**Teachers’ notes**

**Relationships Let’s Talk about Sex B1.3**

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| **Learning outcomes**A picture containing text  Description automatically generatedBy the end of the lesson students will have: * looked at some words associated with sex
* read what different young people think about sex
* shared their views on sex
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| **Materials**Student handout / PPTAll images from www.pixabay.com  |

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| **Time** | **Procedure** | **Materials** |
| **5 mins** | * Display and clarify learning outcomes.
 | **PPT** |
| **10-15 mins** | * Tell students a group of young people were asked to brainstorm words they associated with sex. Depending on the level of the group you may need to check the meaning of some of the words before they complete the activity. Alternatively encourage students to look the words up themselves or explain what they mean to each other.
* Ask students to circle three words they would like to discuss. Place students into small groups and allow them time to explain/ discuss the words and the follow up questions.
* Conduct whole class feedback. Use this opportunity to make students aware of what verbs commonly go with some of the words (For example: to give consent/ consensual sex/ to feel pressurised into/ to be in a steady relationship) and to discuss some of the words they came up with.
 | **PPT****Activity 1** |
| **15 mins** | * Point out that some people find it easier/ harder to talk about sex than others. Comment on how society views sex in students’ current country.
* Ask students to complete the sentences so they are true for them. If some stents feel too uncomfortable doing this, ask them to imagine they are completing them for a family member/ someone they know. Monitor and help with vocabulary as necessary.
* Place students in small groups and ask them to share/ explain their sentences and to discuss the follow up questions.
* Conduct whole class feedback and explore why students feel like they do. Could it be their sex, their age, their family, their religion, their cultural background etc that has influenced their views. Make comparisons with how sex is viewed here compared to where some students may have originally come from.
 | **PPT****Activity 2** |
| **20 mins** | * Tell students they are going to read what different young people think about sex. Explain that there might be some words they don’t understand but to not worry about those the first time they read.
* Set the first task. Students read individually and then compare their answers prior to whole class feedback.

[Answers: 1. Gabriele, Tekle 2. Nicoletta, Ekaterina]* Draw students’ attention to the words in bold and explain that you want them to think of synonyms. Point out that the words are informal. Refer students to online dictionaries and let them work with the same partner to think of suitable alternative ways of saying the same thing. Monitor and offer support as necessary.
* Conduct whole class feedback and explore the meaning of the words in bold: **[Answers:** **Hot** - sexy; **easy lay** - thought to have slept with lots of people; **been with** - had sex (in any form) with; **to** **see someone -** to be in a romantic/sexual relationship; **to take it slowly** - to not rush things in a relationship; **to hassle** - to annoy so by repeatedly asking them things; **to come out** - to tell people that you are gay, usually after having kept it secret for a long time; **get it** - understand; **frigid** - someone, typically a female, who is reluctant to have sex].
* Tell students you now want them to discuss the views expressed in the text. Place them in small groups and allow enough time for the discussion.
* Conduct whole class feedback and point out the importance of being accepting of other people’s points of view. Accepting what someone else thinks doesn’t mean you agree with what they think.
 | **PPT****Activity 3** |
| **10 mins** | * Conduct a plenary and ask students to discuss the questions. Focus on the importance of recognising and accepting other people’s views of sex and not judging others.

  | **PPT****Activity 5** |

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**Activity 1: Words associated with sex**

A group of young people were asked to think of words they associated with sex. Look at the list below. Circle three words to talk about in your groups.

**safe fun underage unprotected**

**consent steady relationship peer pressure trust**

**STIs casual contraception getting pregnant**



Share what you understand by the words. Do you think young people where you live would think of similar words or not? Why? Why not? Can you add to the list of words?

**Activity 2: Let’s talk about sex. It’s not always easy**

 Complete the sentences so they are true for you.

1.I don’t mind talking about sex with\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2.There’s no way I’d talk to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about sex because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. The only person/ people I feel really comfortable talking about sex with is/ are\_\_\_\_\_\_\_\_

Because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Generally speaking I feel/ don’t feel comfortable talking about sex because\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.



Compare your sentences. Why do you think you feel the way you do? What do you think has influenced your feelings or views?

**Activity 3: What I think about sex**

Read what four different people have to say about sex.

 1. Who is concerned about what other people think?

2. Who isn’t concerned about what other people think?

What do I think about sex? I’m not in a relationship with anyone but if I meet someone **really hot**, for example, at a party I might end up having sex with them. I’ve had sex with boys and girls. I don’t think there’s anything wrong with that. I know some people probably think I’m an **easy lay**, but I don’t think there’s anything wrong with what I do. Let them think what they think. I’m 18 and proud to be sexually active. *Nicoleta*

**I’m seeing** a girl at college. We’ve been together for a few months. We didn’t have sex for a while and her parents talked to her about **taking it slowly.** I just didn’t want her to feel like I was **hassling her** into having sex, but it does feel right because we’re in a steady relationship. If she’d wanted to wait that would have been fine with me. *Gabriele*

I’ve known I’ve liked boys for years and **coming out** was the hardest thing I ever had to do. My friends said they already knew but my parents still refuse to accept I am gay. They just don’t **get it.** Most people in our community think it is wrong and think I have some kind of disease. They think I need to be cured. I’m not really accepted by my community anymore which makes me really sad. I just wish they would understand me and accept me for who I am. *Tekle*

I feel a lot of pressure when I go out. My friends make jokes and think I’m **frigid**, and they don’t understand why I won’t sleep with anyone. I just don’t want to. It doesn’t bother me if they don’t understand. I think I’m probably the only person in my class who hasn’t had sex. It makes me feel quite special and proud. I’m in no rush to have sex with the first person I see. *Ekaterina*



Compare your answers.

 Look at the words in bold above. Can you think of synonyms for the words?



What do you think of each person’s view of sex? Do you agree with them?

**Activity 4: Reflection**

Discuss these questions

How important do you think it is to talk about sex? Why? When should we start talking about sex?

People have different views of sex. How do you feel about people not sharing your views? How easy will it be for you to accept what other people say or think about sex?

If you wanted to talk about sex or needed some advice, do you know who you could speak to or where you could go?