You decide.

Some people think...

Some people think (perceive) ...	What might be biasing this thought?	What advice would you give if this was your best friend?
It's good to have sex with many different partners before you settle down in a relationship...		
Sex is better under the influence of drugs or alcohol...		
Finding 'the one' is difficult...		
It's OK to talk about or share information with your friendship group, about a sexual experience...		
Using a condom spoils the moment...		
If girls dress provocatively they deserve to be treated accordingly...		
Sex always feels good...		
If a woman carries condoms with her it means she's 'easy'...		
I've been with my partner for three months and we've been monogamous; we can have unprotected sex now...		
I can get away without protection... just this once...		
Love can happen at first sight...		

	Thoughts	Feelings	Behaviour
Lust/crush			
Romance			
Pair bonding			
Forever more			
The threat			
The real deal			

Some people think...

Some people think (perceive)...	Some advice – however, it is up to you
<p>It's OK to talk about or share information with your friendship group, about a sexual experience...</p>	<p>This is personal choice, but ultimately, this is a private matter between you and your partner. Would your partner be OK with this? Can you trust your friendship group not to spread your news? Some people confide in a best friend if they have worries about a relationship and this can be a good thing. But remember there are also websites and support agencies that give facts and specialist advice that a friend can't offer.</p>
<p>Using a condom spoils the moment...</p>	<p>This might briefly interrupt the intimacy, but it doesn't have to spoil the experience. Being safe for you and your partner is the important thing here.</p>
<p>If girls dress provocatively, they deserve to be treated accordingly...</p>	<p>Nobody deserves to be mistreated or disrespected for whatever they choose to wear.</p>

Are you ready for sex? Checklist

There are many websites which offer help, support and advice concerning sex and relationships.

Some of these sites suggest that making a checklist of things to discuss or agree with your partner can be helpful in deciding whether you are both ready to be sexually intimate.

A checklist could give boundaries and help you feel able to decide on what you both want from the relationship.

Remember, even if you are both ready for sex, it doesn't mean you have to have sex.



Are you ready for sex? Checklist: Your Top Ten

From a selection of checklist statements taken from a variety of sexual health websites for young people, decide on the top ten that your group feels are the most important or helpful to remember.



TOP
10

Peer-on-Peer abuse

Some of the situations in previous slides have examples of what is now called Peer-on-Peer abuse - Some examples include;

- abuse in intimate personal relationships between peers
- sexual violence such as rape and sexual assault; this may include online abuse which threatens and/or encourages sexual violence
- sexual harassment such as sexual comments, remarks, jokes and online sexual harassment
- causing someone to engage in sexual activity without consent
- sharing of nude and semi-nude images and/or videos
- upskirting which involves taking a picture under a person's clothing without their permission.

Be careful not to get yourself in a difficult situation.

Remember if someone is pressuring you to behave inappropriately you need to report it.



Finishing Facts

Intimate relationships are a big part of many people's lives. It is up to you if you want this sort of relationship. Intimate romantic relationships require commitment and effort to stay together over the years.

We need to make sure that we are happy and comfortable with our partners and avoid negative influences and yet take qualified advice when needed.

Remember your intimate relationships are private, so you and your partner need to decide equally on what you want the relationship to be like, and what is comfortable for you both.

Reflection

Discuss in pairs.

What is the most important message that you have got from the session today?

Is it possible to stay true to yourself and be in a healthy relationship?