

NSPCC

Communication and readiness

Talk Relationships

EVERY CHILDHOOD IS WORTH FIGHTING FOR

PSHE Association
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Communication and readiness

Learning objective:

To learn how to communicate about intimacy in relationships, and assess readiness for different ways of expressing intimacy.

Learning outcomes:

- Identify factors that affect readiness to take part in different kinds of intimacy.
- Explain that there are different ways to express intimacy and how people can communicate about their comfort and preferences.
- Describe strategies to manage pressurised situations and seek support.

Baseline assessment

On your own, write your advice for the character below:

My partner's been hinting at having sex recently.
I don't know if I'm ready, or even how I'm supposed to know that?
I want to show I love them, but is having sex the only way?
I'm not sure what I should say to them.

What do I do?

Baseline assessment

On your own, write your advice for the character below:

My partner's been hinting at having sex recently.
I don't know if I'm ready, or even how I'm supposed to know that?
I want to show I love them, but is having sex the only way?
I'm not sure what I should say to them.

What do I do?

How might a person know they're ready to be sexually intimate with someone?

What different ways are there for people to express intimacy?

How can partners communicate about intimacy and readiness?

How might someone manage pressure from a partner?

Expressing intimacy

Read the opinions on expressing intimacy on your sheet.

Pick three that you think are likely to be the most effective ways to express intimacy, and one that you think isn't very likely to be effective.

