

# Delaying Sexual Activity



## LEARNING OUTCOMES

### Knowledge, Skills & Actions

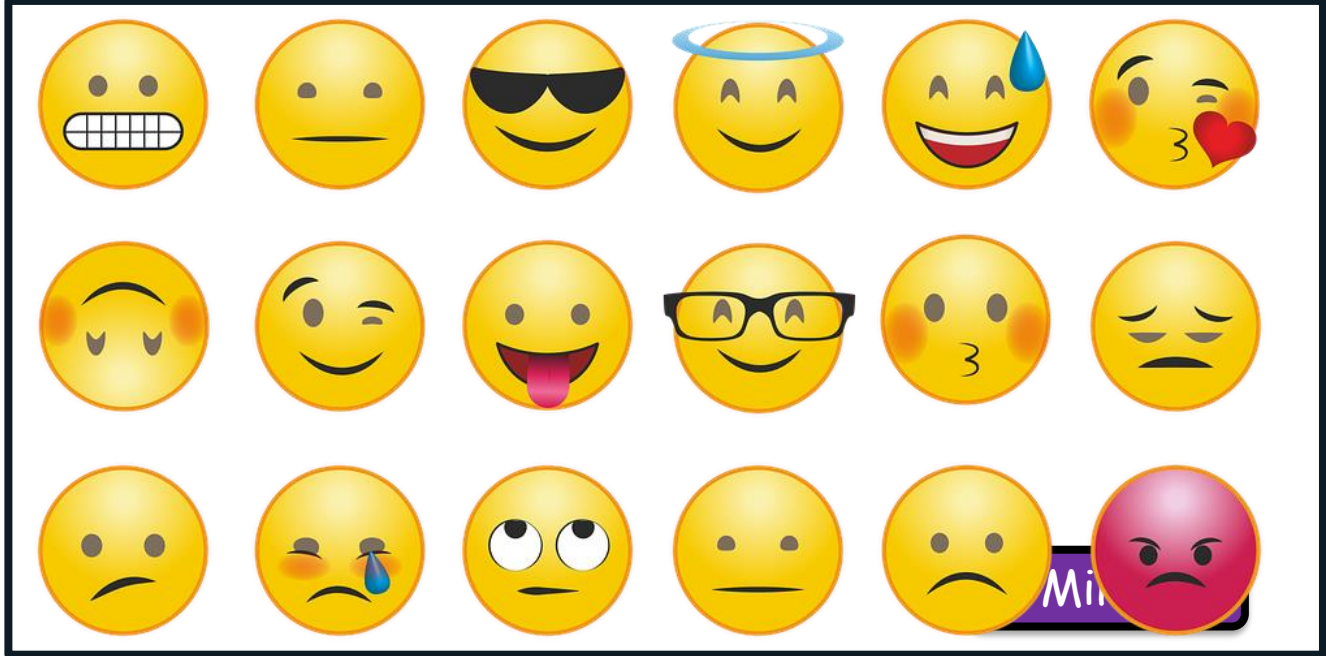
Understand the benefits of delaying sexual activity

To know how to be assertive and deal with undue pressure

Understand that you don't have to do anything you don't want to and consent and respect for each other should be paramount in any relationship

### New Vocabulary

Consent, Abuse, Rights, Assertive, Passive and Aggressive



## STARTER ACTIVITY

Which emoji above represents how you are feeling about the lesson topic today?  
What emoji is used to represent a bum? a penis? a period? a vagina?  
Are you struggling with the last two? Why?

# EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

# PSHE

# EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

## Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

Be open and honest but **no personal comments** – Discussions will be about **'general situations'**

**Don't make assumptions** about people's values, attitudes, behaviours, life experiences or feelings

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

## *PSHE CLASSROOM RULES* DEALING WITH SENSITIVE TOPICS

There are **no stupid questions**. A question box for anonymous Questions

It's OK to get things wrong

## **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

Have a **non-judgemental approach**. No put downs and challenge the opinion not the person

