

learning about sexual health in Somerset

"It is essential that all young people learn about services as part of sex and relationships education (SRE) in school". NCB SEF, 2009.

This package of teaching resources is for use in Somerset when teaching young people at Key Stages 3 & 4.

The aim of these resources is to 'localise' the teaching of sex and relationships education with a specific focus on enabling young people to make healthy choices in order to maintain good sexual health wherever they live in Somerset.

The resource is made up of five themes, and although these can be taught individually, they would, ideally, form the basis of a progressive scheme of work and be delivered over the course of several learning sessions. The content of each 'theme' is outlined on the next page.

This pen drive contains the resources required to deliver the suggested learning, and may be freely reproduced for use in Somerset. Resources include: PowerPoint presentations; media clips and links; websites and photocopiable worksheets, quizzes and handouts. In addition, the pen drive contains other key sex and relationship education documents and resources.

Please contact Teresa Day, SRE Advisor, for any additional support or information:

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Instructions for use

Click on the links below to open each of the five themes. Each theme contains further links and these will open the documents/resources required to deliver the content of that theme. An introductory page describes any preparation required (such as photocopying) and resources needed (for example, access to a projector). It is suggested that the themes are taught in the order in which they appear.

[Theme 1 - gaining confidence in seeking help](#)

Focuses on young people's entitlement to receive confidential advice and support around their sexual health.

[Theme 2 - finding out about services](#)

Promotes awareness of local and national sexual health services and develops understanding of what to expect when accessing Somerset services.

[Theme 3 - STIs and Chlamydia](#)

Discusses sexually transmitted infections, their transmission and treatment, and introduces the Somerset Young People's Chlamydia screening programme.

[Theme 4 - contraception, condoms and the c-card](#)

Concentrates on contraceptive choices, highlighting the importance of condom use in the prevention of unwanted pregnancy and transmission of STIs, and discussing how young people can access free condoms through Somerset's 'C-Card' scheme.

[Theme 5 - what to do if things don't go to plan](#)

Provides information about emergency contraception, pregnancy testing and how to access early support in Somerset if pregnancy, and particularly unplanned pregnancy, occurs.

The [SRE resources folder](#) contains support materials and additional resources.