



Let's



Talk



About



Sex

Handouts

Handout 1: Group rules

Expectations we all agree to meet...

- ▶ Respect each other.
- ▶ Try to arrive on time.
- ▶ No swearing.
- ▶ No fighting.
- ▶ No shouting.
- ▶ Take turns to talk.
- ▶ Listen to each other.
- ▶ Try to be honest.
- ▶ Tell others how you are feeling.
- ▶ Keep it in the group – keep it confidential.

Are there any more expectations we all agree to meet?

- ▶
- ▶
- ▶
- ▶
- ▶

I agree to try to keep within the rules while I am here.

My name:

My signature:

Handout 2: Group contract

This group is called:

.....

My name is:

The group will happen every:

..... Starting on:

The group will start at:

.....until:

Who I should contact if I cannot come to the group:

.....

I agree to attend the group.

My signature:

Handout 3: Information Sheet

What is this group for?

- ▶ To teach you more about healthy sexuality.
- ▶ This includes lots of topics including sexual development, sexuality, relationships and staying safe.
- ▶ This group aims to increase your understanding, confidence and happiness about the topic of sexuality.

How long will it last?

- ▶ There are 16 sessions in this group.
- ▶ The group will take about four months to complete.
- ▶ You can pick and choose which sessions you come to.
- ▶ You can come to all or just some sessions.

What will it be like?

- ▶ You will be with a group of people who may come every week.
- ▶ There will be talking and games.
- ▶ You do not have to talk about your past.
- ▶ You will get a certificate at the end.

Handout 4: Programme outline

Session 1	Introduction
Session 2	Let's talk about: the body (physiology and puberty)
Session 3	Let's talk about: the things our bodies go through (periods, menopause, wet dreams)
Session 4	Let's talk about: keeping clean (personal hygiene)
Session 5	Let's talk about: keeping healthy (health screening)
Session 6	Let's talk about: public and private (dignity and respect)
Session 7	Let's talk about: sexual feelings, thoughts and touching (arousal and masturbation)
Session 8	Let's talk about: who am I and whom do I fancy? (sexual orientation and gender identity)
Session 9	Let's talk about: sex (mechanics of sex)
Session 10	Let's talk about: safe sex (contraception and STIs)
Session 11	Let's talk about: how to say yes or no (consent and assertiveness)
Session 12	Let's talk about: sex and my emotions
Session 13	Let's talk about: relationships
Session 14	Let's talk about: exploitation and abuse
Session 15	Question and answer
Session 16	Closing session

Handout 5: Periods

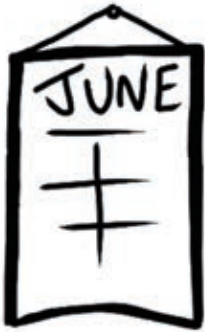
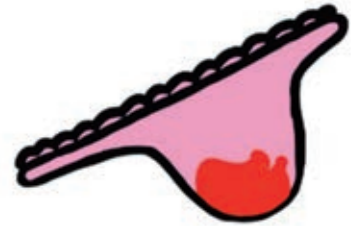
A period is a normal and natural bodily function which often starts during puberty, between the ages of 9-16.



Periods happen when the egg that was released by the ovaries has not been fertilised, so the lining of the womb is shed as it is no longer needed.

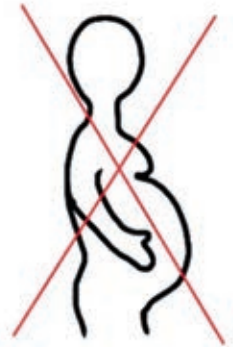
During a period, blood comes out of the vagina, so either a sanitary pad or a tampon will need to be worn.

Periods come every month and can last between a few days or over a week. Everyone's periods are slightly different and can be irregular. If you have any worries speak to a nurse or the GP.



If you notice that you have pain, itching, soreness, burning, a strong smell, bleeding between periods, you should speak to a nurse or to the GP.

Periods can also have other effects, such as sore breasts, a sore and swollen tummy, and feeling more upset about things. Periods show that you are not pregnant.