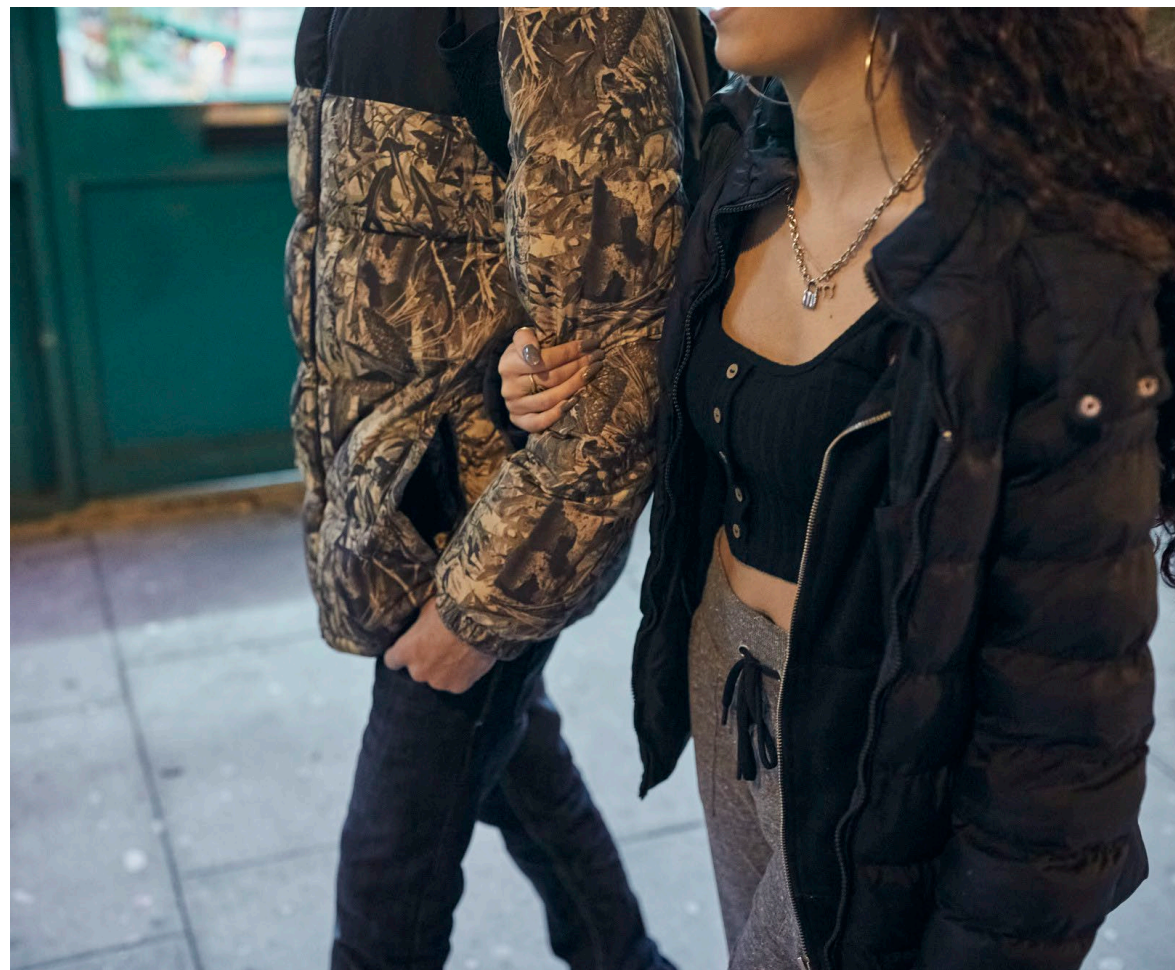


Expressing intimacy

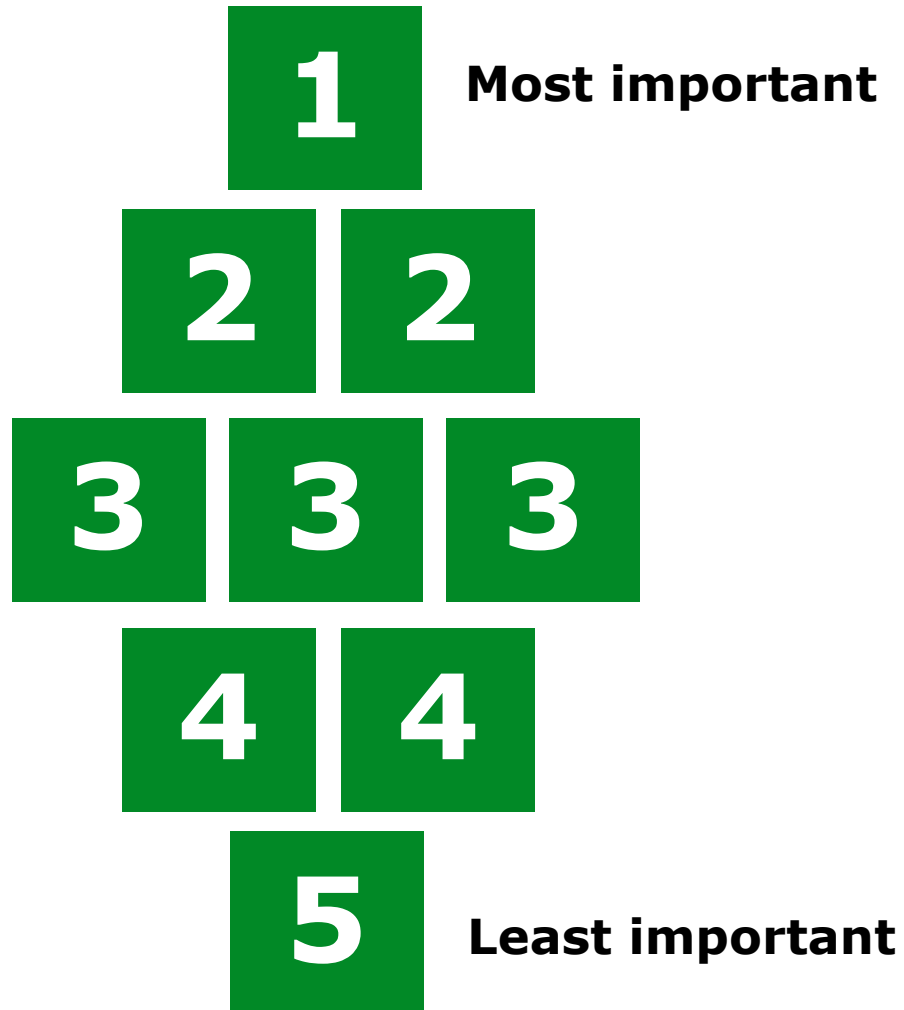
Read the opinions on expressing intimacy on your sheet.

Pick three that you think are likely to be the most effective ways to express intimacy, and one that you think isn't very likely to be effective.

