

Activity: 9-10.5.2

Key Messages

- We are learning strategies to reverse unhelpful thinking patterns.
- Thinking in a more positive way helps us to feel better.

Activity Details

Victorian Curriculum

Health & PE Investigate how empathy and ethical decision-making contribute to respectful relationships
VCHPEP146

Capabilities VCPSCSO048

Time 30 minutes

Levels 9 & 10

Equipment

- Set of *First experiences of sex* cards per group
- *First experiences of sex* Teacher reference sheet

Adapted from quotes provided in Naik, A 1998, *Sex*, Hodder Children's Books, London, UK.

First experiences of sex

Purpose

To promote discussion about a range of first sexual experiences and their impact on individuals.

Teaching notes

These cards can be used for a number of discussion based activities. The activity can be done individually, in small groups or as a class. Alternatively, you could divide the students into groups and give each group a different task as outlined on the *Teacher's reference* sheet. Ensure that students discuss issues in the third person; steer discussion away from students recounting their own personal experiences.

Procedure

1. Divide the class into groups of four to six students.
2. Choose a task from the *Teacher's Reference* sheet.
(The activity can be completed in a number of ways.)
3. Allow time for each group to work on their task.
4. Ask each group to report their findings to the class.

Discussion

A class discussion could include the following questions:

- Why might the experience not have been a positive one and how could the young person have changed this? (E.g. practice makes perfect, importance of feeling safe and comfortable, understanding female arousal patterns, gendered and individual expectations about sex).
 - Coercion/ consent issues: How honest were the young people with their partner? Were there examples of coercion? Is it easy or difficult to let a partner know what you need sexually? What are some ways you could do this?
 - How does gender stereotyping impact on a young person's expectations about sex? (E.g. males must perform and be sexually knowledgeable, females shouldn't be, or enjoy having sex. How do these stereotypes impact on the sexual behaviour of young people?
 - Which cards could refer to same-sex experiences? Would first sexual experiences be different for young people attracted to the same sex? How are issues of consent/ coercion still relevant, regardless of one's gender?
 - Which relationships do you think will last and why?
5. You might like to finish by asking students to summarise what factors would be important as part of a positive first sexual experience.

Teacher reference sheet: First experiences of sex

This activity can be completed in a number of ways.
Choose from the following to suit student learning needs:

1. Positive/ negative

Ask the students to sequence the cards from the most to the least positive experiences.

2. Who may regret?

Ask the students to identify who may regret their first sexual experience and why?

3. Ideal first experience

Ask the students to each choose one card that most closely represents how they think a first sexual experience should ideally be.

4. Contraception/ Safer sex

Ask the students to identify who would have been most likely to use contraception or practice safer sex and why?

5. Ready or not?

Ask the students to group the cards according to who they believe was ready for their first sexual experience.



"It was weird-a kind of good
weird, but weird all the same."

Dan



"It was nothing like I expected.
I thought it would be more
romantic and it wasn't."

Jenny



"It was over so fast,
I wondered if we'd
actually done it."

Paula



"I was terrified when I saw his
erection. I thought 'no way is
that going to fit in me'
so I made him stop."

Angie



“He was so weird, he didn’t
say a word the whole time.”

Kirstie



“He put my hand on his thing
and I nearly died of shock.”

Liza



"I felt embarrassed lying there
naked whilst she was
getting undressed."

Mark



"It was much better
than I thought. In fact,
we did it twice."

James



"It was the worst thing. I wanted to do it so much but when the time came, I couldn't perform. I couldn't even look at her."

Matt



"I liked most of it, but when he was inside me, it really hurt and I couldn't wait for it to stop."

Julie



"I thought it would make us
closer. But he avoided me
and couldn't look me
in the eye."

Nina



"After the first time, I
panicked. I kept worrying he
would want to have sex with
me all the time. It took me
ages to tell him I still liked him
but didn't want to
have sex again."

Lydia



"Sex was terrible. It hurt, and I was so worried someone would walk in and see us."

Casey



"I liked the kissing and stuff. The actual sex wasn't that great. Still, I'm glad I did it."

Kelly



"It hurt a bit the first time, but since then it's been better. It feels good to be that close."

Cara



"I really trusted him. He kept asking if I was okay. I think that's what made me relax. I'm glad he was my first."

Chris