Other words used to describe periods include 'on the blob', 'shark week', 'painters in', 'monthly'.

Handout 6: Sanitary products

When you have your period you may want to use **sanitary products**.

There are **different types** of sanitary products. It is personal choice as to which one a person uses. Here are some common ones.



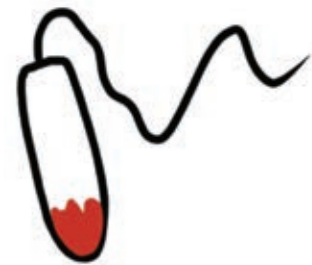
Sanitary pad or towel: These are sticky pads which line your underwear. They soak up the blood from your period as it comes out of your vagina.

To put a pad on, open the package and remove backing, stick the pad onto the lining of your underwear. As you pull up your underwear the pad should lie just on the opening to your vagina.

You should change the pad every few hours. You should pull the pad from your underwear, roll it in tissue and throw this away in the sanitary bin. There will be instructions on the package.

Tampon: These are made from compacted cotton which you put into your vagina. It soaks up the blood from your period inside your vagina. There will be instructions on the package

To put the tampon in, you feel where your vagina is with one hand and use the other hand to gently push the tampon in, leaving the string hanging out.



You must change the tampon every four hours. To take the tampon out you pull the string gently. You throw this away in the sanitary bin. You must take the tampon out before you put another one in. You must take your tampon out at the end of your period.



Menstrual cup: This is a rubber or soft plastic cup which you put into your vagina. It collects the blood from your period.

To insert it you should fold the cup in half and push it gently into your vagina, cup upwards, plastic stick down.

To remove it you should gently pull the plastic stick and pour the blood away in the toilet. You should empty and clean this every few hours. There will be instructions on the package.

It is important to **read the instructions** on the package for whichever one you choose to use.

You must change them in a **private place** such as a toilet or bedroom.

You must have **clean hands** when you change them.

Handout 7: Discharge

You may notice a smear in your pants. This is called **discharge**.

Discharge comes out of your vagina and it is made to keep your vagina healthy.



If it is **clear, white** or **pale yellow**, this is **normal** and healthy.

If it is **grey, green, or bright yellow, smells, is lumpy, or itchy**, speak to a nurse or the GP about it.



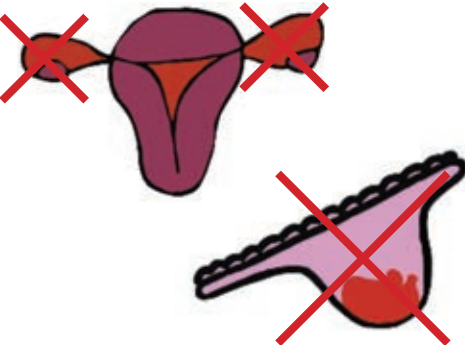
Remember to change your underwear **regularly** and **wash** with gentle soap in the shower or bath.



Handout 8: Menopause

The **menopause** is a normal condition that women experience as they age.

Usually women experience this around the age of 50.



It happens when the ovaries stop producing eggs every month and the hormones needed to reproduce and periods stop.



The menopause is not a disease but can make you feel unwell.



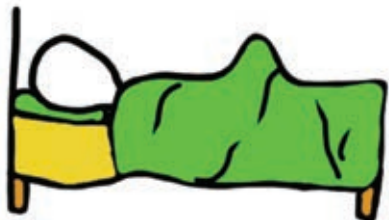
Going through the menopause can have effects such as hot flushes, tiredness, aches and pains, and changes in skin, hair and mood.

Things that may help include exercise, healthy foods, talking therapy, medication, or hormone replacement therapy, which replaces the hormone your body has stopped making – you can speak to your GP about this.



Handout 9: Wet dreams

All young men have wet dreams. It is completely **normal** and nothing to worry about.



Wet dreams happen during sleep, when the penis gets an erection and ejaculates. This is when semen shoots through the erect penis.

You will not be aware of a wet dream, as you will be asleep. You may wake up to a wet patch, so it is handy to keep some tissues nearby to clean up.



