

SRE LESSON PLAN

Looking After Your Sexual Health

**Suggested
Year Group 11**

Unit Aims: To encourage students to take responsibility for looking after their own health, including their sexual health.

Lesson duration: 1 hour

Organisation: Mixed Sex

Resources required:

- ✓ *Alphabet Quiz*
- ✓ *Acrostic Poem*
- ✓ *Keeping Yourself Healthy PowerPoint*

Intended Learning Outcomes:

- Know how to protect themselves from unwanted sexual infections and pregnancy.
- Know why it is important to look after your sexual health.

Introduction:	Time	Grouping
<p>1. Establish/Recap Ground Rules</p> <p>In a circle, go through the ground rules that you have set for these lessons. Ensure you explain - don't ask personal questions, confidentiality and the right to pass.</p>	5 mins	Whole Group
<p>2. A-Z Sexual Health</p> <p>Use the <i>Alphabet Quiz</i> in groups to write as many words as they can about sex and sexual health, this can include information about contraception, STIs and HIV. In fact anything they have learned about with A-Z on flipchart e.g. Anal, Bisexual, Coil, Diaphragm, Egg, and Foetus.....</p> <p>It could be done competitively as a team with a time limit of 5 minutes. The winning team is the one who writes the most words.</p> <p>Or</p> <p>Brainstorm words which relate to the words sexual health</p> <p>Or</p> <p>Ask the students to make their own <i>Acrostic Poem</i>. Start each line with the letter from the word sexual health.</p>	15 mins	Whole Group
<p>3. Keeping Yourself Healthy PowerPoint</p> <p>Discuss why it is important to look after your health generally – slides 1-4</p> <p>'Keeping Yourself Healthy' quiz - slides 5-42</p> <p>Can be used to recap the main points the students should be aware of, around contraception STIs and general health issues.</p>	45 mins	Whole Group

<p>4. Review & Closing Activity (plenary): Reflect why it is important to look after yourself sexually. Answer any questions the students may have.</p>	<p>5 mins</p>	<p>Whole Group</p>
<p>5. Signposting Give students information on local sexual health services. {provide leaflets (Print outs)}</p>	<p>5 mins</p>	<p>Whole Group</p>