

## Year 8: PSHRE Checklist

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- 1. Sex Education** *Why Year 8?* **Puberty** - time of change – **boys typically start puberty in Yr 8.**
  - **NB Biological purpose of sexual intercourse = reproduction.**
  - **Why do people have sex? Many reasons** - reproduction, but also pleasure, love etc.
  - **Love & Sex** – not necessarily the same; “love” – different meanings depending on context.
  - **Faith perspectives on sex? Other perspectives** – Eg. purely ethical? **THINK ABOUT THIS.**
- 2. Sexual anatomy** – **Puberty: transition from child to adult** → **hormones trigger development of “secondary sexual characteristics” & ability to reproduce.** Height increases, **pubic hair & genitals** grow, boys’ voices “break” & muscle mass increases. Girls start to **menstruate (menstruation/ menstrual cycle)**, breasts grow, voices mellow, muscle mass & body fat increase. **Most girls start puberty at least a year earlier than boys** → **aged 10-12 girls are often stronger than boys.** <https://www.healthforteens.co.uk>
  - **What is “Normal”?** – if everything works & feels okay then it’s almost certainly “normal”.
  - **“Growth spurts”** often → physical clumsiness & “growing pains”. “Raging hormones” may cause mood swings & skin problems - normal. **[Severe acne → seek medical help.]**
  - **Awkward feelings** – confusing thoughts, impulses, erotic dreams (for boys – “nocturnal emissions”, a.k.a. “wet dreams”) - normal.
  - **Feeling “odd” / anxious/ questioning “identity”**: **mostly transitory** - usually of *no great long-term significance.* **Perfectly normal to experience such feelings.**
  - Girls’ breasts & **vulvas**; boys’ penises; texture & colour of pubic hair – **all vary considerably** from person to person - normal.
  - Fleshy & “neat” **vulvas**; long, short, or no **foreskins** - normal. One **testicle** usually hangs lower than the other. **Female breasts are never perfectly symmetrical, & nipples vary** in appearance. **Bodily hair, marks** (moles, birthmarks etc) - normal.
  - **Flaccid penis size varies** - 90%+ of *erect* adult penises are within the 5-6” range.
  - **Typical length of vaginal passage** – 3”, rarely longer. **Clitoris** – usually not visible (clitoral hood), but when erect, *external clitoris* may look like a little penis. Normal.
  - **Biology textbooks present representative averages** - **do not reflect the huge range of variations between real people.**
  - **Models** and **porn actors** are **atypical** (physically & psychologically) - **appearances are “enhanced”** (extreme diets, “body sculpting”, make-up/ “personal grooming”, “digital retouching”, lighting etc). **Fashion, Porn – not “real”/ “normal” - fantasy** → **“selling” stuff, or an idea (often very warped) of sex.** (\*\*NB PORN – NOT A GOOD SOURCE OF SEX ED)
  - **“Social Media”** – people constantly “finessing” their “image” are behaving oddly. **There is no “perfect appearance”.** **“Sexting” – possibly illegal (certainly for children) - definitely dodgy.**
  - **Humans are individually unique:** either made by God, or the product of exquisitely complex biological processes, or both. **(\*\*NB YOU ARE NORMAL!)**
- 3. Sex – right time? Age of sexual consent in the UK - 16** - may differ elsewhere (Eg. 18 in most of USA). (\*\*NB JUST BECAUSE YOU’RE OLD ENOUGH DOES NOT MEAN YOU HAVE TO!)
  - **For anyone, the “right time” to have sex is when it’s legal, & right for them as determined by their personal beliefs, values, and circumstances.**
  - **UK average age for 1st experience of sexual intercourse is nearly 20.** Some will be far younger, but many will be much older. (Statistical “Bell Curve” distribution)
  - **There is nothing wrong or weird in believing sex should only occur in marriage – perfectly normal view held by many, for religious or other reasons.**
  - **What is right for an individual should be respected. No-one else’s business.**