Find another pair and compare the ways of expressing intimacy you thought would be most and least effective.



Ready for sexual intimacy?



In small groups of 3-4, sort the cards starting with the most important aspect for a couple deciding whether they're reading for sexual intimacy.

Work down towards the less important aspects for young people to understand at the bottom of the diamond.

Script writing

Answer the questions below about the conversation between Sam and Joe.

1 How might Sam be feeling?

2 How might Joe be feeling?

3 How is Joe acting towards Sam?

4 Is either character clear about how the other is feeling?

5 Is anything happening in this situation against the law?

Joe

Sam

So last night was fun! I can't believe you finally let me... 

Yeah, yeah I guess it was.

Do you want to come over again tonight? I've got some new ideas we could try out.

Ummm... I dunno. I think my mum wants me to look after my little sister.

Don't you like me anymore? Just make an excuse, like, say you're revising at my house. Come on... I got hold of some flavoured condoms this morning!

But yesterday you said you didn't like using condoms?!

Script writing

Answer the questions below about the conversation between Sam and Joe.

1 How might Sam be feeling?

2 How might Joe be feeling?

3 How is Joe acting towards Sam?


4 Is either character clear about how the other is feeling?

5 Is anything happening in this situation against the law?

Continue the script using two colours. One to show what each character is thinking and one to show what they might say.

Joe

Sam

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Reflection and endpoint assessment

Exit card:

Look back at your answers to the questions below, from the beginning of the lesson and write down any additional points you now want to add.

1.
How might a person know they're ready to be sexually intimate with someone?

2.
What different ways are there for people to express intimacy?

3.
How can partners communicate about intimacy and readiness?

4.
How might someone manage pressure from a partner?

Signposting support

If you need support or advice, or have concerns, seek help:



In school

- Teacher
- Tutor
- Head of Year



At home

- Parents or carers
- Other family members



Childline

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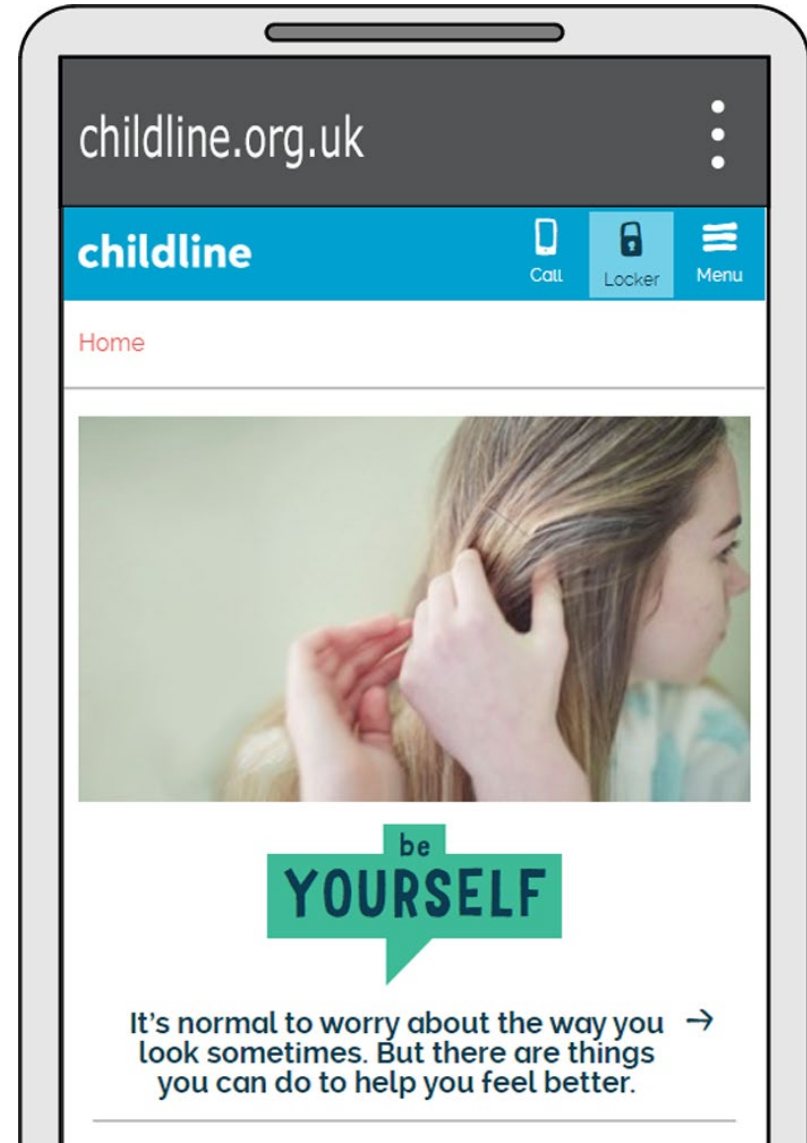


