


KS3 Knowledge Organiser – Relationships and Sex Education									
Healthy Relationships					Consent				
Key words:					Key words:				
<div>1. <b>Platonic relationship</b> - A friendship or relationship where there is no romantic, intimate or sexual feelings. E.g. friends and colleagues.</div> <div>2. <b>Intimate relationship</b> – A relationship which can include a sexual attraction and sexual activity. E.g. boyfriend, girlfriend, married couples.</div> <div>3. <b>Familial relationship</b> - A relationships with someone who has a blood or legal tie to you. E.g. parents, siblings, cousins, grandparents, uncles, aunts, etc.</div> <div>4. <b>Toxic relationship</b> - A relationship that has a negative impact on your mental health and self-esteem.</div>					<div>1. <b>Sexual consent:</b> the giving of permission by a person to engage in any form of sexual activity including penetrative and oral sex.</div> <div>2. <b>Affirmative consent:</b> Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.</div> <div>3. <b>Coercion:</b> The action or practice of persuading someone to do something they wouldn’t normally do or something they don’t want to do by using force or threats.</div> <div>4. <b>Minor:</b> A person who is under the age of 18 and legally considered a child.</div>				
Good Relationship		Toxic Relationship			Consent is...			Consent cannot be given if...	
<div><div>• They make you feel good.</div><div>• They listen.</div><div>• They support you.</div><div>• They are trustworthy.</div><div>• They handle conflict respectfully and respect boundaries.</div><div>• Friends not followers.</div></div>		<div><div>• Might say “brutally honest” things to you which are hurtful.</div><div>• Put pressure on you to do things you don’t want to do.</div><div>• Be manipulative.</div><div>• Put your down.</div><div>• Laugh at you or encourage others to laugh at you.</div><div>• Talk about you behind your back.</div><div>• Deliberately exclude you.</div><div>• Take the ‘banter’ too far.</div><div>• Share things about you online.</div></div> <div></div>			<div><div>• <b>Freely given.</b> It’s not okay to pressure, trick, or threaten someone into saying yes.</div><div>• <b>Reversible.</b> It’s okay to say yes and then change your mind — at any time!</div><div>• <b>Informed.</b> You can only consent to something if you have all the facts.</div><div>• <b>Enthusiastic.</b> You should do stuff you WANT to do, not things people expect you to do. If someone doesn’t seem enthusiastic stop and check in.</div><div>• <b>Specific.</b> Saying yes to one thing (going to the bedroom to make out) doesn’t mean you’re saying yes to other things (having sex).</div></div>			<div><div>• <b>When a person is drunk or high,</b> to the point that they are unable to speak or look after themselves.</div><div>• <b>Asleep or Passed Out</b> – if they are not conscious, they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity –STOP!</div><div>• <b>They are Underage</b> – Legally a person under the age of 16 cannot give consent to any sexual activity.</div><div>• <b>Mental disability or learning difficulties</b> which mean they are unable to fully understand what they are consenting to.</div></div>	
Types of Abuse	<b>Physical Abuse:</b> Hitting slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drugs upon them.				Act	Definition		Legal Consequences	
	<b>Sexual Abuse:</b> Coercing or attempting to coerce any sexual contact or behaviour without consent. Sexual abuse includes, but is certainly not limited to rape, rape, non-consensual touching of sexual parts of the body, treating one in a sexually demeaning manner.				Rape	A rape is when a person uses their penis without consent to penetrate the vagina, mouth, or anus of another person.		Maximum of fifteen years in prison. Aggravated Rape is punished by a maximum of twenty years in prison. Both offences would result in placement on the sex offenders register.	
	<b>Emotional Abuse:</b> Undermining an individual’s sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one’s abilities, name-calling, or damaging one’s relationships with others (e.g. friends, family)				Sexual assault	When a person is coerced or forced to engage against their will, or when a person, touches another person sexually without their consent. Touching can be done with any part of the body or with an object.		Up to 10 years in prison and placement on the sex offenders register.	
	<b>Psychological Abuse:</b> Elements of psychological abuse include - but are not limited to - causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.				Sex between minors	When both parties involved the sexual activity are under 16 but have consented to the activity.		If two 13 – 15 year olds engage in consensual sexual activity and both know that the other is under 16, they could both be found guilty of an offence with a penalty of up to 5 year’s imprisonment. If one party is under 13 and the other under 18 it is statutory rape punishable by up to life imprisonment.	
	<b>Economic Abuse:</b> is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.								
Where to get more help and support:					<div><div>• Rape Crisis Helpline: 0808 802 9999 (12-2:30 and 7-9:30) <a href="http://www.rapecrisis.org.uk">www.rapecrisis.org.uk</a></div><div>• Survivors UK – Male Rape and Sexual Abuse Support <a href="http://www.survivorsuk.org">www.survivorsuk.org</a></div><div>• RASAC (Rape and Sexual Abuse Support Centre) National Helpline: 0808 802 9999 (12-2.30 &amp; 7-9.30) <a href="http://www.rasasc.org.uk">www.rasasc.org.uk</a></div></div>				
<div>Where to get more help and support:</div> <div><div>• Parents and trusted family School Staff and Wellbeing Team</div><div>• NSPCC - Helpline: 0808 800 5000 (24 hours, every day), <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></div><div>• Childline - Helpline: 0800 1111(24 hours, every day) <a href="http://www.childline.org.uk">www.childline.org.uk</a></div><div>• Women's Aid - Helpline: 0808 2000 247 24hr <a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a></div><div>• Men's Advice Line - Helpline: 0808 801 0327 Mon- Fri 9-5 <a href="http://www.mensadviceline.org.uk">www.mensadviceline.org.uk</a></div><div>• National Bullying - Helpline <a href="http://www.nationalbullyinghelpline.co.uk">www.nationalbullyinghelpline.co.uk</a></div></div>									

