



**Title: Sex: Masturbation, Oral and Anal Sex**

**Level: SENIOR**

**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 and outcomes	Benchmarks
<p>I recognise that power can exist within relationships and can be used positively as well as negatively. HWB 4-45a</p> <p>I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. HWB 4-46b</p> <p>Using what I have learned, I am able to make informed decisions and choices that promote and protect my own and others’ sexual health and wellbeing. HWB 4-47b</p>	<ul style="list-style-type: none"> <li>• Distinguishes between a balance of power and abuse of power in relationships, for example, respect, trust, coercion, consent.</li> <li>• Evaluates how the media, including social media and pornography impact on physical and mental health.</li> <li>• Understands the rights and responsibilities required for safe and enjoyable sex.</li> </ul>

**Learning Intentions**

- Young people are reminded that a range of sexual behaviours, and not just penetrative penis/vagina sex, are considered as sex.
- Young people receive accurate information about sexual practices.
- Young people are encouraged to seek further information or help if they need it.
- Young people consider the impact that pornography has on choices and behaviours.

**Success Criteria**

- I can describe the range of sexual behaviours that are considered ‘sex’.
- I understand the social taboos about some sexual practices, but I know that accurate information, support or help is available when I need it.
- I can explain the need for consent in all sexual activity.

**Resources to support this activity**

- PowerPoint slides
- Animation: Is masturbation good for you? <https://youtu.be/GU3JqoUDkjA> (duration 3 minutes)
- Animation: Your body during sex <https://youtu.be/f-xbQeGZ6rk> (duration 3 minutes 48 seconds)

*Whenever you use content on a platform like YouTube please cue the film you intend to play in advance, check it is the film you want to view, and skip adverts.*

## Activity

### 1. Introduce the activities along these lines:

- The session is about sex, and focuses on 3 different sexual activities – masturbation, oral sex and anal sex.
- There is no expectation that the young people are having sex, the point is to have the best information about sex and relationships.
- With this subject matter it's expected that people will have a sense of humour when talking about this, and it's okay to be a bit embarrassed, but there is no expectation that anyone will share anything personal, no-one will be asked a personal question.
- Finally, that there is a serious side to this because there's some good information in the activity that everyone will find helpful.

Share the slide, explaining that it's worth remembering that sex isn't just penis/vagina penetrative sex. *The law says:*

**The law says sexual activity includes mutual masturbation, oral sex or penetrative sex. Penetrative sex is when a person puts their finger or penis or something else (like a sex toy/dildo) into a person's vagina or anus (anal sex).**

### 2. **Masturbation:** On to the first topic. Share the next slide:

#### **A history of masturbation**

People have always masturbated. But in some countries, cultures or religions, some people began to say that it's wrong because it's a waste of semen, which is supposed to be about creating life. Some people also claimed that masturbation could be bad for you, that it caused headaches or baldness or madness, none of which is true!

Today we know that masturbation is perfectly normal and a healthy sexual activity.

Read and then ask: **What myths or ridiculous things have you heard about masturbation?**

The, share this next slide, pose the question at the end – *is it good for you?* Welcome any thoughts or comments, and introduce the animation, made (with fact and humour) by scientists and animators collaborating on the question *is it good for you?*

#### **Some facts about masturbation**

- Boys/men do it.
- Girls/women do it.
- It's an individual thing – you work out what to do and what to imagine.
- It helps you get to know your body and what you like.
- Masturbation is a solo thing and can also be part of couple sex.

**Is masturbation good for you?** <https://youtu.be/GU3JqoUDkjA> (duration 3 minutes)

Any thoughts or comments after?

### 3. **Oral sex.** Introduce the slide as being about defining what oral sex is, that it gives some information about how commonly adults report having oral sex. On the next slide is a point is for discussion (it is likely that some young people will share the view that because it is not 'penetrative' vaginal sex some young people might not consider it sex).

### **Oral sex: Who's doing it? What do they think about it?**

There are different types of oral sex, involving using your mouth and tongue to stimulate

- A woman's vagina, vulva and clitoris – known as cunnilingus, going down, giving head.
- A man's penis – known as fellatio, blow job, going down, giving head.
- A person's anus – known as anilingus, rimming.
- The National Survey of Sexual Attitudes and Lifestyles asks adults about their sex lives. It reports that over three-quarters of both men and women had experienced oral sex in the year of the survey.

*Despite what the law says, many young people still think that oral sex isn't really sex... why so?*

4. **Anal sex:** Moving on... Introduce the discussion with some facts/prompts for discussion on the slide. Ask if young people have any comments, questions, *anything that surprises them?*

### **Anal sex: Who is doing it?**

- In the last (2009) National Survey of Sexual Attitudes and Lifestyles more than 10% of adults said they had had anal intercourse (12.3 per cent men, 11.3 per cent of women) in the past year.
- A 2017 survey by a condom company of over 3,000 sexually active young adults shows that 35% of women and 15% of men are engaging in anal sex "at least some of the time."
- While people think that anal sex is most common activity for gay men in fact many don't, or it depends on the person and the relationship.

