

Year 8. Sexual Health Workshop

- Pregnancy
- Mother/Fatherhood
- Are you ready or not?
- Associated factors

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STEVENSON TRAINING
AND INTERVENTIONS

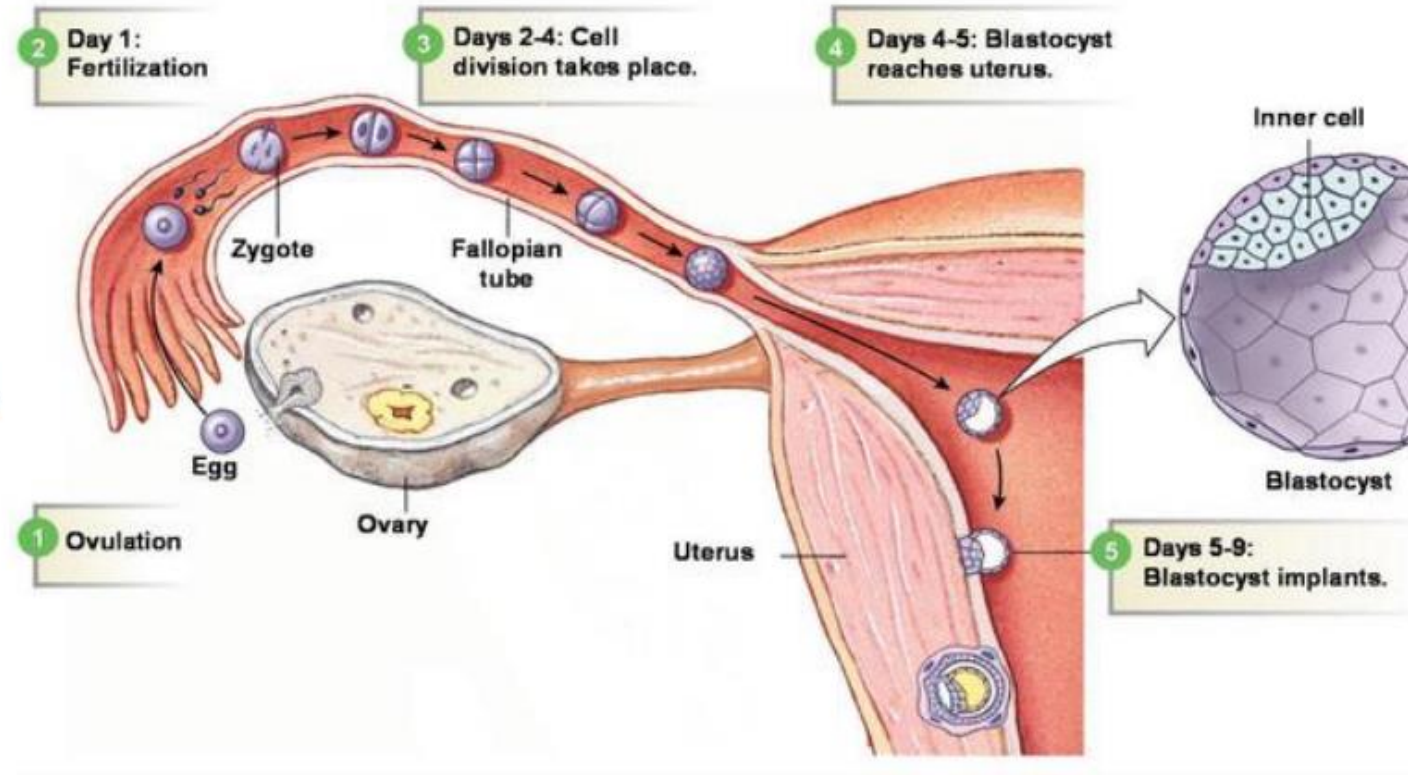
Relationships and sex education

Ground Rules...

