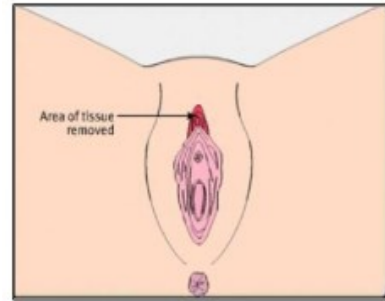




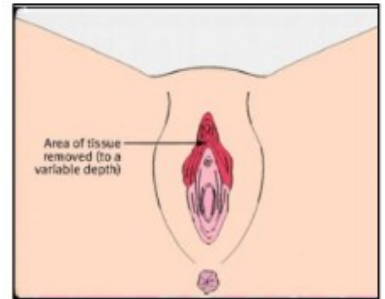
Sex and Relationships

RSE—Respectful Relationships

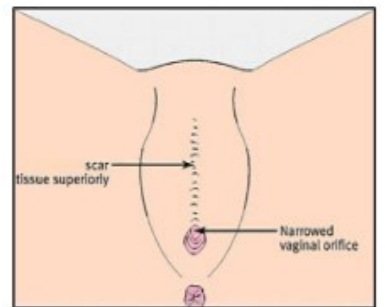
Types of FGM



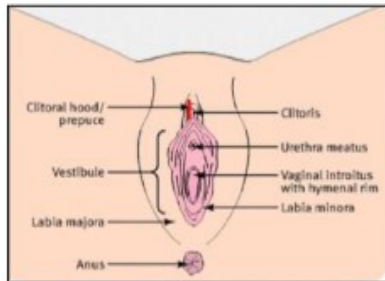
Type 1 – Clitoridectomy: partial or total removal of the clitoris and, in very rare cases, only the prepuce (the fold of skin surrounding the clitoris).



Type 2 – Excision: partial or total removal of the clitoris and the labia minora, with or without excision of the labia majora (the labia are the 'lips' that surround the vagina).



Type 3 – Infibulation: narrowing of the vaginal opening through the creation of a covering seal. The seal is formed by cutting and repositioning the inner, or outer, labia, with or without removal of the clitoris. Sometimes referred to as **Pharaonic circumcision**.



Type 4 – Other: all other harmful procedures to the female genitalia for non-medical purposes, e.g. pricking, piercing, incising, scraping and cauterising the genital area.

Types of Abuse

Physical Abuse:

Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.

Sexual Abuse:

Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

Emotional Abuse:

Undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

Economic Abuse:

Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

Psychological Abuse:

Elements of psychological abuse include - but are not limited to - causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

Options for Unplanned Pregnancy

Keep the baby
When deciding if to keep the baby the people involved need to consider not just the financial implications such as the cost of raising a child but also the impact on income if one parent has to stay home to care for the child. They also need to consider the support that they have around them in terms of friends and family.

Adoption
Adoption is the least common choice for unplanned pregnancy in the UK. It means that the birth parents give up all legal rights to the child and allow other people to raise their child. Adoption are arranged through social services and adoption agencies but they are made legal by court order. Once an adoption order is made legal it cannot be undone and the level of contact between birth parents and adoptive parents are settled by those involved. An adoption order cannot be issued until the baby is at least 6 weeks old. No one can force you to put a baby up for adoption even if you are under 18, and the father's permission is only needed if he is named on the birth certificate. Again information on the father cannot be forced. However a court can decide the adoption can go ahead without your consent if it thinks the child would be put at risk if they were not or if it is determined that you're incapable of giving consent, for example due to a mental disability.

Abortion
Abortions are quite common and about 1/3 of women will have had an abortion by the time they are 45. If you live in **England, Wales or Scotland**, two doctors need to agree that continuing the pregnancy will cause you significant physical or mental distress. Once they have agreed, you have until 24 weeks into the pregnancy to have an abortion. A GP will not perform the abortion but will refer you to a specialist service like the Marie Stopes Clinic. You do not need the permission of the father in order to have an abortion nor do you need the permission of your parents if you are under 16 and are considered mature enough to make medical decisions. A woman can change her mind at any point in the process. If your GP does not agree with abortion and refuses to refer you for the procedure, you have the right to go to another Doctor for the referral. There are two ways of ending an unwanted pregnancy; a medical abortion or a surgical abortion. Which you have depends on many factors, including how far along in the pregnancy you are.

