



Let's



Talk



About



Sex

**Worksheets**

# Worksheet 1: Myth vs fact

Circle whether you think the following statements are true or false:

TRUE	Sexual orientation is about who you are attracted to.	FALSE
TRUE	People choose their sexual orientation.	FALSE
TRUE	Gender identity means the sex that you are born as.	FALSE
TRUE	People choose their gender identity.	FALSE
TRUE	You can usually tell a person's sexual orientation just by looking at them.	FALSE
TRUE	Someone who dresses like a boy identifies as a boy.	FALSE
TRUE	A person can look like a boy or a man and feel on the inside like they are a girl or a woman.	FALSE
TRUE	Sexuality is just about sex and sexual acts.	FALSE
TRUE	Your gender identity must be the same as your biological sex.	FALSE
TRUE	There are many different types of sexual orientation.	FALSE
TRUE	Someone who is not sexually attracted to others can be described as asexual.	FALSE
TRUE	It is ok to use slurs to describe someone else.	FALSE
TRUE	Your gender identity is personal to you.	FALSE
TRUE	Gay is another way to describe someone who is homosexual.	FALSE
TRUE	Transgender people are weird and wrong.	FALSE
TRUE	Gay women can be described as lesbians.	FALSE
TRUE	It is ok to be gay.	FALSE
TRUE	We should make people feel bad about who they are sexually attracted to.	FALSE
TRUE	Sex is the physical body parts you are born with (vagina or penis).	FALSE
TRUE	Sex and gender are the same things.	FALSE

## Worksheet 2: Consent

Bob wants to have sex with Mary but Mary says 'No!'

- ▶ Is it ok for Bob to have sex with Mary?
- ▶ Has Mary consented to having sex with Bob?

Explain your thinking:

Sophie wants to have sex with Lucy but Lucy pushes her away saying nothing.

- ▶ Is it ok for Sophie to have sex with Lucy?
- ▶ Has Lucy consented to having sex with Sophie?

Explain your thinking:

Derek wants to have sex with May. May says yes because she is scared of Derek.

- ▶ Is it ok for Derek to have sex with May?
- ▶ Has May consented to having sex with Derek?

Explain your thinking:

Graham wants to have sex with Katy. Katy says she will kiss Graham but does not want to have sex with him.

- ▶ Is it ok for Graham to have sex with Katy?
- ▶ Has Katy consented to having sex with Graham?

Explain your thinking.

Rob wants to have sex with Susie, Susie says yes. Susie is also very drunk and cannot stand up on her own.

- ▶ Is it ok for Rob to have sex with Susie?
- ▶ Has Susie consented to having sex with Rob?

Explain your thinking:

Toby wants to have sex with Larry. Toby is very drunk and Larry is sober. Toby uses force towards Larry.

- ▶ Is it ok for Toby to have sex with Larry?
- ▶ Has Larry consented to having sex with Toby?

Explain your thinking:

## Worksheet 2: Consent (Continued)

Mark wants to have sex with Sarah. Sarah wants to have sex with Mark. Both say yes.

- ▶ Is it ok for Mark to have sex with Sarah?
- ▶ Has Sarah consented to having sex with Mark?

Explain your thinking:

Jack wants to have sex with Eve, Eve says yes. Eve and Jack have both taken a lot of drugs and are not able to communicate clearly.

- ▶ Is it ok for Jack to have sex with Eve?
- ▶ Have Eve and Jack consented to having sex with each other?

Explain your thinking:

Karen and Damien are having sex. Damien changes his mind and no longer what to have sex with Karen.

- ▶ Is it ok for Karen to continue to have sex with Damien?
- ▶ Has Damien consented to having sex with Karen?

Explain your thinking:

Tracey wants to have sex with Paul, Paul says yes. Tracey is 17 and Paul is 15.

- ▶ Is it ok for Tracey to have sex with Paul?
- ▶ Has Paul consented to having sex with Tracey?

Explain your thinking:

Theo wants to have sex with Claudia. Claudia is asleep in the bed next to him.

- ▶ Is it ok for Theo to have sex with Claudia?
- ▶ Has Claudia consented to having sex with Theo?

Explain your thinking:

Noah wants to have sex with Matt. Matt is smiling and says nothing.

- ▶ Is it ok for Noah to have sex with Matt?
- ▶ Has Matt consented to having sex with Noah?

Explain your thinking:

# Worksheet 3: Assertiveness

The best way to learn how to say 'No!' effectively is to practise.

## Scenario one:

Your friend comes to you with a difficulty they are having and you don't know how to help them. You know your friend has a support worker that they like and you tell them to talk to them, but your friend keeps asking you what they should do.

## Scenario two:

Someone you don't know at a party keeps asking you for your phone number.

## Scenario three:

Someone keeps asking to borrow your DVD player and you don't want them to.

## Scenario four:

You go to a disco with some friends but the person who was driving had too much to drink and will not let anyone else have their keys.

## Scenario five:

You are walking home with a friend and it is getting late and dark. A car pulls up and asks if you want a lift.

# Worksheet 4: Scenarios for healthy and unhealthy relationships

Bob wants to have sex with Mary but Mary says 'No!' Bob does not push Mary any further.

► Is this a healthy or an unhealthy relationship?

Explain your thinking:

Sophie goes out with her friends to a party. While she is out her partner Lucy repeatedly tests her, asking what she is doing and who she is with.

► Is this a healthy or an unhealthy relationship?

Explain your thinking:

Derek wants to have kids with May. May says yes because she is scared of Derek.

► Is this a healthy or an unhealthy relationship?

Explain your thinking:

Graham wants to buy a new car. Katy says they do not have enough money to afford this. Graham gets angry and pushes Katy.

► Is this a healthy or an unhealthy relationship?

Explain your thinking:

Rob wants to grow out his hair and die it bright pink. Susie thinks this will make him look stupid and that she will leave him if he does this.

► Is this a healthy or an unhealthy relationship?

Explain your thinking:

Toby has had a bad day at work and comes home tired. Toby was supposed to make tea that night but Larry can see that he is tired and offers to make it instead.

► Is this a healthy or an unhealthy relationship?

Explain your thinking:

## Worksheet 4: Scenarios for healthy and unhealthy relationships (continued)

Mark wants to try a new sex position with Sarah. Sarah and Mark talk about it, both agree to try.

► Is this a healthy or an unhealthy relationship?

Explain your thinking:

Jack wants to go away for a weekend with his friends. Eve tells him if he goes she will not be able to survive on her own.

► Is this a healthy or an unhealthy relationship?

Explain your thinking:

Karen comes home from being on a night out with friends. She is very drunk and Damien tells her to go to bed and sleep. Karen gets angry and hits Damien.

► Is this a healthy or an unhealthy relationship?

Explain your thinking:

## Worksheet 5: Scenarios for ending a relationship

Bob wants to end his relationship with Mary. He sends her a text message saying 'we're over'.

- ▶ What are the pros and cons of ending a relationship this way?

Sophie wants to end her relationship with Lucy. She leaves her a note on their bed saying she has moved out.

- ▶ What are the pros and cons of ending a relationship this way?

Derek wants to end his relationship with May. He takes her out to her favourite restaurant and breaks up with her over dinner.

- ▶ What are the pros and cons of ending a relationship this way?

Graham wants to end his relationship with Katy. He tells all of their friends that he is going to do this before he says anything to Katy. Katy finds out through one of their friends.

- ▶ What are the pros and cons of ending a relationship this way?

Rob wants to end his relationship with Susie. He sits with her in their house and talks to her about this.

- ▶ What are the pros and cons of ending a relationship this way?