

Things to Talk About Before Having Sex Brainstorm

Goal:

- *To consider the issues involved in deciding to have sex.*

Have Ready:

- Flipchart paper, markers, and tape.
- You may want to define oral sex (mouth and penis/vagina/anus), vaginal sex (vagina and penis/vagina/sex toy), and anal sex (anus/bum and penis/sex toy/mouth) before beginning.

Instructions:

- Ask the group, **“What are some things that people should talk about before having sex?”** Validate their answers, adding the following points if not mentioned by the youth:
- **What are each of you comfortable/not comfortable with?**
Sexual and/or dating readiness - dating does not automatically equal sex and vice versa. Encourage youth to talk about the importance of creating boundaries in a physical relationship, and what are you physically ok with (touching, kissing, oral sex, etc.).
- **Consent**
Ask a partner before sex or making-out, the way the law is written, only “yes” means “yes”. People have the right to say no at any time.
By law, consent is not recognized when under the influence of drugs, including alcohol. This means that someone has the right to press charges if they feel like they were taken advantage of (pressured into drinking/using more than they wanted to, etc. No one has the right to use drugs/alcohol in order to coerce someone into sexual activity.
- **Birth control and STI issues**
Where to get birth control (location, costs, confidentiality), most comfortable types of BC for you to use (pros and cons), which methods help prevent STI.
- **Importance of getting tested**
Highlight where, when, why, and the procedure.
- **What if birth control fails?** (because no birth control is 100% effective)
3 legal options: abortion, adoption & parenting. Validate that while sometimes people don’t talk about these points until after a pregnancy has happened, it may be an easier discussion to have before becoming sexually active.