### Week 1: Key Words
- Viral infections: Disease caused by a virus
- Bacterial infections: Disease caused by a bacteria
- Consent: Permission for something to happen
- Healthy relationships: Behaviour which supports good well-being
- Gender identity: A person's perception of having a particular gender
- Contraception: Artificial methods or other techniques prevent pregnancy
- Intimacy: Close familiarity or friendship
- Sexual intercourse: Reproductive act in which the male reproductive organ enters the female reproductive tract
- Sexting: Sexually explicit photographs or messages via mobile phone
- STIs: Sexually Transmitted diseases
- Pansexual: Not limited in sexual choice with regard to gender, or gender identity
- Bisexual: Sexually attracted to both genders

### Week 2: Young People and the Law
- **What Does the Law Say about Consent?**
  - In the UK the age of consent to any form of sexual activity is 16 for both men and women. The age of consent is the same regardless of sexual orientation. Health professionals may provide contraceptive advice and treatment to people under the age of 16 if in their clinical judgement they believe that it is in the young person's best interests.

- **What Does the Law Say on Alcohol Use?**
  - You can be stopped and fined and arrested by the police if you are under 18 and drinking alcohol in a public place. If you are under 18 it is against the law:
    - To buy or try to buy alcohol
    - For an adult to buy it for you
    - To drink alcohol in a licensed premises

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### Week 3: Sexual Rights and CEOP
- It is important for young people around the world to be able to explore, experience and express their sexuality in a healthy and positive way. This can only happen when young people’s sexual rights are guaranteed.

- **The rights that young people have are:**
  - The right to be free from harassment
  - The right to equality
  - The right to think and express oneself freely
  - The right to choose or not whether to marry and have children
  - Then right to life and to be free from harm.

- **What is CEOP?**
  - It helps children stay safe on line. You should report to CEOP if anyone acts inappropriately towards you on line, or to a young person that you know. This behaviour could include sexual chat that makes you feel uncomfortable, or someone being insistent on meeting up. If you need urgent help call 999. Don’t delete emails, images or conversations related to the report. DO NOT contact the suspect yourself. Let CEOP do the detective work.

### Week 4: Contraception
- Birth control, also known as contraception, is designed to prevent pregnancy. Birth control methods may work in a number of different ways:
  - Preventing sperm from getting to the eggs: Barrier method. Types include condoms, diaphragms, cervical caps, and contraceptive sponges.
  - Keeping the woman's ovaries from releasing eggs that could be fertilized: Types include birth control pills, patches, shots, vaginal rings, and emergency contraceptive pills.
  - IUDs, devices which are implanted into the uterus. They can be kept in place for several years.
  - Sterilization, which permanently prevents women from getting pregnant or a man from being able to get a woman pregnant.

- **What are the types of contraception?**
  - **Emergency contraception:** Available up to 72 hours after unprotected intercourse and can prevent pregnancy. Types include the morning after pill and emergency contraceptive injection.
  - **Sterilization:** Permanently prevents pregnancy. Types include tubal ligation and vasectomy.
  - **Contraceptive pills:** Taken daily to prevent pregnancy. Types include oral contraceptive pills and transdermal patches.
  - **Intrauterine devices (IUDs):** Implantable devices placed in the uterus to prevent pregnancy. Types include Copper T 220 and Progestasert.
  - **Condoms:** Male and female condoms are available. Types include natural rubber latex condoms and condoms with spermicides.

### Week 5: Sexual Diseases
- STIs are passed from one person to another through unprotected vaginal, anal or oral sex, by genital contact and through sharing sex toys. Anyone, of any age, who is sexually active can contract an STI. The best way to protect against STIs is to use a condom. If you’ve had unprotected sex and are concerned about STIs the safest option is to visit a sexual health clinic for a test.

- **Some of the most common STIs are:**
  - Chlamydia: Causes genital and rectal infections in both men and women.
  - Gonorrhoea: Causes urethritis in men and cervicitis in women.
  - Syphilis: Causes a skin rash and sores.
  - Herpes: Causes blisters and lesions on the skin and mucous membranes.
  - HIV: Causes a persistent and severe immune suppression.

- **Three bacterial STIs** (chlamydia, gonorrhoea and syphilis) are generally curable with existing, effective single-dose antibiotics. The other STIs are not. This means that they can not be cured but they can be managed.

### Week 6: Alcohol and Sex
- Excessive drinking tends to cause a sort of “blindness,” reducing a person’s ability to recognize danger signs and situations with the potential for sexual assault. A second, more direct impact is when a person’s ability to say no or resist is impaired by their level of intoxication.

- **Drinking too much, too quickly on a single occasion can increase your risk of:**
  - Alcohol-related accidents and injuries, including falls
  - Misjudging risky situations
  - Losing self-control, like having unprotected sex
  - Leave you vulnerable and impair your ability to make decisions
  - Becoming involved in an aggressive incident
  - Becoming less able to look after yourself or others
  - Becoming confused and disoriented very quickly