

Why have Sex?

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To know the various things
to consider when thinking
about making a relationship
sexual

To understand the positive
and negative reasons to
have sex

To explore the benefits and
consequences of making a
relationship sexual

NEW VOCABULARY

Love, Sex, Virginity,
Consensual, Pleasure, Relief,
Pregnancy, Contraception

Most
Romantic
Movie
Moments

3 Minutes



STARTER ACTIVITY

What are our expectations of romantic relationships?
How do these shape the relationships
we have, or hope to have?
Why do people giggle and get embarrassed
when talking about sex?



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

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

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

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



Why have Sex?

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 know a range of things to consider before engaging in sexual relations										
I can explain positive and negative reasons to have sex										
I understand the benefits and consequences of making a relationship sexual										



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?



"Boys are interested in sex and girls are interested in love"

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?

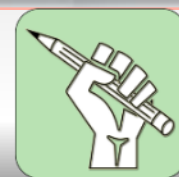
Would you like to challenge what is being said?

Do you have an alternative idea?





Worth the Wait - Film About Relationships



Worth the wait - A film about relationships by Koko

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



5 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



“Why do people have sex?”

Task

List as many possible reasons.

Colour code the reasons you have listed. **Positive** / **Negative**

ACTIVITY

Positive & Negative Reasons to have Sex

Positive and Negative Reasons to have Sex		
Not to be a virgin ✓	In a relationship ✓	To feel loved ✓
Belief that sex = love ✓	Curiosity ✓	Opportunity was there ✓
To ensure your partner won't leave you ✓	Because it's legal ✓	To stop people calling me gay ✓
It's fun ✓	To boost my mood & relieve depression ✓	To make someone else jealous ✓
It felt like the right time for both of us ✓	Because you both feel ready & want to ✓	
Because I was drunk ✓		

Positive and Negative Reasons to have Sex	
POSITIVE REASONS TO HAVE SEX  	NEGATIVE REASONS TO HAVE SEX  
MAKE UP YOUR OWN CATEGORY <hr/>	 UNSURE or IT DEPENDS  

Task

Complete the card sort activity



Did you know?

No one but you can say when you are ready to have sex. Don't let peer pressure influence your decision.

MAKING CHOICES

Task

When making decisions about whether to have sex, what do you think are the best and worst reasons?

Worst Reasons



To not be a virgin

In a relationship

To feel loved

Belief that sex = love

Curiosity

Opportunity

Fear of losing your partner

Because they told me they loved me

Because everyone else is doing it

It is fun

Because I didn't want to let them down

To express how I feel

Because it felt like the right time for us both

Because people liked me more when I did it

To not be called a virgin anymore

Because I was drunk

Because I felt pressured to do it

To have a baby

Because I was at the legal age to do it

To stop people calling me gay


Because my parents told me not to do it

EXTENSION

Which of the boxes below are the most likely reasons for people to have sex?

Best Reasons





“Sex can be consensual and not enjoyable, but sex cannot be enjoyable without being consensual.”

What does this mean?

CONSENT MUST BE THE TOP
PRIORITY AT ALL TIMES

WHY?

Considerations

Am I physically ready?

Am I emotionally ready?

Is this the right thing to do?

Do I trust this person?

Consideration:

**Before you decide to
make a relationship
sexual or engage in
sex, what should you
consider?**

Am I old enough by
law?

Consideration:

What
contraception will
I use?

Where will I have
sex?

Consideration:

How will it impact our relationship?

What happens after?

Discussion topics

What are the main reasons people worry about sex?

What criteria would you use to decide if someone was ready to have sex?

Why does people's perception of sex and reality not always match up?

How does the media portray sex?

What are the main ways young people learn about sex?

Make up a discussion topic

Sex & Consequences

Did you know?

