

Year 11

Relationships and Sex Education Work Booklet



Name-

Tutor-

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What makes 'good sex' and is it best to wait for someone you care about?

STARTER:



Tia's friends all seem to have slept with their boyfriends or girlfriends. Tia is a virgin and although she knows she's young, at 16, this bothers her. Tia knows that Craig from Maths likes her and she doesn't mind him. She is thinking of inviting him over to have sex with him, if he fancies it, just to get it over and done with.

Challenge: Is this a good idea? What do you think?

More challenging: What if this was the other way round and Craig wanted 'to get it over with' - would this change your opinion?

Mega challenge: Explain whether you think Tia is likely to enjoy this experience based on her current mindset.

Task Two:

Watch the clip and complete your choice of challenges on your worksheet.

<https://www.youtube.com/watch?v=yBfYtEy1Ovo>

Challenging:

Do all penises and vaginas look the same?

What about breasts and bums?



What is a 'legally consenting adult'?

How old do you have to be to have sex in England?

Why did the presenter's first time 'suck'?

Do hymens 'break' when women lose their virginity?

Are you obliged to sleep with your partner?

More Challenging:

Why is human anatomy complicated?

What does it mean to be bisexual?

Name five types of contraception:

- 1.
- 2.
- 3.
- 4.
- 5.

Why should you be open about sexual history with partners?

Define rape:

Define consent:

Mega Challenging

Why is it hard to define 'losing your virginity'?

What is normal and why is this?

Summarise the three main messages of this video.

- 1.
- 2.
- 3.

What is great sex and how can we enjoy our experiences?

Much of the time when we talk about sex in sex education lessons, it all seems to be about what we shouldn't do. We shouldn't have sex without protection, we shouldn't put ourselves in dangerous situations, we shouldn't leave our drunken friend with a creepy stranger. Well, it comes to a point where you are mature and have taken in all of this, (whether you then practice it or not is your responsibility) but we spend so much time talking about negatives, when in fact, sex is a very positive and fun thing. Let's not forget, we are all here today because of sex (unless your parents had help from Doctors to conceive, but even then the likelihood is they tried sex first). So, let's get started on the positives!

Is sex best with someone you care about?

Perhaps we're asking the wrong question here. Sex is best with someone who cares about you. This is because if you know the person cares about you, you will feel safe. When you feel safe you can relax and when you relax you can enjoy the experience and are more likely to climax (reach an orgasm, or 'cum').

This is not to say that some people don't meet people and have good sex with them before they know them well. This does happen, but is a lot less likely to be a good experience because on 'one night stands' people are often drunk (which can lead to men being unable to sustain or even gain an erection). Women may find it harder to climax as they find it harder to focus their minds on it. Many people often regret one night stands as they realise afterwards they don't actually like the person very much and now that person has experienced them intimately.

What is climaxing? Is it normal to not have an orgasm?

An orgasm happens to both sexes at the point of sexual climax (not usually at the same time!), but in men is accompanied by ejaculation (and also in very rare cases women, when vaginal fluid can come out).

Many women and some men can't reach an orgasm through penetrative sex. This especially is the case the first few times as people can be so used to how it feels to make themselves climax through masturbation that sex feels different and a little awkward to master. People may also feel a little shy about telling their partners what they like - again this shyness dissipates the better you know someone, which is another reason why sex can be better with someone you have learned to trust and really like.

75% of women can't reach orgasm through sex alone. They may want to use sex toys, like a vibrator for example. This is very normal, in fact it's normal never to orgasm at all. Up to 15% of women don't. That's not to say they don't still enjoy sex though.

The female orgasm completely eludes top scientists - who still don't fully understand it, so don't be surprised if it eludes you too! The best way to try and achieve one is by practicing on yourself. Masturbation is a fun and safe way of being sexually active.

2% of men will never climax through sex and even less will never climax at all. Nature is not very fair in this sense! For any person however, this is not an issue caused by your partner but a biological one due to the fact that all genitals and their wiring is slightly different.

I masturbate a lot. Is this normal?

