

# Why have sex?



## LEARNING OUTCOMES

### Knowledge, Skills & Actions

To understand the considerations to be taken before making a relationship sexual

To understand the positive and negative reasons to have sex

To explore the consequences of making a relationship sexual

**New Vocabulary**  
LOVE, SEX, MARRIAGE, HAPPINESS, CORE QUALITIES

How do we learn about sex?

Most Romantic Moments - Films

3 Minutes



## STARTER ACTIVITY

‘What are our expectations of romantic relationships?  
How do these shape the relationships we have, or hope to have?’  
Why do people giggle and get embarrassed when talking about sex?’

# EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

# PSHE

# EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

## Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

Be open and honest but **no personal comments** – Discussions will be about **'general situations'**

**Don't make assumptions** about people's values, attitudes, behaviours, life experiences or feelings

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

## *PSHE CLASSROOM RULES* DEALING WITH SENSITIVE TOPICS

There are **no stupid questions**. A question box for anonymous Questions

It's OK to get things wrong

## **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

Have a **non-judgemental approach**. No put downs and challenge the opinion not the person

Enjoy the lesson, Challenge your perceptions and **understand how to seek further advice and support**

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

Conversations stay in the room unless it is a **safeguarding issue**



# Peer Pressure and Sex

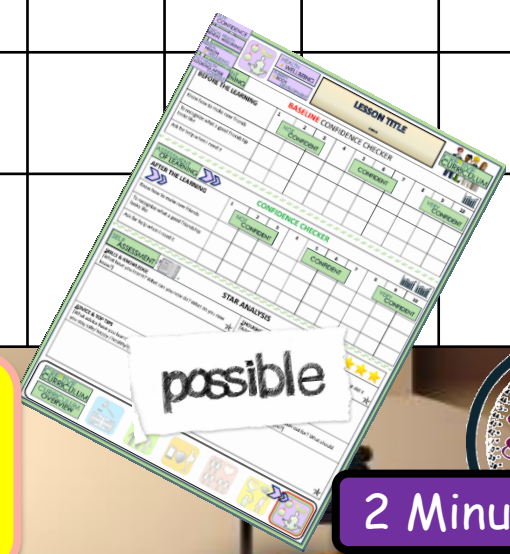


ASSESSMENT FOR LEARNING

## BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I know a range of things to consider before engaging in sexual relations										
I can explain positive and negative reasons to have sex										
I understand the full range of consequences of making a relationship sexual										



possible

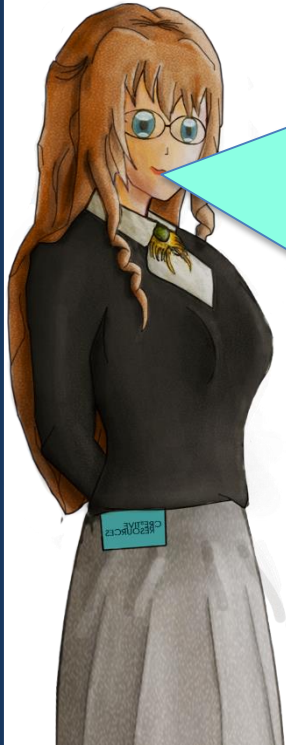


2 Minutes

Complete a baseline assessment of where you think you are at for this lesson  
(Discussion or complete sheet)



	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
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**“Boys are interested in sex and girls are interested in love”**

## Talking points

- I think that ...
- I don't think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because
- Building on what ....
- An alternate way of looking at this is...
- I sort of agree, however....
- In my view...
- I would challenge what... said because ...

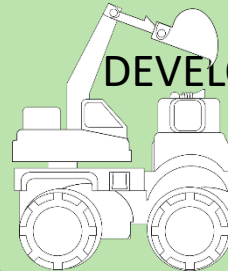
AGREE



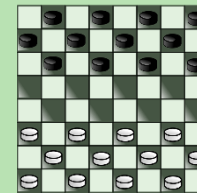
DISAGREE



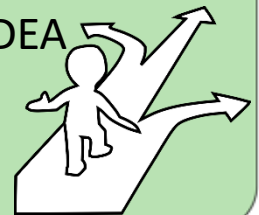
DEVELOP



CHALLENGE



ALTERNATE IDEA



# Worth the Wait – Film about relationships



**KoKo Stories done as a poem / Rap**  
**Task:** Pick one or two colours and answer all the related questions



What thinking is needed? next steps? Where are we now

What is wrong? Is it safe? can it be done?

THINKING

JUDGEMENT



What facts do I know? What else do I need to know? What do I want to know?

How do I feel about this? What don't I like about this? What do I like about this?

Can something be done? New ideas? What are the solutions/ suggestions?

