



At Meadowhead, we make a difference



Sexual Orientation	is about who you're attracted to and who you feel drawn to romantically, emotionally, and sexually.
Gender Identity	an individual's personal sense of having a particular gender.
Asexual	Someone who does not experience sexual attraction.
Gay	Synonymous with same-sex attraction. Primarily defines men who are attracted to men, though many women who are attracted to the same sex also identify as gay
Lesbian	A woman who is emotionally or sexually attracted to other women.
Bisexual	An emotional and/or sexual orientation towards more than one gender. This attraction may also be towards non-binary people as well.
Heterosexual	A person attracted to people of the opposite sex.
Cisgender	A person whose sense of personal identity and gender corresponds with their birth sex.
Transgender	A person whose sense of personal identity and gender does not correspond with their birth sex.
Grooming	When someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit and abuse them.
Intimacy	A situation in which you have a close friendship or sexual relationship with someone.
Consent	Give permission for something to happen.
Celibacy	The practice of not having sex
Sharing sexual images	Sharing an image that is either sexual, nude, partially nude, or of toileting. These types of images show something that is inherently personal, private and intimate.
Protection	Using methods to prevent Sexually Transmitted Infections .
Contraception	Using methods to prevent pregnancy .
Online relationship	a relationship between people who have met online , and in many cases know each other only via the Internet

Impact of sharing sexual images

- Legal consequences: sending or sharing explicit images could be breaking the law. If you are under 18 and you send, upload or forward indecent images or videos on to your friends or partner, this would be breaking the law, even if they are photos of you.
- Another person could share the photo with other people, or post it online, which means anyone could see it, (e.g. family, friends, teachers, even future employers).
- In extreme cases, it could be used to blackmail the sender into sending more photos or videos.
- If the relationship ends, the images could be shared as a way to humiliate the former partner (image based abuse – previously called ‘revenge porn’).
- It could lead to a range of other consequences, including bullying or unwanted attention from others.

Consequences of asking for sexual images

- If someone pressurizes another person to send them sexually explicit or nude pictures, this is abusive and not normal or acceptable..
- If someone has any indecent images or videos of somebody who is under the age of 18 they would technically be in possession of an indecent image of a child, even if they are the same age. This is in an offence under the Protection of Children Act 1978 and the criminal Justice Act 1988.
- Pressurising someone for nudes can make them feel uncomfortable or manipulated and could lead to them losing confidence in relationships, or experiencing other relationship difficulties in the future.

What do people need to consider before they become intimate with someone else?

- **Consent** *A person consents if they agree by choice, and have the freedom and capacity to make that choice.*

The legal age of consent in the UK is 16 years old

Healthy relationship behaviours	Unhealthy relationship behaviours
Honesty	Intensity
Trust	Putdowns
Respect	Anger
Open communication	Disrespect
Effort and compromise	Obsessions
No imbalance of power	Isolation

Protection and Contraception

Condoms: These are made of very thin latex and are used to cover the penis during sexual intercourse. It stops pregnancy and some STIs by catching the sperm and preventing it from meeting the egg.

Contraceptive pill: This is a small tablet taken once a day to prevent pregnancy by stopping ovulation (an egg being released each month into the uterus). It can also reduce the heaviness of periods.

Contraceptive injection: This is given by a doctor or nurse once every 3 months. It releases a hormone into the bloodstream that stops an egg being matured within the ovary. It also makes it harder for sperm to enter the uterus and thins the uterus lining.

Female condoms: Female condoms (Femidom) are made from soft thin plastic called polyurethane. They are worn inside the vagina. A thin, rubbery band at the end is squeezed and inserted into the vagina to position it correctly. It prevents pregnancy by stopping the sperm from entering the uterus.

Qualities of parents?

- Honest
- Able to keep child safe
- A good role model
- Provide financially
- Have a sense of humour
- Give their child independence
- Show love to their child
- Able to discipline their child
- Good listener



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Sources of Support

Tutor or Head of Year

Childline -0800 1111 Online chat available at www.childline.org.uk

Relate Relationships Advice 0300 100 1234
Online chat available at www.relate.org.uk

24-hour National Domestic Violence Freephone Helpline 0808 2000 247

Freedom Charity: 0845 607 0133 www.freedomcharity.org.uk

Brook 0808 802 1234 www.askbrook.org.uk

Lesbian and Gay Switchboard: 0300 330 0630

Sexual Health Sheffield <https://www.sexualhealthsheffield.nhs.uk>

Sheffield Domestic Abuse Team <https://sheffiddact.org.uk/domestic-abuse/get-help/support-for-young-people>