



# Sexual Health

## Module One: Considering Yourself

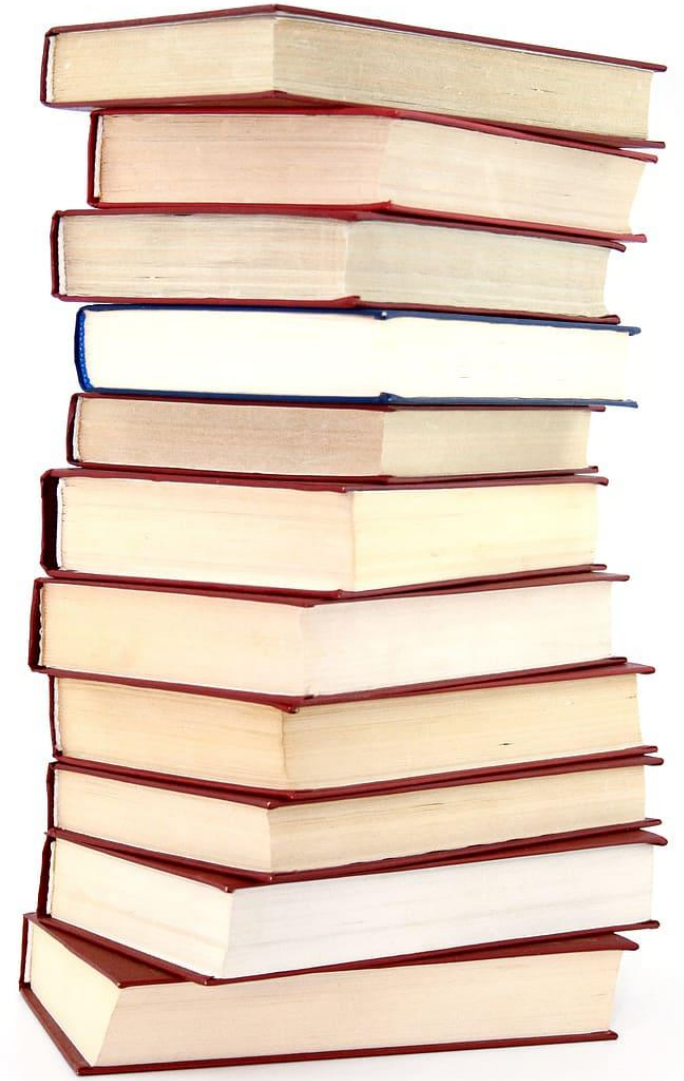
# Ice Breaker

**What is Sex?**



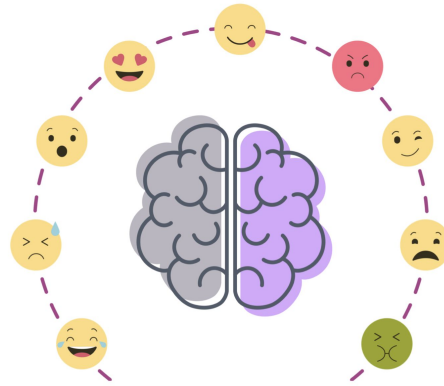
# Dictionary Definition

- **Sex:** "Sexual activity, including specifically sexual intercourse" (Oxford)
- **Sexual activity or act:** "An act of physical intimacy between two people for sexual pleasure or gratification, usually involving genital, oral, or anal contact" (Dictionary.com)



# But there is more to it...

- Emotional implications
- Potential pregnancies
- Sexual exposure
- STDs/ STIs/ HIV
- Personal meaning