If you wake up and find that you have had a wet dream, this is ok. You should have a shower, clean yourself, and make sure you wash your bed sheets and put clean bedding on your bed.

Women can also have wet dreams, however it is rare that this will be noticeable the next morning as no fluid leaves the body.

Other words used to describe this are nocturnal emission, sleep orgasm.

Handout 10: Hand washing

Washing your hands is important. This is called hand hygiene.

Follow the steps to make sure you are washing your hands properly:

Step 1 – Wet your hands with warm water and apply enough hand soap (coin size).

Step 2 – Rub your palms together.

Step 3 – Rub the back of each hand.

Step 4 – Rub both your hands while interlocking your fingers.

Step 5 – Rub the back of your fingers.

Step 5 – Rub the tips of your fingers.

Step 6 – Rub your thumbs and the ends of your wrists.

Step 7 – Rinse both hands properly with water.

Step 8 – Dry your hands with paper towels, air dryer, or a clean towel.



You should wash your hands throughout the day, especially after going to the toilet, before and after eating, and if touching something unclean.

Handout 11: Washing your balls

It is very important to keep your penis and testicles clean.



You should gently wash the penis and testicles with warm water each day when you're having a shower or bath.

If you want to use soap, choose a mild or non-perfumed soap to reduce the risk of skin irritation. Do not use talc or deodorants, as they may cause irritation.



Don't forget to clean the base of the penis and make sure the area between the base of the testicles and the anus is also clean.

The foreskin is the roll of skin covering the end of the penis. If you have a foreskin, pull it back gently and wash underneath.

Smegma is a natural lubricant that keeps the penis moist. It is found on the head of the penis and under the foreskin. If smegma builds up, it can start to smell and cause redness and swelling. This should be gently washed off.

Handout 12: Hair Removal Methods

	What is it?	Where can it be used?	Pros	Cons
Shaving 	Using a sharp blade or razor to slide along the skin and cut hair.	Usually used under the arms, on the legs, on the chin of men and on pubic areas.	Quick, easy, cheap, can do it yourself, painless.	Hair grows back quickly, can cause skin irritation, can cause in-growing hairs.
Waxing 	Putting warm wax onto the skin and peeling it off to pull hairs out.	Usually used on the legs, on part of the face (e.g. eyebrows, upper lip) and on pubic areas.	Quick, hair takes longer to grow back.	Can be painful, can be expensive, have to wait until hair is a certain length, can cause skin irritation.
Hair removal crème 	Putting chemical crème onto the skin, leaving it to dissolve the hair and then washing it off.	Usually used under the arms and on the legs.	Not painful, can do it yourself, longer lasting results, painless, easy to use, can make you feel cleaner and good about yourself.	Can cause skin irritation, smells, not ideal for regular use.
Plucking 	Using tweezers to pull out hairs one by one.	Usually used on parts of the face (e.g. eyebrows).	Easy, cheap, do you it yourself, takes longer to grow back.	Can be painful, takes a long time.
Threading 	Using twisted cotton thread to pull out hairs one by one.	Usually used on parts of the face (e.g. eyebrows).	Easy, takes longer to grow back.	Can be painful, have to go to a professional.
Epilating 	Using an electrical devise to grasp lots of hair at the same time and pull them out.	Usually used under the arms, and on the legs.	Easy, reduces hair growth and density, results last longer.	Can be painful, not good for sensitive skin, can cause skin irritation.
Electrology 	Using electricity to remove hair permanently using a very thin needle to damage each hair follicle.	Can be used anywhere with medical advice.	Can last a long time.	Expensive, have to go to a professional.

Handout 13: Checking breasts

Breast cancer is a disease in which cells in the breast grow out of control.



Women can get breast cancer at any age but are more likely to get breast cancer if you are over 50.

If breast cancer is found at an early stage, you have a better chance of treatment working, and living for longer.

You can check your own breasts in a private place.

Lift your arm, and with the other hand gently press on and around your breast with your fingers. Also check in your armpit.

