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Topic

Consent, STIs, and Pleasure

Audience

Gr. 8-12

Time

1 hr

Learning Standards

- Sexual decision making

Objective or Intention

- Consent
- Safe sex (STIs)
- Pleasure

Intro (5 minutes)

- Shannon from Health Promotion
- Resources – 1-800-sex-sense & <http://www.scarleteen.com/> & Laci Green - <https://www.youtube.com/watch?v=QBrn2JB2nwU>
- During this time in your life you are going to get a lot of advice, about a lot of things (university, trade school, work, budgeting, etc.). However, you might not get a lot of advice on sexual decision making apparently it's awkward. So that is what I am here to talk about.
- Healthy sexuality has 3 basic components
 1. Sex should be **consensual**
 2. Sex should be **safe**
 3. Sex should be **pleasurable** –for both partners
- So today we are going to talk about **consent, safe sex, and pleasure.**

Activities

Activity 1: Consent 101 – 20 Minutes

What is Consent? Consent is becoming a bit of a buzz word. When I talk to youth they don't know what it really means, how to ask for it, how to give consent, or how to say no. So let's start by defining consent.

- Consent is *mutual* voluntary/enthusiastic “yes” to engage in sexual activity (any kind of sexual activity from kissing to vaginal, anal, or oral intercourse)
- Sexual contact without consent is sexual assault. People think of sexual assault as something that is violent, but it can be a lot subtler.
- A person will use pressure, manipulation, drugs, alcohol to initiate sexual contact without consent.
- The sad part is this behaviour is accepted and people do not know how serious it is.
 - Like pushing someone over and over after they have said no.
 - Consent is not implied by silence, previous sexual activity, or what the person is wearing.
 - You **do not** have consent if you pressure someone into sexual activity.

How do you ask for consent?

- Can I kiss you? How does that feel? Do you like that? Do you want to keep going?
 - Good consent is checking in; it's paying attention to someone's body language so everyone is on the same page and feels safe.
- **So this is what yes sounds like:**
 - Yes please. That feels good. Lets keep going. Consent is a clear yes.

How not to ask for consent:

- Come on I thought you liked me. I promise you will like it. Just do it for me. We did it last week
 - It doesn't matter if you have been flirting, if they bought you dinner, not even if you are naked, pushing someone until they finally given in- is not consent- because you not giving them the option to say no.
- This is what “**no**” sounds like
 - I don't like that. Can you stop. I'm not ready for this. I'm not into this anymore.
- Just because someone doesn't say no it doesn't mean they are saying yes. That's why it's important to observe their body language. They might not know how to say no.
- 2 situations where consent cannot be given-even with a verbal yes:
 1. When they are too **drunk**- if they are too drunk to drive they are too drunk to give consent. Do the right thing when someone is too drunk and take care of them not take advantage of them.
 2. When they are underage

18 years old – can consent to anyone

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- 16 years old **can** consent as long as it is not exploitative
 - 14-15 years old **can** consent to people if they are less than 5 years older
 - 12-13 years old **can** consent to people if they are less than 2 years older

11 years old

- Cannot consent
- No one can consent under 12

- *Note –Also mention that you can send sexual picture to a partner, but it is illegal to share that picture with a third party.*
- We need to make open lines of communication a standard part of sex. We do have the power to change things and create consent culture – where all of the sex that is had is sex that is wanted.
- So lets practice:
- **May I Blank Your Blank**
 - Post-it 1: Write the beginning of a question- “may I”, “can I”, “would you mind”
 - Post-it 2: Write a verb- “touch”, “spank”, “hit”, “run”, “throw”
 - Post-it 3: Write the word “your” and then a body part “leg”, “back”
 - Have people pair up and read their sentence to someone while making eye contact. Have the partner give a full “yes” or full “no”.
 - Partners swap one of the post-its (e.g. post-it 1) and read with same partner or find a new one.
- If you do consent to sex; it’s important to make sure you are having safe sex, which makes it enjoyable. So lets talk about keeping yourself safe during sex/STIs.

Activity 2: Safe Sex – 30 minutes

- Write **virus** and **bacteria** on the board in two columns
- Ask students who has had the **Chickenpox** or **Flu**? (Write chickenpox under virus)
- Ask student who has had **strep throat or pneumonia**? (Write strep throat under bacteria)
- Explain: **Viruses** and **bacteria** are transmitted from person-to-person, often through very casual contact (breathing in virus particles after someone sneezes, etc.).
- Explain: When a **virus** enters our body an immune response is triggered and our body will try to flush out the virus by making our body sneeze, cough, run a fever, etc. Eventually, our immune system will figure out how to destroy the virus. We now have immunity to the virus. There are vaccines for certain vaccines and if we get vaccinated we will never get sick, i.e. chicken pox vaccine.
- Explain: When **bacteria** enters our body we take antibiotics to kill the bacteria. If the bacteria enters our body again, we have to take antibiotics again. You cannot be immune to a bacteria.
- So how does this relate to STIs
- STIs are **virus's** and **bacteria** that are passed through sexual activity. STIs are passed through skin to skin contact (*mouth, genitals, rectum*) or fluids mix (*blood, semen, vaginal*).
- Even though STIs are much like the **viruses** and **bacteria** humans get in their day-to-day lives, because they’re associated with sex we often think of STIs in a more negative way. Shame and stigma can prevent people from taking important steps, like preventing transmission, getting tested, getting treated, asking partners to practice safer sex, or disclosing their status to new partners.

The most common STI's are:

<i>Bacteria</i>	<i>Viruses</i>
<ul style="list-style-type: none">• Chlamydia• Gonorrhea• Syphilis• Pubic Lice (crabs) (is actually a parasite)• All cured with antibiotics	<ul style="list-style-type: none">• Herpes (skin contact)• Hepatitis B – vaccine (fluid)• HPV- human papilloma virus Vaccine (skin contact)• HIV - Human Immunodeficiency Virus (fluid)• AIDS - acquired immune deficiency syndrome

- To prevent STIs we can use an external or internal condom or dental dam. Even if you are having safe sex and using a condom it's important to get tested because condoms are not 100% effective. Condoms significantly reduce transmission
- Condoms also prevent unwanted pregnancy
- Do condom and dental dam demo

Activity 3: Pleasure – 25 minutes

Sexual activities are much more than just penis and vagina sex; it includes:

- Kissing, Hugging, Masturbation, Making out, Touching genitals, Oral sex, Vaginal intercourse, Anal intercourse

To find out what feels good to you, you need to know your own anatomy and your partner's anatomy. You can figure this out by masturbation along with learning about the male and female reproductive anatomy. You need to explore your own anatomy on your own to figure out what feels good. Draw anatomy diagrams.

Closing (7 minutes)

- Today we talked about:
 - Consent, Safe Sex, and Pleasure
- For more information call 1-800-sex-sense or visit <https://www.youtube.com/user/lacigreen/videos?spfreload=1>

Materials

- Whiteboard
- Markers
- Healthy sexuality guides
- Condom demo kit