

Year 9 Drop down – Objectives of the day

Each session is 40 minutes long and every group will go round each workshop on a rotational basis

Mixing Fluids

Mrs Wallace and Miss Spekkens

This workshop is looking at the effects of safe sex and will be demonstrating to the students how easily sexually transmitted infections can be passed between people. With the clever use of iodine and dyes, Miss Spekkens and Mrs Wallace will demonstrate the impact of having no sex, having protected sex, and having unprotected sex has when making important decisions

Womens Aid: Expect Respect

Nikki Ottoway from Womens Aid and Mrs Goodger

We know the value of preventative work and the real importance that early conversations have on young people's lives. There is increasing evidence that young people, regardless of gender, are unsure about what is inappropriate behaviour that may be displayed in their relationships.

This workshop will be addressing what healthy relationships are and will give our young people the opportunity to discuss what a healthy relationship does, and does not look like.

Online Pornography and Consent

Miss Matthews and Mr Wardle

Pornography is defined as 'writing, pictures, films etc. designed to stimulate sexual excitement' (Collins English Dictionary)

Issues that affect the overall safety of young people are constantly changing. The availability of pornography online, the creation and sharing of inappropriate images, and the presentation of sexual images in social media are an ongoing concern.

Some of the reasons children and young people watch or search for porn online include:

- To learn about sex and sexual identity
- For sexual arousal and pleasure
- Curiosity
- For 'a laugh'
- To break the rules
- To be disgusted
- Peer or relationship pressure

So... It's time we talked about pornography; its available like never before – access is easy, anonymous and free; technology is part of life. With a click of a button, young people can access a vast array of pornographic imagery via the internet. Young people are being exposed to porn accidentally, as well as actively seeking it out. So it's not so much a question of if they will see it, it's when

Young people are at a formative stage in their development and they are forming their understandings and expectations about who they are and about relationships and sexuality. For many, porn has become a default sexuality educator.

The influence of pornography has serious implications for young people's capacity to develop a sexuality that is safe, respectful, mutual and consenting. This workshop will be looking to help young people navigate pornography's influence and equip them with the skills they will need for a sexuality that is respectful, mutual, consenting and safe.

Under no circumstances will examples of pornography, or anything of an explicit nature, be shown

Protective Behaviours

Mrs Curtis and Mrs Coley

Protective Behaviours refers to behaviours which enable children and young people to recognise situations in which their personal space and sense of safety may be compromised.

In this workshop, Mrs Curtis will be talking with the students about identifying early warning signs when they are feeling unsafe, sad, angry etc and then what action they can take from this

Sexual Health: School Nursing Team

Nikki London, Annette Howlin and Jo Wellington

The School Nursing Team will be talking to the students all about what Sexual Health Facilities that are available to young people in Buckingham and surrounding areas.

They will be covering:

- The 'C- Card' service: (condoms). The Team will be explaining to students what the 'C-Card' service is, who it is for and how to access it.
- They will demonstrate how to put condoms on and students will be able to practice how to apply a condom.
- They will explain what is Emergency contraception and how to access it

Drugs

Carl Moreton and Mr Mandell

This workshop will look at students perceptions surrounding drug and alcohol mis-use and help young people understand how it impacts on themselves, their mental well-being and the world around them.

Carl will also discuss the legal aspects of drugs.

Carl's workshop will support and strengthen our young people's mindsets surrounding drug and alcohol mis-use and help them to deal with the pressures of everyday life.

Here at Last

The final part of the day we are welcoming the band 'Here at Last'! They will be playing their set from 2pm – 3pm in the Jubilee and we cant wait for this!

'Here At Last' are a band from all over the UK. Formed in 2019, Here at Last sold out their first headline UK tour and supported The Vamps on their UK tour dates. They are also the biggest UK boyband on TikTok with over 1 million followers. Having all had their own issues with cyber bullying and mental health, the boys are in the perfect position to deliver such a positive message to pupils and are excited to be given the opportunity to educate and inspire.

Here are some useful websites for further information and support regarding all the subjects we are covering:



A sexual health and well-being charity for under 25s which offers information, support and guidance for young people on anything from sex and relationships to gender and sexuality www.brook.org.uk.



A sexual health charity who give straight forward information and support on sexual health, sex and relationships to everyone in the UK www.fpa.org.uk.



A youth charity focused on mental health and well-being which offers information, advice and guidance for young people on anything which may impact on your wellbeing www.youngminds.org.uk.



An LGBT charity who offer support to anyone on issues like gender, equality and sexuality www.stonewall.org.uk.



The website offers advice articles and signposts clear ways young people can access help and support across 7 key categories:

1. Relationships
2. Socialising online
3. Nudes
4. Sex and sexual content online
5. Sexual abuse
6. Support
7. Online safety

www.thinkuknow.co.uk/11_18/