

# Delaying Sex – No Rush

**Aim:** To enable the young people to explore reasons for having, and not having, sex with someone

**Learning outcomes:** by the end of the session the young people will have:

- Listed reasons to have sex and not have sex
- Identified other ways to show affection
- Reflected on their own views in this issue

**Group size:** 8 young people – best if single sex

**Venue:** Group room

**Time:** One Hour

**Materials:**

- Flipchart paper
- 101 Ways Leaflet
- Marker pens
- RU Ready Quiz
- Sex statistics quiz

Time	Activity	Materials
5 mins	<b>Welcome and ground rules:</b> Explain that the aim of session is to look at how they might know when the time is right to have sex. Set basic ground rules including respect for each other, listen to who is speaking, only one person speaking at a time and confidentiality.	
10 mins	<b>Sex statistics quiz:</b> Give each young person a copy of the quiz and ask them to complete it individually. Once they have all finished, go through the answers with the group and reflect on whether the answers were what they expected or not	Copies of the Sex statistics quiz
10 mins	<b>Why do people have sex for the first time?</b> Divide the group into smaller groups of 5/6 and give each group a piece of flipchart paper and marker pen and ask them write down all the reasons they can think of for young people to have sex for the first time. Take feedback (one idea at a time) from each group.	Flipchart paper Marker pens
10 mins	<b>101 ways to show someone you love them:</b> Staying in the same groups, ask the groups to write down different ways you can show someone you care. Again, take circular feedback to the main group and add ideas using the “101 ways” leaflet	Flipchart paper Marker pens “101 ways” leaflet
10 mins	<b>Gains from saying “no”:</b> Divide the group into groups of 5/6 and ask them to write down all the benefits of saying “No” to sex. <b>Remind them that just because somebody might already have said “yes”, they can change their mind and say “No” if they want to.</b> Feedback to main group, examples might include getting to know each other properly, knowing that the time is right, improved self-esteem because not being pressured into something they don’t want to do	Flipchart paper Marker pens

Time	Activity	Materials
10 mins	<p><b>What would be good reasons to have sex for the first time?</b></p> <p>Staying in the same groups, ask the groups to think of what they think might be good reasons to have sex and how will they know when the time is right, then feedback the suggestions to the bigger group and discuss</p>	<p>Flipchart paper Marker pens</p>
5 mins	<p><b>R U Ready? quiz:</b> Give this out for the young people to complete on their own later. Explain it is a good way to check, when you need to, if you are ready. <b>Evaluation:</b> Ask the group what they thought about the session.</p>	<p>R U Ready? quiz</p>

# Sex Statistics Quiz

1. What is the average age that people in the UK lose their virginity?

- a. 13
- b. 14
- c. 15
- d. 16

2. Out of the girls who had sex at aged 13 or 14, how many wish they had waited?

- a. 84%
- b. 64%
- c. 44%
- d. 24%

3. Out of the boys who had sex at aged 13 or 14, how many wish they had waited?

- a. 87%
- b. 67%
- c. 47%
- d. None

4. What percentage of girls are having sex under the age of 16 in the UK?

- a. 96%
- b. 74%
- c. 50%
- d. 26%

5. What percentage of boys are having sex under the age of 16 in the UK?

- e. 99%
- f. 81%
- g. 46%
- h. 30%

6. How many young people mistakenly believe that most young people have sex before they are 16?

- a. 90%
- b. 75%
- c. 46%
- d. 22%

# Somerset Youth and Community Service

## Sex Statistics Quiz Answers



1. What is the average age that people in the UK lose their virginity?

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## 101 ways to show someone you love them...

1. Give them your last rolo
2. Say 'I love you'
3. Go on a love boat
4. Share a gingerbread man
5. Tickle them
6. Pick them a flower
7. Send them a romantic txt
8. Flirt
9. Kiss when people aren't looking
10. Name a star after them
11. Take them to places that would mean a lot to them
12. Watch a romantic video together
13. Be with them when they are upset
14. Take them to the place where you first met
15. Organise an 'I love you' message out the back out of a plane
16. Help them with their problems
17. Go for a romantic walk on the beach
18. Give them loving cuddles – even in the street
19. Make sure they are safe
20. Get their name temporarily tattooed on your body
21. Write a poem using their name as a subject
22. Make them a walkway to a dinner table using roses and candles
23. Buy them a piece of the moon
24. Buy them a kinder egg and hide a ring inside
25. Compliment them and make them feel special



26. Suck their toes
27. Go paddling on a summer's day together
28. Walk a thousand miles for one of their smiles
29. Leave romantic notes on their pillow
30. Cuddle each other and fall asleep in front of a fire
31. Hold their hand
32. Drive for 2 hours just to see them for one
33. Write their name in the sand
34. Run them a bath
35. Learn to say 'I love you' in 10 different languages
36. Propose marriage
37. Make a cd of favourite songs
38. Parachute together
39. Write their name with a sparkler
40. Throw them a surprise party
41. Phone them every day
42. Listen to love songs together
43. Do something fun and have a laugh together
44. Support and offer them advice
45. Share strawberries dipped in chocolate
46. Share secrets
47. Decorate their room / house in all their favourite things
48. Take them on surprise trips
49. Hold them and let them know you care
50. Send them flowers at college / work
51. Cook them their favourite meal
52. Be nice even if you aren't in the mood
53. Dedicate time alone together