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

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

Conversations stay in the room unless it is a **safeguarding issue**



# Delaying Sexual Activity



ASSESSMENT FOR LEARNING

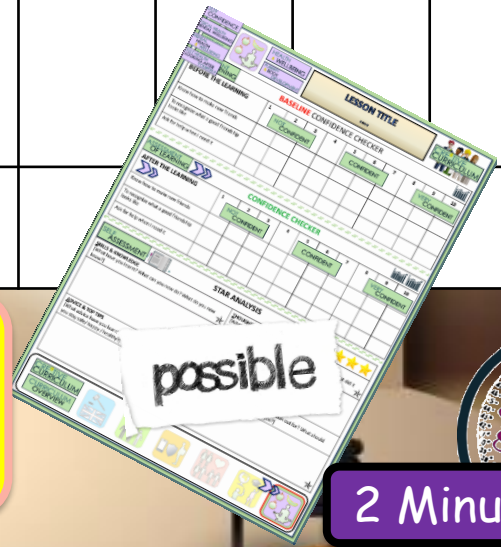
## BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
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  
(Discussion or complete sheet)




2 Minutes







I'm not confident at all




I'm getting more confidence



Confident



Very confident



Super confident

# NEWSPAPER

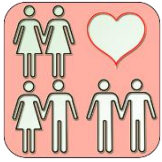
No. 1/2005

““We’ve got ginger emojis, we’ve got ethnically diverse emojis and now people are calling on tech giants to implement the world’s first vagina emoji”

## Task

- What are your thoughts?
- What should these emojis look like?
- Would you use this emoji?

In celebration of Sexual Health Week one women’s health tech company is leading the way by submitted two new emojis to the Unicode Consortium, which is the governing body behind emojis



**“There is a lot of pressure on young people in 2020 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 ....
- An alternate way of looking at this is...
- I sort of agree, however....
- In my view...
- I would challenge what... said because ...

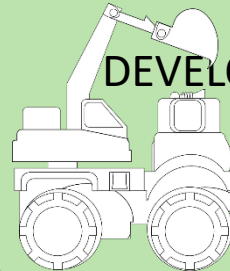
AGREE



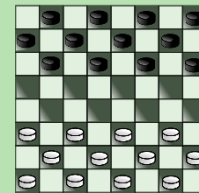
DISAGREE



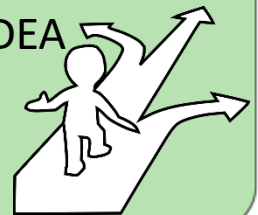
DEVELOP



CHALLENGE



ALTERNATE IDEA



Dealing with pressures to have underage sex | Modern Studies



Play video



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

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

**BBC Teach: Underage Sex and Pressure**  
**Task:** Pick one or two colours and answer all the related questions



THINKING

JUDGEMENT



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

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

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

INFORMATION

FEELINGS

CREATIVITY



10 Minutes

THINKING HATS

Which is easier to get out of doing if you don't want to do it?

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?

A RELATIONSHIP WHERE THE INTIMACY IS ESCULATING PAST YOUR COMFORTABLE ZONE

**UDEAL** strategy to being assertive

- ✓ Use a reasonable voice
- ✓ Describe the problem
- ✓ Express how you feel
- ✓ Ask for a specific change
- ✓ List the improvements

How could you get out of each scenario?

***What are the benefits to delaying sexual activity?***

*Negative consequences to delaying sexual activity*



*Positives consequences to delaying sexual activity*



**Task**

Can you turn any cons into pros?



# BEING ASSERTIVE WITH SOMEONE WHO'S TRYING TO GET THEIR OWN WAY WITH YOU AGAINST YOUR CONSENT



““You know I could get anyone right? I’ve chosen you”

**COME UP WITH AN ASSERTIVE RESPONSE**

“

”

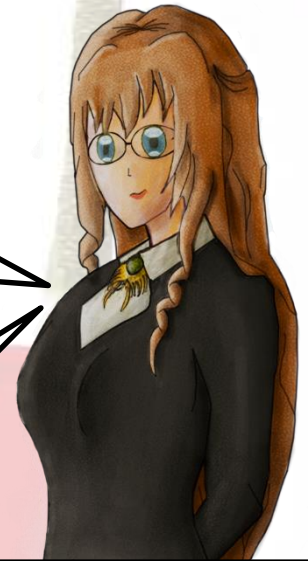
“Let’s go upstairs and talk about it”

“

”

**REMEMBER BEING ASSERTIVE INCLUDES**

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



# BEING ASSERTIVE WITH SOMEONE WHO TRYING TO GET THEIR OWN WAY WITH YOU AGAINST YOUR CONSENT



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

**COME UP WITH AN ASSERTIVE RESPONSE**

“

”

