

Year 9 Personal Development

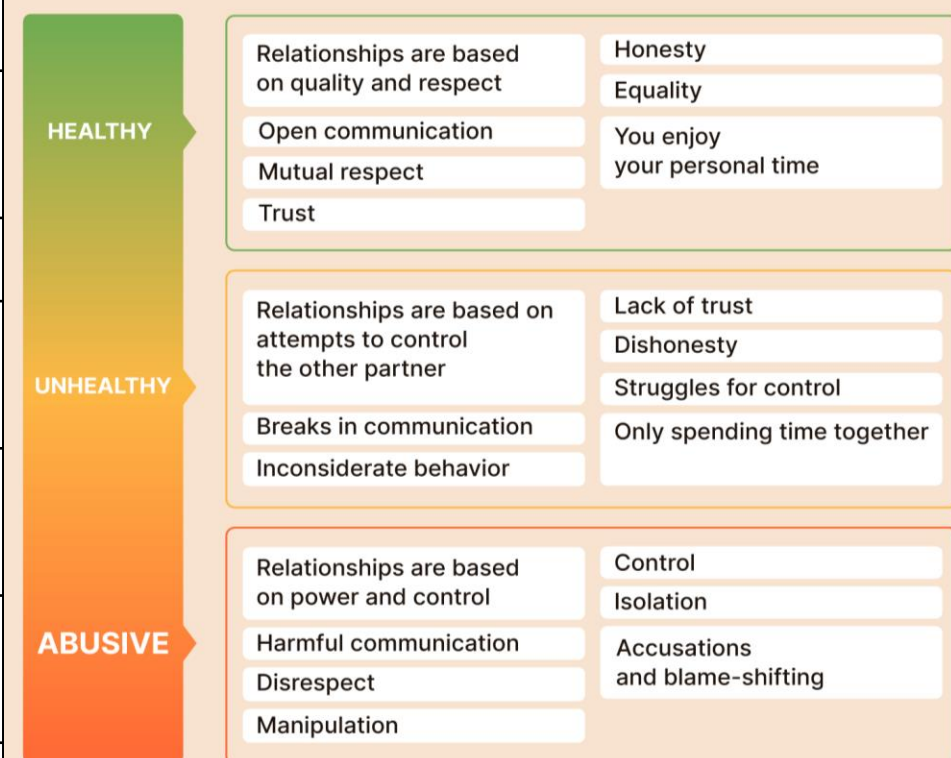
Unit 5: Relationships and Sex Education

What will I learn about?

This term, you will learn about Relationships and Sex Education. Understanding consent is vital as it means freely agreeing. STIs spread through sex, and contraception prevents pregnancy while birth control manages it. Social media connects people, but online abuse hurts others. It's important to navigate these topics thoughtfully.

Key Words	Meaning
Consent	Giving permission freely and willingly, like saying "yes" without feeling pressured.
STIs	Infections transmitted through sexual contact, like HIV or gonorrhoea.
Transmission	How infections pass from person to person.
Contraception	Methods to prevent pregnancy, such as pills or condoms.
Birth control	Techniques to manage pregnancy, like hormonal implants or IUDs.
Social media	Platforms for sharing information, connecting with friends, and expressing yourself online.
Online abuse	Hurting or bullying others over the internet through mean messages, threats, or harassment.

THE RELATIONSHIP SPECTRUM



S Stay Safe
Don't give out your personal information to people / places you don't know.

M Don't Meet Up
Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

A Accepting Files
Accepting emails, files, pictures or texts from people you don't know can cause problems.

R Reliable?
Check information before you believe it. Is the person or website telling the truth?

T Tell Someone
Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

