

Session 4.2: Intimate and sexual relationships



Activity sheet 4.2.1a: Sexual relationships 1

Read and talk about who you are allowed to have sex with.

- If you are 16 years old or over you are allowed to have sex.
- You are allowed to have sex with someone else who is over 16 who agrees to have sex. This is called consenting sex.
- This could be with a man or a woman.
- If a man and a woman have sex together it is called heterosexual sex.
- If a man and a man have sex together it is called homosexual or gay sex.
- If a woman and a woman have sex together it is called homosexual or lesbian sex.
- You must never force someone to have sex.
- You must never have sex with children or people under 16 even if they seem to want it.
- You must never have sex with your close family.

Activity sheet 4.2.1b: Sexual relationships 2

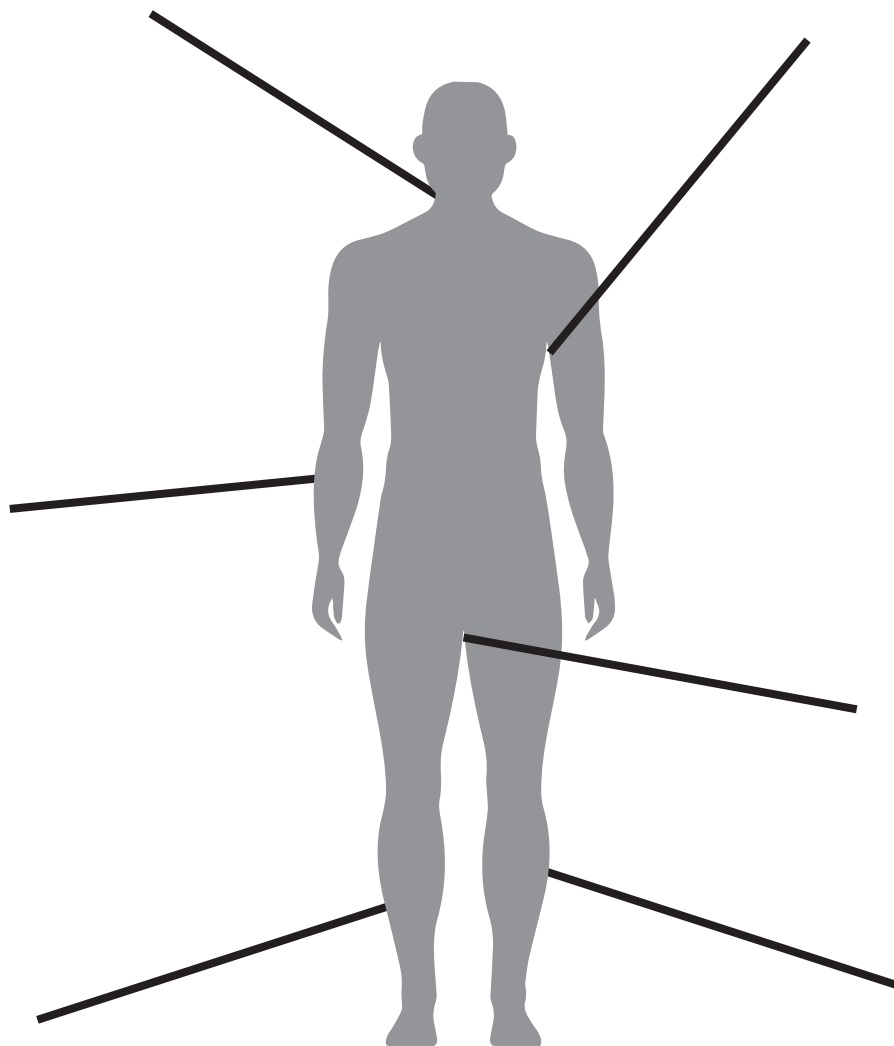
Complete the table.

	Can have sex 	Must not have sex 
Fiona who is 15 – but looks like she is 17 – wants to have sex with Sam and says that it’s OK because she has had sex before.		
Alex’s brother who is 19 wants to have sex with Alex who is 16.		
Sarah’s keyworker wants to have sex with her. He says it is fine as they are both over 16 and both want it.		
Tina and her cousin are both over 16 and want to have sex.		
Jeff wants to have sex with his friend. He says this is what friends do once they are both over 16. His friend doesn’t really want to.		
Ed and Kim are going out. Ed wants sex. Kim wants to wait. Ed forces sex anyway as this is what you do when you go out with someone.		
Pat and her partner are both 17. Pat’s parents don’t want her to have sex with her partner.		

