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# Relationships and Sex Education (RSE)

[Go](#) ▶

Spectrum's RSE sessions cover a variety of topics, providing you with information and opportunities to explore RSE in an age appropriate, relevant, and safe way.

Remind yourself of the safe space expectations

1

01

ONE

We will be kind - no put downs

02

TWO

We will use inclusive and positive language

03

THREE

We will listen carefully, challenging the statement not the person

Look at the 5 you selected. How will these support your learning today?

2

04

FOUR

We will not ask or have to answer personal questions

05

FIVE

We will not put anyone 'on the spot'

06

SIX

We will use correct terms for body parts and sexual activities

08

EIGHT

We will not talk about personal experiences

07

SEVEN

We will be sensitive to diversity, and not make careless remarks

CREATING A  
SUPPORTIVE & SAFE  
SPECTRUM RSE SPACE





**Relationships**

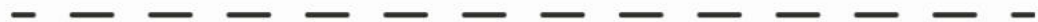
**and**

**Sexual Health**



**Lesson Topic**

**Contraception**



**Lesson Question**

What is contraception, how effective is it and where could someone get it?



1

Turn to Pg. 18

2

List 3 uses for contraception

Write down  
three uses for  
contraception

1

2

3





**1**

Turn to Pg. 18

**2**

List 3 uses for contraception

**Write down  
three uses for  
contraception**

**1**

Family Planning. This allows people to attain their desired number of children, if any, and to determine the spacing of their pregnancies

