



# Starter

## Two truths one lie

- In your books write 3 statements about yourself. 2 have to be the truth and one needs to be a lie.
- Read it to your learning partner and see if they can guess which is the lie.
- Class - Choose 5 people to come up to the front to read out their either a truth or a lie, the class then have to guess who is lying and who is telling the truth.



# Learning Objective - To understand the signs of being ready for sex and what sex is?

## Key Words

**Sexual intercourse:** Sexual contact between individuals involving penetration.

**Sexual activity:** activities associated with sexual intercourse.

**Sexual assault:** an act of physical, psychological and emotional violation in the form of a sexual act, inflicted on someone without their consent. It can involve forcing or manipulating someone to witness or participate in any sexual acts.

**Rape:** When a person intentionally penetrates another's vagina, anus or mouth with a penis, without the other person's consent.

## Learning Outcomes:

Understand the different ways to be intimate with a partner and be able to discuss what being ready for sex means.

Understanding what consent means and what the consequences are when someone doesn't give it.

# Questions



If you would like to ask questions at any time then put your hand up and ask if you feel able to however if you are a bit shy or embarrassed then write down your questions on the pieces of paper which will be collected throughout the lesson.



I will then try to answer as many as I can by the end.



- No one will know its your question so you can ask anything that you want.
  - BE MATURE and only ask questions that you feel are important.
  - Your teacher WILL NOT answer anything personal or silly.



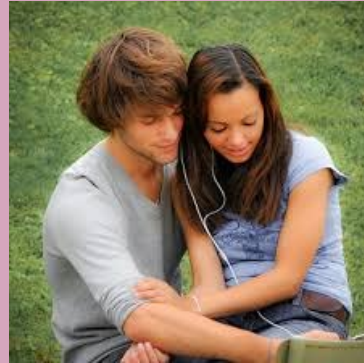
# Intimate relationships

As you go through puberty your hormones will make physical changes happen to your body but they will also affect your feelings towards other people.

You may start to find people attractive and enjoy spending time with them.

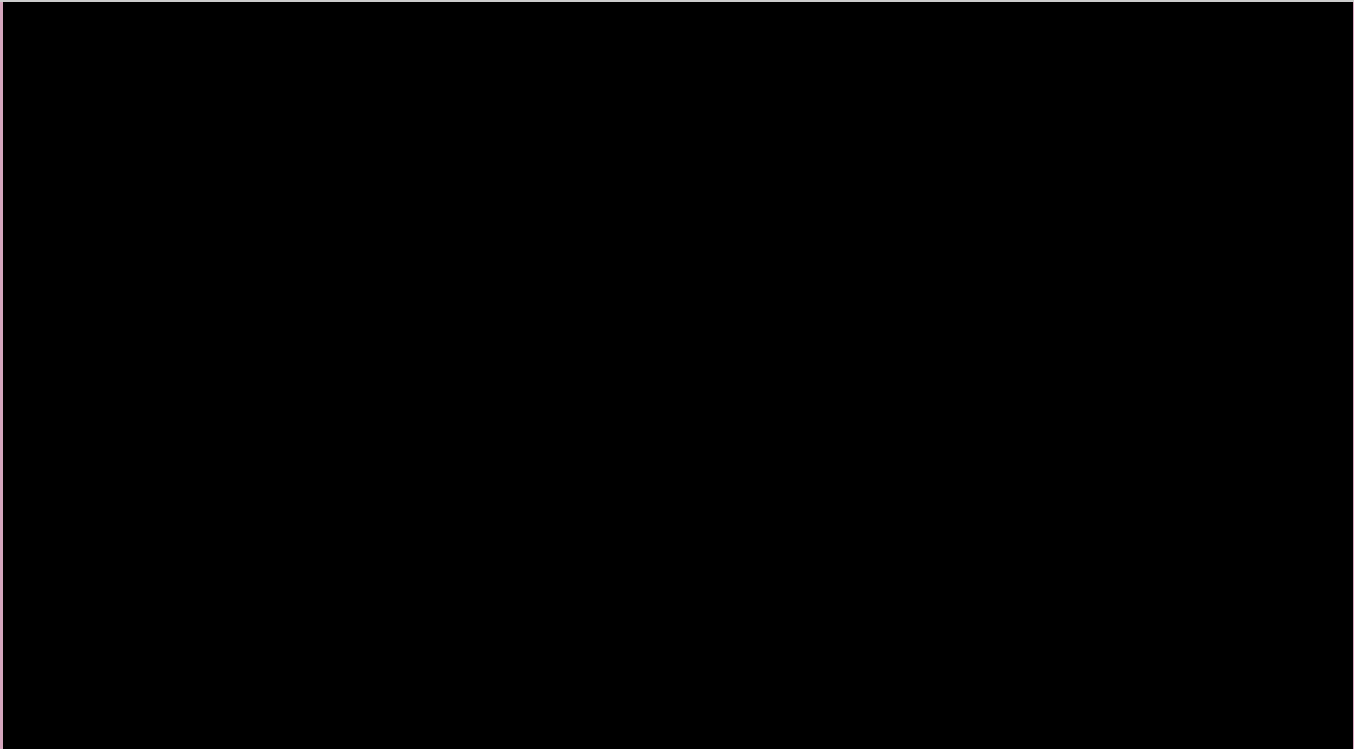
You may ask the other person 'out' and become boyfriend/girlfriends.

