NAME: _____

SEX

Having a good relationship doesn't mean you have to have sex. Whether it's kissing, touching, or having sex, it should always be something that you both want to do.

Sex is meant to be something that makes you both feel good

GUILT TRIPS

"You'd do it if you loved me"

"Everyone else is doing it – what's wrong with you?"

"You've got me turned on so we can't stop now."

"You're frigid!"

It's not ok for someone to guilt-trip you into sex. **If and when you have sex is up to you.**

You don't have to have sex cos you're dating, you kissed them or they gave you gifts. Sex isn't the only way to prove you love someone.

TRUST AND COMMUNICATION

are what's important in a sexual relationship.

ASK YOURSELF

How well do I trust them?
Will they respect what I do and don't want to do?
Can I talk with them about safe sex? How comfortable would I be saying no to them?

Someone who loves you should respect your right to decide **if** and **when** to have sex.

If you don't want to have sex, you could say, 'I don't feel like it' or 'I do love you but I'm not ready to have sex yet.'

SEX and pressure

"I kept on pushing his hands away but he just put them back there, then I just froze, I couldn't say anything, it was horrible." Tran

What if someone made you do sexual things, and you felt like you had **no choice**?
You might have

- been asleep or drunk and didn't know what was going on
- felt scared to say no
- felt pressured into having sex
- been forced into doing sexual stuff
- because you'd been told that if you didn't, they'd break up with you, or they wouldn't like you

No one should force you into sexual contact. In fact, it is sexual assault, and it's a crime that can be reported to the police. **Remember** they have done the wrong thing, **not you**.

SEXY PICS OR TEXTS

"My BF sometimes tries to get a photo of me when I'm naked, and keeps asking me to send him a sexy photo of myself.

What if you're pressured to send sexts?

He's constantly on at me about it, says all his mates' girlfriends send them. He makes me feel like I'm just being uptight. But what if he sends it to his mates?" Jessica

Being naked is something we usually do in private, when we feel very comfortable with the other person and trust each other. It's ok if you don't want your photo taken or sent to a BF or GF. It's a personal decision.

Firmly saying **No, I don't feel comfortable with that** is ok – you're not being uptight.

LIVEWORKSHEETS

NAME: _____

1. **Answer True or False**

   a. You should have sex with someone to prove you love them. TRUE FALSE

   b. You should respect your partner's decisions. TRUE FALSE

   c. If you don't have sexual desires, there's something wrong with you. TRUE FALSE

   d. There are many ways to show love. TRUE FALSE

   e. Mutual respect is very important in a relationship. TRUE FALSE

   f. Forcing someone into sexual contact is sexual assault. TRUE FALSE

2. **What a relationship should include? Fill the acrostic with words you think are important in a relationship.**

_____R_____

_____E_____

_____L_____

_____A_____

_____T_____

_____I_____

_____O_____

_____N_____

_____S_____

_____H_____

_____I_____

_____P_____

LIVEWORKSHEETS