



**Title:** Sex: How people have sex/Having sex for the first time

**Level:** THIRD

**Code:** 3.4.1

**Links to Curriculum for Excellence**

Experiences and outcomes	Benchmarks
I understand the importance of being cared for and caring for others in relationships, and can explain why. HWB 3-44a I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour. HWB 3-46a I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what appropriate sexual behaviour is. HWB 3-49a	<ul style="list-style-type: none"> <li>• Explains why commitment, trust and respect are central to being cared for and caring for others.</li> <li>• Identifies negotiation skills required to have safe and enjoyable sex, for example, knowing when the time is right, mutual responsibility to prevent unintended pregnancy, use of contraceptives, confidence to refuse unwanted sexual contact.</li> </ul>

**Learning Intentions**

- Young people are given basic knowledge about having sex (intercourse) including mutual masturbation, penetrative vaginal sex, oral sex and anal sex.
- Basic and fact-checked information seeks to correct what young people may have learned by being exposed to pornography and its representations of sexual activity.
- The activity explores what a positive first sexual experience might be like, framed as young people’s right to be healthy, happy and safe in their personal and intimate adult relationships.
- The age of consent is clarified.
- Young people are encouraged to delay sexual activity.

**Success criteria**

- Young people can describe what sex/sexual intercourse can involve.
- Young people better understand what they are looking for in relationships.
- Young people understand that it is okay not to be in a relationship.
- Young people understand that their romantic relationships need not include sex.
- Young people identify the messages young people receive about being sexually active.

**NOTE:** Some learners may benefit from learning about this topic using Second Level material, if so refer to activity **2.11 Sex: How do people have sex/What do they do?** There are other activities at this (Third) Level that talk about consent. **3.5 Consent** explores what consent means in a relationship/the age of consent.

## Resources to support this activity

- Slides/PowerPoint (We are always looking for suggestions, please use the feedback form on Third Level page to suggest improvements)
- Activity cards: First time sex/True or False
- Card/pencils for questions

## Activity

1. Explain that this is the first of 2 sessions about sex. To get started explain that the first slides are to state some of the basics, these might be things young people know, but worth remembering again. Use the slides/read one point at a time and check understanding.

### What is sex? Some basics....

- Sex is something that adults can do when they love and care for each other. You must be 16 years or older to have sex.
  - When a couple want to have sex, they will go to a private place like their bedroom. They will kiss and cuddle for a while. When they are ready to have sex, they will take their clothes off. They will touch private parts of each other's bodies.
  - When a man is feeling sexy his penis will get hard, this is called an erection.
  - When a female is feeling sexy her vulva and vagina might feel tingly and might be wet or slippery to touch.
  - If the couple is a man and a woman we say they are heterosexual or straight. When the couple are two men they are gay. When the couple are two women we would say, they are gay or lesbian.
  - If a man and a woman are having sex the man can put his penis inside a woman's vagina and gently move his penis in and out. This feels nice for both people.
  - Oral sex is when a man or a woman kisses or licks the private parts of the other person's body such as their penis or vagina.
  - Anal sex is when a man puts his penis in to a man or a woman's anus (bottom).
  - Sex should feel nice. Adults learn what they like and don't like. A person can decide they don't want to do something sexual at any time, and the other person must stop.
  - When people have sex, they might have an orgasm. For a woman, an orgasm is a special, nice feeling in her body. For a man, if he has an orgasm a white liquid called semen will come out of the hard penis and this will feel nice (called ejaculation).
  - If a man has an orgasm when his penis is inside the woman's vagina (if he doesn't have a condom on) then this is the way a woman can get pregnant.
  - After sex a couple will probably hug and kiss and cuddle again.
2. Ask the young people to have a chat in 2/3s – explain that nothing is to be written down or reported back. Share the slide:

**We have heard about what sex is. Now have a chat and think about this question: *What would you like to know more about?***

Explain they should try to remember their conversation as the lesson progresses, at the end they will be asked to think about whether there is anything that needs further exploration.

3. **First time sex: True or False.** Ask the young people to work in 3s/small groups and give them a set of cards. They are to discuss each card and decide if the answer is True or False – they can also answer Not Sure.
- A. A girl can get pregnant the first time she has sex with a boy.
  - B. The law says you need to be 16 to have sex – this is called the age of consent.
  - C. If you have sex before your 16<sup>th</sup> birthday you need to keep it a secret.
  - D. Drinking alcohol before sex makes it better.
  - E. Real sex is when a boy/man puts his penis in the girl/woman's vagina. Nothing else is real sex.
  - F. First time sex hurts for girls.
  - G. You can't talk to your parents or carers about sex.