**2**

Manage problematic periods

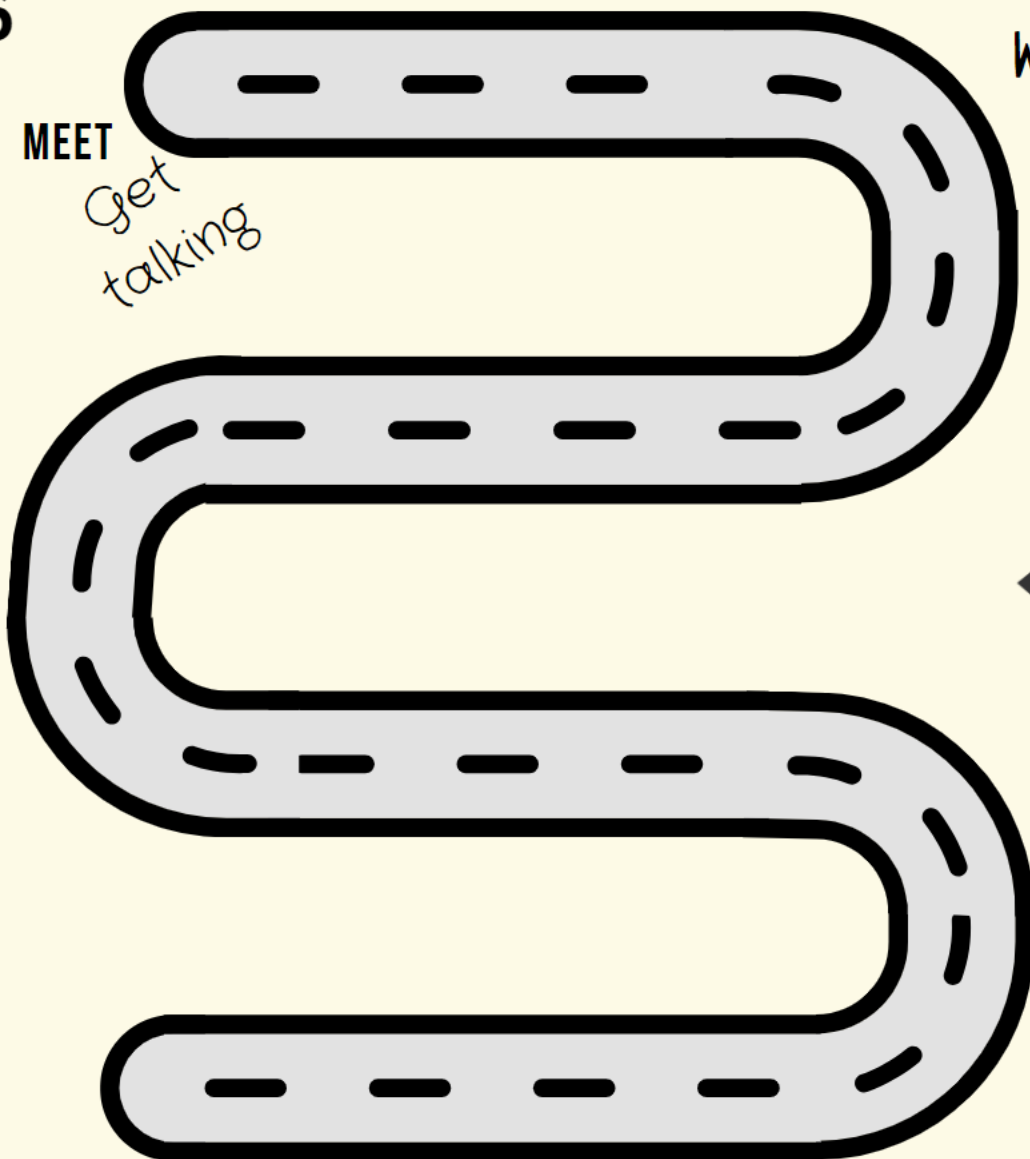
**3**

Prevention of pregnancy & STIs

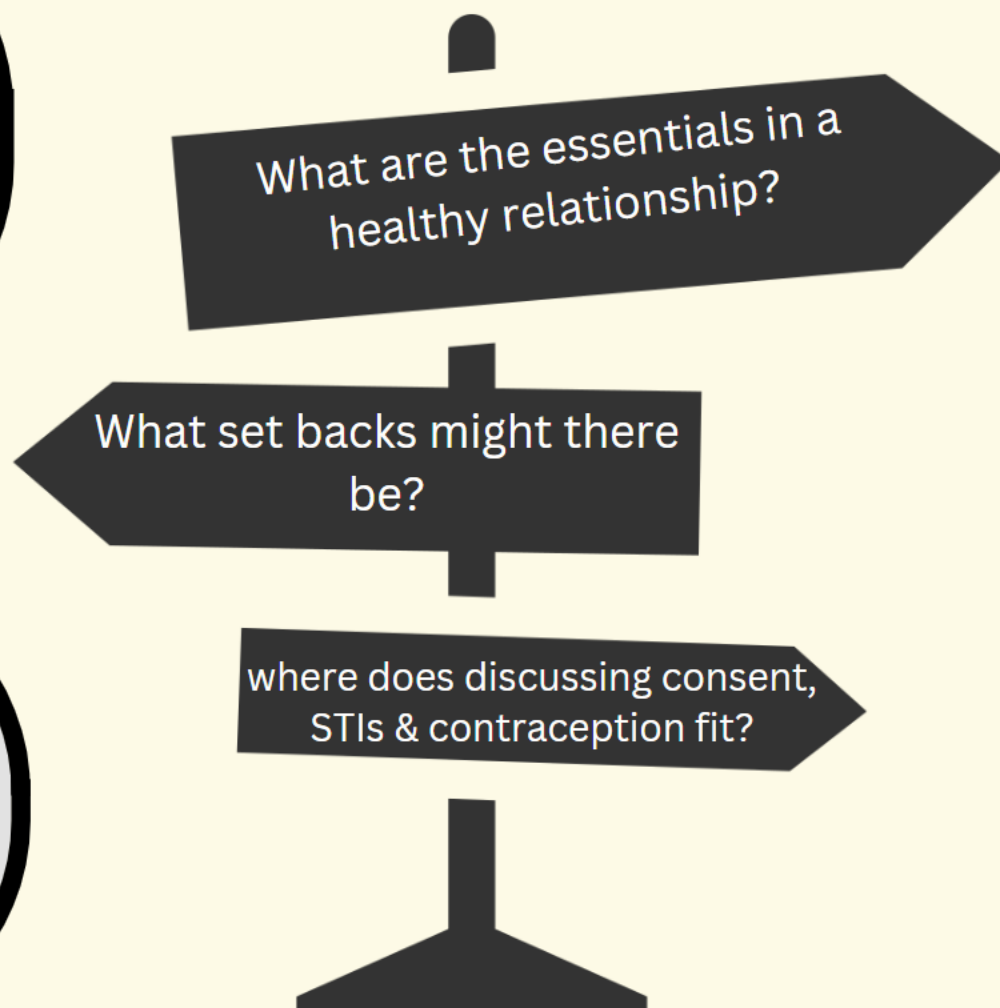
# Pg.15 & 16

MEET

*Get talking*



## WHAT ARE THE IDEAL STAGES OF A HEALTHY RELATIONSHIP?





1

Listen to the contraception presentation

2

Complete the worksheet on Pg. 19/20

# Contraception

- » Perfect use means how effective the contraception is, if it's used correctly and as instructed.
- » Typical use means how effective contraceptives are with the way they are generally used.

