

Activity: 9-10.8.4

Key Message

- We each have the right to decide when we are ready for sex.

Activity Details

Victorian Curriculum

Health & PE Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing VCHPEP147

Capabilities VCECD023

Time 30 minutes

Levels 9 & 10

Equipment

- paper and pens
- *Katie and David* Teacher reference sheet

Adapted with permission from Mackay, L and Cleland, A 1994, *Challenges and change: a sexuality education programme for adolescents*, New Zealand Family Planning Association, Auckland.

Katie and David

Purpose

To explore sexual decision-making from all sides .

Teaching notes

This is a great discussion activity in which students generally become very engaged. You could adapt the activity by changing the scenario to suit your students' needs or to repeat the process for a same-sex attracted couple. Similarly, you could ask groups to brainstorm the pros and cons for each character.

Change the names of the characters if you have a David or a Katie in your class.

Procedure

1. Read the following scenario to the class: 'David and Katie go out to a party together. David is 17, Katie is 15. On the way home they start to discuss whether they will have sex or not'.
2. Indicate that there could be a whole range of reasons influencing why they may, or may not, want to have sex.
3. Divide the class into four groups and give each a sheet of paper with a different heading: David 'Yes', David 'No', Katie 'Yes', Katie 'No'.
4. Ask the students to write down all the reasons their character might make that decision.
5. Ask each group to report back to the class.

Discussion

A class discussion could include the following points:

- The similarities and differences between the responses.
- Everybody has the right to decide whether they are ready for sex or not.
- The pressures of saying yes or no.
- What influences our decision not to have sex?
- Are the pressures different for males than females?
- What about same-sex attracted couples?
- Which were the healthy reasons for David and Katie to: say yes? say no?
- How do you know when you are ready for sex?
- What happens when only one person in the relationship wants to have sex?
- Where/ who could we go to for help or information?

Teacher's reference sheet: Katie and David

Some reasons why people may say 'yes' or 'no' to sex

David-No	Katie-No
Fear of pregnancy	Doesn't want to lose her virginity
Danger of STIs	Against her moral beliefs
It's illegal; she's 15	Fears that David might be using her
Against his moral values	Fear of pregnancy
Has strong religious or cultural beliefs	Fear of STIs
His parents would be upset	Her parents might find out
Doesn't care for her enough	Might be called a slut
Is scared his inexperience would show	Her friends might not approve
Is embarrassed about his body	She doesn't know David well enough
Doesn't want to have sex in a car	She doesn't want to have sex in a car
Wants to wait until marriage	She doesn't feel ready for sex yet
Thinks Katie might be using him	Might feel guilty afterwards
Not ready for sex yet	Wants to wait until marriage
David-Yes	Katie-Yes
Wants to prove he's capable	Doesn't know how to say 'No'
Does it with every girl he takes out	Doesn't want to hurt David's feelings
Wants to be able to tell his friends	Alcohol level high
Thinks Katie expects it	Satisfy curiosity
Hormones	Would like to have a baby
Wants to father a child	Hormones
Wants to show her he loves her	To get back at parent/s
To feel more adult	Wants to appear sophisticated
To rebel	Fears that he might drop her if she doesn't
Thinks everyone else is doing it	Wants to show him how much she loves him
To see what it's like	For pleasure
To prove he's a real man	Everyone else she knows seems to be doing it
Alcohol level high	Wants to lose her virginity
Wants to be closer to Katie	Her friends have been pressuring her to have sex
To feel grown up	
Wants to lose his virginity	