

Delaying Sexual Activity

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand the benefits
of delaying sexual activity

To know how to be
assertive, and deal with
undue pressure

To know why consent and
respect for each other
should be the priority in any
relationship

NEW VOCABULARY

Consent, Sexual Activity,
Intimacy, Celibacy, Abstaining,
Pressure, Influence



STARTER ACTIVITY

What do the grapefruit and aubergine represent?
Is sex an important part of a new relationship?
What does it mean to delay sexual activity?
What is assertiveness?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

There are **no stupid questions**
It's OK to get things wrong

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Delaying Sexual Activity

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I understand the benefits of delaying sexual activity										
I understand the importance of being assertive with others										
I will stick up for myself in any future relationships										



Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes



I'm not confident at all on this topic



A little confident



Confident



Very confident



I am super confident on this topic

What Do You Think?

"There is a lot of pressure on young people today to have underage sex"

Talking Points



I think that ...
I don't think... is right because...
My opinion is...
I would argue the same because...
I disagree with... because...
Building on what... said. I think...
An alternate way of looking at this is...
I sort of agree, however....
I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



Recap - Key Aspects of the Law on Consent

The age of consent to any form of sexual activity is 16. 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 (If both are under 16 this will be a matter of public interest to decide if a prosecution will be sought).
- It is an offence for a person aged 18 or over to have any sexual activity with a person under the age of 18 if the older person holds a position of trust, (for example a teacher or social worker) as such sexual activity is an abuse of the position of trust.

EXTRACTS FROM

Home Office, Children and Families: Safer from Sexual Crime – The Sexual Offences Act 2003, London: Home Office Communications Directorate, 2004.

Did you know?

The Criminal Law Amendment Act 1885 increased the age of consent in England from 13 to 16





Dealing with the pressure - BBC Teach



Dealing with pressures to have underage sex | Modern Studies
- L8R Youngers

Task: Pick one or two coloured hats and answer all the related questions



11 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

Navigating Scenarios

Task

How could you get out of each scenario?
Which one is easier to get out of?

Scenario 1:

**EXTRA TUITION CLASSES YOUR PARENTS
ARE PAYING FOR**

- 1) What can make it difficult to be assertive with someone?
- 2) What can someone do if they are too embarrassed to say what they want?
- 3) What can someone do if they are too frightened to say what they want?
- 4) When have you been assertive?

Scenario 2:

**A RELATIONSHIP WHERE THE INTIMACY IS
ESCALATING PAST YOUR COMFORT ZONE**

UDEAL strategy to being assertive

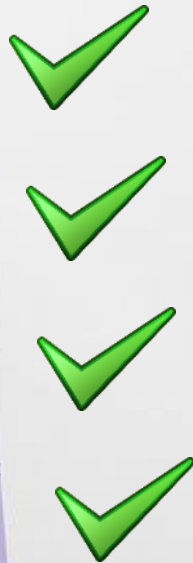
- ✓ **U**se a reasonable voice
- ✓ **D**escribe the problem
- ✓ **E**xpress how you feel
- ✓ **A**sk for a specific change
- ✓ **L**ist the improvements

What are the pros and cons to delaying sexual activity?

Task

Come up with four positive and four negative consequences to delaying sexual activity.

Positives to delaying sexual activity



Negative to delaying sexual activity



EXTENSION

Can you turn any cons into pros?

Positives and negatives to delaying sexual activity

Positives to delaying sexual activity include:

- More time to focus on personal growth and emotional maturity. This can result in better decision-making, improved self-esteem, and stronger relationships in the long run.
- Can reduce the risk of sexually transmitted infections (STIs), unwanted pregnancies, and emotional trauma associated with sexual activity.
- Prevents unplanned pregnancies.
- Allow individuals to build stronger emotional bonds and deeper connections with their partners



Negatives to delaying sexual activity include;

- You may be stigmatized for delaying sexual activity, as there can be social expectations for sexual exploration and experimentation.
- Can lead to pressure from society, peers, or partners which can lead to feelings of shame, isolation, guilt, or insecurity.
- You may not have the knowledge necessary to make informed decisions about sexual health and safety.
- You may miss out on potentially positive sexual experiences or relationships, which can lead to feelings of regret or missed opportunities.

PRACTICE BEING ASSERTIVE TO ESTABLISH A BOUNDARY WITH SOMEONE WHO IS TRYING TO GET THEIR OWN WAY AGAINST YOUR CONSENT

REMEMBER BEING ASSERTIVE INCLUDES:

- Being calm
- Being strong
- Positive body language
- Saying exactly what is wrong

THINK OF AN ASSERTIVE RESPONSE

"You know I could get anyone right? I've chosen you"

"

"

"Let's go upstairs and talk about it"

"

"

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REMEMBER BEING ASSERTIVE INCLUDES:

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THINK OF AN ASSERTIVE RESPONSE

“What’s wrong? Have you been leading me on all night?”

“

”

“Don’t you like me anymore? What have I ever done to you?”

“

”

Celibacy / Abstinence

Celibacy, or abstinence, refers to the state of abstaining from sexual activity, usually for religious, moral, or personal reasons.

The word is most commonly used in reference to certain religious or cultural groups, such as monks, nuns, or priests but can also be practiced voluntarily.

You do not have to be a virgin to practice celibacy.

Celibacy does not have to be permanent - you may choose to practice it for a set amount of time.



The most common personal reasons for someone to choose celibacy are:

Spiritual growth: Some people choose celibacy as a way to deepen their spiritual practice.