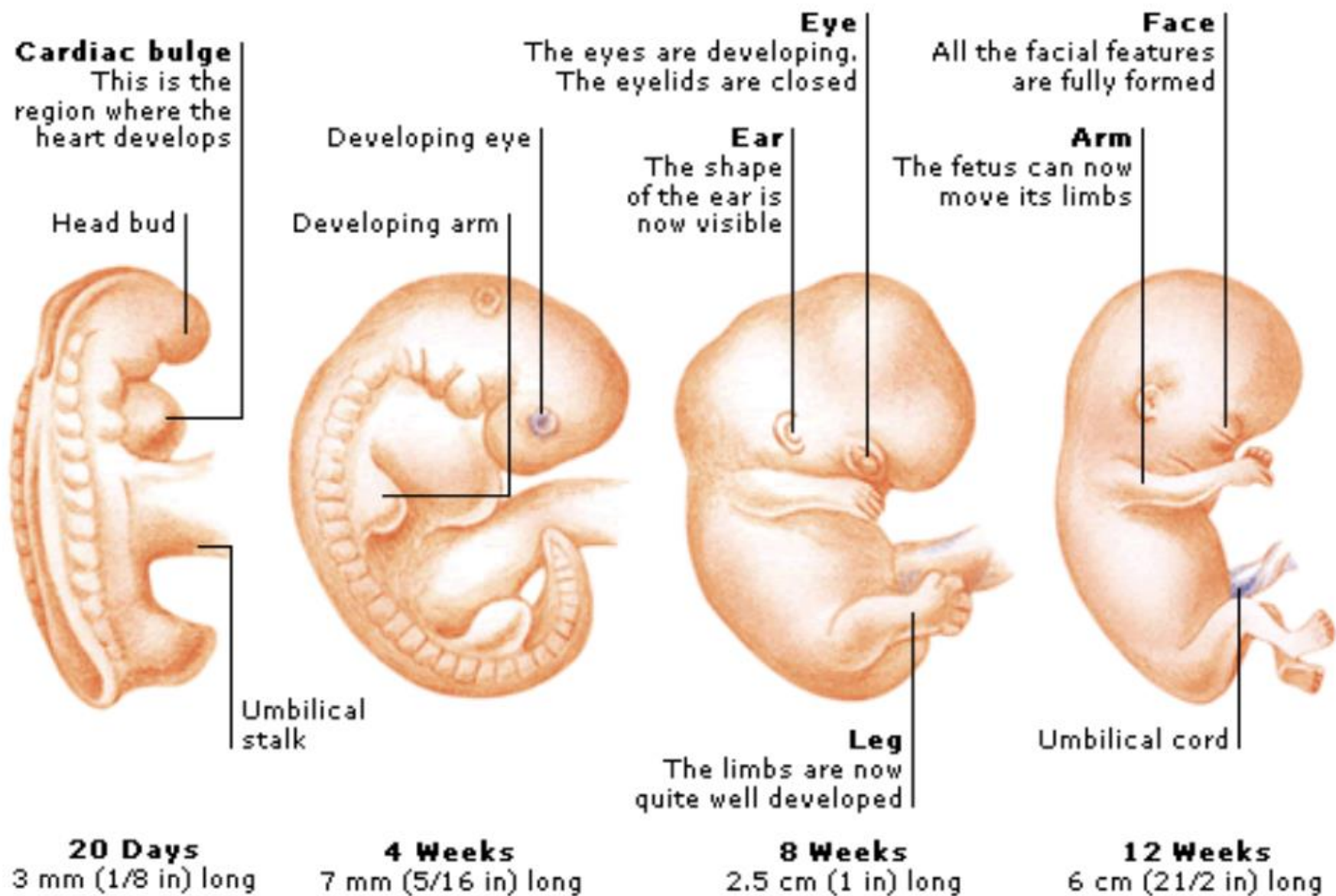
- Speak for yourself, not for other people.
- Listen to what is being said, it might just save your life!
- Please ask questions, there is no such thing as a stupid question.
- Use appropriate language, descriptive not offensive.
- Enjoy, and we will have some fun!

Stages of Pregnancy

- Fertilised egg = Zygote
- Cell divides (cleavage) into a Blastocyst.
- After about a week, the Blastocyst
- Implants itself into the the Endometrium
- Develops into a Embryo-Foetus

