

## Unit 4: RSE Unit

### Lesson 1 Media and teenagers

**Task 1: Read the information below and answer the questions that follow.**

Social media has become a keystone in our daily lives.

Not a day goes by when most people do not check their updates on social media platforms, such as Facebook or Instagram.

***And for teenagers, this is very true.***

Except, their social media app of choice is more likely to be TikTok.

Teens cannot go one day without using one of their preferred social media apps.

Look at any teenager on the street, on a bus or simply idling time waiting for a friend, and you will see them with their head down, facing the screen of their smartphone.

***Teenagers have always had secrets.***

Long before social media, teenagers liked to chat with their friends after school, catching up on all the news and gossip going on in their circle of friends.

All the juicy details kept far away from the eyes and ears of their parents.

Teenagers kept diaries and journals — little notebooks where they wrote their darkest secrets and thoughts and stored them in private places.

Under their beds, on top of a wardrobe. Somewhere where their mothers could not find them.

But now social media allows teenagers to chat with their friends all the time.

They no longer have to wait until after school and gather at the school gates to catch up on the latest piece of news.

They can make videos of their deepest and darkest thoughts on social media apps, share them with select groups of people, and not have to worry if these thoughts can be discovered by one of their parents.

Phone passwords or hidden folders on their phones can hide the apps away from the prying eyes of grown-ups.

There are benefits to social media for teenagers.

It can help them practice and improve their social skills. This can help them later in life when they join the workforce and for life as an adult.

It can help them maintain better relationships with their friends.

What parent doesn't want that for their own children? The thought of their own son or daughter being alone and isolated is not something any parent wants to bear.

They can also learn about current affairs.

Every parent wants their child to be up-to-date with the news and what is going on in the world.

***But then there are the downsides to social media and teenagers.***

Despite being always connected, always communicating, many teenagers are spending large amounts of time alone.

They are chatting with their friends, updating their social status, but all alone in their room with no one else around them. Just them and their phone.

Then there are the risks of their reputation being tarnished through immature games or the spreading of rumours.

A harmless photograph is sent around the school and within minutes a teenager can become a laughingstock — or worse.

There are now reports of several teenagers committing suicide or suffering from depression. Certain images or messages circulated around that are not suitable for a young mind.

Girls gaze at the perfect bodies of Instagram influencers and then have negative opinions of their own bodies.

If fashion magazines were not bad enough many years ago, social media presents a far more sinister threat.

And, of course, the social media giants like Instagram or TikTok shirk all responsibility.

***They wash their hands of any blame.***

## Questions:

1. What is the article about?
2. What three social media apps does the article mention at the beginning?
3. Which social media app do teenagers prefer?
4. Where can teenagers be seen looking at their phones?
5. Do teenagers have secrets according to the article?
6. How did teens catch up with social news and stories before social media?
7. Where did teens keep accounts of their lives before social media?
8. Where did they hide their diaries?
9. How do teens today hide their social media information?
10. What are two advantages of social media for teenagers?
11. What are the disadvantages?
12. What mental health harm can social media cause in teens?
13. How can social media affect young girls' minds?
14. Do social media companies accept any responsibility?

## Task 2: Fill in The Blanks

Using the following vocabulary, fill in the blanks in the paragraph below.

social media	platforms	updates	preferred	secrets
gossip	grown-ups	downsides	isolated	rumours

\_\_\_\_\_ is used by many people online today. These apps and \_\_\_\_\_ have become ubiquitous in our lives and are the \_\_\_\_\_ means of communication for many. While these platforms

provide a constant stream of \_\_\_\_\_ from friends and family, they also have their \_\_\_\_\_. They are often used to spread \_\_\_\_\_ and \_\_\_\_\_, which can lead to harm and hurt feelings. Additionally, relying too heavily on social media can lead to spending too much time alone. This can make people feel \_\_\_\_\_, as people spend more time online and less time interacting in person. Teenagers may want to keep some things as \_\_\_\_\_ to themselves, but social media makes it all public. While social media can be a great way to stay connected, it's important for \_\_\_\_\_ to be mindful of the potential negative impacts and to balance their online and offline interactions.

#### **Task 4: Your thoughts**

Write an article about your views on social media and teenagers.

Express your ideas clearly, no matter if they are positive or negative.

#### **Lesson 2: Contraception.**

Contraception is the methods used to prevent pregnancy.

One of these methods is the pill.

#### **What is the pill?**

The contraceptive pill is a tablet you take every day to prevent pregnancy. It **contains hormones** that **stop a woman's normal menstrual cycle** so she can't get pregnant.

#### **How effective is the pill?**

On average, **8 out of 100 women** using the pill will get pregnant each year. This is because most women sometimes forget to take the pill or take other medications that stop it working so well. If you take the pill 'perfectly' **less than 1 out of 100 women** get pregnant. The pill works best if you take it at the same time every day.

