BRAMHALL
HIGH SCHOOL

NAME:	
Teacher:	Class:

RELATIONSHIPS & SEX EDUCATION

Yr 11 Work booklet 2 - Oct - Dec 2026

HEALTH

& SAFE CHOICES



Alcohol and young people

You can be stopped, fined or arrested by police if you're under 18 and drinking alcohol in public.

If you're under 18, it's against the law:

- for someone to sell you alcohol
- _____
- for an adult to buy or try to buy alcohol for you
- _____

However, if you're 16 or 17 and accompanied by an adult, you can drink (but not buy) beer, wine or cider with a meal.

If you're 16 or under, you may be able to go to a pub (or premises primarily used to sell alcohol) if you're accompanied by an adult. However, this isn't always the case. It can also depend on the specific conditions for that premises.

Working in a restaurant or bar under 18

You can serve alcohol in a restaurant if you're 16 or 17 as long as the licence holder or bar manager has approved the sale.

> You may be restricted to selling alcohol in sealed containers (such as cans or bottles) in some areas.

Drinks spiked with alcohol or _____ can make a person seriously vulnerable. Spiking someone's drink carries a maximum _____-year prison sentence in the UK.

What is drink spiking?

A person's drink can be spiked to make them more vulnerable for a variety of motives, including theft or sexual assault.

Different types of spiking can include the following substances being added to drinks:



1

2

3



4

drinkaware Notes from this website..

SEX AND CONTRACEPTION

Will not protect you against pregnancy ✖

Will help to protect you against pregnancy ✔

What happens if I make a mistake or something happens accidently?

Seek advice on emergency contraception- contact a _____ for advice about emergency contraception,, contact a _____ **clinic** for advice about STI testing.

Get reliable advice from the _____ website- guide to emergency contraception

Talk to so_____



Name some STI's

Bacterial Infections	Viral Infections	Parasite

What are the 8 services that a sexual health clinic provides

-Contraception including condoms

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FERTILITY – A guide to female reproduction

Fertility is mostly determined by genetics, which influences how many eggs you are born with.

Doctors believe that the number of eggs you have at birth determines the length of time you will remain fertile
A woman will release 400 mature eggs within their fertility window.

Two eggs can be released at the same time.

A woman is fertile for only 6 days of their cycle.

Knowing when you ovulate is important because it will tell you your personal 6 fertile days. This is the key to getting pregnant: having sex on your fertile days. Your fertile days are the five days before ovulation, and the day of ovulation itself.

Eggs can only be fertilised for around 24 hours (one day) after being released from the ovary.

By 12-24 hours after ovulation, a woman is no longer able to get pregnant during that menstrual cycle because the egg is no longer in the fallopian tube.

Ovulation largely happens in the morning during Spring/Summer and in the evening during Autumn and Winter. 50% of women ovulate between 12am-11am in the spring and 90% of women ovulate between 4pm-7pm in the colder months.

Younger women lean to ovulating from alternating ovaries, whilst women over the age of 30 can be found to ovulate from the same ovary.







Sperm lives for around five days when inside the uterus.

Ovulation doesn't always happen on day 14, that why when you are trying to get pregnant you should track your cycle.

During ovulation cervical fluid will become thicker, slippery and more like an egg white consistency in the fertile stage of your cycle.

The woman 's temperature increases 0.2 degrees after ovulation. You are normally 36-36.5C. The heating effect is due to rising levels of Progesterone.

Key facts about fertility

- More women in the UK are now having children over the age of 35 than under the age of 25.
- For the first time, over 50% of babies born in the UK are to women over 30.
- Fertility declines progressively through life and many women are choosing to delay trying for a family until their mid- to late thirties, when fertility is more rapidly declining.
- In the UK 20% of women will never have had a child, which is twice the percentage of their mothers' generation. There are many complex socio and economic reasons for this.

Men do have a biological clock (Quality of sperm can decrease with age)

Older men can have fertility issues due to dipping testosterone levels.

Both prescription and recreational drugs affect fertility
Using any drugs, even cannabis, can affect the menstrual cycle.

Vaping can negatively effect fertility in both men and women. Even nicotine free vapes contain chemicals and flavouring that disrupt reproductive health and hormone balance
Vaping is linked to lower levels of anti-Müllerian (AMH) which indicates a reduced number of remaining eggs, mirroring the impact of cigarette smoking

Vaping decreases overall sperm concentration too and reduces how well sperm swim (mobility)

Studies have shown that reproductive damage from vaping is often reversible, it will take 3-6 months after quitting vaping for eggs and sperm to return to how they should be.





Your weight affects your ability to conceive.

A minimum of 22 percent body fat is necessary for normal ovulation and reproductive competence.

Sexual positions don't affect your chances of conception.

- **These conditions could affect fertility**
  Endometriosis: This is where tissue similar to the lining of the womb grows in other places, like the ovaries or fallopian tubes. It can cause intense pelvic pain, heavy periods, It is *not* something you just have to "tough out."
- **Polyendocrine Metabolic Ovarian Syndrome (PMOS**) A common hormonal imbalance that can cause irregular periods, acne, and excess hair growth. Because it affects how regularly eggs are released, it can make conceiving trickier, but it is highly manageable





You can conceive after 35

The decline in a woman's fertility becomes apparent from the early thirties, and is more significant from the mid-thirties. The chance of getting pregnant in each natural menstrual cycle is nearly 20% in women aged 30 or less, but drops to 5% in women by the time they turn 40

One in seven couples have trouble having a baby In the UK, approximately **30%** of fertility problems are attributed to the woman, **30%** to the man, and 3**0% to 40%** involve factors from both partners or remain unexplained

It used to be reported that after 35, chances of conceiving was like falling off a cliff- a rapid decline after 35 for women

"From 35 years onwards, the rate of decline speeds up, in egg quality and quantity," says Lorraine Kasaven, an obstetrician-gynaecologist and clinical research fellow at Imperial College London with a special interest in fertility However, the decline in fertility is a continuum, not a cliff, and it looks different from one woman to the next.

"The rate of decline will vary from individual to individual."

End of Topic Quiz: Questions 1–10

Alcohol, Parties & Sexual Health

1 **GHB/GBL is currently classified as a Class B drug in the UK.**

True / False

2 **Alcohol dependency is best described as:**

A) A bad habit and a lack of willpower
B) A chronic, recognised medical condition
C) Something that only affects daily heavy drinkers

3 **It is legal for an adult to buy alcohol for a 17-year-old to drink at a house party.**

True / False

4 **According to the WHO, sexual health requires a positive and respectful approach to sexuality, free from:**

A) All physical contact
B) Coercion, discrimination and violence
C) Any form of relationship

5 **Which method is the MOST effective at preventing pregnancy with typical use?**

A) Condoms
B) The pill
C) The implant

6 **Withdrawal (pulling out) is a reliable way to prevent pregnancy.**

True / False

7 **Which method also protects against STIs?**

A) The implant
B) Condoms
C) The pill

8 **Under-16s always need a parent's permission to get a pregnancy test or confidential advice.**

True / False

9 **Under the Abortion Act 1967, abortion is normally legal up to:**

A) 12 weeks
B) 18 weeks
C) 24 weeks

10 **What is the average age of the menopause in the UK?**

A) 41
B) 51
C) 61

/10