**Lesson Plan 1 - Healthy Relationships**

**Learning aims**

• To provide a definition of when it is right to have sex

• To develop an understanding of the different stages of a relationship

• To provide an introduction to local Sexual Health Services

**Lesson Outcomes**

By the end of the lesson the students will be able to:

• List three people they could talk to about sexual health

• Explain when the right time to have sex is

• Feel confident to respond effectively to pressure to participate in sexual activity

• Name two consequences of unprotected sexual intercourse

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| **Time** | **Objectives** | **Activity** | **Resource** |
| 10 mins | Introduction | Ground rules  Aims and objectives of session | White board / flip charts and pens |
| 10 minutes | * For young people to consider all the ways sex is discussed and some of the negative connotations of sex, especially when slang terms are used. * Aim is to form a consensus as to an acceptable word to describe sexual intercourse. | Students to list all terms of sexual references they can think of (be aware: may include slang/swear words)  Facilitator led discussion | Pens and paper for students.  White board / flip chart and pens |
| 10 mins | * For young people to think about their role in relationships: their responsibilities, peer pressure | Facilitator led discussion  ‘Boy’ ‘Girl’ scenario | White board / flip-chart and pens |
| 15 minutes | * Reflect on words and actions to describe sexual activity and how different people may interpret different issues varying ways. * Consider ways of keeping safe and how issues like peer pressure, alcohol and drugs may lead to risk taking behaviours. | Scenario activity | Scenario sheet |
| 15 minutes | * Reflect on sex and the law. * Find out where young people can go for help about sex and relationships advice. | Sex and the law quiz  Facilitator discussion | Quiz sheets, pens / pencils |
| 5 minutes | Conclusion |  |  |
| Finish |  |  |  |

**Boy / Girl Scenario**

Draw 2 stick people on the white board / flip chart (1 female + 1 male)

Tell the group they are 17/18 years old and getting ready for a night out (not necessarily together – they aren’t a couple).

Get the group to give the stick people names.

Ask the group to shout out what they need for a good night out. Usual examples include: Bag, house keys, coat, money, bank card, phone, make-up, cool clothes (get them to name brands), good hairstyle, lashes and eyebrows, mirror, car keys.

Draw images or write the suggestions next to stick people.

See if anyone suggests condoms. If not, why not ? If condoms are suggested, discuss why this is important

Aim of scenario is to have discussion about why young people should be carrying condoms and a discussion about whose responsibility is it to have condoms to hand: Males, females or both of them in this scenario? Discuss about planning ahead, being organised, possibility of having sex when not expecting it (alcohol-related?), being able to lend a condom to a mate

**Sophie**

Sophie is 15years old. Her boyfriend Greg is 18 years old and they have been together for six weeks.

Last night they had sex when they were at a party. She can’t remember much as she was quite drunk.

She woke up this morning, naked in bed with her boyfriend who said they had sex but he had forgotten to use a condom. Sophie has a really bad hangover and feels awful. Sophie is worried what should she do?

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**Sophie Sexual Health Nurse Greg**

Think about it from the point of Sophie, the Sexual Health nurse and Greg.

**Alex and Sam**

Alex and Sam have slept around quite a bit and have both received a text today saying that they are the contact of someone who has a Sexually Transmitted Infection (STI).

Sam feels fine and can’t be bothered to get checked out. Alex is really worried. What advice do you think they should be given?

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**Alex Alex’s Mum Sam**

Think about it from the point of view of Sam, Alex and Alex’s mum.

**Zoë**

Zoë is your sister. You are 18 years old. Zoë is 14 years old and she has a boyfriend called Darren. He is 15 years old.

You have come home early and found them half naked on the sofa. Zoë has thrown a complete strop and Darren has gone home in a mood. Zoë says that nothing happened they were just snogging.

What do you think you would do?

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**Zoe Darren You**

Think about it from the point of view of Darren, Zoë and yourself

**Quiz**

1. What is the legal age of consent for sexual activity in England and Wales?
2. What does consent mean?
3. What is the legal age of consent for two men to have a sexual relationship?
4. How old does a person need to be to get contraceptive advice?
5. If a young person goes to a clinic to get contraception the clinic will pass on the information to the person’s parents and school nurse - True or False?
6. Is abortion legal in the UK?
7. Parents and guardians have a legal right to withdraw their children from Relationships and Sex Education - True or False?
8. Is it illegal for two 15 year olds to have a sexual relationship?
9. Is it legal to send a photo of yourself looking sexy and posing topless to a boyfriend?