In short, Yes. Most people do it (some may not for religious reasons or due to Asexuality which is completely normal), but in the teenage years your hormones can make you have a higher sex drive, so you are more likely to do it frequently. It can actually be unhealthy to never masturbate - men can end up with a condition called 'blue balls' where the balls can appear a blueish colour and can be sore. Women can start to feel very uncomfortable, restless or even have feelings of anger if they are sexually frustrated. It's bad news for anyone with a sex drive to never masturbate. Masturbation releases feel good chemicals called endorphins. It gives your heart a minor work-out too and it helps you figure out your own body. It can make you feel relaxed afterwards and can help you sleep and be more clear-headed (because you're no longer thinking about sex all the time).

I'm just not bothered about sex - it doesn't interest me. What's wrong with me?!

Absolutely nothing. It may be the case you are not interested, yet. We do become interested at different times - but it may also be the case that you will never be very interested. You may be asexual which means you have no sexual desire. There is a growing asexual community with lots of social and supportive groups as people realise how common this is, it is thought that 3% of the population is Asexual for life. Anyone can be asexual or can become asexual in time.

Porn makes sex look a bit scary and intimidating. I'm not sure I'm up for acting like that.

That's because it's not real! Comparing porn to real life sex is like comparing the action in Fast and Furious to real life driving. It is pure fantasy. Real sex is however you and your partner want it to be. The best sex is comfortable, happy and makes you feel good about yourself - hopefully like the partner you are with. If you don't feel like this with a partner, it is not a very good idea to have sex with them. It won't feel great.

Main task: Inbox Full.

You are a Sexual Advice Councillor. You run a support page for teenagers who want to ask questions about having a fulfilling and safe sex life. You've got a busy inbox today!



1. I sort of like this girl and I know she's well up for it because she's been sending me sexy texts. She seems a bit keener than me though and I know she's had boyfriends before... I'm just not sure I'm ready for her. Tyler.

2. My boyfriend keeps touching me too much when we're kissing. I don't really like this but haven't said anything because I'm a bit scared of how he'll react. I think he'll want to have sex soon but I'm not sure if he's the right person for me. How can I tell? Aisha

6. I had sex and didn't have an orgasm! Why not? Josh

3. I just don't fancy anyone - why is everyone talking about sex? Why don't I get the big deal? Phil

4. Some of my family are quite strictly religious. Someone made a joke about masturbation on the TV and my Nan tutted and said 'filthy habit'. Is it a filthy habit? I don't like the idea of doing something that makes me feel dirty... Emma

5. I think my vagina might look a bit weird. I saw this magazine advert for this operation to make it look 'neater' and mine looks like the before picture. Am I normal? Kelly

Challenge: Create clear and helpful replies using your info sheets and clip answers.

More challenging: Explain to each person why they feel as they do, what is normal and where appropriate use statistics in your explanation.

Mega Challenging: As above, writing articulately and using new terminology in the correct context.

1.

2.

3.

4.

5.

6.

Consent, rape and sexual harassment- how can we establish clear sexual boundaries?

STARTER:

Kaz had dragged Ryan upstairs to her bedroom. 'Now I want to really get to know you,' she said drunkenly, 'in my bed.' After two minutes of kissing and more drinking, Kaz wasn't making much sense anymore and was slurring her words. She was barely able to kiss Ryan and her body had gone limp. Ryan was really turned on and knew Kaz really liked him.



Challenge: What should Ryan do now? Why?

More challenging: Define the terms consent, rape and sexual harassment

Mega challenge: Explain the difference between statutory rape, date rape, acquaintance rape and sexual assault. Which does this scenario risk being if Ryan makes the wrong decision?

I think Ryan should _____. This is because

Consent=

Rape=

Sexual Harassment=

The difference between statutory rape, date rape, acquaintance rape and sexual assault is _____

Sexual Harassment, Consent and Rape

<https://www.youtube.com/watch?v=51-hepLP8J4>

<https://www.youtube.com/watch?v=rSWwX7IBEGk>

Questions

Challenging

1. What point do you think that the comedy video is trying to make about sexual assault?
2. Name ONE reason why one of the women in the video didn't report their rape.
3. What message do you think that the second video is trying to put across?

More Challenging

1. How effective do you think the comedy video is at making its point? Explain your answer.
2. What are the variety of reasons given in the video as to why people don't report sexual assault? List every reason given in the video.
3. Look at your answer to Q2. Do any of these surprise you or not? Explain why.