After some small group discussion get some feedback, one by one, share the 'response slides' (see summary in Appendix) which provide an answer/some text. Discuss/debate as necessary.

In terms of statement (C) the response uses the term confidential. Explain what this means as necessary.

In terms of statement (G) encourage some discussion about parental/family expectations or rules if the young people are happy to do so. What are their family's rules or expectations about when you might have a relationship? or expectations about when it's okay for a young person to have sex? Young people might also be more willing to explore: *If you were a parent of a teenager what would your rules or expectations be?*

4. **First time sex: What do young people worry about?** Give the small groups a piece of paper to make a few notes – again say that nothing will be collected in, but there will be a chat about their thoughts. To offer some distancing from anything personal, explain that you would like them to think about young people in general, not just them. The question is: ***First time sex: What do young people worry about?***
5. Before asking for feedback (so that the conversation is started, rather than dependent on the young people) explain you have a few slides prepared with some common worries that might be on their list – work through, discussing and checking whether they came up for the young people.
- A. **Young people worry about doing it right.** The thought of having sex seems like a huge thing – that's because it is. It's an important way to show what you feel for someone. If you wait until you are both ready it will be fine.
  - B. **Young people worry about their bodies.** It's common to think that your body isn't perfect. Or that your penis or vulva or breasts aren't right. The reality is we are all very different. And if you have ever seen any pictures or videos of pornography, then its important to remember that normal people don't look (or behave) like that.
  - C. **Young people worry about pressure to be having sex.** Pressure to do anything you don't want to do is never okay. Whether its pressure to drink, smoke, have sex or whatever. Be confident and strong and say 'that's not for me, thanks'.
  - D. **Young people worry about not doing it.** You might already know some young people a bit older than you that say they are doing it. Chances are, they aren't. Most young people wait until after their 16<sup>th</sup> birthday before they consider sex.
  - E. **It's hard to admit that you don't know things about sex.** Having accurate information is important and there's a chance to ask questions later in the activity.

Having discussed these ‘worries’, ask if groups had other worries they would like to share – if so, discuss thoughts/opinions on them.

6. Go back to the earlier slide that posed these questions: ***What would you like to know more about?*** Explain that there are 2 opportunities here. Are there any questions or comments young people want to make now? Also, give each small group some cards and ask them to write down any remaining questions or topics that they would like ask anonymously when it comes to first sex or having sex. Collect these in.
7. Acknowledge contributions and end with a slide for the young people to think about for now, before the next session.  
**Sex is about how you feel in your head and in your body. So, it’s not just about ‘doing it’ it’s about how you feel about it.**

### Connecting with home

*The text below could be used to communicate with home about this group of learning activities.*

As part of our learning about relationships, sexual health and parenthood the class are taking some time to talk about sex, the young people will be given some clear and basic knowledge. When we talk and learn about sex we say that sex is part of adult relationships which are characterised by kindness, love and intimacy. We want young people to learn about sex in a positive way because we know that many of them, even at this young age, will have seen pornographic images or materials that give negative ideas about sex and relationships.

The learning activities explores what a positive first sexual experience might be like, framed as young people’s right to be healthy, happy and safe in their personal and intimate adult relationships. Young people are informed about the age of consent and encouraged to delay sexual activity.

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

- 3.4.2 Sex: Making my choices/Waiting for sex (delay)

### Practitioner Notes

## Appendix:

### True or False/response slides

- A. A girl can get pregnant the first time she has sex with a boy. **TRUE** If the sex includes the boy putting his penis in the girl's vagina without a condom on.
- B. The law says you need to be 16 to have sex – this is called the age of consent. **TRUE**
- C. If you have sex before your 16<sup>th</sup> birthday you need to keep it a secret. **FALSE:** Even through the law says you should be 16 if you got to a young person's clinic or speak to a health professional they will be most concerned with making sure you are safe and will give information and advice. This will be confidential.
- D. Drinking alcohol before sex makes it better. **FALSE** The myth is this will help you relax. That's not what happens. If you drink it makes it harder to make good decisions. You are more likely to do something you regret.
- E. Real sex is when a boy/man puts his penis in the girl/woman's vagina. Nothing else is real sex. **FALSE** Sex is whatever you want it to be, you decide what you like and don't like. The law says that sex includes masturbating together, touching each other sexually, vaginal sex (putting fingers or penis in the vagina), oral sex and anal sex (putting fingers or penis in the anus/bottom).
- F. First time sex hurts for girls. **FALSE** This is a worry but if the girl/young woman and their partner take time, feel relaxed, it will be fine.
- G. You can't talk to your parents or carers about sex. **FALSE.** Well, okay it might not be the easiest conversation but research shows that most teenagers would like to talk to a parent or carer, and most parents or carers want to help.