

PLEASE SHAKE HANDS

OR WHATEVER GREETING YOU WANT TO DO

If you don't want to that's fine,
just watch and report back

Adapted from BISH resources



DO IT AGAIN, BUT BEFORE YOU DO IT

NEGOTIATE EVERYTHING

- Left or right hand?
- Up and down?
- How firm?
- How long?
- How many shakes?
- Fist bump?
- High five?
- Hug?

(if you want)

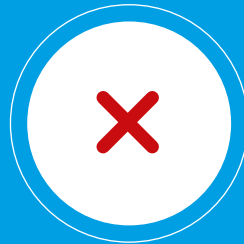
DO IT AGAIN, BUT THIS TIME

BEST OF BOTH

Try to 'tune in' to the other person using eye contact, body language, facial gestures, noises, mirroring...

(if you want)

CONSENT



“NO” = NO



“YES” = YES

But consensual sex is more than just saying yes or no.
Let's apply what we learnt about handshakes to sex

Adapted from BISH resources



FIRST HANDSHAKE

IT'S JUST GUESSING, OR JUST DOING THE SCRIPT OF SEX

What counts as sex
(porn, TV, books etc.)

- 1 Take off clothes
- 2 'Foreplay'
- 3 Entry sex
 - a On back
 - b On top
 - c From behind
- 4 Orgasm

This **might** be ok but
it might not be ok –
it might be non-consensual

Adapted from BISH resources



SECOND HANDSHAKE

TALKING ABOUT **EVERYTHING** ISN'T REALISTIC

Do you want to kiss?

Ok, tilt your head to the left

Lips closed to start?

In 2 mins put your tongue in

Move it in a clockwise direction

REMEMBER: consent to any one thing does not mean consent to another
e.g. kissing → oral sex

Adapted from BISH resources



THIRD HANDSHAKE

LOTS OF DIFFERENT KINDS OF COMMUNICATION



EYE CONTACT



NOISES



LISTENING



TUNING IN



BODY MOVEMENT



SHORT PHRASES



PLANNING



REACTIONS

Adapted from BISH resources

ALCOHOL AND DRUGS



ALCOHOL AND DRUGS CAN MAKE CONSENT MORE DIFFICULT

If you are under the influence of alcohol or drugs:

- Someone may not be able to consent (if they are less conscious)
- We may not know if someone is consenting or not an absence of a “no” does not mean “yes”

Sometimes, some people can deliberately get someone drunk or high so they can try to have sex without their consent . If you are in doubt about whether someone can consent, don't have sex – and also make sure they are being properly looked after.

Adapted from BISH resources

WHEN IS IT TIME TO...



- If they are looking unhappy or are not engaging
 - If you are wanting to do something different to what you've done already
- If sex is getting uncomfortable or painful for you, or you think it might be for them

REMEMBER: someone should only have to say 'no' or 'stop' or 'wait' once, if they do – please stop

YOU AND WHO YOU LIKE

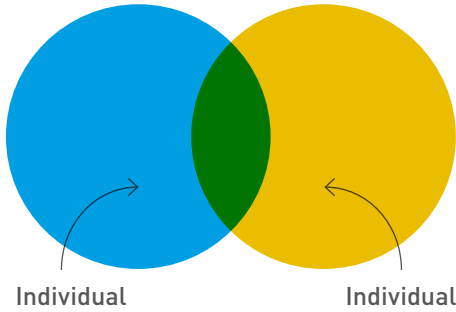
Which of these words are you? Pick five and think of why. Also, think of some that you would like to have and then pick five things you want from someone in a relationship (could be a romantic relationship or a friendship).

Thinker	Well dressed	Mature	Emotional	Bubbly
Adventurous	Hard worker	Cultured	Thoughtful	Lively
Enthusiastic	Good friend	Funny	Content	Organiser
Head strong	Easy going	Artistic	Planner	Creative
Dramatic	Foodie	Clever	Party animal	Musical
Mediator	Loving	Self believer	Dreamer	Neat
Warm	Sensible	Brave	Determined	Smart
Wise	Nice smile	Open minded	Loud	Big heart
Geeky	Romantic	Relaxed	High standards	Leader
Curious	Powerful	Assertive	Ambitious	Positive
Flexible	Sensitive	Sociable	Optimistic	Calm
Good listener	Gentle	Team worker	Generous	Excitable
Authentic	Honest	Solo star	Fit	Giver
Good at chat	Humour	Good with money	Sceptical	Good judge
Decisive	Ideas person	Switched on	Believer	Passionate
Reliable	Takes charge	Right on	Hopeful	Into safety
Attentive	Informed	Inspirational	Open	In the know
Kind	Modest	Disciplined	Cautious	Fun
Fair	On time	Tolerant	Independent	Serious
Forgiving	Bounces back	Ethical	Sincere	Political
Sexy	Responsible	Behaves!	Top bantz!	Keeps it real
Into looks	Loyal	Outgoing	Into fashion	Loves kissing
Laid-back	Deep	Loves cuddles	Hipster	Love-lover