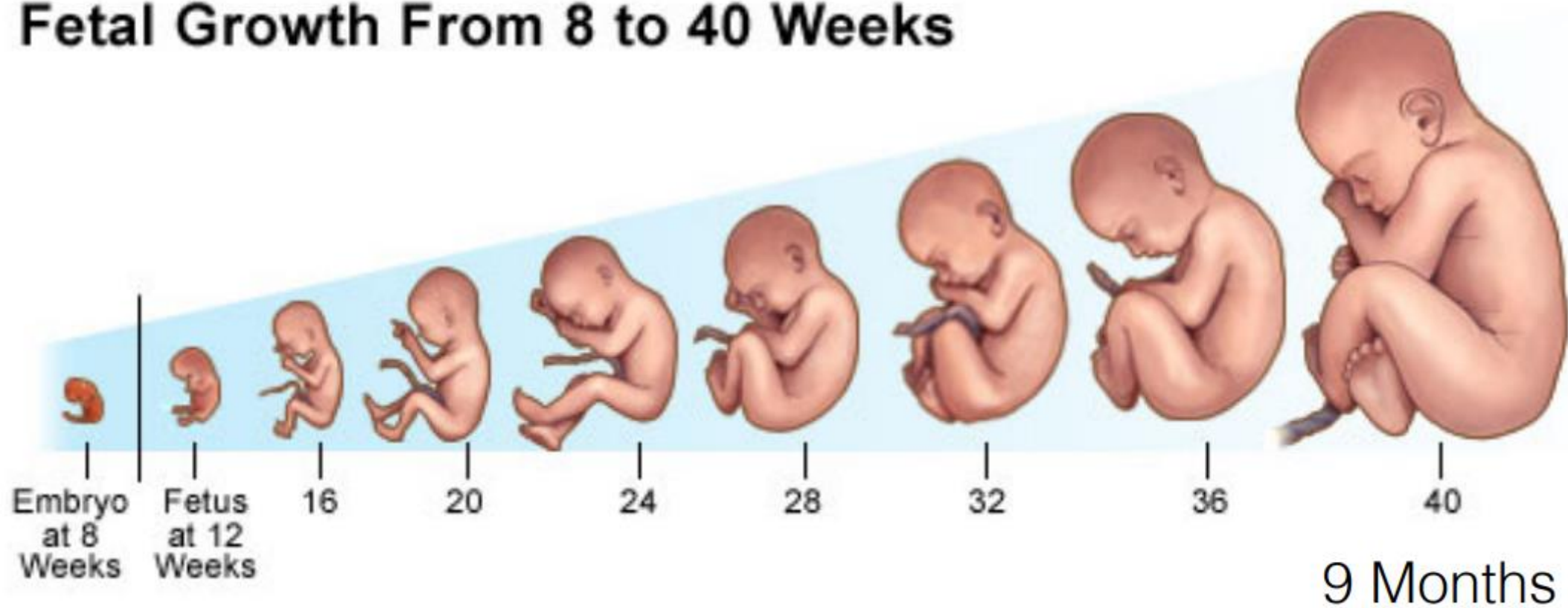


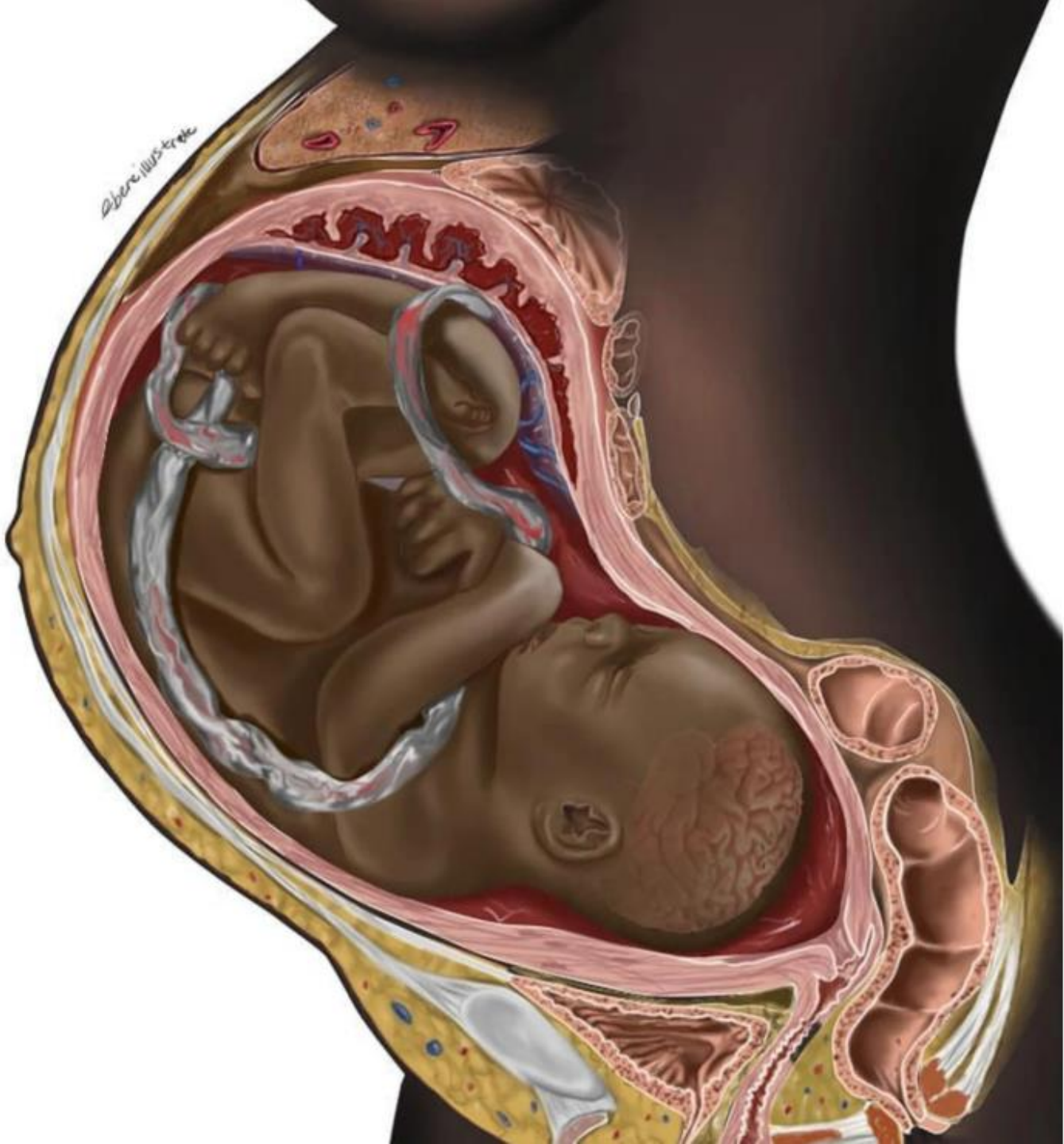
And so it begins.