INFORMATION


FEELINGS

CREATIVITY



6 Minutes

THINKING HATS



“Why do people have sex?”

**TASK 1:** List as many possible reasons.

**TASK 2:** Colour code them.  
Positive / Negative

CREATIVE CURRICULUM Positive and Negative reasons to have sex CREATIVE CURRICULUM

<p>Not to be a virgin</p> <p>✓ ✗</p>	<p>In a relationship</p> <p>✓ ✗</p>	<p>To feel loved</p> <p>✓ ✗</p>
<p>Belief that sex = love</p> <p>✓ ✗</p>	<p>Curiosity</p> <p>✓ ✗</p>	<p>Opportunity was there</p> <p>✓ ✗</p>
<p>To ensure your partner wont leave you</p> <p>✓ ✗</p>	<p>They told you they love you</p> <p>✓ ✗</p>	<p>Everyone else is doing it</p> <p>✓ ✗</p>
<p>It's fun</p> <p>✓ ✗</p>	<p>To not let the other person down</p> <p>✓ ✗</p>	<p>To express how I feel</p> <p>✓ ✗</p>
<p>It felt like the right time for both of us</p> <p>✓ ✗</p>	<p>People liked me more when I did it</p> <p>✓ ✗</p>	<p>To not be called a virgin</p> <p>✓ ✗</p>
<p>Because I was drunk</p> <p>✓ ✗</p>	<p>I felt pressured to do it</p> <p>✓ ✗</p>	<p>To have a baby</p> <p>✓ ✗</p>

CREATIVE CURRICULUM Positive and Negative reasons to have sex CREATIVE CURRICULUM

<p>Because its legal</p> <p>✓ ✗</p>	<p>To stop people calling me gay</p> <p>✓ ✗</p>	<p>My parents told me not to do it</p> <p>✓ ✗</p>
<p>To boost my mood and relieve depression</p> <p>✓ ✗</p>	<p>To make someone else jealous</p> <p>✓ ✗</p>	<p>Because you both feel ready and want to</p> <p>✓ ✗</p>

**POSITIVE REASONS TO HAVE SEX**

✓ ✓

**NEGATIVE REASONS TO HAVE SEX**

✗ ✗

**MAKE UP YOUR OWN CATEGORY**

\_\_\_\_\_

**UNSURE or IT DEPENDS**



Teamwork

Complete the card sort

# MAKING CHOICES

When making decisions about whether to have sex what do you think are the best and worst reasons to have sex?



Not to be a virgin

In a relationship

To feel loved

Belief that sex = love

Curiosity

Opportunity

Fear of losing your partner

Because they told me they loved me

Because everyone else is doing it

It is fun

Because I didn't want to let them down

To express how I feel

Because it felt like the right time for us both

Because people liked me more when I did it

To not be called a virgin anymore

Because I was drunk

Because I felt pressured to do it

To have a baby

Because I was at the legal age to do it

To stop people calling me gay

Because my parents told me not to do it



“Sex can be consensual and not enjoyable, but sex can’t be enjoyable without being consensual.” – **What does this mean?**



**CONSENT MUST BE TOP PRIORITY  
AT ALL TIMES – WHY?**

# Considerations

## Possible consideration:

- Am I physically ready?
- Am I emotionally ready?
- Is this the right thing to do?
- Am I old enough by law?
- Do I trust this person?
- What contraception will I use?
- Where will I have sex?
- How will it impact my relationship?

Consideration:

Consideration:

Consideration:

Consideration:

Consideration:

Consideration:

Before you decide to  
make a relationship  
sexual or engage in sex  
- What should you  
consider?



# Discussion topics



What are the main reasons people worry about sex?

What criteria would you use to decide if someone was ready to have sex?

Why does peoples perception of sex and reality not always match up?

How does the media portray sex?

What are the main way young people learn about sex?

Make up a discussion topic

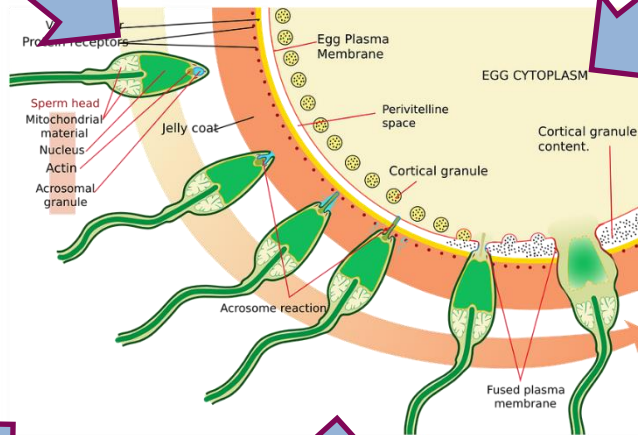
# Sex & Consequences

Sex can have hundreds of benefits and also many consequences too

Having sex could..

