

# Pleasure and Delaying Sexual Activity

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



To define the terms pleasure, masturbation and sexual activities

To explore the benefits and risks associated with masturbation

To evaluate risks associated with different sexual activities and identify high and low risk activities and ways to mitigate the high risk activities

## NEW VOCABULARY

Masturbation, Pleasure, Sensation, Orgasm, Private, Addiction



## STARTER ACTIVITY

Think about a time when you have been excited.  
What happened?  
What words come to your mind when you hear the word masturbation?  
Do people ever talk about masturbation?



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 and 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**



# Pleasure and 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 can define the terms "pleasure" and "masturbation"										
I understand the benefits and risks associated with masturbation										
I understand and can evaluate the risks associated with different sexual activities										



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

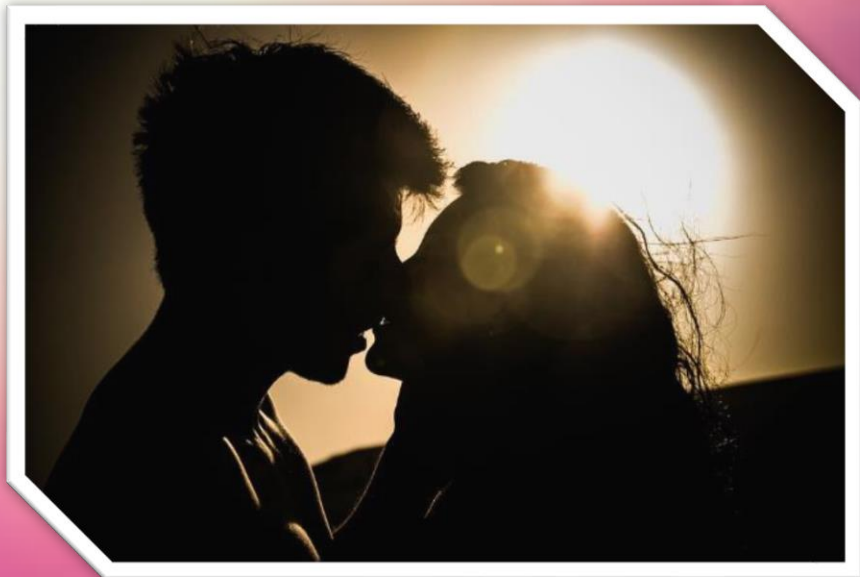


I am super confident on this topic





**What is pleasure?**



# What is pleasure?

A state of happiness or contentment that arises from engaging in activities that are pleasurable or fulfilling.

Pleasure can be experienced in various aspects of life, including physical sensations, emotional states, social interactions, intellectual pursuits and creative endeavours.

From a biological perspective, pleasure is closely linked to the brain's reward system, which involves the release of certain neurotransmitters such as dopamine.

This system reinforces behaviours that are perceived as pleasurable, encouraging individuals to seek out and repeat those experiences.



## Did you know?

*Pleasure is not synonymous with long-term happiness or wellbeing, as it is often temporary and may not necessarily lead to overall life satisfaction.*

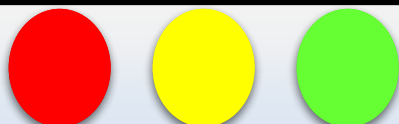
## Task

Does everybody find pleasure in the same things?

What activities might people find pleasurable?  
Is masturbation a good way to find pleasure?

# VIEWS ON PLEASURE AND MASTURBATION

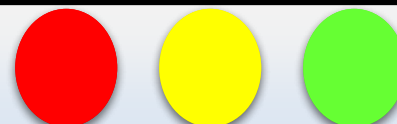
**Masturbation is dirty and wrong**



**Only boys masturbate**



**Pleasure is good for you**



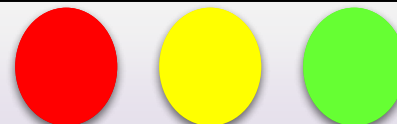
**Masturbation is a perfectly normal thing to do**



**Masturbation is only for adults**



**Masturbation has no health benefits**



**Pleasure is something we shouldn't talk about**



**Masturbation is a bit sad**



**Girls enjoy pleasure as much as boys**



## Task

Discuss each statement and decide if you agree (Green)  
Not sure (Amber)  
Disagree (Red)



## What is Masturbation?

Masturbation is when you touch your body and your genitals because it feels good or pleasurable.

Both girls and boys masturbate and it's nothing to be ashamed of.