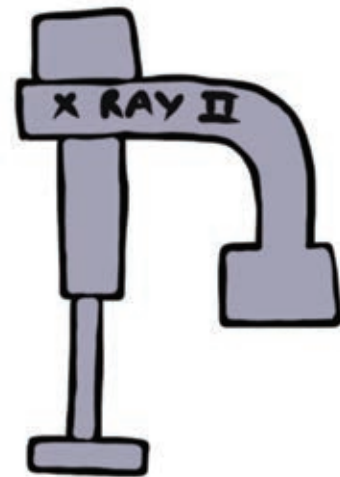


If you notice any changes (skin colour, skin feel, lumps, swelling, soreness, and shape) speak to a nurse or the GP.

The NHS Breast Screening Programme will check your breasts every 3 years between the ages of 50-70.

Breast screening uses a type of X-ray (mammography) to look for small changes inside the breast.

X-rays are used to see inside someone.



It can show small changes in your breasts before any other signs of breast cancer show.

It can be embarrassing, uncomfortable or a bit painful for some women.

Handout 14: Cervical smear

Cervical cancer is a disease in which cells in the cervix grow out of control.



Women can get cervical cancer at any age but are more likely to get cervical cancer if you are aged between 25 and 50.

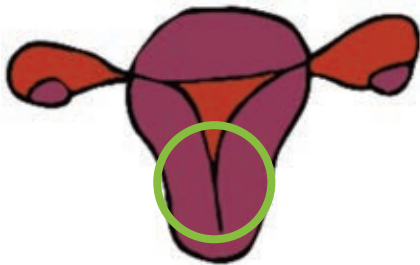
If cervical cancer is found at an early stage, you have a better chance of treatment working, and living for longer.

If you notice any changes in and around your vagina such as soreness, itchiness, unusual discharge, bleeding after sex, or unusual bleeding in-between your periods speak to a nurse or the GP.



Cervical Smear Test

A smear test checks the health of the cervix. It takes a few minutes.



The cervix is at the end of the womb.

A doctor or nurse uses a tool called a 'speculum' to open the vagina to take some cells from your cervix.

The sample of cells are sent away for a test at a hospital. You should get your results in two weeks.



You will be invited for a smear test from 24 years of age.

You will be asked to have a test every 3 years until you are 50 when you will be asked every 5 years

It can be embarrassing, uncomfortable or a bit painful for some women. You can ask someone you trust to come with you if you want.

Handout 15: Checking testicles

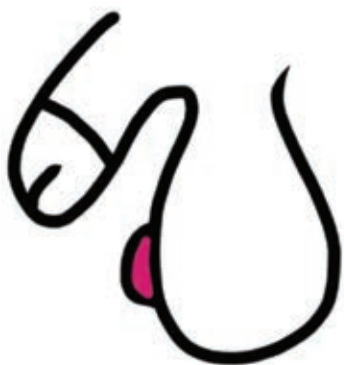
Testicular cancer is a disease in which cells in the testicles grow out of control.



Men can get testicular cancer at any age but are more likely to get testicular cancer if you under the age of 50.

If testicular cancer is found at an early stage, you have a better chance of treatment working, and living for longer.

You can check your own testicles in a private place.
Make sure you wash your hands first.



Lift up the penis and gently squeeze your testicles with your fingers.

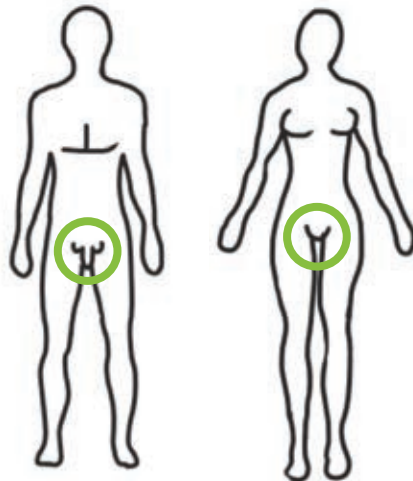
If you notice any changes (skin colour, skin feel, lumps, swelling, soreness, and shape) speak to a nurse or the GP.