Sex can have many possible benefits and also many possible consequences

Planned pregnancy

Physical and emotional relief

If under 16 get you in trouble with the law

Could ruin a good relationship

Unplanned pregnancy

Sense of connection and strengthening a relationship

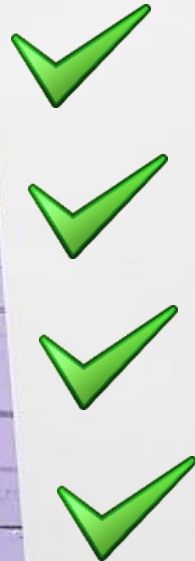
Pleasure

Sexually transmitted infections

Task

Sort the eight benefits and consequences

Benefits



Consequences



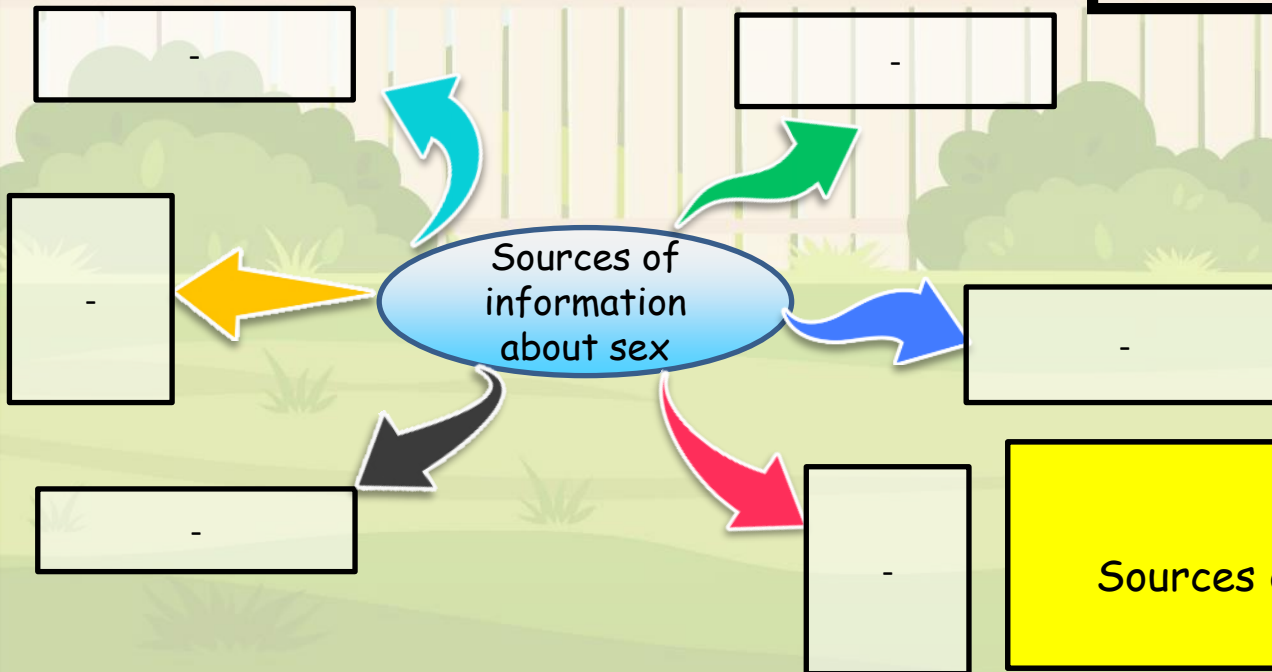
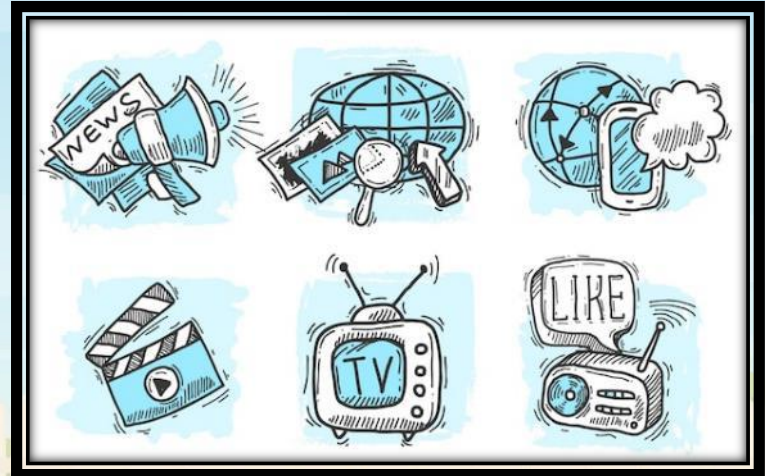


Sources of Information

Task

Complete the mind map with as many sources as you can think of then answer the following questions.