What side effects are linked to hormonal methods?

Blank text area for writing side effects.

What is LARC and which methods are examples of a LARC?

Blank text area for writing about LARC.

On the next page, write the name of the contraceptive and their pros and cons. E.g, External Condom, they protect you against pregnancy and STI's.



Perfect Use 98% Typical Use 82%

External\*Condom

Protects you from pregnancy and STI's



Perfect Use 99% Typical Use 99%



Perfect Use 96% Typical Use 79%



Perfect Use 99% Typical Use 94%



Perfect Use 99% Typical Use 91%



Perfect Use 92-96% Typical Use 71-88%

\*The withdrawal method is 78% effective



Our clinics

STIs

Contraception

HIV

Pregnancy

Risk and safety

RSE

Find out more

### Opening hours

Mon:	8.15am – 7.00pm
Tues:	12.00pm – 7.00pm
Wed:	8.15am – 7.00pm
Thu:	8.15am – 7.00pm
Fri:	8.15am – 4.00pm
Sat:	Closed
Sun:	Closed

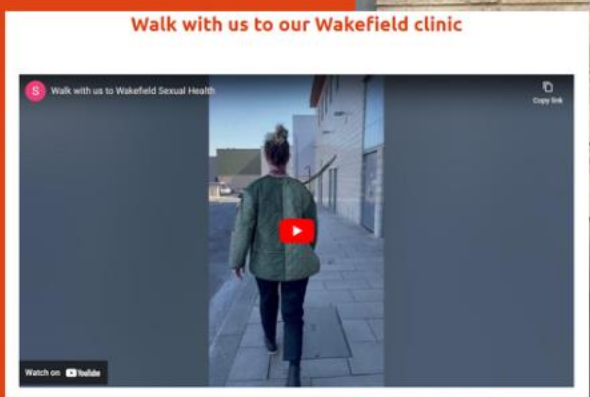
## Wakefield clinic

Spectrum Sexual Health, Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield, WF1 1QS

Phone: 0800 1214860

E-mail: Wakefield.SH@spectrum-cic.nhs.uk

View on map



Exit Website



## Wigan & Leigh Sexual Health Services

### Appointment times

Mon:	8.30am – 5.30pm
Tues:	8.30am – 5pm
Wed:	8.30am – 11.30am
	Young Person Walk-in: 3pm – 5pm
Thu:	8.30am – 3pm
Fri:	8.30am – 3pm
Sat:	Closed
Sun:	Closed



### Wigan Sexual Health Clinic

Spectrum Sexual Health, 66A Standishgate,  
Wigan, WN1 1UW

Phone: 01942 949167

[View on map](#)

### Leigh Sexual Health Clinic

Spectrum Sexual Health, Entrance C, Leigh  
Health Centre, The Avenue, Leigh, WN7 1HR

Phone: 01942 949167

[View on map](#)



### Opening hours

Mon:	Closed
Tues:	8.30am – 6.00pm
Wed:	Closed
Thu:	8.30am – 4.00pm
Fri:	Closed
Sat:	Closed
Sun:	Closed



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## Opening hours

Mon:	8.15am – 7.30pm
Tues:	8.15am – 7.30pm
Wed:	3.00pm – 8.00pm
Thu:	8.15am – 7.30pm
Fri:	8.15am – 4.00pm
Sat:	9.00am – 1.00pm
Sun:	Closed

## Young person walk-in clinic (Under 19s)

For all your sexual healthcare needs without an appointment. Availability is based on a first come first served basis until capacity is reached.

Wed: 3.00pm – 6.00pm

## Barnsley clinic

Spectrum Sexual Health, Unit 1, Gateway Plaza, Sackville Street, Barnsley, S70 2RD

Phone: 0800 055 6442

E-mail: [Barnsley@spectrum-cic.nhs.uk](mailto:Barnsley@spectrum-cic.nhs.uk)

[View on map](#)

[Book an appointment](#)



[Exit website](#)



What are some possible outcomes of sex?

Complete Pg. 17 as a final task. Consider positive and negative outcome of sex.

1

Ensure you can answer the lesson question before you leave.

2

# Knowledge Check

Where could someone get free confidential sexual health advice from?

# Finally

## Lesson Question

What is contraception, how effective is it and where could someone get it?

