

Sexuality aGender v2 – An Inclusive Sexual Health Toolkit RSE Curriculum Links



Session One – “Exploring a Range of Identities”

Respectful relationships, including friendships:

- How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).

Intimate and sexual relationships, including sexual health:

- How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

Session Two – “The Sexual Body”

Internet safety and harm:

- The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image).

Session Three – “What is Your Normal?”

(It would depend on where discussion leads if these points are met, opportunity for:)

Being safe:

- How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).

Intimate and sexual relationships, including sexual health:

- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
- That they have a choice to delay sex or to enjoy intimacy without sex.
- About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
- How the use of alcohol and drugs can lead to risky sexual behaviour.

Online and media:

- That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.

Session Four – “The Dice Game”

Intimate and sexual relationships, including sexual health:

- That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
- About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.



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