

Part 5

Sex and relationships online

This lesson takes a look at sex and relationships, and how online content can distort young people's views of both. Firm discussion rules are introduced before we look at what exists within healthy and unhealthy relationships. The focus moves to consent and, in an unambiguous way, what that means.

Pornography can often serve as a young person's first understanding of what sex looks like. A worksheet helps identify learners' attitudes toward pornography and so helps guide a second worksheet and discussion which considers how pornography can be instructive when it comes to how sex works, but doesn't reflect a real or healthy relationship.



This activity deals openly with sex and relationships. We recommend you review it in full and consider broader consultation with parents & guardians before delivery (see *Parental and Religious Guides*).

Preparation



Whiteboard,
internet access



Presentation,
Teacher's notes
Worksheets



≈ 45 minutes

Goals



- Identify what a healthy relationship is
- Identify characteristics of unhealthy relationships
- Explore the concept of "consent"
- Explore attitudes to sex and pornography and how it may affect sex and relationships in the real world



- What healthy relationships do and do not look like
- Understand consent and how to apply it to real life
- Consider the impact online sexual content can have on a healthy relationship

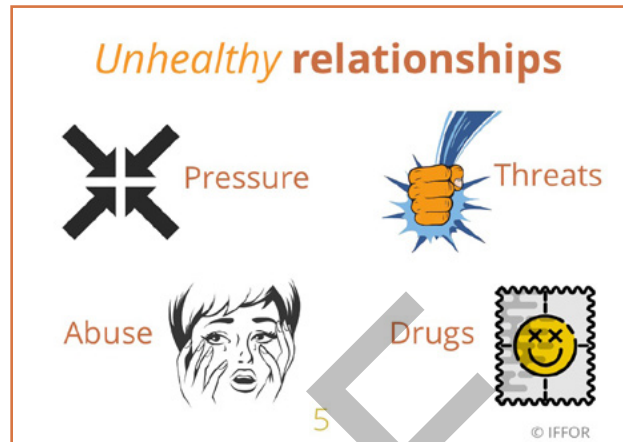
Slide 5

Consider revisiting the *Ground Rules* with learners before starting this topic.

Outline what unhealthy relationships may look like. This could include:

- feeling under pressure to do things you don't want to, which can include sexual contact
- actions taken while affected by drugs, including the ability/inability to consent
- abuse, whether emotional, physical or sexual
- feeling controlled
- one person getting angry if the other one wants to spend time with others, including friends
- one person expecting the other to be constantly available
- physical threats

Care should be taken not to stray into learners' own personal relationships while discussing this topic.



- Ask students to note down characteristics of an unhealthy relationship (without naming anyone)
- Several important examples are given opposite
- Go through their notes and highlight why these behaviours are damaging, with a specific focus on young people



Whiteboard; paper

Slide 6

Consent is a critical component of a healthy relationship. It means asking someone if it's ok if they do something and then listening to their answer.

But it's often not as simple as a yes or no: people can change their minds. The key element to understand is that everyone has the right to decide what they do with their body at all times.

Consent is explained simply and amusingly in the embedded video by comparing it to making a cup of tea.