#### **How does the pill work?**

The pill contains **oestrogen** that **prevents the release of FSH**. This means eggs don't mature. The Pill also **thickens the cervical mucus** to block sperm from getting into the uterus. Some pills contain only **progesterone**. These work in a similar way.

Benefits of the pill	Disadvantages of the pill
<ul style="list-style-type: none"> <li>• Effective - when taken properly</li> <li>• Easily reversible - most women can get pregnant quickly when they stop using the pill.</li> <li>• Can make periods lighter and less painful.</li> <li>• Reduces the risk of some cancers</li> </ul>	<ul style="list-style-type: none"> <li>• Has to be taken every day</li> <li>• Lots of other factors, like medication or an upset stomach, affect how well it works</li> <li>• Does not protect against STDs</li> <li>• Can have side effects like bleeding between periods, weight gain and mood changes.</li> </ul>



### Alternatives to the pill

Recently doctors have developed several alternatives to the pill. They work similar ways but you don't have to take them every day.

Name	Description	Lasts?	Failures per year
Implant	A small flexible rod is put under the skin of the upper arm. It releases progesterone to stop ovulation.	Up to 3 years	Less than 1 in 1000
Injection	An injection of progesterone to stop ovulation.	8-12 weeks	Less than 2 in 1000
IUD	A small plastic and copper device put into the womb stops sperm reaching egg.	5-10 years	Less than 1 in 100.

Did you know - there are 26 brands of pill. They each contain a slightly different combination of hormones so they cause different side effects in different people.

### The pill - questions

If 100 women take the pill **perfectly** for a year, how many will get pregnant?



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State two things that can stop the pill working properly?

1. ....  
.....

2. ....  
.....

State the two hormones contained in the pill.

1. ....  
.....

2. ....  
.....

What other hormone is affected if you take the pill?

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Describe the two effects of the pill on a woman's body

1. ....  
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2. ....  
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A 15 year old girl is not having sex. Why might her doctor recommend she starts taking the pill?

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What is the biggest disadvantage of the pill? Explain your choice.

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A 21 year old woman starts taking the pill but has lots of side effects.  
Suggest two things she could do to try and fix this.

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### Contraceptive choices

**Task: Read about each of these women and recommend a contraceptive for them.**

Samantha is 19 and in her first year at university. She gets up at different times every day and often forgets things. She knows she doesn't want to get pregnant for at least the next two years, until she has finished her studies.



Recommended contraceptive?

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Reason? .....

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.....  
Melissa and her husband have one child already. His birthday is in December. They want to have another child but don't want him to have the same birthday. Melissa wants a type of contraception that will work for a month or two then stop.



Recommended contraceptive?  
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Reason?.....  
.....  
.....



.....  
Georgina is going travelling for two months. She doesn't want to worry about losing her pills while she is away.

Recommended contraceptive? .....

Reason?.....  
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.....  
.....

Emily had bad side effects from the pill. She'd like to try a type of contraception that doesn't use hormones. He boyfriend has cheated on her before so she's also worried about catching an STD.



*Hint: because it doesn't use hormones this type isn't on the sheet, but it's the only one that also protects against STDs.*

Recommended contraceptive? .....



Reason?.....  
.....  
.....  
.....

TASK: Based on your learning. Design an advertising poster marketing the pill to those aged 18-25.

**Lesson 3: STI's**

Use the link to complete the tasks. [STDs \(Sexually Transmitted Diseases\) \(for Teens\) - Nemours KidsHealth](#)

Task 1:

What is an STI?

What are some signs/symptoms of STI's?

How can people avoid STI's?

What should someone do if they think they have caught an STI?

Task 2: Research the following STI's using the link and complete the table.

Name of STI	Symptoms	Treatment
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Chlamydia		
Genital Warts		
HIV/AIDS		

Task 3: Using your research, design a leaflet outlining to teenagers what STI's are, how they can be avoided and what to do if someone thinks they have an STI.

#### **Lesson 4: Teenage Pregnancy/Teen Parenting**

Task 1: Read the information via the link below and answer the questions.

[InstantAtlas Kirklees - JSA Home - Health and Wellbeing Behaviours - Teenage pregnancy](#)

Define teenage pregnancy.

What do most teenage pregnancy's lead to?

Why is teen pregnancy considered a public health issue?

What negative impact can a teen pregnancy have on a person and their child?

What four ways can a teenage pregnancy change a teenager's life?

Who are considered more at risk of teenage pregnancies?

What can be done to help reduce teenage pregnancy?

Task 2: Watch the video and come up with some advantages and disadvantages of having children young.

[https://www.youtube.com/watch?v=DjunRMJF\\_Es](https://www.youtube.com/watch?v=DjunRMJF_Es)

Advantages	Disadvantages

**Task 3: What is the best age to be a parent and WHY?**

I think the best age to be a parent is...

I think this because...

For example...

**Task 4: Write a short article outlining the challenges that young mothers face when becoming a teen parent.**