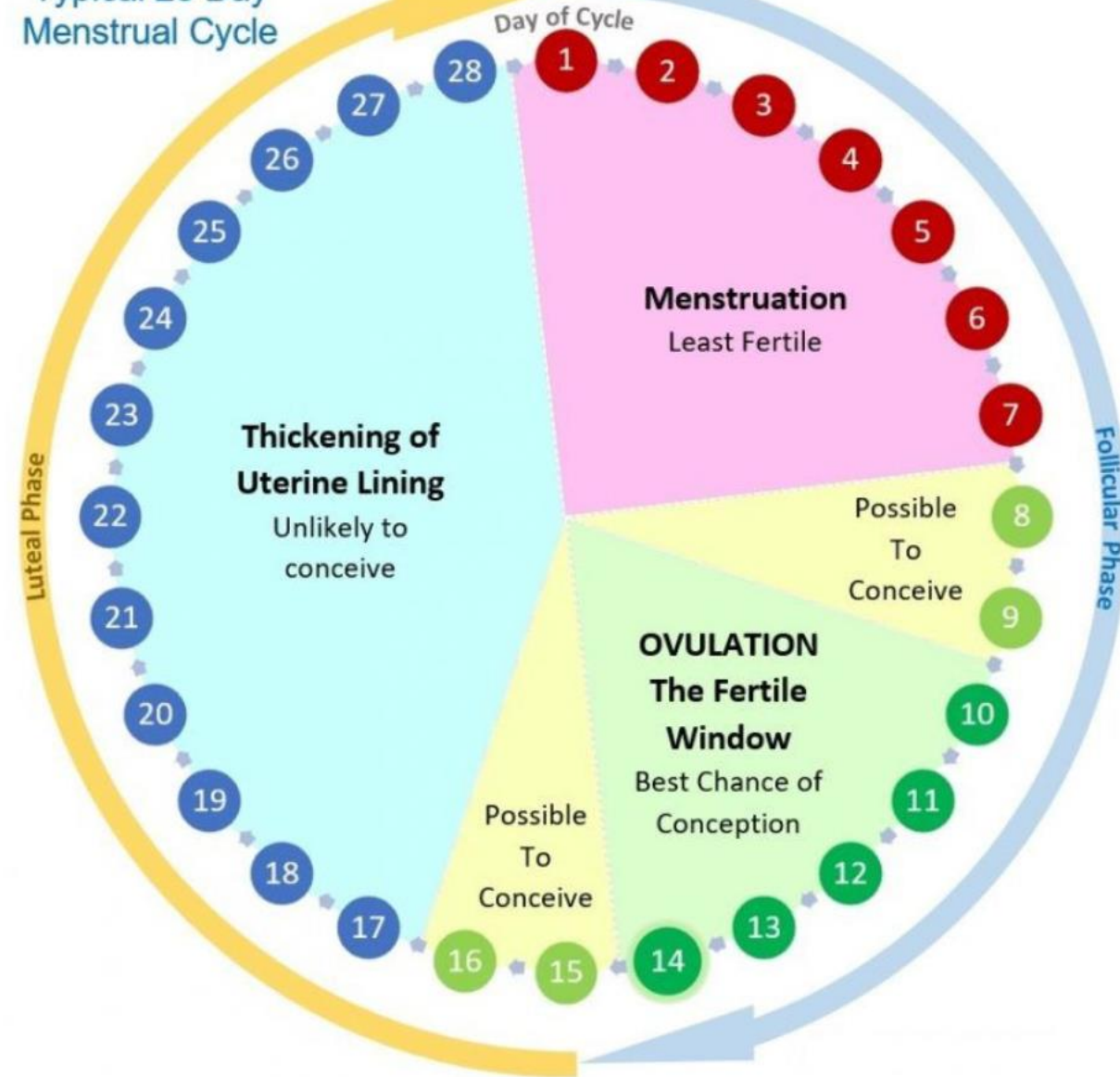
## Natural Method (NFP)

Choosing the right method of contraception depends on a couples' religious and personal beliefs. There are a variety of different methods of contraception available, such as: NFP.

The female has to work out the time in her menstrual cycle when ovulation is due. At about this time, the couple refrain from having vaginal intercourse.