Mega Challenging

1. In your opinion, where is the humour coming from in the comedy video? Is it a justified analogy? Why or why not? Explain your answer fully.
2. List any other reasons you can think of why people might not report a sexual assault. Then answer: do you think that our justice system can be changed in order to overcome these barriers?
3. One of the people in the video mentions not being the "perfect victim". What does she mean by this? Where does this idea come from and why is it harmful?

Sexual Harassment, Consent and Rape

You may have seen the huge story in the news concerning Harvey Weinstein. He is a famous Hollywood producer, who was recently accused by a large number of women of sexual harassment and sexual assault. The allegations, which he has denied, include: forcing women to watch him naked; pressuring women into performing sexual acts in return for advancing their careers; numerous instances of alleged rape. Weinstein was charged with rape, criminal sex acts, sex abuse and sexual misconduct by New York Police on 25th May 2018.

These allegations span three decades, and Weinstein was notorious for years within the industry as somebody who was not a safe person to be around women. So you may be wondering, why is it only now that this has come to light? What could be stopping those women from coming forward to testify against this man and his alleged grave sexual misconduct?

The answers are complex, but part of the problem lies with rape culture. This is a term that is used to refer to the societal norms, practices and expectations which normalise sexual misconduct, especially (but not exclusively) towards women. In rape culture, sexual violence is seen as either permissible, or simply an unavoidable fact of life. The following are all examples of a 'rape culture' mentality:

- * the idea that rape is somehow a compliment to the victim
- * the idea that men just can't control themselves around women
- * the practice of 'corrective rape', inflicted on lesbians in certain countries
- * the practice of rapists bonding over raping the same victim
- * the practice of gangs requiring new members to commit a rape as an initiation into the gang
- * blaming a victim of rape for somehow 'asking for it'
- * excusing sexual misconduct by saying things like 'boys will be boys'
- * the way that girls and women are told to be careful and take precautions against being raped, rather than people, especially boys and men, being told not to rape
- * the fact that 994 out of every 1000 perpetrators of rape do not go to jail or any criminal conviction
- * the practice of institutions like the Catholic Church covering up abuse scandals rather than ensuring the prosecution of the abusers in its employment

It is obvious, but must still be highlighted, that not all men are rapists and not all rapists are men. Similarly, not all victims of rape are female; we don't know what percentage of rape victims are male because of the stigma attached to men seeking help for sexual abuse, but some studies suggest it may be as high as 38%, with potentially up to two-thirds of those rapes committed by female perpetrators.

How do I know what's OK and what isn't?

The key thing to bear in mind is consent. You must ensure that you have the consent of your would-be partner before any kind of sexual activity takes place. If that person isn't interested, then it's not going to be consensual sexual activity. If it's not consensual sexual activity, then it's not sex: it's sexual misconduct, sexual abuse, or even rape. Coercing somebody to have sex with you, even if no physical violence is involved, is still sexually abusive behaviour.

It's not just about respecting the word 'no'. There are some situations in which a person physically cannot give their consent. These include: when they are asleep; when they have passed out from alcohol, drugs or any other reason; when they are intoxicated. Children are also regarded by most societies as being incapable of giving meaningful consent to sexual activities, and it's illegal in most countries to have sexual relations with people under a particular age.

A person does not owe you sex, even if you are in a relationship with them. Unfortunately, there are laws in certain countries (such as India, Ghana, Nigeria and Indonesia) which state that marital rape (rape of one spouse, usually the wife, by another spouse, usually the husband) cannot exist, because a woman is seen as property of her husband once married. However, these countries are in the minority, and most countries now regard marital rape as a serious crime.

How do I draw boundaries?

Remember that nobody else should have control of or access to your body unless you want them to. This is true whether you're male, female, in a relationship, single, young, old, married, straight, gay, whatever your culture. Do not feel pressured into doing anything that you don't want to do, whether by an individual person or by society and expectations.

If you have been the victim of a sexual assault, or if you are being sexually harassed, you can report it to the police, either online at home or in person at a police station. There are also several dedicated charities, like Rape Crisis and Victim Support in the UK, who are able to offer further support and resources.