# KS3 Knowledge Organiser – Relationships and Sex Education

# Online Safety

# Contraception

## Strategies for staying safe online:

## Appropriate online behaviour:

1. **Don't post any personal information online** e.g. address, phone number, email address.
2. **Think carefully before you post** – once you post it you lose control of it.
3. **Keep your privacy settings as high as possible.**
4. **Never give out passwords.**
5. **Not everyone is who they say they are online.** Don't befriend people you don't know in real life. Don't meet up with people you've met online. Tell a parent/carer if someone you've met online is pressuring you to meet.
6. **Respect** other people's views, even if you don't agree with it. There is never a reason to be rude.
7. **If you see something that makes you uncomfortable or unsafe** tell a trusted adult immediately.

A person's digital footprint cannot be deleted and can be accessed at any time by others. To promote a positive digital footprint there are **5 simple rules**:

- 1. Would you want your grandmother to see it?** Is that photo/video/comment appropriate for the wider public audience? Would you want a future partner or employer to see it? Once something is online it stays forever.
- 2. Do you really think that is private?** Just because your privacy settings are high doesn't mean that someone else can't repost or screenshot what you have posted.
- 3. Would you say it to someone's face?** If you wouldn't say it to someone face, don't say it online. Portray yourself in a positive way as this may be seen by future friends, partners or employers.
- 4. Is this your work to publish/use?** Reposting or using someone else's work is fine if you credit the original owner creator. If you don't it is plagiarism.
- 5. Would you want someone to do it to you?** How would you feel if someone posted a picture of you or made a comments about you that you didn't like or want online?

## Taking, sending, and receiving sexual images...

- **It is a criminal offence to create or share explicit images of a child**, even if the person doing it is a child. The law applies to anyone under the age of 18.
- **‘Cyberflashing’ is where someone sends sexual image or pornography to an unsuspecting person**. It became a criminal offence in 2022. People convicted of ‘cyberflashing’ could face up to two years in prison.
- **Sextortion**: when a victim is blackmailed after sending explicit images of themselves. 2 in 3 sextortion victims are girls below the age of 16.

