

Are You Ready?

Age Range:

13+, Years 9+,
KS3, KS4

Topics Covered:

Being ready for a sexual relationship, abstinence

Time:

20 - 40 minutes

Equipment needed:

'Dominator or Friend' and 'Mr/Miss Right or Wrong?' handouts (included in this document).

Learning Outcomes:

- Young people have increased awareness of the importance of being ready for a sexual relationship (legal, moral, personal, health etc.)
- Young people have an increased awareness of what makes a good and bad relationship.
- Young people have an increased confidence in negotiating relationships (including contraception)

This supports key concepts for PSHE education in personal wellbeing including:

- Personal identities
- Healthy lifestyles
- Risk
- Relationships

An exercise to explore the attitudes and decision making skills needed when deciding whether to start a sexual relationship.

Introduction

This exercise uses creative thinking and reflective learning to look at the factors young people may need to consider before starting a sexual relationship.

Exercise

People often talk about the 'right time' or the need to be 'ready' for a sexual relationship.

- What might someone mean by 'ready'?
- What different factors could affect whether someone was 'ready'? How would they know if it was the 'right' time?
- What might the 'wrong' time be like?
- What factors such as age, place, partner, type of relationship, use of contraception etc. might impact on the 'right' / 'wrong' time?

Make a list of all of the things that someone might need to consider before starting a sexual relationship.

One of the key considerations is the person. How would someone know if it was the right person?

Hand out the 'Dominator or Friend' information sheet (found on the next page) and the 'Mr / Miss Right or Wrong worksheet' (on the following page). You can ask the group to work on their own, pairs or small groups on this.

Ask the group to read the 'Dominator or Friend' sheet and then work through the 'Mr / Miss Right or Wrong worksheet' using the dominator / friend list to help them decide whether in each situation the person described as X is a 'Mr / Miss Right' or a 'Mr / Miss Wrong'. You could also run this as a whole group by having one wall as 'Right' and the opposite as 'Wrong'. Read out each situation and then ask people to move towards where they would place X. Depending on how closely they stand to the respective walls should reflect how strongly they feel about the behaviour.

Summary

Ask the group to feedback their thoughts and explore what people could do if they thought that they were in a relationship with a 'Mr / Miss Right or Wrong'. Explain that organisations like Brook or Childline can give advice or support here.

Dominator or Friend

Everyone has the right to have healthy, happy, safe and equal relationships. Unfortunately many people get into relationships where this is not always the case. How can someone spot whether the relationship they are in or are about to start is healthy, happy, safe and equal?

One way is to notice things about the behaviour of the other person. Do they dominate or do they act as a friend. Below is a list of some ways that you might be able to spot whether someone was Mr or Miss Right!

The Dominator The Friend

shouts	is cheerful
sulks	is consistent
smashes things	is supportive
glares	tells you, you look good
makes you feel ugly and useless	tells you you're competent
calls you names	uses your name
cuts you off from your friends	trusts you
stops you doing what you want	trusts your judgment
never admits they are wrong	welcomes your friends and family
blames you, drugs, drink, stress etc	admits to being wrong
turns others against you	supports your learning, career choice etc.
uses others to control you	encourages you to be independent
never does their share	shares any work
controls the money	shares financial responsibility
expects sex on demand	accepts that you have a right to say "no" to sex
seduces people close to you	is faithful
expects you to be responsible for their well-being	takes responsibility for their own well-being and happiness
threatens you to get their own way	can communicate calmly what they want and make compromises

Mr/Miss Right or Wrong - Worksheet

Imagine that you are in a relationship with someone. Let's call this person X (you can decide their gender). Using the Dominator / Friend list look at each of these situations and decide whether you think that X is a Mr / Miss Right or Mr / Miss Wrong?

1. X tells you that they love being with you because you always have such a laugh when you are together.
2. X tells you that you are so close and so meant for each other that you don't need anyone else. X doesn't like it when you spend time with your friends.
3. X is really attractive and popular and people tell you that you are lucky to be with them. X expects to have sex whenever you meet even if you don't want to.
4. You and X have had an argument and broke up. X has come round to see you and say that they want to get back together as they need you and that they can't cope without you.
5. You and X had an argument and broke up. X comes round to see you as they want to get back together. X apologises, says they have thought about what they said in the argument and that they were wrong.
6. X is very stressed at the moment and so they often say things to you that really hurt and upset you. X always apologise afterwards and says that it is just a combination of too much alcohol, stress and that some of things that you say really made them angry.
7. You went out with your friends last night and had a great time. X doesn't like it when you talk about what a good time you had and goes very moody and quiet.
8. X is angry because you want to use a condom and they don't like them.
9. You are feeling low. X listens to you and reassures you of how great you are.
10. You and X are off out separately tonight with your friends. You ask if X is jealous of you going out without them and they say that there is no need to be jealous because they trust you.
11. You and X go out to the cinema, X suggests that they pay for both tickets and you pay the next time you go to see a film together.
12. You and X go out to the cinema, X says that you have to pay for both tickets because you chose the film.
13. X comes to meet your family and gets on really well with them and is pleased to see them again in future.
14. You and X are going out. X tells you that you look really good.
15. You and X are going out. X tells you that you look really good and then immediately asks for sex.
16. You and X are going out. X tells you that you look really good and that you are nearly as attractive as your best friend.
17. You are at school / college when you see one of X's mates. He laughs and tells you things that you thought were private between you and X.
18. X wants to go out but you have a lot of studying to do. X gets angry and says that if you cared about them then you would leave your 'stupid studies' and come out. They threaten to end the relationship unless you show how much you care about them by coming out for the night.
19. X wants to go out but you have a lot of studying. X understands and says it is really important to get the grades if you want to go on to your chosen career. X asks if it is okay if they still go out as they would like to meet up with some friends.
20. X has a lot of studying to do but you want to go out. You are supportive of their studies but would like to go and meet with some of your friends. X doesn't want you to go out without them and gets into a bad mood.