Handout 16: Gender, sexual orientation and gender expression

There is a difference between sex and gender.

Sex - is the physical body parts you are born with (**vagina** or **penis**).



Most of the time:

- ▶ If you are born with a **vagina** you are described as a **female**
- ▶ If you are born with a **penis** you are described as a **male**

Gender - is different to **sex** because **gender is if you feel you are a woman or a man**. Your gender identity is personal to you; it is how you feel about your own gender.



Gender identity - is what you **think about your gender in your own head**. This might be the **same** as your biological sex (so male or female) or it may be **different**.

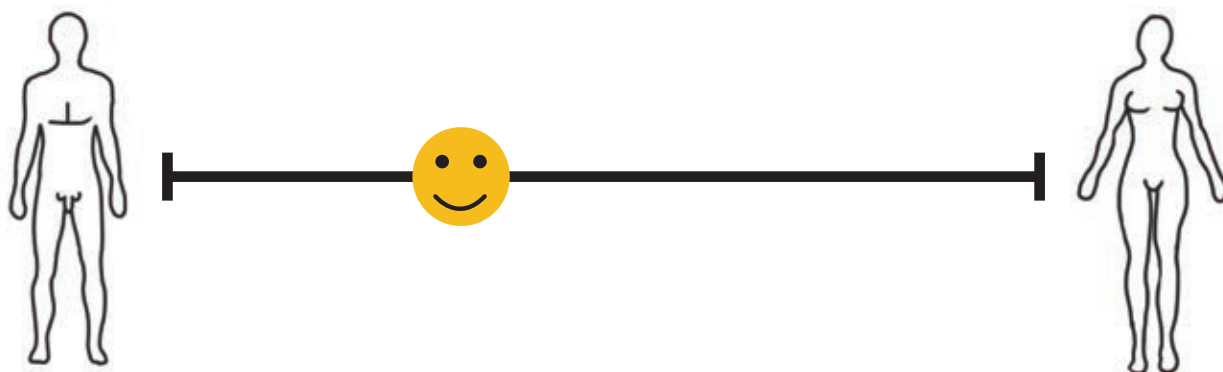
Transgender – this is when you know there is a **difference between your physical sex and who you feel you are in your head and in your heart**.



Handout 16: Gender, sexual orientation and gender expression (Continued)

Someone born with a vagina may feel more like a man and someone born with a penis may feel more like a woman. **Transgender people don't choose their gender it is just who they are**

Non-binary – this is when your gender identity does not fit either male or female but is somewhere in between.



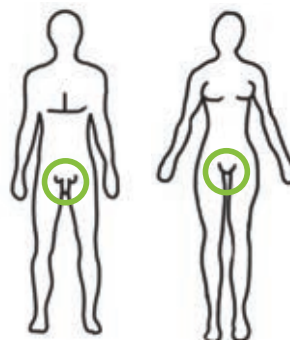
Gender Expression – this is how you **express who you are** in the clothes that you wear and the way you present yourself to the world.

Brain – this is your **gender identity** – how you define your gender (woman-ness or man-ness or neither).



Heart – This is your **sexual orientation** – who you are attracted to (women and/or men).

Private parts – this is your **sex** – this is **biological**, that is the physical traits you are born with and the sex you are assigned at birth (female-ness or male-ness)



Clothing – this is your **gender expression** – that is how you present your gender through your clothing or actions (femininity or masculinity)

Handout 17: Types of sex

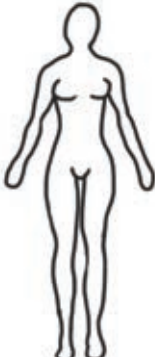
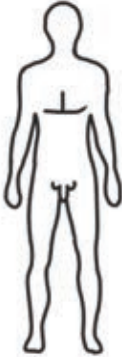
What is sex?



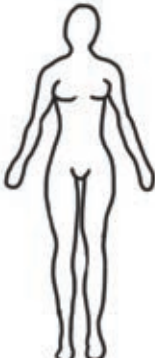
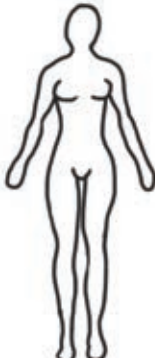
Sex often starts with kissing and cuddling and touching each other's bodies.