Case Study	What should the victim do now?	Has a crime been committed? If so, what crime has been committed?	How do you know?
<p>Hannah went to a job interview and nailed it. Her new boss seemed really pleased to have her on board. As she left the interview room he said, 'see you Monday, sweetcheeks' and slapped her bum.</p>			
<p>Gaz worked in a café. The same three teen girls came in and asked for him nearly every day. They would say to his manager, 'is that fit one here?' Then when Gaz looked over they would giggle and run away, shyly.</p>			
<p>Tia was desperate to break into the modelling industry. An agent said he could get her a big contract, and to come to dinner to talk about it. Tia remembers arriving, ordering a drink and that's about it. She woke up the next day on a sofa she didn't recognise, with her shirt buttoned up wrong.</p>			
<p>Erica had recently transitioned. Most of her friends were very supportive but some people at Uni treated her like she was a joke. When she went to a club some men shouted 'Oi Jack, give us a feel of your new lady tackle!' Then they followed her around making she-male jokes and laughing.</p>			
<p>Tony was walking home after a night at the pub. He was suddenly knocked to the ground by two men, robbed and raped. He was mortified and cannot bring himself to tell anyone.</p>			

How can we manage break-ups amicably and get over a broken heart?

DISCUSSION STARTER:



Ted had been going out with his first girlfriend, Mo, for two years. Mo broke up with him three months ago, but to Ted it feels as raw and painful as though it were yesterday. He still loves her and doesn't think he will ever love anyone again. All Ted ever talks about is Mo.

Challenge: What do you think it would be like to be friends with Ted at the moment?

More challenging: How could Ted's friends help him to get out of this negative state of mind?

Mega challenge: Explain why you think Ted is finding it so difficult to move on.

Break Ups

<https://www.youtube.com/watch?v=Zpd8UzVEAC8>

Questions

Challenging

1. Name TWO pieces of advice given in the video.
 - 1.
 - 2.
2. Why is it important to look after yourself after a break up?
3. What are TWO benefits of volunteering, according to the video?

More Challenging

1. Which of the pieces of advice do you agree with the most and why? Explain your answer.
2. What should somebody do if they don't have family or close friends to rely on during a break up?
3. Explain why the advice to join Tinder might not be the right advice for everybody.

Mega Challenging

1. Is all of the advice in this video good advice? Could any of it be considered bad advice? Explain your answer fully.
2. Add your own sixth piece of advice. Give it a title and then explain more about what to do and why it is important.
3. Do you think that the advice applies to people of all ages? Explain your answer fully.

Breakups

What is a breakup?

A breakup is what happens when a romantic relationship ends. The word 'break up' refers to this process of a romantic relationship ending. In a break up, the relationship might have been ended by one person. Sometimes both people decide that the relationship needs to end.

Breaking up with somebody is sometimes called 'dumping' them. Being broken up with by somebody is sometimes called 'being dumped'. For longer-lasting relationships, the term 'breaking up' is usually used rather than 'dumping'.

Why do break ups happen?

Break ups are a painful, but natural part of life for many people. There are lots of reasons that break ups happen. Some common reasons include the following:

- the people in the relationship have changed
- there is too much distance (physical or emotional) for the relationship to work
- at least one person in the relationship has fallen out of love
- at least one person in the relationship has met someone else
- boredom or loss of interest
- someone in the relationship has had an affair
- someone in the relationship has been abusive
- someone in the relationship wants more freedom
- the people in the relationship have different priorities

Do break ups always mean that someone has done something wrong?

No. If you look at the list above, not all of those reasons mean that someone is to blame. For example, if people just grow apart, it's not anybody's fault - it just happens like that sometimes, especially as people get older and develop new interests. Another example is when people have different priorities. Let's imagine that a relationship ends because one person wants to have children and the other doesn't. Nobody is right or wrong here - it's just a case of wanting different things. On the other hand, some break ups happen because one person has behaved badly or even abusively towards the other person. So we can say that some break ups happen because somebody has wronged the other person, but in other cases, no one person is to blame. Also, a couple may sometimes have very different stories about why the relationship ended!

What happens in a breakup?

Researchers have studied what happens to the brain during a breakup. In one study, researchers scanned the brains of people who had recently come out of long-term romantic relationships. The researchers showed the participants photographs of their ex-partners, and found that the parts of the brain that were activated were the same parts involved in physical pain.

You can experience some very intense, even overwhelming emotions during a breakup. These emotions can vary depending on why the relationship is ending, and whether you were the one who ended the relationship or not. Some common feelings include:

- extreme sadness
- despair
- depression
- emotional pain
- anger
- guilt
- desperation to get the loved one back
- grief

These feelings are very common and entirely normal. You only have to listen to any pop song to hear how common these experiences are. It may feel like the end of the world at the time when it's happening, but it does get better.