childline.org.uk



0800 1111

Childline is a free 24/7 service for children and young people.



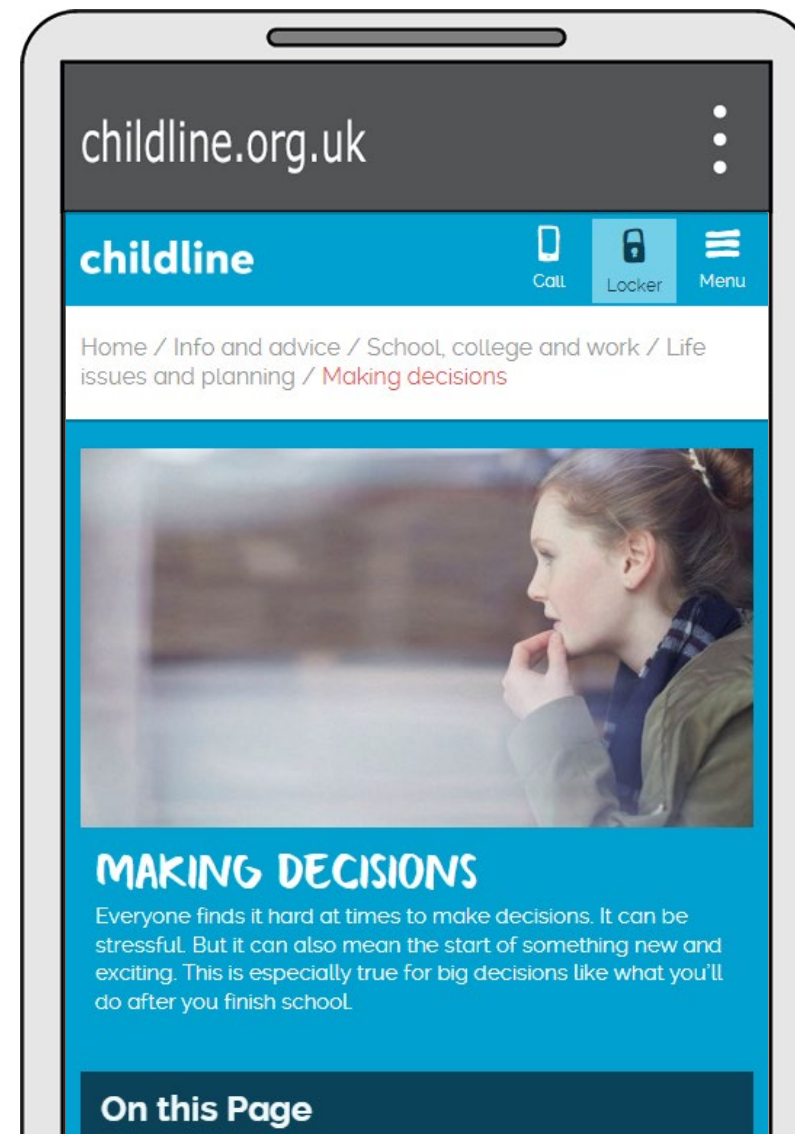
Extension activity

Visit the Childline website and research about how to make difficult decisions in different contexts.

www.childline.org.uk/info-advice/school-college-and-work/life-issues-planning/making-decisions/

Decide which bits of advice are most useful for people making decisions about romantic relationships.

Use these tips to make a blog post or script, or draft a short-format social media post. This should be something that could be shared in a video of around 10–15 seconds.



Questions?