As your relationship starts to develop you may want to start being intimate with each other.





# Intimate relationships



What are your thoughts about what they were saying? Do you agree or disagree with anything?

# Intimacy in relationships

There are many ways of being intimate with a partner they can be categorised into Physical, Emotional, Intellectual, Spiritual ;

- Physical intimacy may include being inside someone's personal space, holding hands, hugging, kissing, heavy petting, penetrative sex or other sexual activity.
- Emotional intimacy, particularly in sexual relationships, typically develops after a certain level of trust has been reached and personal bonds have been established. It should include feelings of happiness, security and love.
- Intellectual intimacy takes place when two people exchange thoughts, share ideas and enjoy similarities and differences between their opinions.
- Spiritual intimacy involves bonding over spirituality.

# What is the law around having sex?

- The age of consent to any form of sexual activity is 16 for both men and women. The age of consent is the same regardless of the gender or sexual orientation of a person and whether the sexual activity is between people of the same or different gender.
- It is an offence for anyone to have any sexual activity with a person under the age of 16. However, Home Office guidance is clear that there is no intention to prosecute teenagers under the age of 16 where both mutually agree and where they are of a similar age.
- Children aged 12 and under cannot legally give their consent to any form of sexual activity. There is a maximum sentence of life imprisonment for rape, assault by penetration, and causing or inciting a child to engage in sexual activity.

In learning partners discuss what do you know about the 'LAW about having sex' and produce a mind map.





# So what is sex?

Sex can mean different things to different people. When most people talk about 'having sex' they are usually referring to sexual intercourse (or penetrative sex).

It is also possible to be 'sexual' without actually having sex.

- On a whiteboard in learning partners how many different kinds of sex can you identify. I.E - Oral

# Different kinds of sex

Kissing, masturbation, mutual masturbation, fingering, foreplay, oral sex, non penetrative sex, penetrative sex, vaginal sex, anal sex.

The next few slides will explain what is meant by some of the different kinds of Sex. If you have any questions write them down on your pieces of paper and your teacher will try to answer them at the end of the lesson.

# Penetrative sex

When something (like a penis or a sex toy) goes inside someone else's mouth, vagina or anus. Vaginal, anal and oral sex are all types of penetrative sex.