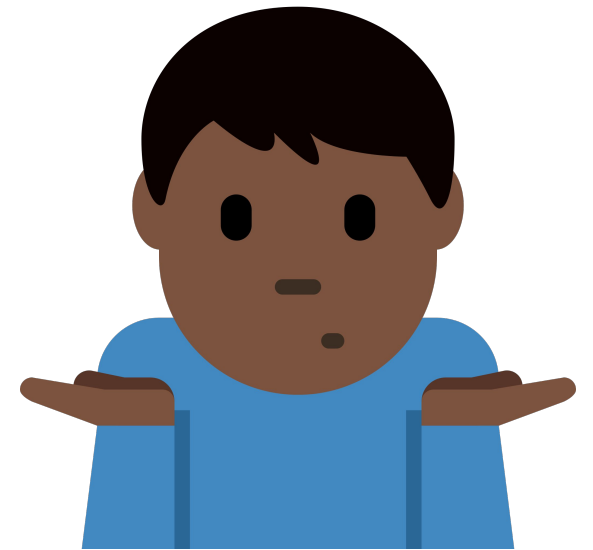
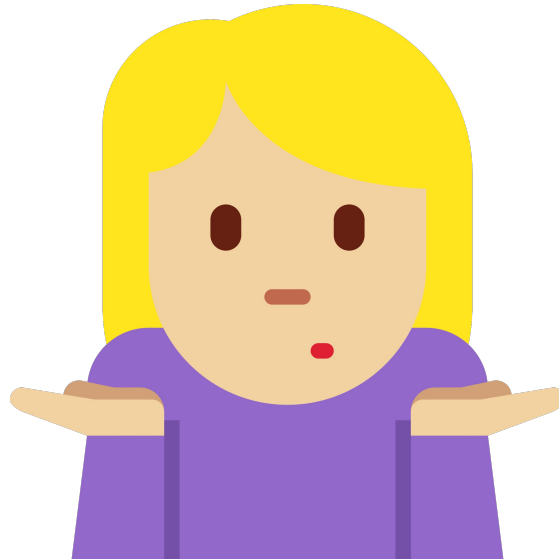


SEXUAL EXPOSURE CHART		
(if every person has only the same number of partners as you)		
Number of Sexual Partners		Number of People Exposed to
1	1 person	1
2	2 people	3
3	3 people	7
4	4 people	15
5	5 people	31
6	6 people	63
7	7 people	127
8	8 people	255
9	9 people	511
10	10 people	1023
11	11 people	2047
12	12 people	4095

\*When you have sex with someone, you expose them to you.



**When is the right time?**



# It's a personal decision

Things to consider:

- Your beliefs & values
- Your reasons behind doing it



# Consider the checklist



**① Be well-informed**



**② Communicate with  
potential partner**



**③ Think it through**



**④ Analyze your  
comfort level**



**⑤ Talk to a trusted  
adult**



**⑥ CONSENT!**



# 1. Be well-informed

- birth control
- protection from STDs
- healthy boundaries & communication
- safety
- legalities
- consequences



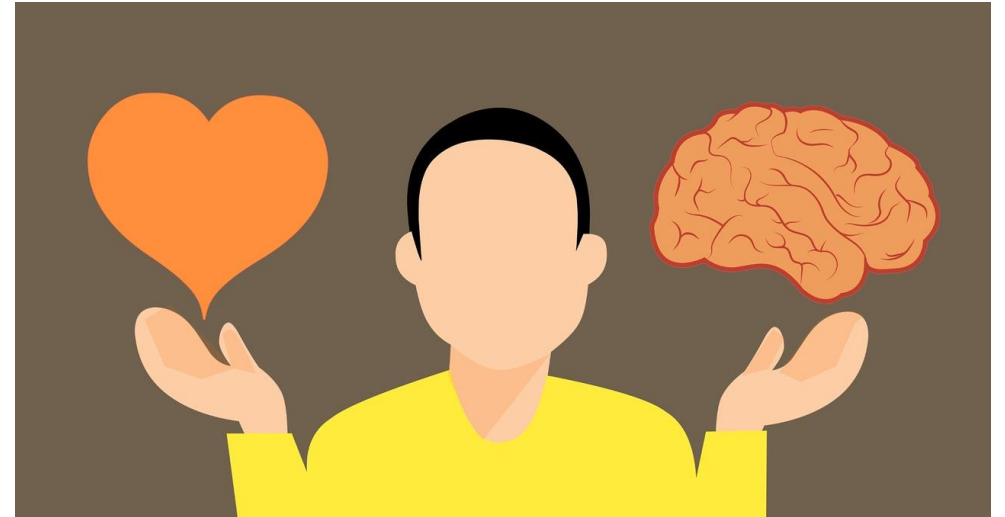
## 2. Communicate with potential partner

- negotiate protection & birth control
- share each others' health status
- establish mutual clear expectations
- establish emergency plan



### 3. Think it through

- Why am I considering this?
- What does sex mean to me?
- Is this something I want, or something someone else wants?
- What would I do if something doesn't go as planned? (Emergency Plan)



## 4. Analyze your comfort level

- Do I feel comfortable in this situation, or do I feel uneasy?
- Do I feel ready?
- How will I feel afterwards?
- How do I feel about sharing this experience with this person?