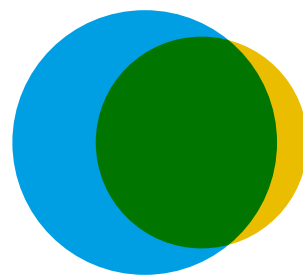
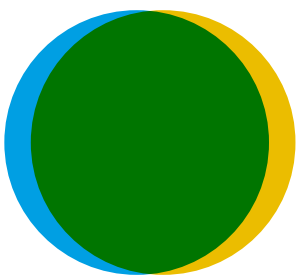
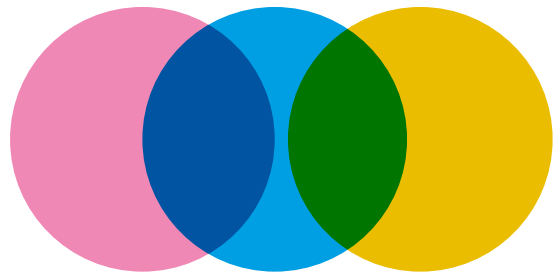
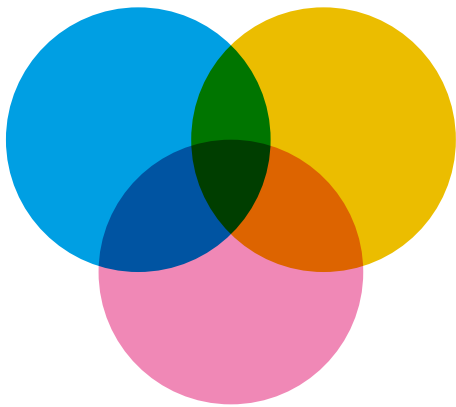
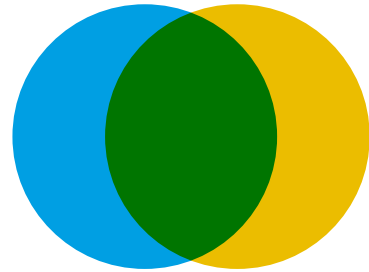
Do you want someone like you, or someone totally different, or a bit the same or a bit different?

RELATIONSHIPS

VENN DIAGRAM STYLE



(what someone does with their own lives and other relationships)



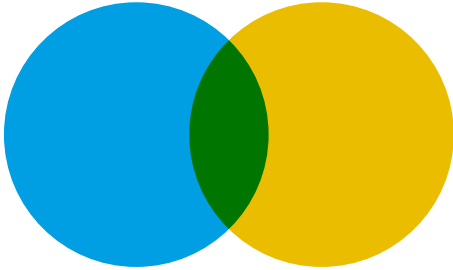
- What words would you use to describe these relationships?
- What kind of relationships do you want?
- How much of **you** do you want to share with other people?
- Draw your own – what would your relationship look like?

RELATIONSHIPS

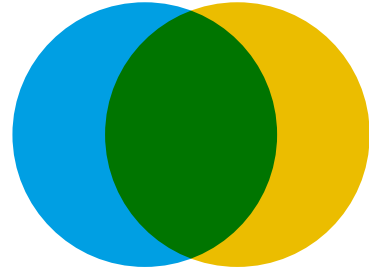
VENN DIAGRAM STYLE

Teacher's notes

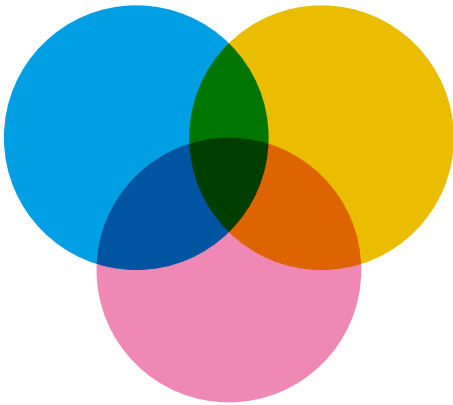
Words or phrases that might be used to describe these circles



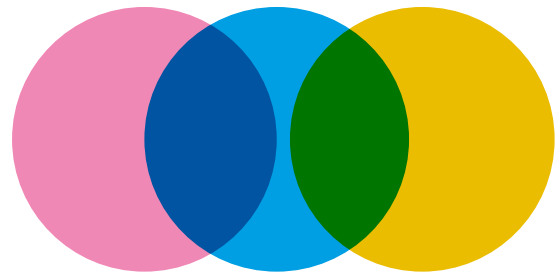
- Distant relative • Classmates • Not very close • Team mates
- "Shag buddies" • Early in a relationship