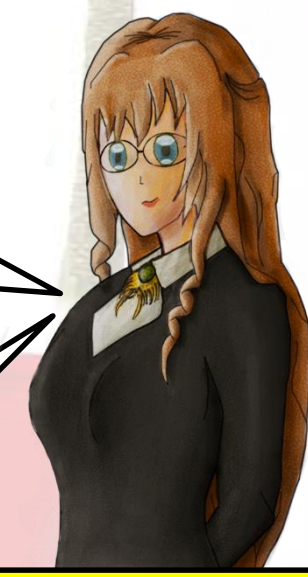
“Don’t you like me any more? What have I ever done to you?”

“

”

REMEMBER BEING ASSERTIVE INCLUDES

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





**“Its always the boy pressuring the girl to do more. Never the other way round ”**

## Talking points

- I think that ...
- I don't think... is right because...
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- I disagree with... because
- Building on what ....
- An alternate way of looking at this is...
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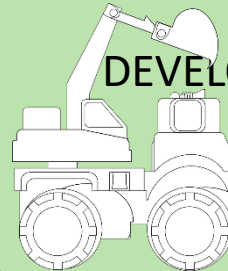
AGREE



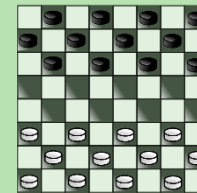
DISAGREE



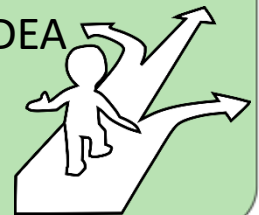
DEVELOP



CHALLENGE



ALTERNATE IDEA



# WHAT DO YOU ALREADY KNOW...

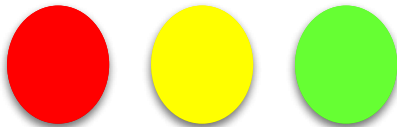
What do you already know about each topic?

What would you like to know?

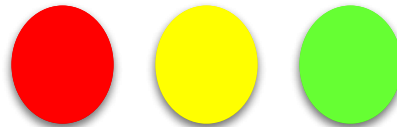
What would make a great discussion topic?

These 6 A3 Sheets of paper will go around when the whistle blows swap paper – add to the mind map

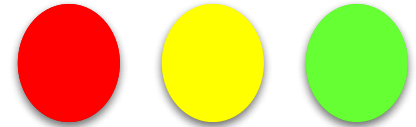
SAME SEX RELATIONSHIPS



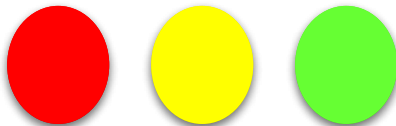
ABORTION



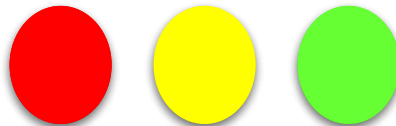
CONTRACEPTION & STI's



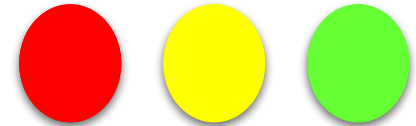
FERTILITY



AGE OF CONSENT



SEX AND THE MEDIA



# ASSERTIVE - negotiating tricky situations

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

RULES - DO NOT MESS ABOUT WITH THE WHITEBOARD

-NO PUT DOWNS e.g. because you smell

## REMEMBER BEING ASSERTIVE INCLUDES

- Being calm
  - Being strong
  - Positive body language
  - Saying exactly what is wrong
- Link to the concept of consent

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 - negotiating relationships

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 stop over..  
"No because I....."

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

# ASSERTIVE - negotiating relationships

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 someone did something you didn't like...  
(Friend, News, School, Family, Crime, Conflict, politicians etc..)

