

What's drugs got to do with it?

An informative session full of discussion-based activities to promote critical thinking and resilient decision making around the use of substances. With content which will develop interest and understanding of how substances affect our bodies, behaviours and our sexual health. During the session pupils will explore how to build their confidence in dealing with peer influence and feel better equipped to recognise how drugs, alcohol and sexual health are critically linked.

Objectives

By the end of the session pupils will have:

- a more in depth awareness around the different drug families and their effects as well as being able to identify what sort of substance user they are
- developed awareness of the short and long term impact of drug and alcohol use
- explored how drugs and alcohol complicate consent, sexual health and relationships
- an understanding how being drunk or intoxicated impact sexual experiences
- gained an overview of how drugs and alcohol interact with different aspects of their health and wellbeing

Evaluation of the programme

Pre and post programme evaluations are currently used to evaluate whether the programme meets its objectives. Feedback from facilitators (e.g. school nurses, sexual health advisors) and from independent observers (e.g. teachers, members of youth organisations) is also sought and recorded to continuously improve both lesson content and delivery.



Relationship and sexual health intervention

INFORMATION SHEET
2020/21

Your Choice Your Voice

The **Your Choice Your Voice** (YCYV) programme is a specialised programme delivered by Bromley Healthcare's Sexual Health Team and Bromley Changes (Bromley's Young Peoples Alcohol and Substance Service). The programme is intended to support and complement PSHE delivery within your school.

Overall aim

The overall aim of the YCYV programme is to increase year 9/10 pupils' (13-15 year olds) knowledge and awareness of sex and relationship issues, to help them develop the skills necessary to assess risks and understand potential consequences, allowing an informed choice.

Sessions

The programme comprises four main sessions:

Bodies, sex and the law

Sexual health and contraception

Relationships and sexuality

What's drugs got to do with it

Each session lasts roughly 50 minutes to an hour and includes a combination of teaching and interactive activities to ensure optimal information flow and knowledge retention.

Each young person receives a Sexual Health Bromley card which includes website details with:

- a range of information and contact details of organisations and charities offering further information and support
- details of the nearest GUM and contraception clinics

Bodies, sex and the law

Aim

To gain an understanding of body image and how media can influence it. To explore sexual behaviour including issues of sexual harassment and raise awareness of the use of pornography and how the law regulates it.

Objectives

By the end of the session, pupils will have explored:

- the media portrayal of bodies and body shaming
- the impact pornography could have on their sexual development
- sexual organs
- the law — what is legal and illegal, what is sexual harassment
- what Child Sexual Exploitation is

This session is an excellent opportunity to explore the pros and cons of watching pornography and address age-appropriate behaviour both online and offline. It also looks at the pressures put on young people by the media

and the impact this can have, in addition to the laws that affect young people relating to sex.

Sexual health and contraception

Aim

To increase knowledge of sexual health in order to help young people make informed choices and decisions regarding their sexual behaviour.

Objectives

By the end of the session pupils should be able to name:

- at least 2 risks of having had unprotected sex
- at least 3 methods of contraception available
- at least 2 places to go for treatment or advice about sexual health

Many of the myths and rumours that young people still believe regarding their sexual health are explored and challenged. Pupils have the opportunity to learn how to use a condom correctly by seeing one put on a plastic demonstrator and are taught the importance of safe sex, in relation to both contraception and STIs. The session also explores the consequences of unplanned pregnancy.

Relationships and sexuality

Aim

To understand what makes a caring relationship and consider the consequences of decisions made within one, stressing the importance of consent. To explore gender and sexuality issues and recognise differences. To consider what pleasurable sex is and discuss sexual practices and first experiences.

Objectives

By the end of the session pupils should have:

- increased knowledge about sexuality & gender types
- awareness of behaviours in a healthy vs an unhealthy relationship
- knowledge around consent and coercion
- increased understanding of importance of sexual pleasure and how it relates to first sexual experiences

This session helps pupils explore and dispel myths and prejudices around gender and sexual orientation. Pupils will also think about what qualities they value most about their relationships and they are provided with relatable examples of caring and uncaring behaviour in a relationship. It also looks at the pressure young people may feel to have sex before they are ready and the potential consequences this may have.