Sex can happen between:

A man and a woman



A woman and a woman



A man and a man



Handout 17: Types of sex (Continued)

It is okay to have sex if you know what it is, and both people give **consent**

YES

There are many different types of sex:

Penetrative sex is where something is inserted into the vagina or anus during sex

Non-Penetrative sex can be stroking or touching.

Vaginal sex is where something is inserted into the vagina.

- ▶ If the sex is between a man and woman, this is likely to be the man's penis.
- ▶ If the sex is between two women, it is likely that this will be a dildo or strap-on

Oral sex involves the mouth, where one person sucks, licks, kisses the penis (also known as a 'blow job') or opening to the vagina of the other person.

Anal sex is when something is inserted into the anus.

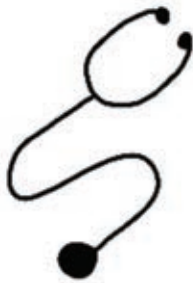
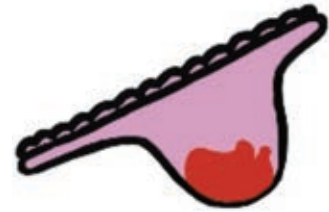
Handout 18: Types of contraception

What is contraception?



Contraception can **stop** a woman from getting pregnant and having a baby if she has sex.

Contraception can also **help with problems during a woman's period** like cramps or heavy bleeding.



You can get contraception from your **GP**

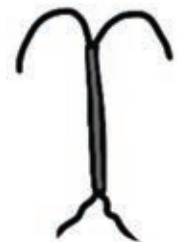
Contraception does **not always** protect you from getting a **sexually transmitted Infection (STI)**

There are many different types of contraception:



The Pill is a tablet which the woman takes at the same time every day. It contains hormones.

The coil is put into a woman's uterus through the vagina. The coil can contain hormones which stop pregnancy or can be made of copper with no hormones which also prevents pregnancy. The copper coil last for 5 years.



The implant is a small tube which is put under the skin in the woman's arm. The implant lasts for 3 years.



Handout 18: Types of contraception (Continued)

A **condom** is a thin rubber cover which a man puts over his penis before sex. Condoms come in many sizes and do have an expiry date so always check before you use it.



Emergency contraception is something a woman can take if she has had unprotected sex (sex without using other types of contraception). You can get this from your local pharmacy or GP.

How to put on a condom:

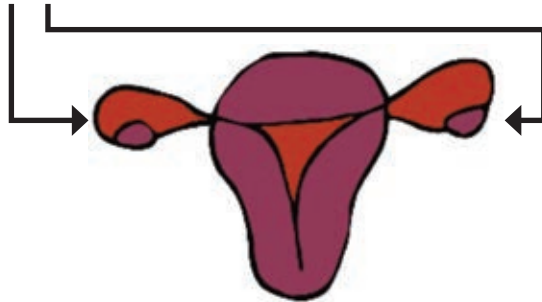
1. Open the packet and take out the condom.
2. Squeeze the tip of the condom to get rid of air.
3. Place the condom over the tip of the penis.
4. Roll the condom all the way down to the base of the penis (if it does not roll it is the wrong way round).
5. You can now have sex.
6. After sex hold the base of the condom as you withdraw and remove the condom.
7. Throw the condom away in a bin.



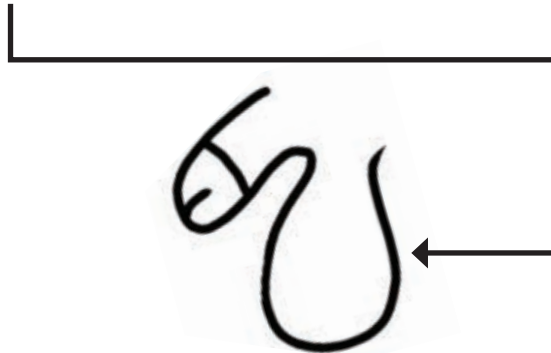
Handout 19: Pregnancy

How does pregnancy work?