# Oral Sex

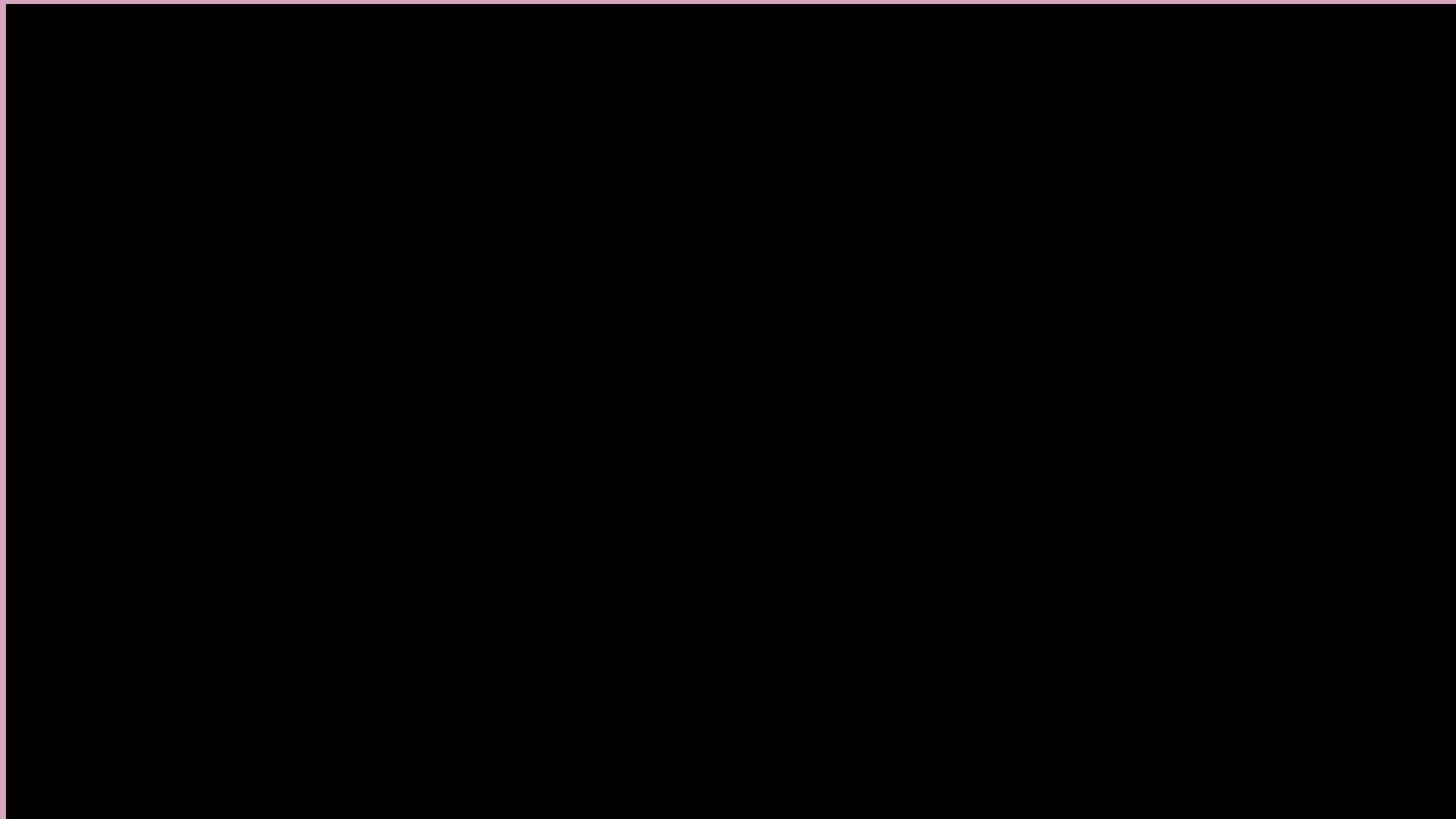
Oral sex is when you stimulate your partner's genitals with your mouth, lips or tongue. This could involve sucking or licking their penis, vagina, vulva or clitoris, or anus .

# Masturbation

When you touch or stroke a part of your own body to become aroused. Different people find different things erotic. Body parts could include the clitoris, breasts, nipples, vagina, penis or anus. Masturbation is not bad for you. It's your choice whether or not you do it or not.



How will I know when I am ready?



# How will I know when I am ready?

Working out when you're ready to have sex and feeling comfortable about it, is one of life's big decisions. You're the only one who can, and should, decide.

Just because you have had sex before, even with the same person, doesn't mean you have to do it again.

Perry is 14 and has been thinking about sex a lot recently. It could be hormones or because all of his friends are 'doing it' (supposedly) but he is trying to decide if he is ready.

- What advice would you give Perry if he was your friend?

# Deciding when to have sex

Most people have sex for the first time when they're 16 or older, not before. If someone is boasting about having sex, it's possible they're pretending.

There are no rules about how long you have to be going out with someone before you have sex.

Being ready happens at different times for everyone. Don't decide to have sex just because your friends or partner are pressuring you.



# The questions to ask yourself before having sex

You need to have the confidence to work out how you want to respond if sex comes up and how far to go. Ask yourself if you feel comfortable.