54. Give your partner space to see their friends
55. Play footsy
56. Talk sweetly
57. Be open and honest
58. Each suck one end of a long piece of spaghetti
59. Make something for them
60. Take an interest in something personal to them
61. Meet their friends and family
62. Listen to their problems
63. Be a shoulder to cry on
64. Be willing to compromise
65. Respect each other
66. Share your dreams
67. Go on the rides on the pier together
68. Win them a prize (e.g. cuddly toy)
69. Be proud of your partner
70. Touch them
71. Trust each other
72. Dance with them in a candle lit room
73. Kiss them
74. Gaze at the stars together
75. Tell them they are beautiful even if they look rough
76. Go on a bike ride together
77. Adopt an animal for them
78. Give them a pet name
79. Watch the sun rise together
80. Spend a day pampering each other
- 81.



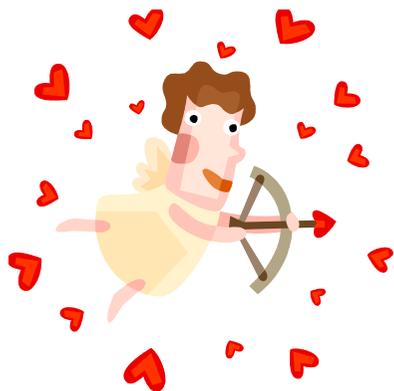
82. Talk to each other about sex and find out their thoughts on the subject
83. Find a special hobby to do together
84. Tell them all the little things you love about them
85. Play with each other's hair
86. Stay up for hours – just talking
87. Have a moonlight picnic together
88. Write them a song and sing it for them
89. Gaze into their eyes
90. Cuddle at the cinema
91. Dedicate something to them
92. Have a locket with their picture in
93. Make a scrapbook with photos of times together
94. Give them a foot massage
95. Put a note in their pack lunch saying 'I love you'
96. Sit under the pier and eat fish & chips together
97. Nibble their ear
98. Never cheat on them
99. Buy them some nice underwear
100. Surprise them
101. Just be genuine!
102. Read them the 101 ways to show someone that you love them other than having sex and then try some of them!



Thank you to all of the young people in Brighton and Hove who entered the competition to come up with these 101 ideas and special thanks to the winning entrants from the Crew Club

# R U Ready?

Complete our little quiz to find out if you're ready. Be honest with yourself!



**1.** Do you feel you could say no if you wanted to?  
Yes  Maybe  No

**2.** Can you have a laugh together without anything sexual involved?  
Yes  Maybe  No

**3.** Have you made a special connection with someone and it feels right to have sex?  
Yes  Maybe  No

**4.** Is your partner pressuring you to have sex?  
Yes  Maybe  No

**5.** Do you want to have sex for yourself and not to keep or please the other person?  
Yes  Maybe  No

**6.** Do you want to have sex because your friends are all doing it?  
Yes  Maybe  No

**7.** Are you embarrassed to talk to your partner about using condoms?  
Yes  Maybe  No



**8.** Have you both agreed what contraception you will use?  
Yes  Maybe  No



**9.** Do you understand the risks involved in having sex? (i.e. pregnancy and STIs)  
Yes  Maybe  No

**10.** Do you think you might regret it later?  
Yes  Maybe  No

Now turn over to see how you scored

## NOW ADD UP YOUR SCORES

	Yes	Maybe	No
Q1	A	B	C
Q2	A	B	C
Q3	A	B	C
Q4	C	B	A
Q5	A	B	C
Q6	A	B	C
Q7	C	B	A
Q8	A	B	C
Q9	A	B	C
Q10	C	B	A

### **MOSTLY C's**

#### **Definitely not Ready**

You're definitely not ready for sex. Concentrate on making friends and having fun. Find out about contraception and condoms so you're prepared for later. Remember, most young people aren't actually having sex.

### **MOSTLY B's**

#### **Not Ready Yet**

You're probably not ready for sex. Talk to your partner about your feelings and see if there are other things you could do together. Find out about contraception and condoms so you're prepared for later.

### **MOSTLY A's**

#### **Could be Ready**

You could be ready for sex. But this doesn't mean you HAVE to! Make sure you have contraception and safe sex sorted BEFORE you do it. Remember you can change your mind at any time. Even after you've 'done it', you can take some time out.

## Who to talk to:

For a list of places check out

<https://swishservices.co.uk/>

<https://www.2bu-somerset.co.uk/>

Condoms can be obtained **free** from Somerset C-Card see <https://swishservices.co.uk/> for details of participating organisations or look for local information where you see this sign:



Brook Helpline: 07717 989023  
"Ask Brook" at [www.brook.org.uk](http://www.brook.org.uk)



## Thinking about SEX?



Try our quiz to see if  
you are rea