## 5. Talk to a trusted adult

### Advice:

- Be honest
- Be prepared
- Practice healthy conversation skills
- Share what you know and feel
- Go over an emergency plan
- Be open to their advice`



# Would you rather...

have a prior conversation  
over safe sex

**OR**

have a conversation after finding  
out you have an STD and/or a  
child on the way?



# Review your checklist



① Be well-informed



② Communicate with  
potential partner



③ Think it through



④ Analyze your  
comfort level



⑤ Talk to a trusted  
adult



⑥ **CONSENT!**

# Final thoughts

## Objectives


1. Understand what sex is and that there are other aspects involved.
2. Understand that the “right time” is different for everyone.
3. Know the important things to consider before engaging in sexual activities.

## Skills

1. Form YOUR personal attitude on sex.
2. Know how to use the checklist.



# Something to think about...



What makes you feel  
respected in a  
relationship?



# Sexual Health

## Module Two: Considering Others

# Ice Breaker

## 6. Providing/receiving CONSENT!



THE BASICS OF SEXUAL CONSENT

[https://www.youtube.com/watch?v=V5DecVLCJwY&list=PLQr7bGbkHbxYZY87\\_IdHjZNV-Srleoy-5&index=8](https://www.youtube.com/watch?v=V5DecVLCJwY&list=PLQr7bGbkHbxYZY87_IdHjZNV-Srleoy-5&index=8)

# What is consent?

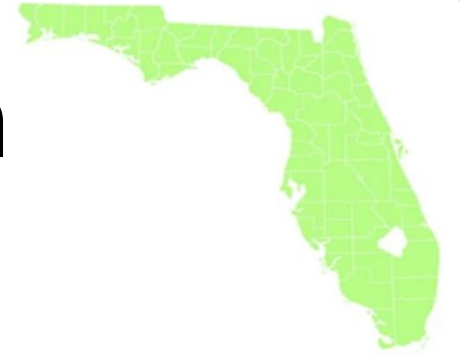
A VERBAL agreement to engage in sexual activity that is...

- Voluntary
- Informed
- Sober
- Mutual
- Honest
- Enthusiastic

Important things to know about consent:

- It is never assumed.
- CANNOT be given while intoxicated
- Can be withdrawn at any time.
- Is mandatory every time (even if they said yes before)

