

Sexual Readiness Reflection

Goal

- To explore what it means to be ready for sex.

Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

Aboriginal Languages and Cultures (if offered concurrently with Language Teachings)

- 3.2.3 E-10 Analyze factors (e.g., family, peers, values, media, awareness of healthy practices) that affect self in making decisions for active healthy lifestyles.

Family Studies

- S1, S2, S4 2.3.2 Evaluate the role of abstinence in relationships, e.g., mental health, pregnancy prevention, physical health-STIs, emotional health.
- S1 5.1.5 Examine how decisions affect one's well-being.

Guidance Education GLOs under Personal/Social Component.

Physical and Health Education

- K.4.S1.B.4 Identify examples of potentially dangerous situations and effective strategies for avoidance/refusal.
- K.5.S1.E.2b Examine the psychological implications of sexual activity and teenage pregnancy, and responsibilities regarding prevention.
- K.5.S1.E.3b & K.5.S2.E.3b Examine the influences on making decisions for responsible sexual behaviour.
- K.5.S1.E.3a Describe social factors affecting human sexuality.
- S.5.S2.A.5 Apply a decision making/problem-solving process in case scenarios related to effective communication for building healthy relationships and demonstrating responsible sexual behaviours.

Have Ready

- Sexual Readiness worksheet
- Flipchart paper and markers

Instructions

- Hand out a worksheet for each person to complete as homework or individually during the session. Youth may write on their worksheet, or simply think about their responses.
- Reassure youth that no one will be asked to share their list. The worksheet is for their reference only.

Debrief

- Ask youth, **“What is the “right age” for sexual activity?”** It depends. The right age will be different for everyone. Being ready can include checking in with thoughts, feelings, and body.⁷
- Ask youth, **“What does it mean to be ready for sex?”** Let youth share their thoughts and flipchart the responses (see below).
- If someone is choosing not to have sex or isn’t ready for sex yet, that is totally okay. Sometimes reflecting on these things can help a person see when they don’t feel ready for sex.
- Let youth know that thinking about these things or talking about them with a partner can happen at any time.

Sample Flipchart

What does it mean to be ready for sex?

- Figuring out what sexual activity means to them
- Knowing what’s important to them
- Figuring out how comfortable they are with the idea of a sexual relationship and how it may affect their relationship
- Being able to talk about consent and limits and boundaries (what they want/don’t want) with their partner
- Having information about birth control (if applicable) and protection from STI/HIV
- Understanding how pregnancy happens and considering pregnancy options (if applicable)
- Understanding how STI/HIV are spread
- Feeling comfortable with condoms/sex dams and their body
- Getting tested for STI/HIV

Additional Activities

Ideally, this activity can be followed by:

- Consent & Things to Talk About Before Having Sex Brainstorm

⁷Calgary Sexual Health Centre, www.calgarysexualhealth.ca/2013/04/sex-without-regret-checking-in-with-head-heart-body/, accessed August 2016.

Teen Talk's Sexual Readiness Handout

AM I READY FOR SEX? HOW DO I KNOW IF I'M READY?

Here are some lists that might help you decide if you are or aren't ready for sex.

I might feel ready for sex when....

- I feel comfortable talking with partners about sex even when it's awkward.
- I know where to get safer sex supplies (condoms, sex dams, birth control etc.) and know how to use them.
- I understand the basics of anatomy, STI/HIV transmission, testing and how a pregnancy happens.
- I have a good idea what turns me on and can communicate what I like while also asking my partner what they like.
- I can use consent

I might not feel ready for sex when....

- I'm too nervous to talk with a partner about things like condoms, birth control, sex dams or testing.
- I don't feel like I have enough info on things like anatomy, STI/HIV, or pregnancy.
- It doesn't fit with my values/religion/spirituality
- It's not something that interests me



You could check each of these boxes off and still not be ready for sex and that's okay too!



Being ready for sex can mean different things to different people. Trust what is in your heart and in your mind.

You know what is right for you!