Is it the right time, in the right place, and with the right person? Do you really trust the person, and do you feel the same way about one another?

If you think you might have sex, ask yourself the following questions:

\*Does it feel right?

\*Do I trust my partner?  
as much?

\*Does he/she respect me just

\*Have we talked about using condoms to prevent STIs and HIV, and was the talk OK?

\*Have we got contraception organised to protect against pregnancy?

\*Do I feel able to say "no" at any point if I change my mind, and will we both be OK with that?

If you answer yes to all these questions, the time may be right

# How will I know if i'm not ready?

But if you answer yes to any of the following questions, it might not be:

- Do I feel under pressure from anyone, such as my partner or friends?
  - Could I have any regrets afterwards?
- Am I thinking about having sex just to impress my friends or keep up with them?
  - Am I thinking about having sex just to keep my partner?

Being in a relationship doesn't mean you have to have sex. Even if you have done it once or twice, you still need to make sure your boyfriend or girlfriend is as keen as you are each time.

# Reading the signs they want sex

Many people are surprised when a situation leads to sex, so learn to read the signs.

If someone suggests you find a quiet place, makes lots of physical contact, or suddenly tries to charm and flatter you, they might be thinking about sex, even if you're not.

You need to decide whether you want to have sex. Don't let someone else decide for you by just going along with it.

Make the decision in advance and stay in control of the situation, especially if you have had alcohol as you'll be less inhibited.

If you're not sure you can stay in control, avoid situations that could lead to sex, such as going to someone's room or somewhere quiet.

# How to talk about sex

It's better to have an embarrassing talk about sex than an embarrassing sexual experience before you're ready.

There are lots of things to think and talk about, such as:

- Are you both ready?
- Will you be having sex for the right reasons, and not because of peer pressure or partner pressure?
  - Do you have contraception sorted?

Sex isn't the only aspect of a relationship, and there are other ways of enjoying each other's company. Discuss what you want and what you don't want to do.

# Alcohol won't help

Many people have sex or lose their virginity when they have been drinking.

After a few drinks, you're more likely to lose your judgement and may do things you wouldn't do normally.

You may regret your actions in the morning, and you won't be able to undo what you have done.

People are also more likely to have sex without a condom when they're drunk. This can lead to an STI or unintended pregnancy.

# Does starting her periods mean a girl is ready to have sex?

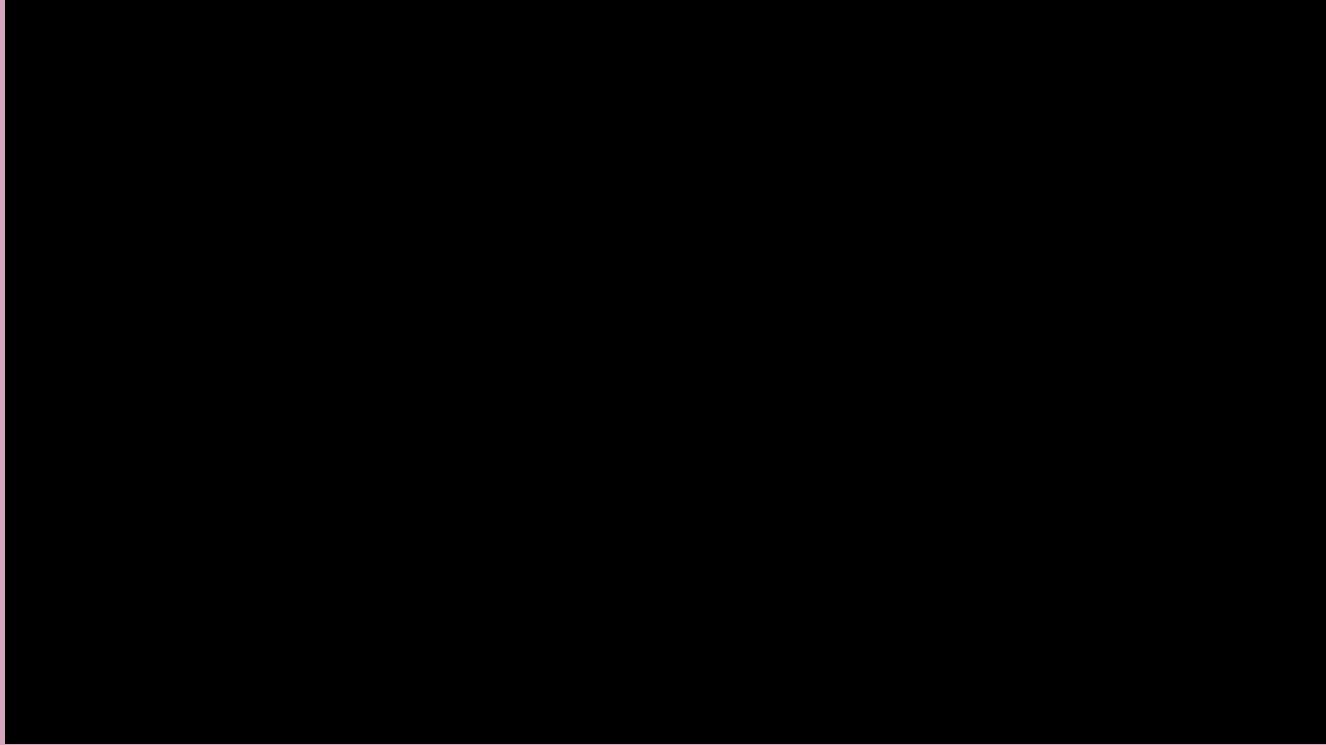
No, starting your periods means that you're growing up and you could get pregnant if you were to have sex.