How long does a breakup take to get over?

Again, it completely depends. Some factors which might affect the length of time include: how long the relationship lasted; how deeply you loved the person; what you think about the person now; how ready you were for the relationship to end, and a whole load of other factors, including your own personality.

Some psychological research suggests that 11 weeks is the time needed in order to feel better about a breakup, but in reality it can take shorter or much longer.

What helps to get over a breakup?

Again, this depends on the type of person you are, and the circumstances of the break up. Some things which many people find helpful include the following:

- allowing a proper amount of time to grieve the relationship before finding love again with someone new
- treating yourself to little luxuries and making sure you take care of yourself

- regular exercise
- taking up new hobbies or making some sort of fresh start without your ex
- channeling your feelings into a creative project
- reconnecting with friends
- focusing on the positive sides of the experience

Talking to people can be an important way of working through your feelings. This might mean talking to your friends about it, or talking to a counselor or another professional. There are phone lines run by registered charities which you can ring if you would value talking to a stranger about your situation. Avoid discussing your feelings with strangers in chat rooms on the internet - you don't know who you might really be talking to, and there are abusers who target emotionally vulnerable young people.

The thing that will really help you to feel better is time.

How can I help someone through a break up?

Offer to be there for them if they want to talk. Stay in regular contact with them so that they know they're not alone. Offer to take them out somewhere that they might like, e.g. to see a film or music gig, or play computer games at someone's house. Just being kind and listening to them will make a big difference.

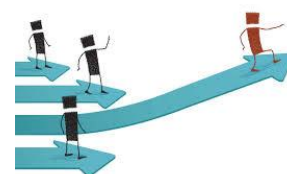
The person you want to help will probably still talk about their ex-loved one a lot, be prepared for that and try to steer the conversation to new, positive subjects that might interest your friend instead.

Meeting new people can be an excellent way of forgetting about your grief over the break-up. This doesn't have to be in order to meet a replacement, but having a laugh and bonding with new friends will really help heal a broken heart, although don't expect that to be the case straight away.

What is 'privilege' and how does it affect our lives?

What is privilege?

The term 'privilege' means a special set of rights or advantages that somebody might have that other people do not. The types of privilege that we will be looking at today are sometimes called 'unearned privileges'. This means privileges that are gained by certain groups of people just because they belong to a particular group. The advantages that they have are things they were often born with. For example, you may have heard of the term 'male privilege' or 'white privilege'. There are some groups in society who are thought to benefit from the customs, traditions and institutions of society more than other groups do.



What types of privilege are there?

There are a great many types of privilege in Western society. These are generally thought to include:

Type of privilege	Who benefits from it in our society	Who suffers from it in our society
Racial	White people	People of colour
Gender	Cisgender males	Female, intersex, transgender and non-binary people
Ability	Able bodied people, neurotypical people	Disabled people, people who are not neurotypical
Language	English speakers	Non-English speakers; people with English as a second language
Sexual orientation	Heterosexual people	Gay, bisexual, lesbian, queer, asexual people
Class	Middle class and aristocratic people	Working class people
Education	People with degrees and other qualifications	People without qualifications or access to education
Money	Financially rich people	Financially poor people

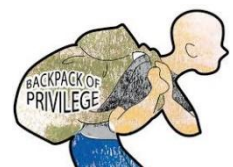
I don't agree with this idea of privilege; isn't it just a matter of opinion?

This is a common point that is raised during discussions of privilege. For example, many people disagree with the idea of 'male privilege' because they point out that men face many serious problems that women don't face as much; for example, men are considered to be more likely to commit suicide than women, and men are less likely to be given custody of children in a divorce case. Similarly, some people contest the idea of 'white privilege' because they point out that white people have a higher suicide rate than people of colour, and that white people do worse in school than some other ethnic groups in school.

There are many more examples that could be given. This is because everybody suffers injustice and hardship to some extent: there is no group that is immune to suffering. There are also lots of factors that join together to form any one person's identity and experience - it isn't just somebody's sex or race that defines them. They will be affected by things like their upbringing, family, personality, and lots of other factors.