## Ways in which pornography can distort views of relationships and sex


















- Sex ends when a man ejaculates
- Women orgasm every time they have sex
- Everyone wants to have sex all the time
- Sex is an aggressive act of dominance
- People want to have sex with more than one person at a time.
- Sex is loud.
- External ejaculation is expected and common.
- Anal sex is common amongst heterosexual couples.
- Sex is good every time.
- Penises are large (over 6 inches)
- Women are expected to dress up and wear make up for sex.

## Where to get more help and support:

- Parents and trusted family member, school staff and wellbeing team
- Childline - Helpline: 0800 1111(24 hours) [www.childline.org.uk](http://www.childline.org.uk)
- CEOPS - [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

## Things to remember

- Contraception refers to the methods that are used to prevent pregnancy from occurring during sexual activity.
- Contraception is a personal choice.
- You may need to try more than one to find out what works best for you.
- You will need to consult your Doctor for most contraceptive methods.
- Contraception is the responsibility of both parties!

	METHOD	What is the risk for pregnancy?*	How do you use this method?	How often is this used?	What are menstrual side effects?	Other possible side effects?	Other things to consider?
MOST EFFECTIVE	FEMALE STERILIZATION 	.5 out of 100	Surgical procedure	Once	No menstrual side effects	Pain, bleeding, risk of infection	Permanent
	MALE STERILIZATION 	.15 out of 100					
	LNG IUD 	.2 out of 100	Placed inside uterus	Up to 8 years	Spotting, lighter or no periods	Some discomfort with placement	No estrogen May reduce cramps
	COPPER IUD 	.8 out of 100		Up to 10 years	May cause heavier, longer periods		No hormones May cause cramps
	IMPLANT 	.05 out of 100	Placed in upper arm	Up to 3 years	Spotting, lighter or no periods		No estrogen May reduce cramps
MODERATELY EFFECTIVE	INJECTABLES 	4 out of 100	Shot in arm, hip, or under the skin	Every 3 months	Spotting, lighter or no periods	May cause weight gain	No estrogen May reduce cramps
	PILL 	8 out of 100	Take by mouth	Every day at the same time	Can cause spotting for the first few months Periods may become lighter	Nausea, breast tenderness Risk for blood clots	May improve acne May reduce menstrual cramps
	PATCH 	9 out of 100	Put on skin	Weekly			Lowers ovarian and uterine cancer risk
	RING 	9 out of 100	Put in vagina	Monthly			
	DIAPHRAGM 	12 out of 100	Put in vagina with spermicide	Every time you have sex	No menstrual side effects	Allergic reaction, irritation	No hormones
LEAST EFFECTIVE	EXTERNAL CONDOM 	13 out of 100	Put over penis	Every time you have sex	No menstrual side effects	Allergic reaction, irritation	No hormones No prescription
	VAGINAL GEL 	14 out of 100	Put in vagina			Allergic reaction, irritation	No hormones
	WITHDRAWAL 	20 out of 100	Pull penis out of vagina before ejaculation			No side effects	No hormones Nothing to buy
	INTERNAL CONDOM 	21 out of 100	Put in vagina			Allergic reaction, irritation	No hormones No prescription
	SPONGE 	24 out of 100	Put in vagina				
	FERTILITY AWARENESS-BASED METHODS 	24 out of 100	Monitor fertility signs and abstain or use condoms on fertile days	Every day	No side effects	No hormones Increased awareness of fertility signs	
	SPERMICIDES 	28 out of 100	Put in vagina	Every time you have sex	Allergic reaction, irritation	No hormones No prescription	

## Where to get more help and support:

- Your Doctor, community nurse, or school nurse,
- NHS Online
- [www.helathforteensco.uk](http://www.helathforteensco.uk)
- [www.brook.co.uk](http://www.brook.co.uk)