**Lesson Plan 2: Risky Behaviour ?**

Aims:

To highlight the risks associated with unprotected intercourse; to raise student awareness of how to access health services so that when they choose to have a sexual relationship, they are aware of their responsibilities for safer sex.

Objectives:

* For young people to think about their role within relationships: their responsibilities, peer pressure.
* To explore peer pressure and ways to deal with this pressure.
* Increasing awareness of sexually transmitted infections and contraception, avoiding unwanted pregnancy.
* Learn how to access local services and feel more confident in doing so. Increase awareness about confidentiality, Fraser Guidelines, out of hours emergency contraception.

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| Time |  | Activity | Resource |
| 5 mins | Introduction: Ground rules  Aims and objectives |  |  |
|  | Objectives: |  |  |
| 10 mins | For young people to think about their role in relationships: their responsibilities, peer pressure | Facilitator led discussion  1: ‘Boy’ ‘Girl’ scenario | White board / flip-chart and pens |
| 10 mins | To explore peer pressure and ways to deal with this pressure | 2. Reasons ‘why’ and ‘why not’ to have sex | White board / flip-chart and pens |
| 15 mins | Increase awareness of STIs | 3. STI Quiz | STI Quiz sheets |
| 10 minutes | Raise awareness of availability of emergency contraception and LARC, including ‘out of hours’ access | 4. Internet research, Devon Sexual Health YouTube videos: how to use a condom. Find out where to get EC at the weekend | Internet access |
| Finish |  |  |  |

**Activity 1:**

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

**Activity 2:**

Reasons ‘why’ and ‘why not’ to have sex.

Group creates list on white board with reasons why young people their age should have sex and reasons why they should wait.

They then discuss whether the reasons they have stated are valid reasons to go ahead with a sexual relationship or to wait.

‘Valid’ reasons remain on the board, whilst those not important, or deemed good reasons to have a sexual relationship are removed.

Usually 1-2 left, e.g. Feel ready, In love with partner.

Can then discuss about how these young people should also make sure they have accessed contraception, got tested, etc to make it safer.

**Activity 3:**

STI quiz + discussion (see attached quiz sheet below)

**Activity 4:**

Students to research different methods of contraception available. Look on Devon Sexual Health & watch Emergency contraception and How to use a condom videos

Sexually Transmitted Infections Quiz – How much do you know…?

|  |  |  |
| --- | --- | --- |
|  | **Question:** | **Answer – True or False ?** |
| 1. | There are 25 different sexually transmitted infections (STI’s). |  |
| 2. | You are more likely to get an STI if you sleep around. |  |
| 3. | You can only catch an STI if you have vaginal sex. |  |
| 4. | Wearing a condom every time you have sex will prevent you from getting an infection. |  |
| 5. | You know when you have an infection because you feel unwell and it hurts when you pass urine. |  |
| 6. | A GUM clinic is where you get your teeth checked. |  |
| 7. | Chlamydia is known as the silent epidemic |  |
| 8. | If the condom you use splits, you may need to get emergency contraception. |  |
| 9. | If you have an infection, it is important you tell everyone you have had sex with to get themselves checked out. |  |
| 10. | If you go to a sexual health clinic, they will tell your GP so they know what to do next time. |  |
| 11. | Only gay people get HIV. |  |
| 12. | You can get condoms for free from sexual health and contraception clinics. |  |
| 13. | The number of STIs is increasing every year. |  |
| 14. | There is only one way to show you love someone, and that’s by having sex. |  |