Things to know:

- You can make yourself orgasm by doing it and it can be a pleasurable experience (men and women).
- It is a way of discovering your body.
- It's a normal part of life and it's ok to do it in private (a lot of people do it and it is not illegal).
- Masturbating in public is unacceptable and you can get in serious trouble with the law (indecent exposure is illegal!).
- It is way of exploring what makes you feel good.
- Ensure it does not become an addiction and all you can think about.

### **Are there any benefits?**

- Helps you to understand what you like and don't like in relation to your own body.
- It can help to loosen the foreskin in boys.
- Can be a stress reliever for some people.
- It can be a relaxing activity for some people and help improve sleep.
- A way to explore sexual feelings without having sex.
- Can help individuals connect with their own bodies and cultivate a positive body image.

### **Are there any risks?**

- Ensure you don't hurt yourself when doing it (Some objects could cause pain or damage).
- Ensure it doesn't become addictive or get in the way of everyday things you enjoy doing.



# Some Things To Consider

## Should be done in private

You will be putting yourself at risk if you were to touch yourself sexually in a public place or do it where someone may see you. Think about a private discrete place where you are alone. (This may be your bedroom or when you are taking a shower/ using the bathroom).

## Should be done safely

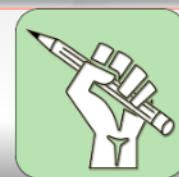
Some items (perhaps those that are not specifically used as toys) that are used by young people to assist masturbation can cause damage, tearing, chaffing or soreness (to the clitoris or penis) if they are used too forcefully. Be aware masturbation should feel pleasurable and not painful. Masturbation during puberty can help to stretch the foreskin.

## How often is ok?

Ensure you have a broad range of hobbies and interests and friends. If any one activity (such as masturbation) is taking up all of your time it is not a healthy habit. Many people worry they are doing it too much and this is an okay feeling to have. Some people will choose a particular time when they know it will be done in private and discretely (morning or late at night).



# Masturbation Questions



## Masturbation Questions

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



5.5  
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**



**What is risk?**  
**What risks are associated with  
having a BF or GF?**

**What if you start doing more  
'things'?**





# ACTIVITY

## Task

Arrange the cards into these three categories

The cards are titled "Delaying Sexual Activity" and feature a "CREATIVE RESOURCES" logo. Each card has a grid of activities, each with a small circular icon indicating its risk level (green for low, yellow for medium, red for high).

**Card 1 (Left):**

- Stroking nipples (High Risk)
- Watching sexualized media with someone (Film or Pornography) (High Risk)
- Cuddling someone (Low Risk)
- Sharing food (Low Risk)
- Getting naked with someone (Medium Risk)
- Touching legs, arms and stomach in a sensual way (Medium Risk)
- Kissing on the neck (Low Risk)
- Saying I love you (Low Risk)
- Running your hands through the other person's hair (Medium Risk)
- Staring into each other's eyes (Medium Risk)

**Card 2 (Right):**

- Talking 'dirty' to each other (Medium Risk)
- Sending SnapChats (Medium Risk)
- Giving someone a love bite (Medium Risk)
- Spending lots of time together (Low Risk)
- Kissing with tongues (Medium Risk)
- Ending the night with someone (Medium Risk)
- Vaginal intercourse (High Risk)
- Preparation for sex (Medium Risk)

**Central Sorting Box:**

- HIGH RISK ACTIVITIES** (Red arrows pointing up, warning triangle icon)
- IT DEPENDS** (Blue arrows pointing left and right, thumbs up/down icons, and a risk gauge icon)
- LOW RISK ACTIVITIES** (Green arrows pointing down, shield icon)



## Challenge

What could be done to reduce any risks associated with the high risk activities?

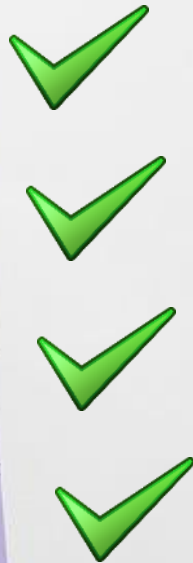
What are the positives of delaying sexual activity until you are older?

# 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.



# What Do You Think?



**"It's ok for young adults to explore their bodies through masturbation"**

## 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?**










# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

## CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
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I can define the terms "pleasure" and "masturbation"					
I understand the benefits and risks associated with masturbation					
I understand and can evaluate the risks associated with different sexual activities					



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

Come up with your own definition of the term 'pleasure'.



### 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/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/>  
What is a healthy Relationship Article - Childline
- ☐ Some young people's services - call the national sexual health helpline on 0300 123 7123 for details
- ☐ Brook centers - 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

