



Reasons for Sexual Relationships

Teacher Notes

Split students into groups and give them a few cards each to discuss between them. Ask them to identify whether these reasons for engaging in sexual relationships could be healthy, unhealthy or both, encouraging them to justify their answers. You may wish to ask students to consider the following questions:

- What if this is the only reason? What if it is one of a few different reasons?
- Is everyone involved in agreement? Has the decision been reached without any pressure?
- Have the people involved considered whether they are ready? Have they discussed how this might look in practice?



Instructions

The following cards depict a number of different reasons why people might engage in sexual relationships. Can you identify whether these reasons could be healthy, unhealthy or both? What might this depend on?

"I want to have a baby."

"I want to feel close/intimate with them."

"I fancy them and want to act on my feelings for them."

"I want reassurance that I'm good at sex/being in a sexual relationship."

"I am excited and feel ready for my first sexual experience, and I trust them enough to share it with them."

"They have said they will lose interest/ stop seeing me if I don't start a sexual relationship."

"I want to explore my body in a sexual way."

"My friends are all in sexual relationships and I feel left behind."

"We've been in a romantic relationship for a long time, and it feels like we should start a sexual relationship now. It's the obvious next step."

"I don't want to disappoint them by not progressing to a sexual relationship."