

Sexual Health Week

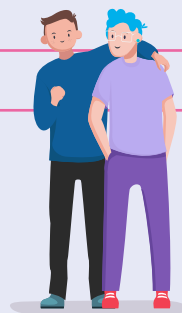
Complete the below activities over one week of time. See how much you can learn by the end of the week!



Monday

Identify five things that you can do with a romantic/intimate partner that would make for a positive relationship, for example, remembering key dates like anniversaries or birthdays. You can also think of any skills that would make for a positive relationship, such as empathy and listening skills.

1. _____
2. _____
3. _____
4. _____
5. _____



Tuesday

Today you are going to learn about the LGBT+ community. First of all, find out what LGBT+ means and write your answer below.

Why is it important that we all embrace the LGBT+ community? Think of three reasons and explain your answers. You could consider music, arts, culture, sports or your communities for your responses.

1. _____
2. _____
3. _____



Wednesday

Create a poster about the key factors to consider when entering into an intimate relationship. You should include information about consent and explain why it is so important.

Thursday

Have a short discussion around why “protection” is important in maintaining sexual health and wellbeing. Identify the steps in checking that a condom is safe to use and explain how to use one correctly – remember to include information about the disposal of used condoms as well.

Friday

Watch the following video on STIs



STIs

Research where you can access STI support online or in your local area, and look up where your nearest sexual health clinic is. Design an information leaflet to signpost people to this support.