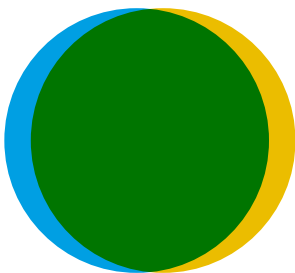
- Close friends • Share lots of things • "Relationship"
- Been together a while • Parent and older teen



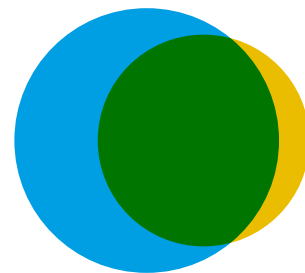
- Two parents together, one teen • Three close friends
- Three people in a relationship



- Two parents not together • Two close friends not friends with each other
- One person with two separate romantic relationships



- Quite stifling? • Not much 'you' left • Very close bond • Trust
- Long-term relationship • Friends who do everything together



- Parent and child • Abusive relationship?
- When someone needs more support and care

What words would you use to describe these relationships?

What kind of relationships do you want?

How much of *you* do you want to share with other people?

Draw your own – what would your relationship look like?

SEXUAL INVENTORY

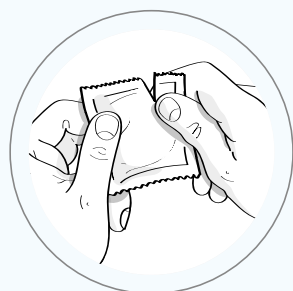
Below are different kinds of sexual activities with different kinds of risk. Think about the possible risks associated with each activity. Are some of them safer than others? How might you reduce the risks involved with some of them?

Stroking a naked knee with the tips of your fingers	Nibbling ear lobes and licking (another person’s) ear	Rubbing genitals together (naked)
Deep kissing with tongues (‘French’ kissing – if you still call it that)	Massaging each other naked	Wearing just underwear with someone
Whispering something sexy in someone’s ear	Kissing on the lips	Sending a sexy picture of yourself
Stroking the inside of the wrist and hand	Licking or sucking a clitoris or penis	Spending the night in bed with someone
Stroking naked nipples	Kissing all over someone’s face, eyes, neck, ears and cheeks	Sharing sex fantasies
Solo masturbation in front of someone	Having sex in the vagina (with a penis, fingers or sex toys)	Stroking someone’s genitals with their underwear on (them)
Stroking a penis or clitoris directly	Having sex in the anus (with a penis, fingers or sex toys)	Eating food off each other (e.g. ice cream or chocolate, not your dinner)
Touching someone’s chest/bum/body with clothes on	Getting totally naked with someone	A cuddle with clothes on, stroking each other’s arms, shoulders and head
Doing something which causes pain e.g. love bite or hair pulling	Sending a text asking for something sexual	Naked, rubbing thigh over other person’s genitals
Watching sexual media (e.g. porn) with someone	Holding hands in public	Rubbing genitals together with underwear on (dry humping)
Sex where it’s agreed that one person will tell the other person what to do	Dressing up for someone	Having sex with more than one person at the same time

HOW TO USE A CONDOM

Did you know? If condoms are used correctly, they are the only form of contraception that can reduce the risk of sexually transmitted infections.

STEP 1



Get ready – as soon as the penis gets hard, and before the penis touches the other person, it's time to put the condom on.

Tear the packet from the serrated zigzag edge and remove the condom. Handle the condom carefully as it can be damaged by things like sharp nails, jewellery and body piercings.

Always check the expiration date on the wrapper – preferably before you're ready to use it.

STEP 3



Squeeze the teat with your fingers so that there's no air trapped inside, then place the condom over the head of the completely hard penis.

The condom may split if air is trapped inside.

STEP 5

You're now ready to go.

Check the condom is in place, now and again, and if it rolls up during your activity, just roll it back down. If it comes off, you need to stop what you're doing and put a new condom on.

Never use oil-based lubricants with condoms – like baby oil or coconut oil – as these can make them break.

STEP 2

The condom can only easily roll on in one direction so you need to make sure the condom is the right way up.

The roll should be on the outside, not the inside.

STEP 4

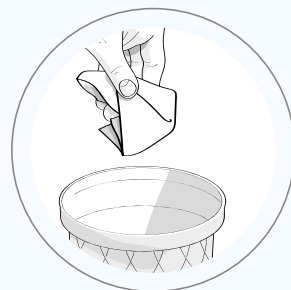


If the penis is uncircumcised, pull back the foreskin first. Then, keep one hand at the head of the penis with the teat of the condom between your forefinger and thumb.

Use the other hand to roll the condom on all the way down the shaft to the base.

If the condom will not unroll, it is probably on inside out – start again with a new condom, as there may be sperm on it.

STEP 6



Remove the condom soon after ejaculation. Hold it firmly at the base of the penis, while it is still erect and before withdrawal, so that it doesn't slip off.

Take the condom off once the penis is completely withdrawn then wrap in a tissue and put it in the bin.

Don't flush condoms down the toilet.