



Title: Make it Good: How do you know you are ready for sex?

Level: SENIOR PHASE

Code: S.1.3

Links to Curriculum for Excellence

In terms of Curriculum for Excellence, this level is concerned with extending or deepening what is described at Fourth Level.

Experiences/Outcomes

- I understand the importance of being cared for and caring for others in relationships and can explain why. HWB 4-44a
- I understand and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. I understand the different contexts of such relationships including marriage. HWB 4-44c
- I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 4-45a
- I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult. HWB 4-46c
- I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. HWB 4-46a

Benchmarks

- Justifies why commitment, trust and respect are central to being cared for and caring for others.
- Explains the importance of shared values and goals in sustaining a loving and sexual relationships, for example, mutual respect, agreement on sex.
- Distinguishes between a balance of power and abuse of power in relationships, for example, respect, trust, coercion, consent.
- Demonstrates the skills needed to manage challenging situations within relationships, including sexual relationships, for example, compromise, empathy, decisiveness.

About this activity

As part of a series of learning activities about 'the good relationship' this activity supports young people to think about the choice to have sex.

Resources to support this activity

- Paper/pens
- Short film at <https://binged.it/2K0fjUY>
- CARDS: Top 10 questions about *the first time*.
- SLIDE: How to know if you are ready to have sex
- SLIDE + HANDOUT: Finding good information, advice and support about sexual health including condoms and contraception.

Activity

1. Introduce the learning activities along these lines:

We have been thinking and talking about relationships, and when you get to your age you might be thinking about whether a relationship should include sex – now some of you may have had sex, some won't have. This session is not about you talking about that personal stuff, and please as always let's be respectful of each other and respect the privacy of others here today. With that in mind, it's good to consider what makes a person ready for sex, either for the first time for them, or the first time in a relationship.

2. **What are the most common questions young people have about having sex for the first time?**

Hand out some squares of paper and ask young people to work in pairs to come up with the questions they think young people have about having sex for the first time. Again, remind them this could be for the first time ever, or the first time in a new relationship. Tell them they will just fold them in half and keep a hold of them for the time being, and that they won't be collected in, but we will rip them up and bin them at the end.

3. **How do you know if you are ready to have sex for the first time?** Watch this short film from a UK based show (7 minutes 11 seconds) <https://binged.it/2K0fjUY> Note: the final 20 seconds or so are links to discussion hosted by the show and so just turn sound down and end at this point. Any immediate responses or questions from the group? (Note for piloting: if this film is useful, but we need a Scottish version or needs to be more diverse/inclusive then this can be considered, what do you think?)

4. **Top 10 questions about *the first time*.** Explain that having watched the short film it's clear that young people can have lots of questions about this, what you want to share now is a series of cards that have the top 10 questions that come up whenever young people talk about this topic online – working in their pair as the young people to go through what's given and see if these cards match your own 'first time' questions. Highlight that as well as the questions, these cards also have some answers. Hand out the collection of cards to each pair. Give them time to work through.

After some time, ask for feedback: Without sharing their own questions in detail, did the cards cover the questions they expected? Were the answers helpful? Tell the young people that the class today will end with some information about where they can go to ask questions like this and get good support and information.

5. Moving on, the young people have thought about questions people have and the film talked about what it's like to be thinking about first sex. Now, ask young people to work with a partner again and write down as many ideas as they can in response to the question: **So, how do you know if you are ready to have sex?**

6. Share the slide with the top 6 things that are suggested – does this match their lists? Where's the difference if there is any?

Collect in the cards, ask the young people to rip up their questions and their lists of 'how do you know if you are ready' and pop them in the bin.

7. **Finding good information, advice and support about sexual health including condoms and contraception.** A further learning activity is provided on <https://rshp.scot/senior-level/> which supports learning about services, but the provision of some basic information as part of this learning activity is important. Use the slide provided, inserting local information regarding sexual health clinics/targeted young people's sexual health services in your locality, these might be services a young person can travel too or available online/on the phone. Print this information as a handout.

8. **To end**, remind the young people that having sex is their decision. Most young people have not had sex by the time of their 16th birthday. And importantly, even if you have agreed to have sex once or more times with a person, you always have the right to stop and say no to having sex again.

As with all RSHP work, follow up on any concerns about a young person after the session.

Connecting with home

The learning activity S.1.1 has a suggested text for a note home to parents and carers in advance of this block of activity.

Further learning activities are available that connect to this RSHP curriculum content

- S.1.1 The relationship I want
- S.1.2 How and why to end a relationship
- S.1.4 The sexual relationship I want

Practitioner Notes

RSHP Handout



Finding good information, advice and support about sexual health, including condoms and contraception.

Here are some good sources of information online:

www.healthyrespect.co.uk

<http://www.cool2talk.org/>

<http://youngpeoples.sandyford.org/>

Your nearest confidential clinic that welcomes young people is:

INSERT LOCAL INFORMATION