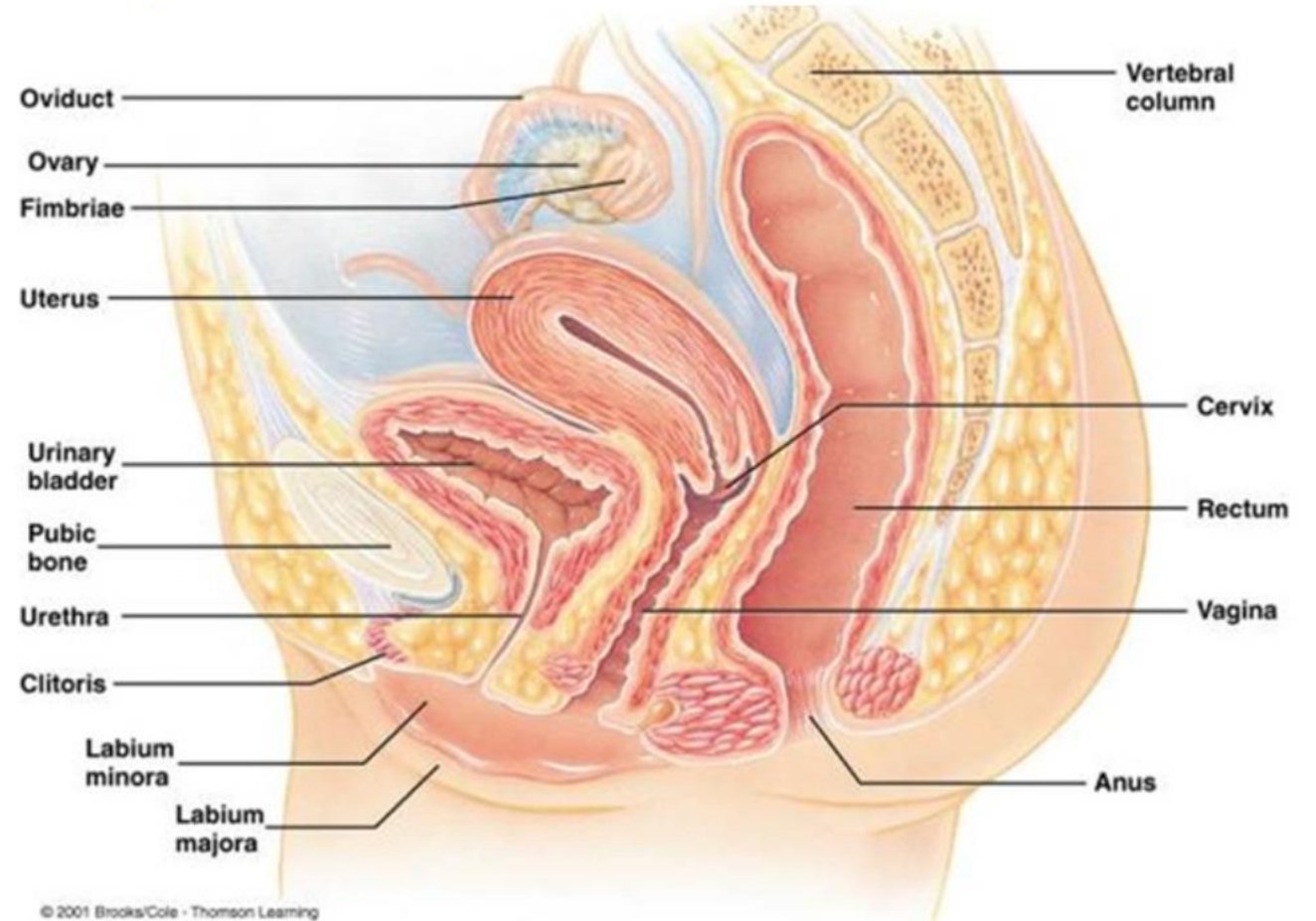
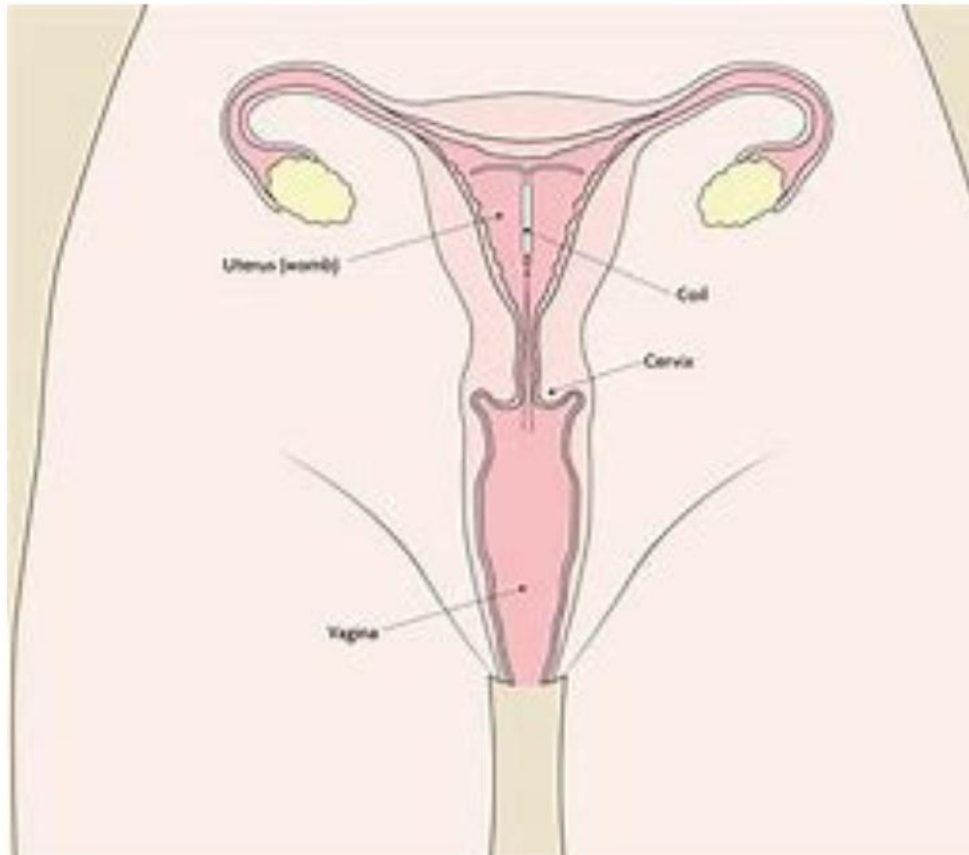
As ovulation is not always clear, any errors in the female's calculations can lead to pregnancy.