It doesn't mean that you're ready to have sex, or that you should be sexually active.

People feel ready to have sex at different times. It's a personal decision. Most young people in England wait until they're 16 or older before they start having sex.



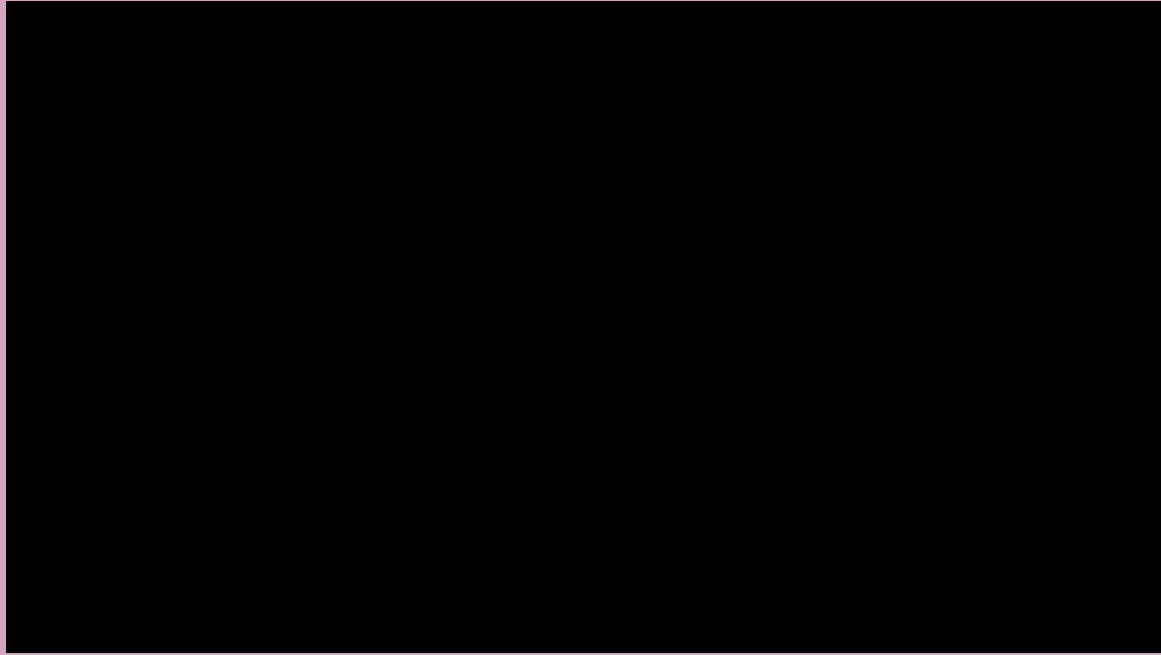
# Contraception



- What methods of contraception do you know?



# STI/D's



- In learning partners create a mindmap of the different STI/D's you already know about. You should include the name of the STI, what the symptoms are, how you can protect yourself against getting it and what the treatment would be.





# Chlamydia