# What is the legal age of consent in Florida?



18 yrs old

Sex with someone  $<18$  = statutory rape

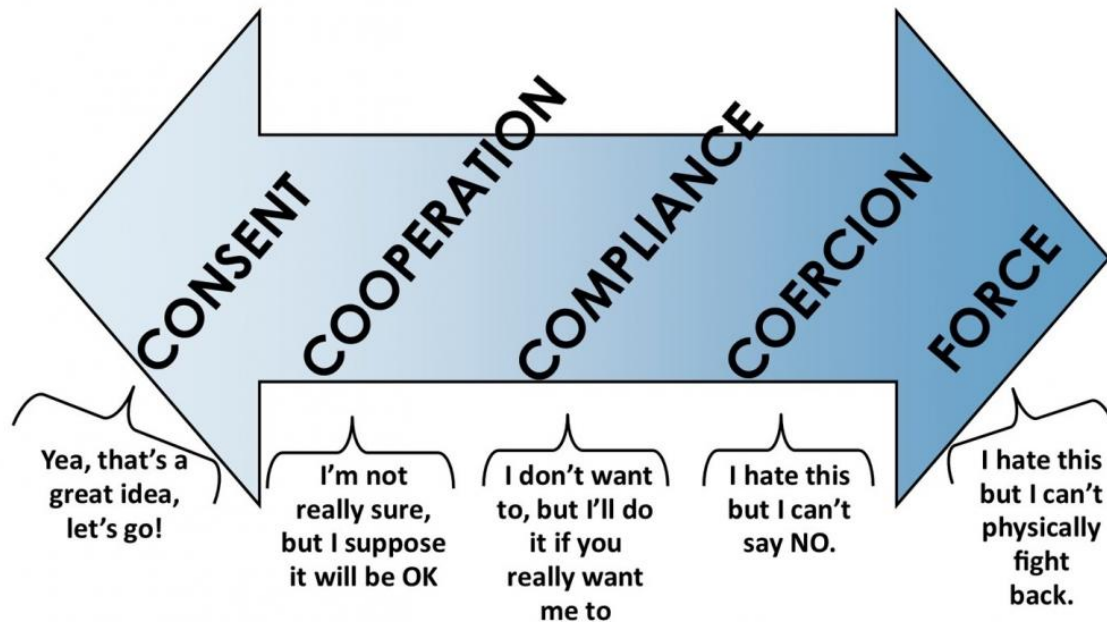


**BUT**

Romeo & Juliet Law (close in age exemption)

16 & 17 yr olds can have sex with someone  $<23$

**I want you to do this....**



## Consent

Explicit approval & permission (Enthusiastic "YES!")

Clear actions, words, writings

Mutually understood

Free from persuasion, intimidation, threats, & physical force

## Coercion

Done through peer-pressure, persuasion, tricks, manipulation, intimidation, threats & physical force

Facilitated by drugs and/or alcohol

Someone persisted after hearing "NO" until it changed to "YES"

Guilted into saying "YES"

Given ultimatum

# Is it consent? - Activity

Jack and Jess have been going out for a couple of months now. Jack tells Jess he will dump her if she does not have sex with him tonight. He is sick of waiting. Jess is afraid of losing him and agrees to have sex with him.

1. Is this consent?
2. How do you think Jess feels?
3. Do you think that coercion like this indicates a mutually respectful relationship?
4. How can a person who feels pressured manage this situation?



# Is it consent? - Activity

Brodie and Maya meet at the school disco. They are having fun telling jokes and talking about movies they have both seen recently. Brodie reaches over to kiss Maya. Maya enjoys it. Brodie then starts to touch Maya. Maya does like it for a little while and then she starts feeling a little uncomfortable and unsure. She tells Brodie she doesn't want to go any further right now. Brodie ignores her and continues.

1. Is this consent?
2. Is it OK to withdraw consent?
3. Is it OK to consent to some things and not others?
4. Will the experience be a good experience for both of them?

# Is it consent? - Activity

Anna is out with Aidan at a party. Anna is 16 years old and Aidan is 17 years old. Aidan is the designated driver, so he has not been drinking alcohol, but Anna is on her 5<sup>th</sup> beer. At the party, Anna leans in and starts to make out with Aidan. Anna then asks Aidan if he wants to have sex with her. She claims that she is not drunk. He likes her so he wants to say yes, but he doesn't know if he should.

1. If they were to have sex, would it be consensual?
2. Was the kiss consensual? Should they have made out at the party?
3. What should he do now?

# How to say “NO”

- Be confident—know what you want.
- Simply say “no”.
- Be direct and clear with a serious tone of voice.
- Tell them what you want to do instead.
- You can let them know that you really love them but are just not ready for sex.



# Asking for consent doesn't have to kill the mood ...

<https://www.youtube.com/watch?v=1OLRPDVuCms&list=PLQr7bGbKHbxaj44SUQomNBRjRrdjyjLNM&index=2>



# Final thoughts

## Objectives

1. Understand what consent is and when you should give/receive it.
2. Know the laws regarding consent.
3. Understand that asking for consent does not kill the mood.

## Skills

1. Know how to give and receive consent.
2. Know how to determine if a situation is consensual.
3. Know how to confidently say “NO”.

**So...** How do you ask for consent?



**Any questions?**

# Communication and Boundaries



# **What to do if consent has been violated**

# SEXTING



**How should we conclude this?**