### Typical 28 Day Menstrual Cycle





# Coils (IUS/IUD)



# WELLBEING AND SUPPORT SERVICES WAKEFIELD

If you are in crisis and you or someone else is at risk of harm please call 999.

## SEXUAL HEALTH



Spectrum Community Health  
Trinity Walk, Unit LG1A, Trinity Walk  
Shopping Centre WFI IQS (back of ASDA  
living) [08001214860](tel:08001214860)

YOUNG PERSONS DROP IN TUESDAY 3-6

## LGBTQIA+



Stripes+ is a LGBTQ+ group for young people aged 13- 19 in Wakefield where you can access one to one support, or advice and guidance.

To join, please call: 01977 727018 and ask for a Stripes worker



Information for LGBT+ young people and families and including a chat function open 12pm - 6pm on Tuesdays, Wednesdays and Thursdays  
[www.theproudtrust.org](http://www.theproudtrust.org)

## MENTAL HEALTH AND WELLBEING



Childline is here to help anyone under 19 in the UK with any issue they're going through. Call free on 0800 1111

1-2-1 Counsellor Chat available via website [www.childline.org.uk](http://www.childline.org.uk)



Overnight support for young people from 8pm-8am

Call: 0800 1488 244 Text: 07984 392700



24/7 text support for young people. Text shout to: 85258



Calm Harm is a free app that helps people manage or resist self-harm



Compass offer support groups and one-to-one sessions in schools to help with mental health and wellbeing



Hub of Hope is an app database of mental health support, enter your postcode to be connected to local support services.





# WELLBEING AND SUPPORT SERVICES BARNLSLEY

If you are in crisis and you or someone else is at risk of harm please call 999.

## SEXUAL HEALTH

Spectrum Community Health

Gateway Plaza, Sackville St, Barnsley S70 2RD

08000556442



YOUNG PERSONS DROP IN WEDNESDAY 3-6

## LGBTQIA+



Information for LGBT+ young people and families and including a chat function open 12pm - 6pm on Tuesdays, Wednesdays and Thursdays

[www.theproudtrust.org](http://www.theproudtrust.org)

## MENTAL HEALTH AND WELLBEING



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A support HUB for young people's mental health and emotional wellbeing in Barnsley. 1 Blucher Street, Barnsley, S70 1AP (in YMCA building)



24/7 text support for young people. Text shout to: 85258



Calm Harm is a free app that helps people manage or resist self-harm



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