

# Session 4.3: Safe sex

## Activity sheet 4.3.1: A private place



When you are ready to have an intimate sexual relationship, you need to find a private place.

It is good to find a place where you won't be interrupted. You need to have time to enjoy touching each other and kissing before having sex.

Think of a private place where you could have sex.

## Activity sheet 4.3.2: Saying no

If someone tries to touch you when you do not want it you must say 'No'. If they won't stop, you must shout for help and get away. You need to tell someone what has happened.

You can change your mind about what you want to happen, and say no at any time.



Think of who you can tell if you have been touched when you do not want it.

## Activity sheet 4.3.3: Sex and the law

You must never force anyone to have sex. This is rape and is against the law. You could go to prison. It also hurts the other person.

Talk about how someone might feel if they are forced to have sex.

You must never have sex with children even if they seem to want it.

You must never have sex in front of children.

Talk about what you would do if you wanted sex with someone and they do not want sex. You might need to walk away from them to stop yourself from touching them.



If someone says 'NO' they mean 'NO'.

## Activity sheet 4.3.4a: Sexually transmitted diseases (STIs)

Some people might have a disease which you can catch if you have sex with them. This is called a sexually transmitted infection or STI. You will not know that the other person has an infection because often there are no signs or symptoms.

You need to use a condom to prevent you catching an STI.



You can practise putting on a condom using a model penis, courgette or banana.







## Activity sheet 4.3.4b: Using a condom



- Take the condom out of the packet, taking care not to tear it.
- Place the condom over the tip of the penis.
- If there's a teat on the end of the condom, use your thumb and forefinger to squeeze the air out of it.
- Gently roll the condom down to the base of the penis.
- If the condom won't roll down, you're probably holding it the wrong way round. If this happens, throw the condom away because it may have sperm on it. Try again with a new one.
- After sex, withdraw the penis while it's still erect. Hold the condom on to the base of the penis while the penis is being withdrawn.
- Remove the condom from the penis, and be careful not to spill any semen. Throw the condom away in a bin, not down the toilet.

## Activity sheet 4.3.5: True or false?

Put a tick  if it is true and a cross  if it is false.

	True 	False 
You have to check the use by date on condoms before using them.		
You have to squash the tip of the condom when you are putting it on.		
You have to put the condom on before the penis gets hard.		
You need to roll the condom all the way down the penis.		
You can use the condom more than once.		
You cannot get an STI if the woman is on the Pill.		
Only gay men can get STIs.		
Take off the condom away from the other person.		

## Activity sheet 4.3.6: Sexual health

The more people you have sex with the more likely you are to catch an STI.

If you have not used a condom this is called unprotected sex. You need to go to a sexual health clinic, GUM clinic or GP. The people there will help you.

You can get free condoms from a sexual health clinic.



If you have any questions about sex you can talk to someone. This could be someone you know or you can go to your key worker or a sexual health clinic. Write down who you would talk to.

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