



Activity: 9-10.10.4

Key Messages

- We can learn problem solving skills to help us make healthy sexual choices.
- We know where to go to if we need help with decision-making.

Activity Details

Victorian Curriculum

Health & PE Plan, rehearse and evaluate options for managing situations where their own or others' health, safety and wellbeing may be at risk VCHPEP144

Capabilities VCPSCSE043

Time 30 minutes

Levels 9 & 10

Equipment

- a set of *Dear Doctor Love* cards
- pens and paper

Dear Dr. Love

Purpose

To practise problem solving skills and encourage conversations about a range of issues affecting the sexual decision-making of young people.

Teaching notes

Students love doing this activity because it's a lot of fun and also gives them the chance to share their knowledge about sexual issues. It can be used as a formative assessment activity before starting a unit of work, or at the end for summative assessment.

Procedure

1. Divide the class into groups of four to five students.
2. Give each group a *Dear Dr. Love* scenario card.
3. Allow enough time for students to talk about the scenario on their card and come up with some practical suggestions to help that person. Let them know they'll need to write these suggestions in letter format to reply to the person.
4. Ask each group to choose two spokespeople, one to read the scenario and another to read their response.

Discussion

A class discussion could include the following questions:

- How is the young person in your scenario feeling?
- What issues are they faced with?
- Do you think these are common issues for young people?
- How easy is it to make healthy sexual choices? What stops young people from doing this?
- Where else could this young person go for help or support?

As a class, talk about the specific issues for each scenario, including those relating to the themes of identity, gender, power, stereotypes, relationships, feelings and communication.





Dear Dr. Love

I'm 15 and I've been having sex with my boyfriend for about three months. When he went to the doctor, he found out he had Chlamydia. What does that mean? Will I get it? Do I have to go to the doctor as well?
I don't know what to do.

I'm too embarrassed to tell my mum.
Please help.

Signed
Worried



Dear Dr. Love

I've just found out that the girl I've been going out with has been on the pill for 12 months. I reckon this means she's ready and my mates say 'go for it'. What do you reckon? We're both 16.

Signed
Not sure



Dear Dr. Love

I've just turned 16 and my problem is kind of embarrassing. I really like this guy at school. He's great fun to be with and he's always been really nice to me, but all my friends think he's a loser.

I'd like to go out with him, but I'm worried about how my friends will react. What should I do?

Signed
Undecided



Dear Dr. Love

I'm 15 and my boyfriend's 18. We've been together for six months. A few weeks ago, his parents went away for the weekend and we were left alone together. At first, we were just kissing and touching, but then he took his clothes off and started to unzip my jeans. I told him I wasn't ready for sex yet, but he threw me down and forced me to have sex with him.

Now I can't even look at him. I thought he loved me. What should I do?

Signed
Crushed



Dear Dr. Love

My best friend slept over last week. We were mucking around in my room at first, but then it changed to kissing and touching each other. Now we're really hot for each other. We'd rather spend time together than with our boyfriends. My problem is that we're both girls!

Signed
Curious



Dear Dr. Love

I have a very caring boyfriend and we really love each other. He wants to have sex and so do I, but I'm scared of getting pregnant

What are the chances of a condom breaking? If this did happen, what could I do?

Signed
Ready for the next step





Dear Dr. Love

My boyfriend and I watched a DVD at his place last Saturday night. It was an R-rated movie that showed a few guys having sex with a girl. Some parts were funny and sexy, but the guys gave the girl a really hard time.

I felt upset after watching it, but my boyfriend said I was just being stupid. We had a fight and now I don't know where I stand. Can you help? I'm miserable.

Signed
Upset



Dear Dr. Love

I'm going out with this great guy who I met through my brother. When we're together, he's really sweet and great to be with, but my brother wants me to dump him because he overheard him telling his mates how much I'm putting out.

I can't believe it's the same guy! Should I talk to him about this, or is my brother right?

Signed
Sam



Dear Dr. Love

I'm 15 and a total freak. All my friends have gone sex crazy and all they want to talk about is who's hot and who's getting it on with who. I don't care about this stuff at all. We used to have a great time, mucking around and hanging out. Now I'm just bored. Will I ever get interested in sex stuff?

Am I normal?

Signed
Freaked out



Dear Dr. Love

I've been best friends with Abbey since primary school and we've always done everything together. Over the last six months, she's had two boyfriends and when we're together, that's all she can talk about. I hardly see her when she's going out with them, but then she comes running back to me when they break up. How can I tell her how much this upsets me? Is it normal to feel like this?

Signed
Left out



Dear Dr. Love

I need your help. I'm a 15 year old boy who's been cruising along until now. Lately, I've started having these full-on dreams about this boy from school. I've even started thinking about him during the day in the way I normally think about girls.

I'm scared this means I'm gay. How can I tell if I am? What would my mates think? I've heard them put gay boys down a lot.

I don't feel like I can talk to anyone about this, so please help me!

Signed
Paul



Dear Dr. Love

I'm a 15 year old guy. My problem is that I know something about someone else and don't know if I should tell them.

My best mate's going out with this hot girl. She's really nice and we're good friends. The other day, he was showing all the guys some photos of her on his phone. The photos showed her topless and the guys were laughing about the size of her nipples.

I want to tell her because I'm sure she doesn't know her boyfriend's doing this. Can I dob in a mate though? What should I say?

Signed
Help!



Dear Dr. Love

My boyfriend and I have been going out for six months. Lately, he's been asking me to send him naked photos of myself to his mobile. He's being really full-on about it and says that everyone does it.

I really like him, but I've heard so many awful stories about girls who do this. I'm scared he'll think I'm frigid if I don't do it.

What should I do?

Signed
Scared



Dear Dr. Love

I'm a 16 year old girl and for a couple of years now, I've thought that I might be gay. Last weekend, some stuff happened with this girl from school who I've been hanging around with. Now she's all I can think about.

I want to be with her all the time and she feels the same.

When is it okay to 'come out' as a couple?
How do I know if this is the real thing? How can I tell my family?

Signed
Lots of questions