

1: Keywords

Menstrual Products= Those products that are used during menstruation

Manipulation = controlling or influencing a person

Consent = permission for something to happen or agreement to do something.

Pornography = is the portrayal sex with the intention of arousal

Contraception = The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse.

Endometriosis is a condition where tissue similar to the lining of the womb starts to grow in other places,

Premenstrual dysphoric disorder (PMDD) = causes irritability, depression, or anxiety in the week or two before your period

2: Relationship values and Consent

It is important to reflect on your own values around intimate relationships. We all have different ideas about what is right and wrong in relationships. It is important to think about what you think is right or wrong FOR YOU in a relationship so that you can communicate it effectively if you need to in future relationships.

You need to be able to identify when a relationship when a relationship is no-longer healthy and should be ended.

- They might say things to you which are unkind or hurtful
- Put pressure on you to do things you don't want to do
- Be manipulative (e.g. 'If you were my friend you would...')
- Put you down
- Laugh at you, or encourage others to laugh at you
- Talk about you behind your back
- Deliberately exclude you from group chat and activities
- Take the "banter" too far
- Intimidate you into giving your consent' for sexual activity

3. Pornography and the Law

It is legal in the UK as long as it doesn't feature under 18's, sex with animals, torture, scenes of rape or sexual assault, scenes which are violent to the point of life threatening or likely to cause serious harm.

- Pornographic material can be shown on TV after 9pm as long as it doesn't show erect penises or close ups of genitals.
- The legal age to buy pornographic material is 18, be this magazine, DVD's or internet access. The internet tries to prevent under-age access using credit cards or disclaimers.
- Under 18's who film or take sexual pictures of themselves or others can be charged with child pornography offences which can lead to prison sentences of up to 10 years. Even if all involved agreed.
- It is illegal to watch pornography with an under 18, this is considered a form of abuse.

4. Contraception

Contraception is 'The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse'. Contraception is primarily used to prevent pregnancy. Some methods of contraception also protect against contracting an STI (sexually transmitted infection)

Barrier methods – they work by preventing sperm entering the body

Hormonal methods – they work by using hormones to prevent ovulation.

As one is a hormonal method and one is a barrier method, this increases the effectiveness against pregnancy. Hormonal methods are also unable to prevent STIs, so a condom is still needed to avoid contracting an infection. Any hormonal and barrier method combination can be effective, e.g. the contraceptive injection or pill / femidom. However, combining barrier methods (e.g. wearing 2 condoms, using a femidom and condom) reduces their effectiveness so should not be used.

5: Parenting

Being a parent comes with responsibility. Parents sometimes need to make difficult decisions to effectively support their children.. The term 'Parental Responsibility' attempts to focus on the parent's duties towards their child rather than the parent's rights over their child.

If you have parental responsibility, your most important roles are to:

- Provide a home for the child
- Protect and maintain the child
- Disciplining the child
- Choosing and providing for the child's education
- Agreeing to the child's medical treatment
- Naming the child and agreeing to any change of name
- Looking after the child's property

6. Menstrual wellbeing

It is important that all young people are equipped with the language and confidence they need to discuss periods more openly and recognise in themselves or others close to them when it might be time to ask for support. It is important that young women who might be suffering from a condition such as endometriosis have the knowledge and skills to seek help sooner rather than later. The average age to start a period in the UK is 9-11 years old.

Menstrual conditions affect significant numbers of women, for example:

- Heavy Menstrual Bleeding – 20%
- Endometriosis – 10%
- PMDD – 5%

These can affect girls and adolescents. Despite the large numbers who suffer, many do not realise they have a medical condition that can be treated.