- **Up to 10 weeks: Early medical abortion** – sometimes known as 'the abortion pill' - Early medical abortion can involve two visits to a clinic and is performed in the first ten weeks of pregnancy. This method involves taking two medicines which end a pregnancy. It's not the same as emergency contraception.
- **Up to 15 weeks: Vacuum aspiration** – sometimes known as 'the suction method' - For this procedure either a general (asleep) or local (awake) anaesthetic would be given. The procedure only takes about 5-10 minutes and there is no wound or stitches. The cervix is gently stretched to allow a thin tube to pass through it into the womb. Once the tube is inserted the pregnancy is removed by suction. Most people only take an hour or so to recover and go home the same day.
- **Abortions after 15 weeks** Abortion after 15 weeks is less common and most abortions happen in the first 13 weeks of pregnancy.

Pregnancy and foetal development by month.

1	The embryo is only two layers of cells, making it microscopic. But by the end of the month, a little poppy seed will grow to be about the size of an apple seed.
2	While still small, the foetus is growing at a rapid pace; about a millimetre every day and doubling in size weekly.
3	The mother may not yet be showing, but her breasts have likely increased in size and her clothes are feeling a bit tight. By the end of the month, the foetus will be the size of a lime or a baseball and be about as long as a pea pod (7.4 cm).
4	The foetus now about as big as an avocado—or the size of your entire hand—and weighs around 100 grams. Mothers will probably also be starting to show.
5	Now, foetus is between 25 and 30 centimetres in length—so about the size of a banana.
6	Mothers are now probably starting to feel a little bit heavy. At this stage the foetus is starting to put on fat, making him/her about the size of a mango.
7	The foetus is now able open and close their eyes. At 40 centimetres in length and about 1 kg, they are the size of an aubergine.
8	Baby is getting ready to greet the world! At 2.2 kilograms, they have developed lungs and are the size of a pineapple.
9	At this point, the average size of babies are about 3.5 kg and about 50 centimeters in length — about the size of a watermelon.

Infertility

Causes	Infertility can be caused by many different things. For 25% of couples, a cause can't be identified. In women infertility is most commonly caused by problems with ovulation, the monthly release of an egg. Some problems stop an egg being released at all, while others prevent an egg being released during some cycles but not others. This can be caused by several medical conditions such as PCOS, Thyroid Problems, fibroids, PID, Endometriosis or an untreated STI. In men The most common cause of infertility in men is poor-quality semen. Possible reasons for abnormal semen include a lack of sperm or a very low sperm count, sperm that aren't moving properly, abnormal sperm shape, making it harder for them to move or hypogonadism - an abnormally low level of testosterone.
	Fertility treatment is available on the NHS but there are long waiting lists and couples must meet strict criteria to be eligible. The treatment offered will depend on what's causing the fertility problems and what's available from the local clinical commissioning group (CCG).
Treatments	Medical Treatments Fertility medicines are usually prescribed to women as they're mostly used to help with ovulation problems. But, in some cases, they may also be prescribed to men. Some of these medicines may cause side effects, such as nausea, vomiting, headaches and hot flushes.
	Assisted Conception: Intrauterine insemination (IUI) IUI, also known as artificial insemination, involves inserting sperm into the womb. Sperm is first collected and washed in a fluid. The best-quality sperm are selected. In vitro fertilisation (IVF) In IVF, the egg is fertilized outside the body. A fertilised egg called an embryo is then returned to the woman's womb to grow and develop.

Who Can you turn to for help and Support	
Parents or trusted family members	The Police / Community support officers
School Safe Guarding Team or any member of staff.	
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
Rape Crisis	Helpline: 0808 802 9999 (12-2:30 and 7-9:30) rapecrisis.org.uk
Survivors UK – Male Rape and Sexual Abuse Support	survivorsuk.org
RASAC (Rape and Sexual Abuse Support Centre)	National Helpline: 0808 802 9999 (12-2.30 & 7-9.30) rasac.org.uk

When can consent not be given?	
1	When a person is drunk or high , to the point that they are unable to speak or look after themselves.
2	Asleep or Passed Out – if they are not conscious they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity – STOP!
3	They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.
4	Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to.

Consent is:	
1	Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.
2	Reversible. It's okay to say yes and then change your mind — at any time!
3	Informed. You can only consent to something if you have all the facts.
4	Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.
5	Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

Define: Female Genital Mutilation
Female Genital Mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons.

Define: Miscarriage
The spontaneous or unplanned ending of a pregnancy before the foetus can survive independently.

Define: Sexual Consent
The giving of permission by a person to engage in any form of sexual activity including penetrative and oral sex.

Define: Domestic Abuse
Domestic abuse is violence or other abuse by one person against another in a domestic setting, such as in marriage or cohabitation or between siblings.

Define: Still Birth
Foetal death that occurs after 28 weeks of pregnancy which results in the foetus being born without signs of life.

Define: Affirmative Consent
Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.