Pose some questions for discussion: *Where do young people find out about anal sex? What would young people say the general attitude is toward anal sex? Is there a difference between what young people and older people would think? Or between what young women and young men would think?*

Share the next slide which is about attitudes to anal sex and discuss: which one is truer? (Does each have some merit/truth?)

### **Attitudes towards anal sex**

- Anal sex is considered a taboo. A taboo is something that is forbidden or disapproved of.  
or
- Anal sex is becoming more normalised or commonly discussed or expected.

*A quick word about condoms/lube.* Use the slide to reinforce some key messages:

### **Condoms and lube**

- Any penetrative sex carries risks – of pregnancy or STIs.
- Condoms protect from both.
- Use condoms and lube for anal sex, it is safer and more pleasurable.

Introduce the proposition (or restate if this has already come up in discussion) that there is a view that anal sex is becoming more common or more discussed *because of it being so prominent in pornography.* Share the slide:

### The impact of pornography

- Data from a major porn site shows that from 2009 to 2015, search volume for anal sex videos increased by 120 percent.
- In a 2010 study, researchers watched the 50 most popular porn movies and found 356 depictions, in 55 percent of the scenes, of men and women having anal sex.

**Discussion:** Either as a full group/class or in small groups then with feedback:

*Do you think pornography is influencing what young people do or want to do sexually? Is this a good or a bad thing?*

5. **Introduce the animation**, as with the earlier film this is made by scientists/animators who want to give some fact-checked information. It is about sex in general and gives information about anal sex too. **Your body during sex** <https://youtu.be/f-xbQeGZ6rk> (duration 3 minutes 48 seconds) After viewing encourage any responses, questions.
6. **Anal sex: the issue of consent.** Having discussed aspects of sexual activity explain that there is a need to think about consent, the young people have probably discussed the issue before, or are aware of the issues, explain that its worth revisiting in this class/lesson for this reason – that is, the recognition that when it comes to the kinds of sex talked about today there can be pressure applied and this means consent is not being given. Explain that the text that follows (over 2 slides, pause at slide 1 for clarification) is from a women’s magazine, talking about anal sex – share, read out and discuss as you go: (*This is a long piece but worth taking some time to read and review for the conversation it will generate*).

#### Anal sex

1. Using a sample of 130 heterosexual men and women between the ages of 16 and 18 from the cities and suburbs of England, scientists conducted group interviews and individual interviews to find out about the participants’ sexual practices. The results revealed major gender differences in the ways men and women talk about anal sex and their motivations to have it. While men in the study tended to correlate anal sex with pleasure and macho sexual achievement, women brought up a fear of physical pain and a damaged reputation.
2. Male subjects often expressed that they wanted to have anal sex to mimic pornography and because it was more pleasurable than vaginal penetration, while women mainly said they did it to please their partners. There was a shared understanding between interviewees that women were supposed to be begged or forced into participating and should expect it to hurt, and if they turned down anal sex, they were uptight. The idea of “if you try it, you’ll like it” was frequently referred to as a tactic men used to convince women to try it. And unfortunately, many subjects were unaware that STIs can easily be transmitted through anal sex. **Women’s Health magazine 2014**  
<https://www.womenshealthmag.com/sex-and-love/a19931416/anal-sex/>

7. **To end**, acknowledge contributions and the importance of the discussions, then share the next 2 slides, checking understanding at each point, taking any questions:

**If you are considering having sex:**

- Be clear with yourself about what you are ready for.
- Make sure your partner is taking the decision to have sex as seriously as you are.
- Don't wait until the heat of the moment to decide what you are ready for.
- Explain what you are not ready for.
- Discuss and sort what you and your partner need when it comes to contraception and/or condoms.
- You have the right to say no, to change your mind, to stop at any time.
- You can discuss or ask anything at a young people's drop in/sexual health clinic.

**Additional information**

When discussing anal sex questions may be asked, or you may want to introduce some information into discussion, about safety/risk to health. You can respond to this with basic information along these lines. While people can find anal sex pleasurable, there can be risks of internal injury and that injuries can lead to faecal incontinence (the inability to control bowel movements) in women and men.

**Connecting with home**

*The text below could be used to communicate with home about this activity.*

As part of our learning this term about Relationships and Sexual Health we are discussing different sexual practices including masturbation, oral sex and anal sex. We will not be talking about personal experiences, rather we want young people to have accurate information so that the choices they make, including not having sex, keep them healthy, happy and safe. We also believe that it is important to talk about the detail of sex because young people can be under pressure to do certain things they may not want to, this may be the case because of what young people see in pornography. A part of what we discuss will be to talk about consent, this is a common theme throughout our learning together.

**Practitioner Notes**