

Negotiating intimacy in relationships

17/07/2026

Instructions for Every Lesson:

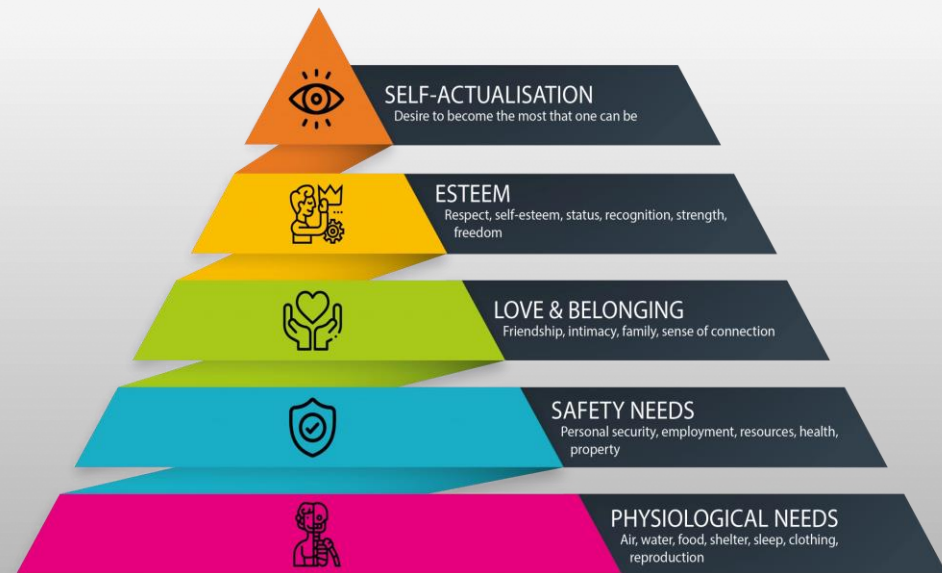
1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for self-regulated learning



'Sex education in schools can be embarrassing and makes everyone feel uncomfortable'

As the register is being taken copy and complete the following sentence starter:

'It is important that young people are taught about safe intimacy because...'



Negotiating intimacy in relationships



How far is it true that young people need lessons that teach them how to discuss intimacy?



How does social media influence young people's attitudes towards intimacy



Why is it important to consider what we want from a relationship and know how to keep yourself safe?



Statistics to Consider?
Discuss, with a partner,
what you feel the
answers might be

Average age of first
sex [including non-
penetrative] [2013
NATSAL survey] =
?

% of girls aged 13 – 17
who said they
experienced unwanted
sexual touching
[NSPCC / YouGov
2021] = ?

% of young people
aged 13 -17 who
have felt pressured
into sex [FPA
survey 2021] = ?

% of young people
who said they
wanted more
education about
healthy
relationships and
boundaries [SEF
2022] = ?

% of 14-year-olds
who reported having
had sexual
intercourse [2013
NATSAL survey] = ?



Statistics to Consider?
Now discuss what you feel might be the reasons for these statistics. Be prepared to offer your ideas to class discussion.

Average age of first sex [including non-penetrative] [2013 NATSAL survey] = **16.5 years old**

% of girls aged 13 – 17 who said they experienced unwanted sexual touching [NSPCC / YouGov 2021] = **40%**

% of young people aged 13 -17 who have felt pressured into sex [FPA survey 2021] = **67%**

% of young people who said they wanted more education about healthy relationships and boundaries [SEF 2022] = **57%**

% of 14-year-olds who reported having had sexual intercourse [2013 NATSAL survey] = **3%**



Statistics to Consider?
Now discuss what you feel might be the reasons for these statistics. Be prepared to offer your ideas to class discussion.

Average age of first sex [including non-penetrative] [2013 NATSAL survey] = **16.5 years old**

The statistic we discussed was...
The reason we think it is this is because...

% of young people aged 13 -17 who have felt pressured into sex [FPA survey 2021] = **67%**

% of young people who said they wanted more education about healthy relationships and boundaries [SEF 2022] = **57%**

% of girls aged 13 – 17 who said they experienced unwanted sexual touching [NSPCC / YouGov 2021] = **40%**

% of 14-year-olds who reported having had sexual intercourse [2013 NATSAL survey] = **3%**



As you watch the film using the heading below, make a list or mind map of all of the RSE themes that are included in this film; what topics are covered in the film?

