

Catholic teachings on RSE:

- **Pre-marital sex is unacceptable.**
- **Marriage is a sacrament** and is therefore a life long commitment.
- Only **natural forms of contraception are acceptable**, this is the **rhythm method**. **All artificial forms are unacceptable.**
- The **purpose of sex is to procreate** and to take part in God's creative plan. It is also an **expression of love within a marriage**.
- **Homosexuality is acceptable but homosexual acts are not.** Homosexuals should not be discriminated.
- **Self pleasure is not acceptable.**
- **Abortion is morally wrong** and emergency contraception is seen as abortion.
- **Fertility treatment with the use of a dono unacceptable.**



STIs and how to avoid them:

- STI stands for sexually transmitted infections, therefore the infections we can get through having sex or being intimate with someone.
- Examples are: Chlamydia ; Gonorrhoea; Genital Warts; Genital Herpes; Syphilis; Pubic Lice (Crabs); HIV; Hepatitis
- Further information can be found [here](#).
- If you think you have an STI you can get tested at the TAZ clinic in the Millennium Centre, or the GUM clinic at St Helen's Hospital.
- **How to avoid getting an STI:** Delay sexual activity until you are ready and with the right person; get to know the other person first; have fewer sexual partners; always use a condom when having sex.
- Remember you can't always tell if someone had an STI, the symptoms are not always obvious.

Personal Development 3B

Body Image:

Body image is how we think and feel about ourselves physically, and how we believe others see us. During adolescence and puberty, your brain and body go through huge changes. Your body releases hormones which make you more aware of how you look, and more aware of other people's bodies. These changes happen to everyone, and can sometimes make you feel out of control or anxious. ([Young Minds](#))

Sometimes we strive to have the 'perfect' body and in reality that doesn't exist. Do not compare yourselves to magazines and social media – these often are airbrushed or filtered photographs which aren't real.

Write down three things you like about your body. Be kind to yourself and surround yourself with people who make you feel good about yourself.



Young people as parents

Some young people get caught out and end up pregnant at a young age.

The down side to this means that their whole lives change and their childhood tends to be cut short as they have to grow up so quickly.

Some teens choose to get pregnant because they don't feel loved at home and they think that this will make them feel loved as they are creating their own family and there may be some truth in this, but it is much better to plan your education and career and set themselves up to provide a great life for themselves and their family and build a supportive relationship.

- Write down the benefits of having a career before a family and how having a career can build your self-esteem.
- Write down ways to avoid getting pregnant.