

Your Views - Relationship expectations

TEACHER NOTES

1. It is easy to discuss consent and contraception with a new partner.	As with most things, tricky conversations get easier with practice. It might also be easier if the two people have developed a friendship, or known each other for some time before becoming a couple.
2. Consent only really applies the first time you have sex with someone.	Need to seek consent every time but becomes more obvious over time. Also, consider how sex can refer to different types of sex here so consenting to one type does not mean a person consents to all activities.
3. Most people are nervous about their first sexual experiences.	Reassure young people that being nervous of something they've not experienced yet is normal but that they should still feel excited and 'ready' before having sex. If a person is just feeling nervous, it is a sign that they need to wait.
4. Pornography is a good way of learning how to have sex.	Communication about boundaries and consent, negotiation about contraception, and expressions of love and care are rarely depicted in pornography; these are essential elements of healthy relationships. Research by Durex found that one of the main factors in people enjoying their sex life was if they felt respected. <ul style="list-style-type: none">• Stereotypes around body presentations and gender roles are depicted which could have an impact on young people's body image, self-esteem, and expectations in relationships.• Pornography may be of interest to individuals for a variety of reasons – it is important not to stigmatise young people who use pornography - but students must be clear that it depicts fantasy rather than the realities of a sexual relationship which has the potential to undermine development of healthy sexuality.
5. Some people send nudes because they are in a healthy, committed adult relationship and think it's a fun way to express their sexuality.	Reinforce that it is illegal for under 18's to share naked photos. Adults in healthy relationships have a range of ways to express themselves. However, a recent study by the Internet Watch Foundation showed that up to 88% of self-generated images have been collected and put onto other sites. It is therefore really important to trust the person images are shared with and to take precautions about what happens next with those images.
6. If someone isn't ready to go all the way, they should give oral sex to satisfy their partner.	It is becoming common for young people – girls in particular – to be pressured/ expected to perform oral sex to compensate for not having intercourse. This is a very unhealthy expectation and should be countered strongly in lessons. Reinforce that legally and morally, the responsibility for ensuring genuine consent is given for any activity lies with the person seeking consent. Agreeing to give oral sex due to pressure or to comply with a perceived expectation does not constitute consent. Forcing someone to give oral sex is illegal. However, young people could discuss how oral sex may be

	<p>something a person is happier to engage in because of the reduced risk of STI's and pregnancy. It is important to ensure YP know that there are still risks of both (for example if semen comes into contact with woman's genitals, perhaps on unwashed hands - see contraception lesson 4). It is also important for young people to note that both partners should feel happy and excited to engage in sexual contact – it is not an obligation.</p>
<p>7. It's illegal for young people to send nude selfies.</p>	<p>Key information for students is that it is illegal to produce, possess or distribute a sexual image of a person under 18, even if it's a picture of them self! These laws have been created to protect young people so while it is unlikely that police would prosecute someone under 18 for consensually taking or sharing pictures of themselves, if those images end up being used to harass or coerce, or are shared with intent to harm then the police could get involved and the person sharing such images could be prosecuted, and end up with a criminal record.</p>
<p>8. Sending nudes can cause anxiety for the person who has sent the message even if there are no obvious negative consequences.</p>	<p>True - Further information on YP's behaviours around the sharing of nudes can be found here: Digital Romance Report.</p>