1. ruins a relationship
2. If under 16 get you in trouble with the law
3. make things awkward

Relief



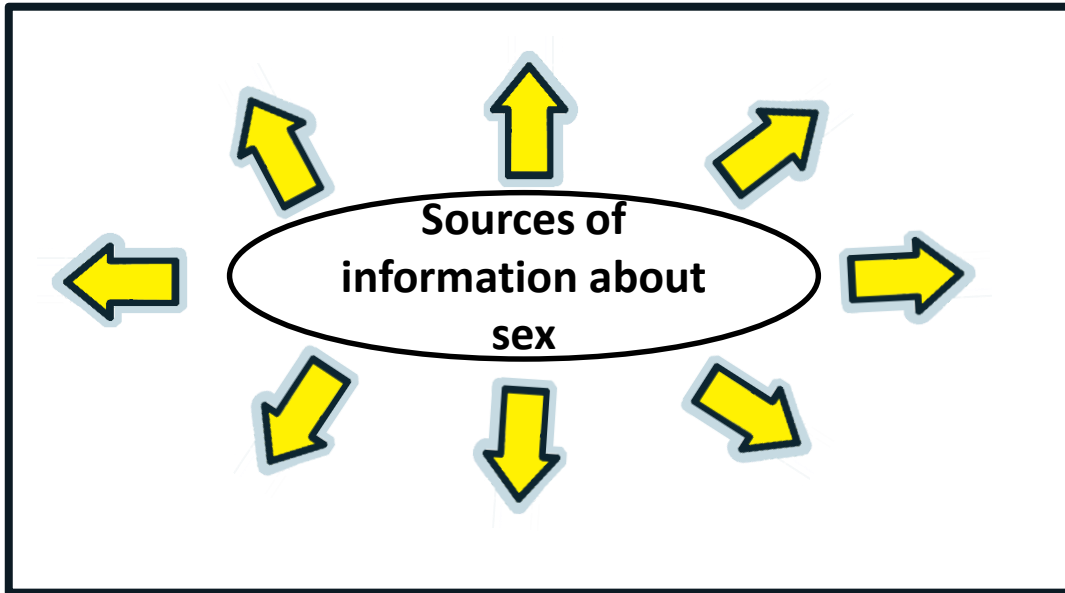
Pleasure

Sexually transmitted infections

Orgasm

Sense of connection and strengthening a relationship

Unplanned pregnancy  
Or  
Planned pregnancy



### Did you know?

*Sex is defined in many ways*

*A consensual activity designed to arouse a psychological response*

*Anything connected with sexual gratification or reproduction or the urge for these*

*Sexually motivated phenomena or behaviour*

*Everyone has their own definition of what sex means to them.*

In some loving relationships (heterosexual or homosexual) some people believe that sex should only occur after marriage. This may be for personal or religious reasons

### Task

How reliable is each source?

- a) Advantages of it
- b) Disadvantages of it
- c) What are the three most reliable sources?

**Extension:** Create a leaflet outlining what you would like teens to know about sex (Values, Qualities & Knowledge)

Click to Reveal

**Answers**

What do people  
associate with sex?  
(Research Study)

Negotiation

Consent

Persistent  
movement



Raised body  
temperature

Performance  
awareness

Anticipation

Sensation of an  
electric charge  
(Intense feeling)

Genital contact

## A CHECKLIST FOR WHEN YOU MIGHT BE READY TO HAVE SEX

- You feel you could say no and that would be OK –but you still want to do it
- You have made a special connection with someone – and both feel it
- You know your own mind and know it's right
- You may have some anxieties about it – but not any fear
- Nobody's forcing you, pressuring you or coercing you
- You know you won't regret it – as much as you ever can know that
- You don't need someone else's permission
- You're not doing it just to keep up with your friends
- You've agreed you're both in love and want to take this next step together
- You've been going out for months and have done everything but and can't wait
- You aren't wanting to have sex to keep a boyfriend/girlfriend or just to make you popular
- You have talked about it together, discussed using condoms and contraception, and agreed what happens next and whether or not to tell your friends afterwards
- You each want it for yourselves – not just because the other person does or to please them

## Task

This checklist was created by another school for its sixth form students.

- a) Do you agree with the checklist?
- b) Is there anything else that should be added or removed from this checklist?
- c) What are the three most important points on this checklist?

## Did you know?

*According to some studies -1 in 10 young women experience painful sex, ( this can be up to 50% for the first time they have sex) –'Sex is usually not painful and can be enjoyable'*



# Discussion topics



Are there  
'good' and  
'bad' reasons  
to have sex?

