



**Essex Sexual  
Health Service**

# Relationships and Sexual Health Education offer available to Young People in Essex

**Delivered by the Essex Sexual Health Service  
Outreach and Education Team**

 [provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)



# Healthy Relationships

This session helps young people recognise the importance of having healthy relationships in their lives. Pupils will explore the characteristics of positive, respectful relationships and learn how to identify signs of unhealthy or abusive behaviour in relationships. The session also highlights the importance of setting and respecting other people's boundaries both online and in the real world.

Young people will be introduced to practical steps for ending a relationship safely and respectfully. The session also covers consent, including the law relating to consent. This session will provide signposting to support services including services tailored to support individuals to develop improved awareness of healthy behaviours in relationships.

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**SESSION LENGTH:**

45 minutes - 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS3 (Year 8 and 9)

# Healthy Relationships

This session explores different types of relationships that young people may have. It gives young people an opportunity to think about what qualities are important to them in friendships and relationships, as well as providing an opportunity to identify 'red flags' that may indicate signs of an unhealthy relationship.

The session also looks at what support is available to them locally within Essex.

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**SESSION LENGTH:**

45 minutes - 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS4, KS5

# Consent

This session helps young people understand what consent means and why it is important. Young people will explore how consent is communicated through both words and body language, and how to recognise non-verbal cues.

Young people will learn how consent applies in everyday situations, including online interactions. The session also looks at the importance of personal boundaries in relationships, and how to create, communicate, and maintain those boundaries in a healthy way. Pupils will consider the role of pressure within relationships and practise rephrasing statements to support respectful, positive interactions.

The session also covers the law relating to consent and provides clear signposting to support where young people can access help and advice if needed.

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**SESSION LENGTH:**

45 minutes - 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS3 (Year 8)

# Consent

This session helps young people understand the meaning of consent and learn about the laws relating to consent, including the age of sexual consent. Young people will learn the importance of communicating consent and explore how verbal and non – verbal cues apply in consent.

Through a range of scenarios, young people will begin to apply their knowledge of consent in practical, age-appropriate contexts. The session also covers how to manage rejection respectfully and reinforces that consent must always be honoured, including online.

This session also provides signposting to relevant support services where young people can access further help and advice if needed.

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**SESSION LENGTH:**

45 minutes - 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS3 (Year 9)



# Consent

This session helps young people to gain a good understanding of the meaning of consent, exploring both verbal and non-verbal cues for granting consent.

It highlights the importance of consent at every stage of a relationship, including consent for sexual activity as well as a range of other scenarios young people may face in their day-to-day life. This session also touches on topics such as coercion, 'leaking' intimate photos, power dynamics, consent under the influence and public sexual harassment.

The session also covers the law relating to consent, and provides signposting to where people can access advice and support.

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**SESSION LENGTH:**

45 minutes - 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS4, KS5

# Relationships and Safety in an Online World

This session explores measures a young person can take to stay safe when navigating various aspects of an online world including; intimate photo sharing, online gaming, online dating and pornography.

Students are given the opportunity to share their own opinions and explore the opinions of others through debates on a variation of topics they may face during their lives online.

This workshop is also adaptable for a range of age groups to ensure the content is appropriate and relatable for the young people within the session.

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**SESSION LENGTH:**

45 minutes - 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS3 (Year 9), KS4, KS5

# Exploring the difference between Pornography and real-life intimate relationships

This workshop provides a safe space for young people to develop an understanding of explicit content they may come across online and its potential impact.

Young people are given the opportunity to differentiate between pornography and real life intimate relationships and exploring ethical implications surrounding this content.

This session aims to support young people in developing their own values and boundaries in intimate relationships.

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**SESSION LENGTH:**

45 minutes - 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS5 (may also be available to KS4 on request)



# Sexually Transmitted Infections (STIs)

This session covers what a sexually transmitted infection is, along with their symptoms and treatment.

The session explores how young people can access a variety of testing options for STIs, and provides a walkthrough of accessing a sexual health clinic as well as how to access services online (16+).

There will also be information on how to prevent STIs, including exploring the benefits of barrier methods of contraception, and how to access these locally.

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**SESSION LENGTH:**

45 minutes - 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS3 (Year 9), KS4, KS5

# Contraception

This session provides a basic introduction to young people about different types of contraceptive methods available, including barrier methods of contraception.

Young people will be provided with information regarding how to access support if contraception has failed, or has not been used, including information regarding emergency contraception.

The session also explores how to access support locally through Essex Sexual Health Service.

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**SESSION LENGTH:**

45 minutes - 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS3 (Year 9), KS4, KS5

# Introduction to your Sexual Health Service

*'This session is available in assembly format for older age groups with 2 versions to fit different time allowances'*

This session provides a basic overview of the Essex Sexual Health Service including how to book appointments, order STI Test kits and access free condoms and other contraception.

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**SESSION LENGTH:**

20 minutes or 1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS4, KS5

# Exploring the effects of sexist language and stereotyping

This session explores the use of harmful language and its wider implications in a young persons day-to-day life.

Within the session young people are given the opportunity to explore common stereotypes within society and how these can negatively impact everyone. This session also touches on public sexual harassment and male suicide rates.

This session also signposts to relevant support networks available in Essex and Nationwide.

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**SESSION LENGTH:**

1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS4, KS5

# Parenthood

This session explores the different ways people can become parents, including adoption, fostering, and both assisted and unassisted conception. Young people will have the opportunity to learn about the various roles and responsibilities of parents, as well as recognise the emotional and financial challenges and rewards that come with raising a child.

The session will also highlight the support available for parents and carers, including services from healthcare and education professionals.

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**SESSION LENGTH:**

1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

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**AVAILABLE TO:**

KS3 (Year 9), KS4, KS5

# Conception and Pregnancy

This session provides an overview of how pregnancy occurs, including how and when to take a pregnancy test and the common signs and symptoms of early pregnancy. Young people will learn about the options available following a positive pregnancy test, including termination, adoption, and continuing the pregnancy. The session will also cover what to expect during pregnancy appointments and provide an introduction to labour and birth, including information on pain relief options and caesarean (c-sections).

This session also looks at relevant local and national support services related to pregnancy care.

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**SESSION LENGTH:**

1 hour

**SESSION TYPE:**

Face-to-face

**FURTHER INFORMATION:**

[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)

**AVAILABLE TO:**

KS3 (Year 9), KS4, KS5



# How to Book

To enquire about or book an 'In House' session please contact us directly at:  **[provide.eshsoutreachteam@nhs.net](mailto:provide.eshsoutreachteam@nhs.net)**

