

# THE BIG L

## Year 10/11

### LESSON 1

# CONSENT


Aim: To understand the meaning of consenting to have sex and to be able to apply this in real life situations

<p><b>Introduction: The 3 L's</b></p> <p>Exploring Lust/Like/Love as possible foundations for a relationship</p>	<p><b>Consent</b></p> <p>Definition</p> <p><b>POSITIVE UNAMBIGUOUS VOLUNTARY THROUGHOUT</b></p> <p>Barriers to consent, and the law</p>	<p><b>Discuss Scenarios</b></p> <p>Is this consent?</p> <p>"If they say yes to begin with, it's not fair to then change their mind half way through."</p> <p>"My partner told me that if I really loved her, I would have sex, so we ended up having sex."</p>	<p>Voxpop with young people, discussion, strategies to negotiate consent in real life</p> 	<p><b>Where to Find Help &amp; How to Keep Safe</b></p>  <p><b>childline</b> ONLINE, ON THE PHONE, ANYTIME <b>101/999</b></p>
<p><b>1st L</b></p> <p><b>LUST</b> Definition and effect it can have on a relationship</p>				

### LESSON 2

# PORNOGRAPHY

Aim: to understand the possible impacts of internet pornography on a relationship

<p><b>2nd L</b></p> <p><b>LIKE</b> Relationships with someone we just 'like': more superficial, less committed, easily influenced</p>	<p><b>Video</b></p> <p>Beth and Andre's experience of using internet pornography:</p>  <p>Esteeem/The Naked Truth</p>	<p><b>Discussion</b></p> <p>Impacts on Beth and Andre's emotional wellbeing and relationships</p>	<p>Possible physical impacts of heavy prolonged use of pornography (reversible on stopping)</p>  <p>YouTube Clip: Gabe's Story (The Reward Foundation)</p>	<p><b>Where to Find Help &amp; Support</b></p>  <p><b>FIGHT THE NEW DRUG</b></p>
<p><b>Possible Influence of Internet Pornography</b></p> <p>Interactive discussion</p>		<p><b>Internet Pornography</b></p> <p>A habit that is difficult to stop</p>		

### LESSON 3

# LOVE, RESPECT & COMMITMENT

Aim: to explore and understand some of the healthy foundations for a relationship, including the role of commitment and respect

<p><b>What Do You Look For In A Relationship?</b></p> <p>Does it change over time?</p> <p>Discussion.</p> <p>"Would You Rather?" game.</p>	<p><b>3rd L</b></p> <p><b>LOVE</b></p> <p>What is love and how does it differ from just liking someone? Discussion and scenario Alex and Sam</p>	<p><b>Love</b></p> <p>'Love: a choice and an action, involves commitment and time.'</p> <p>Discussion</p>	<p><b>Like/Love Sex?</b></p> <p>Where does sex fit in?</p> <p><b>LIKE</b></p> <p>Attraction Fun Easily changes More casual Insecurity</p> <p><b>LOVE</b></p> <p>Attraction Fun Stability Commitment Trust</p> <p><b>SEX?</b></p>
<p><b>What Factors In A Relationship Make It The 'Right Time' To Have Sex?</b></p> <p>What are the pros and cons of waiting for a long term committed relationship?</p> <p>Discussion</p>	<p><b>Keeping Perspective</b></p> <p>"Loads of people are single and happy. If we feel we need a relationship to complete us, are we really ready for one? Hanging out with friends and family can be just as important and fulfilling..."</p>		

# CONCLUSION

<p><b>LUST</b></p> <p><b>LIKE</b></p> <p><b>LOVE</b></p> <p>We Believe Everyone Deserves Healthy and Fulfilling Relationships</p>	<p>Relationships don't fit neatly, but understanding some of the differences will help us to have more fulfilling and healthy relationships</p>
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## FURTHER HELP:

At the end of each lesson, students are encouraged to talk to a trusted adult/school pastoral care services and signposted to further sources of help/support.



Call: **101 999**