Why do people have  
sex for 'bad'  
reasons?

How might self  
esteem have an  
impact on our sexual  
decision making

Where is there  
unreliable sources of  
information about  
sex?

Can people get  
what they want  
from sex through  
other things?

Make up a  
discussion topic



# LEARNING OUTCOMES



# STOP!



Let us review our learning outcomes for this lesson  
**Knowledge, Skills & Actions**

PAIR &  
SHARE

ASSESSMENT FOR LEARNING

## Confidence Checker



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3 Minutes

Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
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IMPORTANT INFORMATION

# SEEKING SUPPORT

Enjoy the lesson, Challenge your perceptions and understand how to seek further advice and support

IMPORTANT INFORMATION



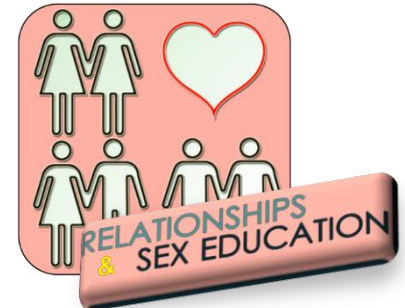
FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

VISIT THE BROOKE WEBSITE <https://www.brook.org.uk/> FOR ADDITIONAL SUPPORT ON SEXUAL HEALTH AND WELLBEING FOR UNDER 25s

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- a sexual health clinic (GUM clinic)
- <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/> What is a healthy Relationship Article - Childline
- some young people's services - call the national sexual health helpline on 0300 123 7123 for details
- Brook centers - for under-25s
- GP surgeries
- NHS Website <https://www.nhs.uk/live-well/sexual-health/>



2 Minutes

SIGNPOSTING SUPPORT

HELP & SUPPORT SERVICES

FURTHER INFORMATION



# REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

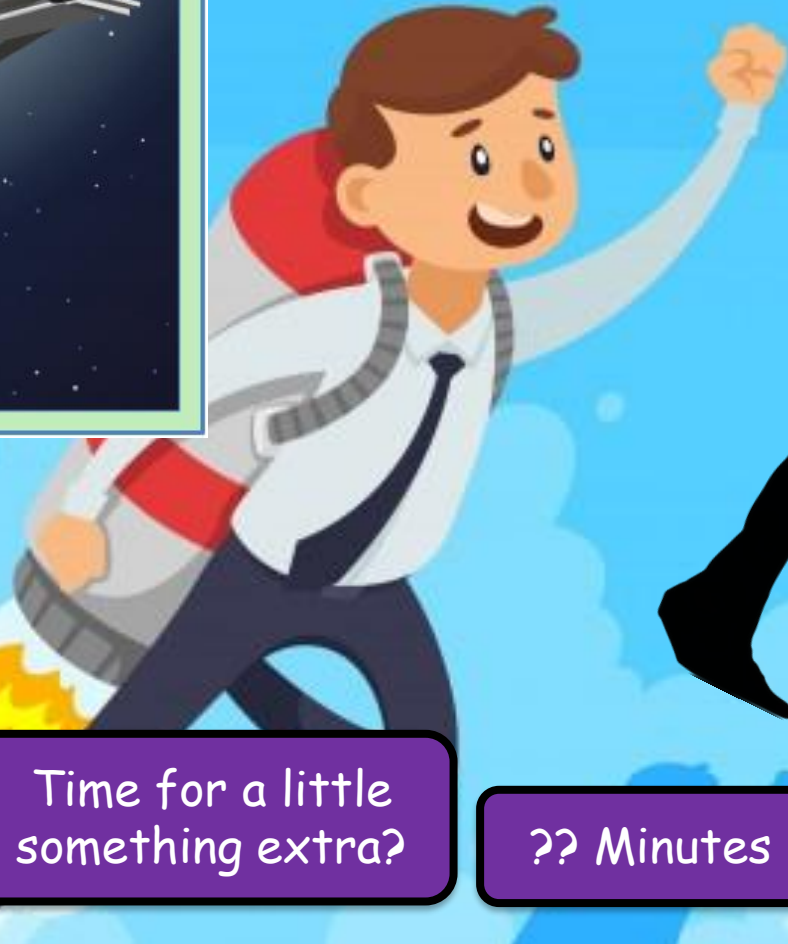
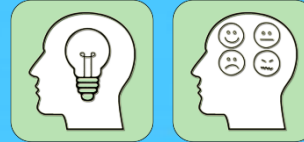
A problem I overcame today was...

2 Minutes



**REFER TO MINDFULNESS**

**▶▶▶ POWERPOINT**



Time for a little something extra?

?? Minutes