A woman has two **ovaries** one on each side of the uterus, the ovaries contain **eggs**.



A man has two **testicles**, inside each testicle **sperm** are made and stored until they are **ejaculated**.



Sperm are affected badly by heat, which is why the testicles are carried outside of the body to keep them cool.

When a man and a woman have sex, the man's penis is inserted into the woman's vagina; the man ejaculates and releases sperm into the vagina which join with the woman's eggs. This is called **fertilisation**.

Pregnancy last for 40 weeks (which is ten months not nine!)

After this amount of time the woman goes into labour and the baby is born.



Handout 19: Pregnancy (Continued)

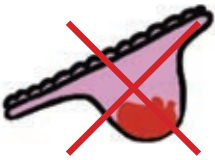
What are the signs of pregnancy?



Feeling tired



Swelling or sore breasts



Missing a period



Vomiting or feeling sick



Changes in appetite or foods that you like



Peeing a lot



Changes in your mood



Swelling tummy



Handout 19: Pregnancy (Continued)

What is an abortion?



An **abortion** is when you stop your pregnancy before the birth.

This can be through taking a pill from your Doctor or through an operation.



The law says that abortions must happen before you are five months pregnant.

Handout 20: Sexual abuse

What is sexual abuse?

This is when someone makes you (or tries to make you) do sexual things that you do not want to do, or do not understand.



Sexual abuse can be someone:

Touching you in a way that makes you uncomfortable.

Making you watch pornography when you do not want to.

Taking their clothes off in front of you when you do not want them to.

Touching themselves in front of you when you do not want them to.

Saying sexual things to you when you do not want them to.

Gives you things like money or presents to do sexual things.

Sexual abuse is always wrong.

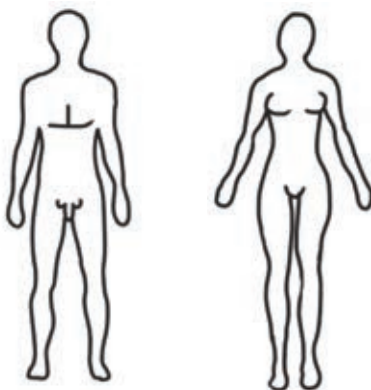


Handout 20: Sexual abuse (Continued)

Sexual abuse is a crime, it is against the law



Sexual abuse can happen to **men** or **women**.



Sometimes a stranger can sexually abuse you and sometimes it may be someone you know like your neighbour, friend, your support worker or carer, your colleague, your partner, or a member of your family.

What should you do if you think you have been sexually abused?



Tell someone you trust. Even if your abuser has told you to keep it a secret you still need to tell someone.



Tell the police.

Handout 21: Staying safe online

Abuse can happen when you use the internet.



There are many types of abuse which can happen online, these include:

Discrimination is when someone is abusive to you because of something about you that you cannot change (for example your race, gender, age, sexuality, religion, or disability).

Exploitation is when someone abuses you to get something out of it for themselves (for example, grooming, fraud, or hacking).

Psychological or emotional abuse is when someone tries to affect your emotions by abusing you (for example verbal abuse, Trolling, or bullying)

How can you keep yourself safe online?

The internet can be a good thing, but there are things we can do to keep ourselves safe:



Be careful what you look at

Always log out of your accounts

Don't give out personal information



Don't click on links you don't know

Go online with someone you trust



Handout 21: Staying safe online (Continued)



Only add people you know on social media

It's ok to say no

Don't send naked pictures



Know that you are in control

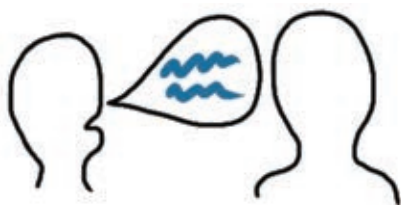
Never give out your address when you are online

Let someone know if you are going to meet someone you have met online.

What can you do if you realise you are having a problem online?



Log off



Report it to someone you trust



Contact the police