

## Year 11 - Physical Health - Staff overview and planning tool

### Learning Outcomes

By the end of this module, pupils **WILL** be able to...

- Give examples of STIs and their symptoms
- Understand the importance of regular screening if sexually active, including having a responsibility to your partner to be up to date and healthy
- Give examples of some common causes of cancers, including smoking, excessive alcohol consumption, obesity and sun exposure
- Understand the importance of screening and self-examination in diagnosing cancer early
- Understand why the NHS asks for blood, organ and stem-cell donation

By the end of this module, pupils **SHOULD** be able to...

- Recognise that the use of alcohol and drugs can encourage risky sexual behaviour and that it is important to maintain a consistent approach to contraception regardless
- Identify behaviours that could cause cancers and consider alternatives
- State that women over the age of 25 are invited for regular smear tests to check their cervix for abnormal cell changes

By the end of this module, pupils **COULD** be able to...

- Discuss the ethics of blood, organ and stem-cell donation in a sensitive and non-judgemental way

### William Ellis School Aims:

- To educate about STIs, in terms of prevention, testing and treatment, including for same sex couples
- To educate on cancer, including common causes and risk reduction, and to promote the benefits of regular self-examination and screening, including the smear test for women
- To discuss blood, organ and stem-cell donation, including why it is necessary and why some people choose to donate and others choose not to

### Statutory Requirements—What pupils should know:

- how the different sexually transmitted infections (STIs), including HIV/AIDS, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing
- about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment
- how the use of alcohol and drugs can lead to risky sexual behaviour
- the benefits of regular self-examination and screening
- about the science relating to blood, organ and stem-cell donation

### Key Words:

Cancer - when abnormal cells divide in an uncontrolled way. There are more than 200 different types of cancer, 1 in 2 people in the UK will get cancer in their lifetime but many will be able to be cured.

Smear test - a type of cervical screening that check's the health of a woman's cervix (the opening to the womb from the vagina)

Stem-cell donation - when blood stem cells are collected from the donor's blood stream by removing blood from one arm, running it through a machine that separates out the stem cells, then returning the blood to the donor through their other arm

### Consistency:

All lessons should begin with a starter to settle the class. Students should write the date and title in their book before use. The three lessons should be planned as a sequence, with the above learning outcomes. These will be made explicit to the students. The lessons should include activities that allow the teacher to gauge how fully these learning outcomes have been reached.

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**If you have found this topic has resonated with you or you would like to learn more see below...**

## Where can I get support?

If you are worried about yourself or a friend please speak to an adult that you trust. In school this could be a form tutor or any other grown up that you feel comfortable with.

For health advice on STIs, cancer or blood, organ or stem-cell donation you can book an appointment with your local GP or sexual health clinic (they will not have to tell your parents)

The Brandon Centre in Camden is a local sexual health service, you can call them on 020 7267 4792 or visit at 26 Prince of Wales Road, Kentish Town, London, NW5 3LG

## Further Reading

Sexual health information [www.brook.org.uk](http://www.brook.org.uk)

Info on contraception [www.contraceptionchoices.org](http://www.contraceptionchoices.org)

Info on sexual health, relationships, the law, LGBT issues [www.bishuk.com](http://www.bishuk.com)

Information on becoming a blood donor <https://www.blood.co.uk/>

Information on cancer screening <https://www.nhs.uk/conditions/nhs->