Negotiating safe intimacy



Faculty of Personal and Physical Development



Screwball!

"In Quotes"

"I could just stop."

"You mean, you're not... it's not from, you know, pleasure?"

"Oh, er... no. Isn't it just what you do?"

Where do you think Natalie gets the idea that she's supposed to make noises?

"I thought for girls, it's supposed to hurt. It is, a bit. No?"

"Why do you think I'd be here if it was supposed to hurt? Why would you think that?"

Natalie has a point – where would Ryan get the idea that sex is supposed to hurt for women?

"What am I supposed to say? Can I touch your..."

"Well, yeah. That's what you're supposed to say. I might have said no. I'm allowed to say no."

At what point do you think it's still okay to say "no"?

"It's just... I thought you already said... that you wanted to... to come upstairs."

"Yeah, I did, but that doesn't mean that I want to have sex right now, please."

Is Natalie right? Or if someone agrees to "come upstairs" with you, does that mean they are agreeing to have sex?

"That's illegal, and weird."

Did you know that sending naked or semi-naked pictures of your boyfriend or girlfriend (or even of yourself) is illegal if you are under 18? Who do you know who needs to know that?! Why do you think Ryan was sending a picture to Tom and Ali anyway?

"For a start, the women have no hair. They're completely bald."

"I don't think we're watching the same porn."

How does pornography (or even sex scenes on TV) give an unrealistic idea of what sex is actually like?

"We have to be walking sex dolls all the time. The right makeup, the right hair, the right selfies."

"Who's saying you need to do all of that?"

"Magazines, reality TV, the news. Walls covered in adverts with seven foot shiny golden breasts and everyone's, absolutely everybody's social media."

How are girls expected to look and behave? How are boys expected to look and behave?

"It's just like the whole world is telling me I need to have explosively perfect sex right now! Oh... the cat."

"It's OK. Keep talking."

"I really like you, and the last thing I want to do is hurt you. It's just all the pressure and all your friends. And if you get something wrong, then you'll be judged as a failure by some sex judge."

Where does this pressure to have sex come from?

"How can we even start to... have these... if we're not even using the words? We have to tell somebody! We have to just start saying these things out loud! Vagina! Orgasm!"

"Shh!"

"Seriously, everybody just needs to start using the words. Let's practise. Say penis."

Why do you think we have so many slang words for sex and genitals? Why are we embarrassed to talk openly about sex in a sensible way?

"I'm not... I actually don't think I'm ready yet."

How do you know when you're ready to have sex?

Instructions: Read the quote from the film and the accompanying question- discuss the question you have been given with your partner- prepare to feedback to the class when directed by your teacher



C-Scheme

If you're aged between 13 and 24 you can sign up for the C-Scheme. The scheme gives you access to a choice of free condoms (different sizes, flavours and textures), dams and lube. You can access the service however you identify and whatever your sexual orientation. It doesn't matter whether you're having sex, thinking about having sex or if you're just curious





Get **STI Test Kits** and **condoms** posted to your house, in discreet packaging



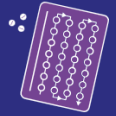
To request a test



Emergency contraception



Free condoms by post



Oral contraception



Service finder



**Sexual Health Practitioner
1:1 virtual consultation**

Clinic	Opening Hours	LGBT+	Contraception	Pregnancy
Alfreton	Tuesdays 11 – 7pm	Yes	Yes	Yes
Bolsover	Wednesdays 9:30 – 5pm (Alternative weeks)		Yes	Yes
Buxton	Wednesdays 9-6pm	Yes	Yes	Yes
Darley Dale	Fridays 9 – 5pm	Yes	Yes	Yes
Long Eaton	Fridays 9-5pm	Yes	Yes	Yes
Chesterfield	Monday - Thursdays 8am - 5pm Fridays 8am - 5pm Saturdays 10am – 1pm	Yes	Yes	Yes

◀ [Sexual health](#)

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Progress Review Question:



How far is it true that young people need lessons that teach them how to discuss intimacy?



How does social media influence young people's attitudes towards intimacy?



Why is it important to consider what we want from a relationship and know how to keep yourself safe?