However, when we consider the wider social systems and institutions that rule our lives, we can see that there are some groups who are disadvantaged by the ways society operates. For example, women earn less money than men: there is a difference of 9.1% between men's salaries and women's salaries in the UK, on average. This isn't just because women 'choose' to work in lower-paid jobs or part time; UK government data shows that 74% of companies pay higher rates to their male staff than they do to female staff.

Similarly, when we consider racial privilege, there are institutional biases which affect people of colour more than white people. For example, black people are statistically more likely to be subjected to disproportionate force from police officers than white people are. People of colour are more likely to be stopped and searched by the police, and there have been many high-profile cases of unarmed people of colour being shot and killed by police officers in the USA. Even though black people make up 13% of the population of the USA, they make up 39% of people killed by police officers.



I belong to one of these so-called 'underprivileged' groups, and I don't feel oppressed, so what right does anyone have to call me underprivileged?

It's a sign of social progress that you feel this way, and that's a great thing. On the other hand, there's no harm in acknowledging that things haven't always been this way for people who belong to this group, and that there are many people who still do feel oppressed.

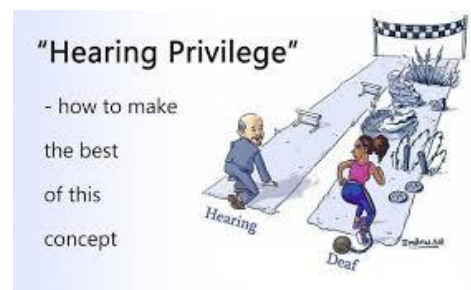
Isn't this implying that I should feel bad for being who I am, just because I belong to one of these 'privileged' groups?

No. Recognising that you have privilege, of any kind, does not mean that you are a bad person; it does not mean that your successes were handed to you on a plate; it does not mean that your opinions don't matter; it does not mean that you should be ashamed of who you are. It simply means being aware that things have been easier for you **in some respects** than they have been for others. Think of it as a video game, where **some** of your settings have been on a lower difficulty level than others.

It's common to feel uncomfortable or defensive about the idea of having privilege, but denying it doesn't mean it doesn't exist. If it makes you feel bad, think about how it makes the people feel who don't benefit from the same privilege that you do.

Isn't this encouraging 'underprivileged' people to think of themselves as victims?

Not necessarily. It's simply a case of acknowledging that the society we live in is unequal and that there may be some ways in which their lives have been affected by that inequality. This doesn't mean that things are impossible for them, or that they're powerless. Knowledge is power, after all.



What, if anything, should I do about my privilege?

We all have privileges of some kind. Being aware of the privileges you have is a good start. You can also be an ally for people who are less privileged than you. You can do this in a number of ways. One way to be an ally for those less privileged than you is to donate to charitable causes related to the particular underprivileged group. This might involve giving money, time, resources or expertise.

If you can't (or don't want to) get involved with organisations, you can be an ally by using your influence in other areas of life. For example, you can use social media to campaign for rights for others. You can also speak out against prejudice when you see it in your social groups. This might involve calling out a racist comment, or a sexist joke, for example.

Alternatively, it might involve actively seeking out more diversity in your life: for example, engaging with music, stories, films and art by people from different cultures, genders, sexualities and so on. If you're ever involved with organising a team or group, you could take steps to make sure that there's diversity on the team.



Privilege

<https://www.youtube.com/watch?v=hD5f8GuNuGQ>

Questions to answer

Challenging

1. Name ONE example of privilege that is mentioned in the video.
2. Name ONE example of NOT having privilege that is mentioned in the video.
3. Why did some of the people feel bad at the end of the exercise?

More Challenging

1. Which kinds of privilege do you think that this exercise was testing for? List as many as you can.
2. One of the participants says, "as an African-American, as a woman, as a gay woman, there are so many ways that I don't feel safe." What might some of these ways be? Explain your answer.
3. Why do you think that privilege can be "a hard thing to discuss or even reflect on"?

Mega Challenging

1. The participants had to take one step forward or back depending on whether each example of privilege applied to them or not. Do you think that we can treat all privileges as equal in this way or not? Explain your answer.
2. One of the participants says, "I feel like I just learned to be grateful for what you have." Do you agree with this as a moral of the exercise? Why or why not? Explain your answer fully.
3. Why do you think that one participant found the exercise "more emotional than I thought it would be", and what conclusions might we draw about this?