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- It's normal for young people to talk with each other about sex, but if someone with no legitimate interest in you starts asking personal questions about such matters, that **is not normal – creepy -> disengage – tell someone.** (\*\*NB TAKE CARE ON-LINE/ SOCIAL MEDIA!)
- All sex **must be consensual** – penetrative sex without consent is **rape** (Sexual Offences Act)
- **“No” means NO – no ifs/ buts – people may change their minds**, even when they've already been sexually intimate - **must be respected.** (\*\* NB RESPECT! CONSENT!)
- **ACK ACK: Ask – Consent – Know the Law- Assume nothing – Consideration – Kindness.**
- 4. **Sexuality and related matters:**
  - **Most** are **heterosexual** (“straight”); **some** (2-10%+ - *opinions vary*) are **homosexual** (“gay”).
  - **A few** are **bisexual**; others may self-describe as **“non-binary”, “pan-sexual”,** or other ways. **A tiny minority** is **transgender** (or **“trans-sexual”** - not the same as **transvestite**) - **gender dysphoric**-> may “transition” – hormones, major surgery etc (“gender correction”).
  - **Most** are **“straight” or “gay”**. A few are **asexual (“Ace”)** - uninterested in sex. **Human sexuality, gender identity can be complex.** Need for awareness & sensitivity. (*Equality Act*)
  - **Sexual preferences & practices vary** – never assume all are the same. **Masturbation:** some disapprove - religious reasons. Others think that (in private) it's a safe way to explore sexuality - may be beneficial (stress buster; prostate health etc). [BTW, girls do it too.]
- 5. **Sex – what happens?** People *may have sex in many ways*. Most, however, have sex in private, comfortable places, usually in bed. Typically, they'll undress – for most, skin contact is important to sexual intimacy. **CONSENT – VITAL @ EVERY STAGE of sexual intimacy.**
  - **Foreplay** – intimate physical contact -> high sexual arousal (**erection** of penis, nipples, clitoris; **labial lips & vulva** swell, as do lips; facial flushing; heart rate, blood pressure, breathing increase; lubrication of vagina, penis by sexual secretions).
  - Foreplay may be brief, *but couples often extend it because it is pleasurable* - kissing, mutual massage & other forms of erotic stimulation. **May -> sexual intercourse, but not always.**
  - **NB 60%+ of women report they never orgasm during intercourse** – foreplay matters – *for many women, it's the main source of sexual pleasure.* For most men, the culmination is penetrative **intercourse** -> **orgasm & ejaculation.** (NB male “refractory” period after ejaculation.)
  - **Semen** (containing **sperm cells**) enters vagina/ uterus – woman's body warmth -> semen becomes less viscous -> spreads sperm widely -> ovum *may* be fertilised & implant in wall of uterus -> cell div -> embryo forms – pregnancy – 9-month gestation -> baby born. **NB Spontaneous abortion – “miscarriage” – more common than realised – sensitivity!**
  - **NB If a healthy young heterosexual couple has sexual intercourse without contraception, it is possible that pregnancy will occur** (roughly 3-5% chance each time they have sex) - **could happen 1st time they have intercourse.**
  - **NB Casual or multiple sexual encounters are high risk for catching & spreading STIs\*, esp if condoms are not used – “unprotected sex”. Only takes 1 contact** – bacteria/ viruses don't care.
- 6. **Contraceptive methods widely used:** **“Barrier”** (condom, femdom, cap) – often combined with spermicidal gels. **“Hormonal”** (pill, implants); **Other** (IUD – “coil”, surgical, NFP). **NB No contraception is 100% reliable.** Used correctly, pill is 99% reliable; condom 95%+. But...
- 7. **\*Sexually Transmitted Infections/ Diseases:** diseases caught & spread by sexual contact. Theoretically, such diseases *may* be caught without sex - *reality, the physical intimacy required only usually occurs during sex.* (**MORE ON 3, 4, 6 & 7 IN YRS 10-11**) (CRH, 2022.)