Come up with 5 of your own **STOP** and **START** Phrase (that could link to future relationships, relationships you see on TV)

Examples:

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





# LEARNING OUTCOMES



# STOP!



Let us review our learning outcomes for this lesson  
**Knowledge, Skills & Actions**

PAIR &  
SHARE

ASSESSMENT FOR LEARNING

## Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10
		NOT CONFIDENT				CONFIDENT				VERY CONFIDENT
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 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



I'm getting more confidence



Confident



Very confident



Super confident

**IMPORTANT INFORMATION**

# SEEKING SUPPORT

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

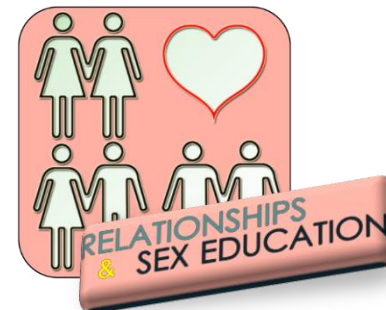
**IMPORTANT INFORMATION**



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

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

Organisation	Phone	Website
Childline	0800 1111	<a href="http://childline.org.uk">childline.org.uk</a>
Childnet	N/A	<a href="http://childnet.com/young-people">childnet.com/young-people</a>
Stonewall	08000 50 20 20	<a href="http://youngstonewall.org.uk">youngstonewall.org.uk</a>
Anti-bullying Alliance	N/A	<a href="http://anti-bullyingalliance.org.uk">anti-bullyingalliance.org.uk</a>
Rape Crisis	0808 802 9999	<a href="http://rapecrisis.org.uk">rapecrisis.org.uk</a>
Victim Support	0808 16 89 111	<a href="http://victimsupport.org.uk">victimsupport.org.uk</a>



2 Minutes

**SIGNPOSTING SUPPORT**

**HELP & SUPPORT SERVICES**

**FURTHER INFORMATION**



# REFLECTION PLENARY

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

Before I could/would say and do ... but now I feel I am able to say

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

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

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

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

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

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

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

Before I would have said ... but now I will say...

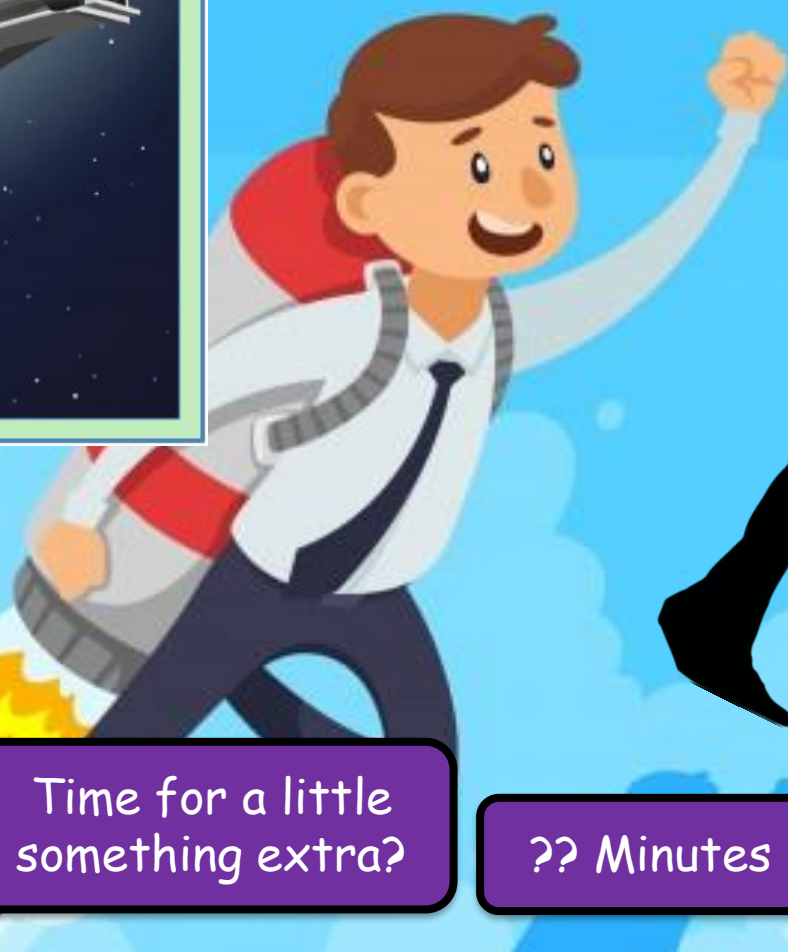
A problem I overcame today was...

2 Minutes



**REFER TO MINDFULNESS**

**▶▶▶ POWERPOINT**



Time for a little something extra?

?? Minutes

