

Somerset Youth and Community Service

Sex within relationships



Aims: For young people to have a clear understanding about the importance of forming a relationship before sexual activity.

Learning Outcomes:

By the end of the session the participants will:

- understand different types of relationships
- have explored what makes a good relationship
- have considered when would it be time for a relationship to be taken to another level

Group size: 4-8 young people

Time: 1 hour

Venue: Youth Club

Materials:

- Flip chart
- Pens
- Info sheet
- Word list
- Quiz sheets

TIME	WHAT	WHO	WITH
5 mins	Discuss with the young people what the session covers and give young people to option to opt out if they feel uncomfortable.	Worker	
5 mins	Discuss what a relationship is. Ask young people to list different types of relationships and write them on the flip chart.	Young people	Info sheet Flip chart
10 mins	Cut out the word list and give them to the young people. Ask them to put them in order starting with the most important in a relationship. Hopefully this will cause debate and encourage allow young people to share their views about priorities.	Young people	Word list.
10 mins	When the young people have finished their lists, the youth worker can begin to explore why the top two and three are important.	Worker	
5 mins	Discuss with young people the consequences of not having the main elements of the relationship before moving into a sexual relationship and what could go wrong.	All	
10 mins	Youth worker explains that the sex side of relationship is easy but the challenging part is the relationship and why.	Worker	Discussion
10 mins	Let young people have a go at the quick quiz and then go through the results.	All	Quiz sheets Quiz answers
5 mins	Any questions and close	Worker	



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Information Sheet



What is a relationship?

A relationship is the way you connect to other people.

The dictionary says that a relationship is:

“The mutual dealings, connections or feelings that exist between two countries, people or groups.”

Types of relationships

- Boyfriend / girlfriend
- Parents
- Brothers / sisters
- Extended family – aunties, uncles, cousins, grandparents etc.
- Friends
- Acquaintances (people you know slightly)
- Medical professionals – doctor, clinic nurse etc.
- Co-workers
- Pets
- Other members of clubs or organisations
- On-line - Facebook friends etc.



Word List

Trust

Honesty

Power

Sex

Commitment

Loyalty

Fun

Control

Friendship

Fear

Mates

Violence

Respect

Support

Separate Identities

Quick Quiz!

1. What is the average age for young people to have sex in the UK?

2. Do you have to tell your parents to ask for birth control at the doctors?

3. Can you be raped by your partner or husband?

4. Can you get pregnant if you are in your period?

5. Can you use a condom twice?

6. Is it OK for either partner to change their minds even if they are just about to have sex?

7. Is it OK to physically fight with your partner in a relationship?

8. Will you always notice symptoms if you have caught an STI?

9. At what age can you get married?

10. Can you get pregnant if you are on your period?

Quick Quiz answers

1. What is the average age for young people to have sex in the UK?

Answer: 16-17 years old

2. Do your parents have to know if you ask for birth control at the doctors?

Answer: No. If you're aged 13 – 16 years olds and want contraception (or an abortion or test for STIs) they won't tell your parents as long as they believe you fully understand the information and your decision.

3. Can you be raped by your partner or husband?

Answer: Yes, although rape in marriage only became a criminal offence in 1991 in England.

4. Can you get pregnant the first time you have sex?

Answer: Yes, some people have to try for ages when they want to get pregnant but it can happen the first time.

5. Can you use a condom twice?

Answer: No, it can only ever be used once and cannot be washed out and reused. This is true even if the man doesn't ejaculate.

6. Is it OK for either partner to change their minds even if they are just about to have sex?

Answer: Yes, either partner can change their mind about sex at any point. There is no need to feel bad about (although your partner may be disappointed!), it is important that you do not do anything you're not happy with.

7. Is it OK to physically fight with your partner in a relationship?

Answer: No, it is never OK to physically fight with someone – legally this is assault (or possibly a more serious offence).

8. Will you always notice symptoms if you have caught an STI?

Answer: no, you can have some STIs without any noticeable symptoms but you will still be infectious to other people and there may be long term effects like infertility.

9. At what age can you get married?

Answer: In England and Wales you must be 18 years old, or 16 years old with consent from your parents. In Scotland you can get married without parental consent at 16.

10. Can you get pregnant if you are on your period?

Answer: Yes, women can get pregnant at any time of the month, although there are times when the chances are higher