

# Family – Step 3

## Information for teachers

### What we are going to learn today (learning outcomes)

The intention of the learning outcomes is to link to the content of the animation.

- What is sexuality.
- Who to talk to about sex.
- How to ask for help and advice on sex.
- What things might you need to know about before having sex.

Hopefully the animation will generate some questions from the students. Below are the suggested discussion points. These are not an exhaustive list and the students may want to talk about something else. Feel free to cover as many or as few points as time permits. The numbered questions below are accompanied by follow-ups, or prompts, in the event discussion is slow.

### Class or Small Group Discussion Points

- 1. Do you have any questions about the animation?**  
(NB if so, ask the class if they have any answers).
- 2. What does sexuality mean?**
  - a. This includes your sexual feelings, thoughts and attractions towards other people.
  - b. Some people may be attracted to people of the same sex or opposite sex. Some people are attracted to boys and girls.
  - c. It is normal to be unsure about your own sexuality. Take time to think and ask for support if you need it.
- 3. Who are the trusted people around you that you can talk to and ask for advice about sex?**
  - a. It is important you speak to an adult you trust.
  - b. Sometimes friends may not be the best people as they are going through the same things.
  - c. What trusted adults could you ask for support? e.g. parent, teacher, grandparent.
- 4. How will I ask for help and support about sex?**
  - a. Let the trusted adult know you want to speak to them about this - this lets them prepare any advice they might have.
  - b. Think of questions you may have - it may be helpful to write these down so you can remember what you need to know.
  - c. It is important to remember this is completely normal and every young person will have questions, there is no need to be embarrassed.

## 5. What is contraception and how can I access this?

- a. Contraception comes in many forms and is used to prevent pregnancy when having sex.
- b. You can access contraception advice and support from your GP or by speaking to a trusted adult.
- c. There are many different types, with specific types for boys and girls. Girls may be prescribed contraceptive tablets, injections or implants. Boys can use a condom which they can apply before having sex.

## 6. When will I know if I am ready to have sex?

- a. When you find someone you are attracted to and trust you may have thoughts about having sex.
- b. You should consider contraceptives if you know and trust this person. It is important you feel comfortable with this person and that you are sure you want to have sex.
- c. If you are still unsure, speak to a trusted adult for advice.

The children have a short workbook that they should complete (time permitting) in class or they can take home.

## Here are some other resources that might prove useful:

### Amaze

<https://amaze.org/us/?topic=pregnancy-and-reproduction>

### Down's Syndrome Association

<https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/relationships-and-sex-education/>

### Informing Choices NI

<https://informingchoicesni.org/leaflets>

### Just the Two of U

[https://justthetwoofus.org/?\\_ga=2.185697260.45255485.1676291197-2011108130.1676291197#toggle-id-15-closed](https://justthetwoofus.org/?_ga=2.185697260.45255485.1676291197-2011108130.1676291197#toggle-id-15-closed)

### Mencap

<https://www.mencap.org.uk/easyread/what-sexuality>