

Healthy Sexual Relationships

Teacher Notes

1. Split the class up into groups and give one of the features to each group.
2. Students should then consider how this feature might look in practice. They could represent this through a series of drawings with captions and speech bubbles, by creating a story in the style of a comic strip, or even by mind mapping different phrases which people might find useful when communicating around that particular feature.
3. Below are also some suggestions for ways students could interpret each feature. These suggestions are not included in the PowerPoint but may be something that you wish to refer to for prompts if students are struggling.

Open communication

- Discussing what each of you wants from the relationship, whether other (maybe romantic) feelings are involved and what kind of sexual activity you want to engage in.
- Listening to each other's wishes carefully.
- Checking in regularly about these things, as well as taking equal responsibility to discuss when things don't go as planned.

Example phrases: What do you want from this relationship? Are you happy to do _____ together? Where should we draw the line? What kind of sex do you want to have? Do you want to tell me if you change your mind about any of these, and I'll do the same? I really enjoy doing _____ with you. I noticed you didn't seem to like _____ – can I ask what was wrong? Is there something I can do to help with that in future?

Consent

- Showing that each other's wellbeing and pleasure are important and giving each other the opportunity to voice thoughts and feelings around this.
- Asking before doing each individual sexual act and continuing this over the course of the relationship.
- Respecting each other's freedom to say no and to withdraw consent at any point (including during sexual activity).

Example phrases: Can I do _____ to you? Would you like it if we _____? Does that feel good? Do you want to carry on doing _____? I really enjoy when we _____. That feels really nice. Could you please do _____ for a bit longer? Do you want me to stop? Okay.

Respect

- Respecting each other for who they are right now and their wishes in the relationship, including their sexual choices and preferences.
- Giving each other space to talk about their true thoughts and feelings around the relationship and not being judgemental.
- This includes acknowledging and respecting boundaries and discussing any changes in these.

Example phrases: If you don't want to do _____ then that's fine; I want us to be in agreement before we do something. I want to hear how you feel about _____. I personally don't like the sound of _____, but I can see why you do.

Trust

- Sticking to agreements within the relationship and trusting others to do the same, including believing what each other says without the need for proof.
- Giving and taking responsibility for pleasure and enjoyment.
- Showing that each of you values and honours this responsibility, for example by sticking to specific sexual acts that have been agreed.
- In practice, trusting someone might look like becoming comfortable and relaxed during sexual intimacy.

Example phrases: I believe you. I trust you to do _____. I take your pleasure and enjoyment seriously. I want you to feel as comfortable and relaxed as possible. Is there anything I can do to help you feel more relaxed?

Kindness

- This might mean simple things like making each other food and checking that they got home safely.
- Treating each other with kindness by showing appreciation for them and the relationship. If someone wishes to be in a relationship that is only sexual, they can still be kind whilst ensuring that this is clearly communicated.
- Responding kindly when discussing feelings and emotions, even if they may not feel the same way.
- Taking equal responsibility for making changes to/ending the relationship if things aren't working.

Example phrases: Would you like something to eat/drink? Did you get home safely? I really enjoy that we do _____ together, but don't think I want us to do _____ together – do you feel the same? I appreciate it when you do _____ to me. Thank you for telling me how you feel. I can see why you feel like that, but I don't feel the same way – can we work out a solution to this? I wonder if we should stop doing _____ – what do you think? I think we should end this because of _____, but I appreciate the time that we've had together.

Instructions

Focusing on one of the five features below, consider how this might look in practice. You might find it useful to think about the following questions to help you:

- What are some specific examples of how this feature might look in a relationship?
- Can you think of any scenarios where this feature might be particularly important? How might they play out in a healthy relationship?
- Are there any particular phrases which could be used to communicate this feature within a relationship?

Open Communication

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Kindness