Curriculum links

WA HPE Curriculum

Sub-strand: Staying safe

Skills and strategies to manage situations where risk is encouraged by others

Sub-strand: Healthy and active communities

- Health information, support services, and media messaging about relationships, lifestyle choices, health decisions and behaviours.

Sub-strand: Interacting with others

- Influences on sexuality and sexual health behaviours, including the impact decisions and actions have on own and other's health and wellbeing

International technical guidelines on sexuality education

Key concept 7.2 Sexual behaviour and sexual response

- Engaging in sexual behaviours should feel pleasurable and comes with associated responsibilities for one's health and well-being
- Sexual decision-making requires prior consideration of risk-reduction strategies to prevent unintended pregnancy and STIs, including HIV.

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WA Curriculum General Capabilities

Personal and social capability

- Self-awareness
- Self management

Critical and creative thinking

- Analysing
- Generating

Digital literacy

- Investigating
- Creating and exchanging

International technical guidelines on sexuality education

Key concept 7.2 Sexual behaviour and sexual response

- Engaging in sexual behaviours should feel pleasurable and comes with associated responsibilities for one's health and well-being
- Sexual decision-making requires prior consideration of risk-reduction strategies to prevent unintended pregnancy and STIs, including HIV.

Materials

- Student activity sheet: Safer sex quiz questions_student instructions (display on board and/or 1 copy for each pair of students)
- Student activity sheet: Safer sex quiz questions_student assessment task (1 copy for each pair of students - electronic or hardcopy)
- Teacher resource sheet: Safer sex quiz questions_marking key (display on board and/or 1 copy per student)

Before you get started

- Protective interrupting - Teachers need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.
- Managing disclosures - Teachers must be aware of school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- Prior to completing this task, students require prior knowledge and understanding of safer sex practices including condom use to prevent STIs and pregnancy (Safer sex - condoms)
- Allow two lessons for the completion of this task.
- Review these websites before providing to students for research.
  - healthysexual.com.au
  - getthefacts.health.wa.gov.au

- stoptherise.initiatives.qld.gov.au/blog/sexually-transmissable-infections-myths-vs-truths
- headspace.org.au/young-people/understanding-sex-risks-health-and-contraception

Learning activities

Group agreement

5 mins

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read: Essential tools: Establishing a group agreement for tips on how to create one and what to include.

1. Revise or create the class group agreement.

Trigger warning: Let students know you will be talking about relationships, both healthy and unhealthy relationships. Reiterate you want everyone to have safe, healthy, positive relationships, and while we will be promoting healthy behaviours, we do need to discuss unhealthy behaviours. Remind students of their right to pass and to speak to teacher/other support if required.

Session 1: Creating quiz questions

45 minutes

2. Divide the class into pairs. Allocate each pair 'Pregnancy/Contraception' or 'STIs' as topics to research.
3. Explain to students that they have been given a topic of either 'Pregnancy/Contraception' or 'STIs' and are going to use the following websites to research and write five questions and answers that are suitable to ask the class to test their knowledge
    1. healthysexual.com.au
    2. getthefacts.health.wa.gov.au
    3. stoptherise.initiatives.qld.gov.au/blog/sexually-transmissable-infections-myths-vs-truths
    4. headspace.org.au/young-people/understanding-sex-risks-health-and-contraception
4. Each pair will write:

    - 1 true or false question
    - 1 multiple choice question
    - 1 definition question
    - 1 short answer question
    - 1 description question

Teaching tip: Electronic surveys can be created on programs such as SurveyMonkey or Mentimeter.

6. Display *Student activity sheet: Safer sex quiz questions_student instructions* and/or provide students with a copy. Explain each of the questions types.
7. Display Safer sex quiz questions_student assessment task and give each pair of students a copy.

8. Explain to students when writing answers to:
    - give detailed evidence to support each answer
    - reference each answer with the website you used
    - you must use a minimum of three of the websites listed
    - complete the activity sheet including the critical analysis and refection questions.
9. Display the *Safer sex quiz questions_marking key* or provide a copy to each student. Discuss the mark allocations so that students are aware of what is required to be successful in this assessment task.
10. Allow time for students to complete the activity sheets and collect at the end of lesson.

Session 2: Class quiz

45 minutes

11. Prior to next session, choose 25 of the students' questions to compile a class quiz. The quiz can be asked orally with students writing answers, or as a written quiz on paper or electronically on programs such as SurveyMonkey or Mentimeter.

Teaching tip: consider differentiation for students with lower literacy levels. Quiz questions may have picture prompts or the questions recorded to be read aloud. The quiz could be conducted in pairs or groups.

12. Conduct the class quiz as an assessment of the student's learning.
13. Provide the answers and explanations upon completion.

Health promoting schools

Refer to Guiding principle: Health promoting schools - a whole school approach for further information on implementing a whole school approach.

Partnerships

Family

- Talk Soon. Talk Often: a guide for parents talking to their kids about sex is a free hardcopy resource that can be bulk ordered by schools and website. Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. (How to order hard copies.) Provide the link to parents on school websites and social media.
- Provide students with a copy of Relationships, Sex and Other Stuff to take home and read and discuss with their family.

Students

- Encourage students to look at The Line - a resource for those aged 14+ covering topics such as relationships, dating, sex and comfort zones.



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