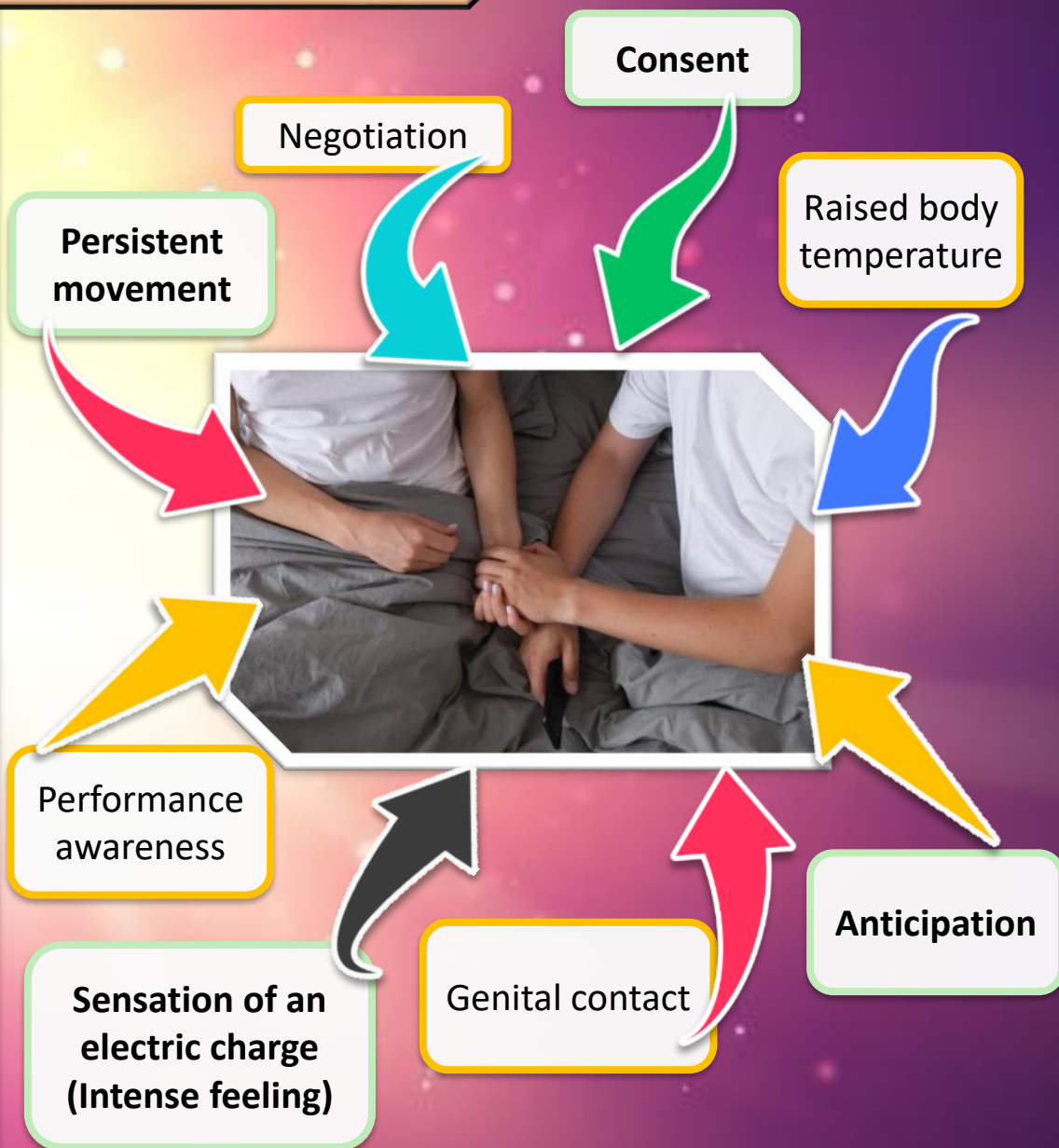
- How reliable is each source?
- What are the advantages of this source?
- What are the disadvantages of this source?
- Which are the three most reliable sources?



Click to Reveal

Sources of information about sex

What do people associate with sex? (Research Study)



Did you know?

Sex is defined in many ways:

A consensual activity designed to arouse a psychological response

Anything connected with sexual gratification or reproduction or the urge for these

Sexually motivated phenomena or behaviour

Everyone has their own definition of what sex means to them.

In some loving relationships (heterosexual or homosexual) some people believe that sex should only occur after marriage. This may be for personal or religious reasons.

A CHECKLIST FOR WHEN YOU MIGHT BE READY TO HAVE SEX

- ☐ You feel you could say no and that would be OK –but you still Want to do it
- ☐ You have made a special connection with someone – and both feel it
- ☐ You know your own mind and know it's right
- ☐ You may have some anxieties about it – but not any fear
- ☐ Nobody's forcing you, pressuring you or coercing you
- ☐ You know you won't regret it – as much as you ever can know that
- ☐ You don't need someone else's permission
- ☐ You're not doing it just to keep up with your friends
- ☐ You've agreed you're both in love and want to take this next step together
- ☐ You've been going out for months and have done everything but and can't wait
- ☐ You aren't wanting to have sex to keep a boyfriend/girlfriend or just to make you popular
- ☐ You have talked about it together, discussed using condoms and contraception, and agreed what happens next and whether or not to tell your friends afterwards
- ☐ You each want it for yourselves – not just because the other person does or to please them

***This checklist was
created by another
school for its sixth
form students***

Task

- a) Do you agree with the checklist?
- b) Is there anything else that should be added or removed from this checklist?
- c) What are the three most important points on this checklist?

Did you know?

According to some studies, 10% of young women experience painful sex, this percentage increase to 50% for the first time they have sex. Sex is usually not painful and should be enjoyable.

Discussion topics

Are there 'good' and 'bad' reasons to have sex?

Why do people have sex for 'bad' reasons?

How might self-esteem have an impact on our sexual decision making?

Where would you find unreliable sources of information about sex?

Can people get what they want from sex through other things?

Make up a discussion topic



REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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3 Minutes



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

(Discussion or complete sheet)



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

Create a leaflet outlining what you would like teens to know about sex.
(Values, Qualities & Knowledge)

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:

- ☐ A sexual health clinic (GUM clinic)
- ☐ <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
- ☐ Brook centres - for under-25s
- ☐ GP surgeries
- ☐ NHS Website <https://www.nhs.uk/live-well/sexual-health/>

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