Foetal growth

Fetal Growth From 8 to 40 Weeks





The Birth!!



The stages of labour and birth

1st stage of labour

During the 1st stage of labour, contractions make your cervix gradually open (dilate). This is usually the longest stage of labour. At the start of labour, your cervix starts to soften so it can open. This is called the latent phase and you may feel irregular contractions. It can take many hours, or even days, before you're in established labour.

Established labour is when your cervix has dilated to about 4cm and regular contractions are opening your cervix.

2nd stage of labour

The 2nd stage of labour lasts from when your cervix is fully dilated until the birth of your baby. Your cervix needs to open about 10cm for your baby to pass through it. This is what's called being fully dilated.

3rd stage of labour

The 3rd stage of labour happens after your baby is born, when your womb contracts and the placenta comes out through your vagina.

You....

- What would you do if you thought you might be pregnant?
- Where would you go?
- What is your role in becoming a new mother.
- What do need to do?



- What would you do if you got someone pregnant?
- Who would you talk to?
- What is your role in becoming a new father?
- What will you need to do?

Being a Parent.

- The right relationship?



- The right house/area?



- The right job/enough money?



- Support?



- Cost of the first year of a child's life?
£11,498 average.



- Cost of raising a child until 18 years.
£148,000 Average or £160 per week.



- Cost of education?
£74,430 & Childcare £70,466



- Cost of raising a child from birth to their 21st birthday?



£231,843 average.



Teenage Parents - Consider this!

- Mixed messages associated with teenage pregnancy.
- More likely to live in Poverty, live on benefits and unemployed.
- If you are involved in crime/unlawful activities, you are twice as likely to become teenage parents.
- Girls having sex under 16 are three times more likely to become teenage parents.
- Increased likelihood of mental health problems. Especially, post-natal depression.
- You are 50% less likely to breastfeed, and drink and smoke during pregnancy.
- Children born to teenage mothers are 60% more at risk of infant mortality, 25% more at risk of lower birth weight.
- Greater risk of birth abnormalities, shorter limbs, chest and heart problems.

Breastfeeding

- Cheap & convenient.
- Contains the right nutrients.
- Baby grow up healthier.
- Contains antibodies.
- Breastmilk-Auto change.
- Less smelly nappies.
- You don't have to make bottle.
- Its what they are there for.



If you could, would you?

Breastfeeding helps protect babies against asthma and childhood diabetes as well as ear and stomach infections. So even if men can't breastfeed, they can still do their bit by supporting breastfeeding mums - because every baby deserves the best.

www.breastfedbabies.org



Health
Promotion
Agency



breastfeeding

Mum & Dad.

- Write down a list of all the things, your parents/carer does, for you.
- Cooking
- Cleaning.
- Washing.
- Taking you to clubs/sports etc.



Emergency Hormonal Contraception.

EHC.

Levonelle- up to 72 hours after unprotected sex. The sooner you take it the more effective it is.



EllaOne- Effective, 3-5 days after unprotected sex. The sooner you take it the more effective it is.



These can cost up to £30 but you can get them for free.

Pregnancy Choices

- To continue with the pregnancy and have the baby.
- To have an abortion/termination.
- To have the baby and place it for adoption.



Risk Consequences Regret

- Wait until **you** are ready.
- Don't do it just because your friends “say” they are.
- If you are feeling pressured, they its probably not the right person anyway.
- Respect yourself.
- This is one big mistake, if you don't get it right.



KEEP
CALM
AND

Say no to
Peer Pressure

Thank You

Any Questions?