Activity 4.2.2: When boys become men

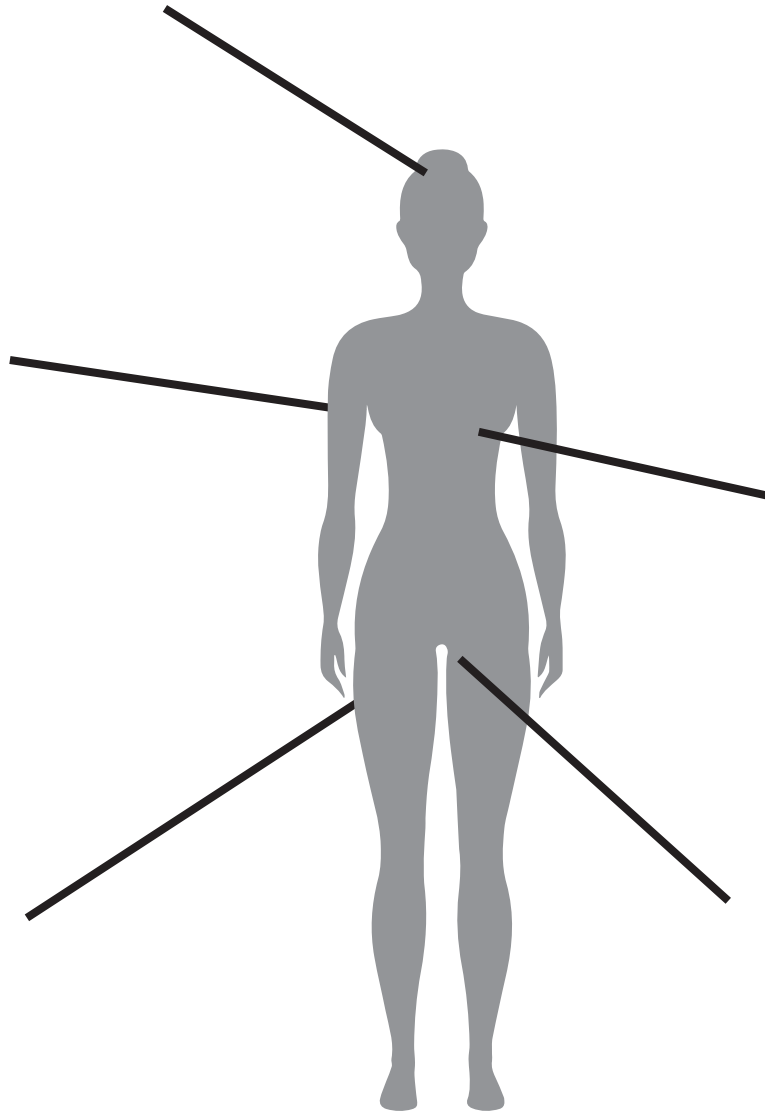
When you start to grow into an adult your body changes.

Complete the diagram. Fill in what happens to boys when they become men.



Activity 4.2.3: When girls become women

Fill in what happens to girls when they become women.



Activity 4.2.4a: Sex and contraception 1

Read about what happens if a man and a woman have sex.

One of the things that happens to both men and women is that they have sexual feelings. They like to kiss and touch each other. They may touch breasts and nipples. They may touch a man's penis. They may touch the woman's clitoris or inside her vagina. They become excited.

A man's penis will become hard. This is called an erection.

A woman's vagina will become wet.

Making a baby

When a man and a woman have sex, they may have intercourse. When a man's penis gets hard, he may put it inside the woman's vagina. They both can get very excited. When the man gets excited, he may 'come'. The proper word is 'ejaculate'. When this happens, they could make a baby.

A woman produces an egg every month. It is so tiny that you cannot see it.

A man produces sperm. They are so tiny you cannot see them.

When a man comes into a woman and has sex with her, he produces a liquid called semen. In the semen are millions of sperm. If one of the sperm meets an egg they join and start to grow into a baby.

Activity 4.2.4b: Sex and contraception 2

Every time a man and a woman have sex they could make a baby. It is a very important decision to make a baby. If you are not ready to look after a baby until it is grown up, you need to use contraception.

There are different types of contraception.

- Some women take a special pill every morning
- Some women have an IUD fitted by a doctor
- Some women use a cap
- Some men use a condom
- Some women may have an injection every few weeks

If you need contraception you can talk to someone like a GP or someone at a sexual health clinic or your key worker to find the best one for you.



**MEANS
NO**

Remember, you can say 'No' to sex.