Personal values: Some individuals may choose to abstain from sexual activity because they feel it is a way to honour themselves, their bodies, or their partners.

Health reasons: There may be medical or health-related reasons why someone chooses to practice celibacy.

Lifestyle choice: Some people simply prefer to live a celibate lifestyle, either permanently or for a period of time. They may feel that celibacy allows them to focus on other aspects of their life, such as career or personal growth, without the distraction of romantic or sexual relationships.

What Do You Think?

"It's always the boy pressuring the girl to do more. Never the other way round"

Talking Points



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Do you agree or disagree? Why?

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Do you have an alternative idea?



Assertive Responses - Negotiating Pressure

After each statement, you will complete the sentence.
Your response must be assertive (not aggressive or passive.)

RULES

DO NOT PLAY AROUND WITH THE WHITE BOARD

NO PUT DOWNS



Did you know?

BEING ASSERTIVE INCLUDES:

- *Being calm*
- *Being strong*
- *Positive body language*
- *Saying exactly what is wrong*

Don't apologise for your opinion / your needs. No is a complete sentence, you do not need to give a reason.

Somebody asks you to be their
boyfriend / girlfriend

" "

UDEAL strategy to being assertive

- ✓ **U**se a reasonable voice
- ✓ **D**escribe the problem
- ✓ **E**xpress how you feel
- ✓ **A**sk for a specific change
- ✓ **L**ist the improvements

Assertive Responses - Negotiating Pressure

*Your partner tries to touch your leg.
"No, because I....."*

*Your partner is talking about you to other people.
"Excuse me,"*

*It's late and your partner wants you to stay over.
"No, because I....."*

*You feel your partner has treated you unfairly.
"....."*

Assertive Responses - Negotiating Pressure

You don't fancy the person you are going out with any more, and you want to finish it.

What do you say? "....."

At a party, your partner tries to put their hand somewhere where you feel uncomfortable.

"....."

You are kissing someone you are going out with, and they touch your bum.

"....."

You are kissing someone you are going out with, and they try to put their hands between your legs.

"....."

Think of a moment when something happened that you didn't like...

This could be from; friends, news, school, family, crime, conflict, politicians, etc.



✓ **STOP** schools not teaching about the real issues that impact young people and **START** supporting schools that are teaching all young people about how to stay safe

✓ **STOP** complaining about all the poverty in the world and doing nothing **START** donating more time to support causes and charities that are trying to alleviate poverty

✓ **STOP** trying to put me down because of the way I look and **START** respecting me and my life choices I make

START!

Task

Create 5 of your own **STOP** and **START** phrases (think of a range of topics.)



REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

I'm not
confident at all
on this topic

A little
confident

Confident

Very
confident

I am super
confident on
this topic

HOMEWORK SUGGESTION

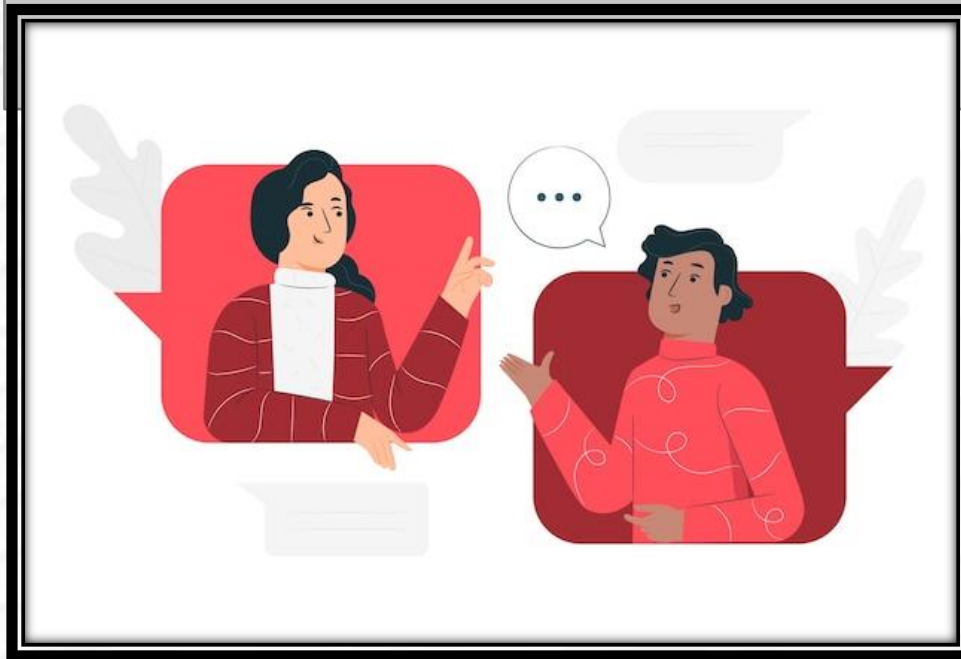
Homework Explained

Write a short play / conversation between two people where one person is being pressured to do something they don't want to and must be assertive.

DUE DATE

It must be submitted by..

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.childline.org.uk/info-advice/> - info on topics including friends, relationships & sex
- ☐ Call the national sexual health helpline on 0300 123 7123 for details
- ☐ <https://www.gottman.com/> - provide a research-based approach to relationships
- ☐ <https://www.loveisrespect.org/> : This website is dedicated to providing information and support to young people who are experiencing dating abuse.

RELATIONSHIPS
& SEX EDUCATION

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

