



Sex Education Programme

2007—2008

Within the Social Education programme, pupils will be given some input concerning sexual health. In S1, 2 and 3 the materials used are from the health promotion department of the Greater Glasgow Health Board.

This resource is being used in a number of schools in Shetland. In S4 the materials are from Sexual Health and Relationship Education and Mrs McNicol, Principal Teacher of Pupil Support has undergone training in the delivery of this. There is also some input from Mona McAlpine, the Scalloway health visitor. In S1 she speaks to classes about puberty, in S2 she discusses contraception and in S3 she informs pupils about sexually transmitted infections.

The outline of the work covered is as follows:

S4

Week 1

- For students to have explored what the word 'sex' means to them
- Have considered safer alternatives to penetrative sex, including saying no
- To understand pressures and restraints on relationships and sexual behaviour
- Be aware that they can make choices about sexual activity.

Week 2

- Be able to recognise risk situations
- Have strategies to protect themselves from unwanted sexual advances and avoid being pressurised into sexual activity they don't want.

Week 3

- Have an understanding of other young people's experiences of first sexual intercourse, and some of the outcomes of first sexual intercourse
- Recognise circumstances in which first sexual intercourse may be positive
- For students to be familiar with the main sources of support and help in the locality.

Week 4

- Recognise the need to take responsibility for their own behaviour
- Understand the role of planning in keeping safe sexually
- Have strategies for dealing with potential risk situations.

Week 5

- Discuss in single gender groups and to ask questions of the opposite sex
- Understand some of the gender differences in perceptions of sexuality and sexual behaviour.

S1

Week 1

Talking About Sex

Familiarising pupils about the breadth of issues that impinge on sexual health and establishing ground rules for dealing with them in a non-threatening, well-planned context.

Week 2

Puberty and the Body

Exploring the body changes that happen at puberty and the inter-personal issues that go with them.

Week 3

Sexual Body Parts

Looking at the functioning of sexual parts in a functional and non-threatening way.

Week 4

Menstruation

Understanding the process of menstruation and its social implications.

Week 5

Young People's Opinion on Sex

Recapping on previous lessons in a way that addresses wider issues around puberty and body image.

S2

Week 1

- Know about the programme and its values base
- Understand the purpose of the group agreement and the limits of confidentiality
- Know who they can approach for individual help
- Understand what is meant by 'relationship' and why many young people want close relationships
- Understand what is good about relationships and what is sometimes difficult about them
- Recognise good communication skills for starting, maintaining and ending relationships.

Week 2

- Be familiar with sexual language and its significance
- Know what language is appropriate for discussing sexual issues in the classroom and with health professionals.
- Understand the anatomy of male and female sexual organs
- Experience a boost to self-esteem through exploration of positive body image and personality.

Week 3

- For students to understand the influences that mould perceptions of being male and female.

Week 4

- Be aware of vulnerability to becoming pregnant or getting a partner pregnant
- Know about contraception and contraceptive services
- Have considered the consequences of pregnancy.

Week 5

- Recognise the need to take responsibility for behaviour
- Accept the role of planning in keeping safe sexually
- Be able to identify risk factors in relationships.

S3

Week 1

- Have revised and refreshed their knowledge on the possible risks and consequences of pregnancy and STIs, and how they can protect themselves and a partner against pregnancy and STIs
- Have information to enable them to make good decisions about their sexual health
- Know where to go locally for help and advice.

Week 2

- Be aware that both sexuality and sexual behaviour is individual and varied
- Be aware of gender differences in preferences and dislikes
- Understand that sexual activity does not only mean penetrative vaginal sex.

Week 3

- For students to be aware of their own feelings about parenthood, the responsibilities of parenthood and their vulnerability to becoming a parent.

Week 4

- Have an understanding of good communication and negotiation in relationships, and why this is often difficult
- Be able to use the skills associated with good communication in (potential) sexual encounters and, in particular, the skills to say no.

Week 5

- Have practiced, and be able to use, the skills associated with good communication in (potential) sexual encounters and, in particular, the skills to say no
- Avoid being pressured into, or pressurising someone else into, sexual activity.

Week 6

- Be comfortable and familiar with condoms (and other safer sex materials)
- Know how to use condoms safely and effectively, and where they can obtain free supplies.
- Have practiced putting on a condom correctly, using a demonstrator.