

# LMB Healthy Relationships

## Key Terms

Family - having people you connect with, it is about loving and supporting one another even when it's not easy to do so.

Consent – a willing, free and capable yes, giving permission

Contraception – methods to protect against pregnancy and some STIs

STIs – Sexually transmitted infections

Revenge Porn – revealing explicit materials or message to hurt or embarrassing a person

Pornography – explicit sexual images or video

Coercive Control – manipulating a person through threats, assault, humiliation – it is a form of domestic abuse

Domestic abuse – incidents of controlling, violent, coercive behaviour

Misogyny – dislike, or ingrained prejudice against women

Sexual Harassment – unwanted inappropriate remarks or sexual actions against people

What to do to leave a relationship:

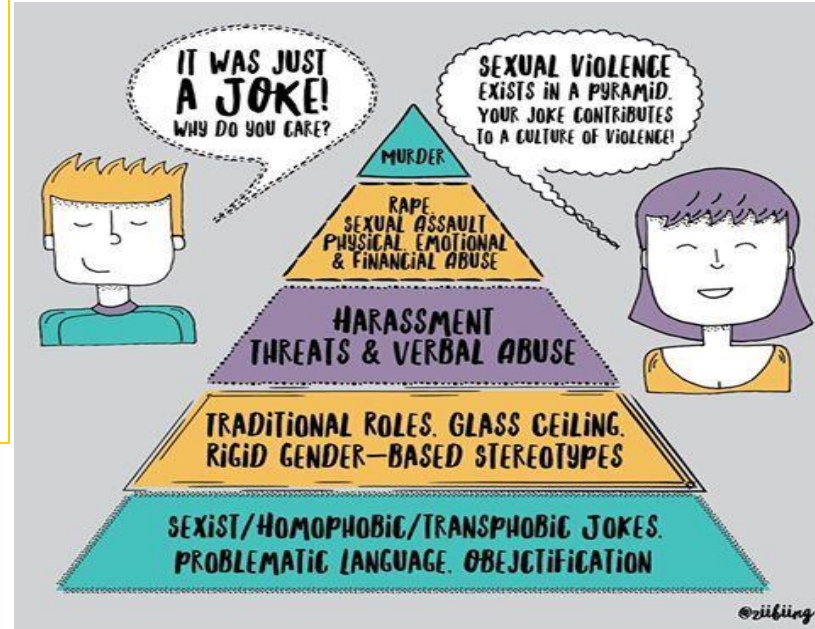
If the relationship doesn't feel right. Ask for help from someone you trust. It can be friends, family, a charity or the doctors or police. Seek help ASAP.

STIs – Sexually Transmitted Infections:

The most common symptoms are burning, itching or discharge in your genital area. Some STIs are asymptomatic, meaning you may not have any symptoms. Sexually transmitted infections are highly contagious. If you're sexually active, you can have (and pass on) an STI without even knowing it.

The only way to be sure you are safe is to go to the GP/Sexual Health clinic and have an STI test. Some are curable. For more information check out the NHS website

What a bias society looks like?



## Contraception

3 types

Barrier

Hormonal

Natural

Purpose stop the sperm fertilising the egg to prevent pregnancy. Some also prevent STIs. Speak to GP/School Nurse/PSHE teacher/NHS website for more detailed information.



Access Help:

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

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