

Workshop guidance and materials

Editable workshop materials are freely available on our website for you to download and use in your classes. They cover two interactive lesson plans, or workshops, to:

1. Discuss entering a sexual relationship for the first time, explore the questions, "Am I ready to have sex or not?" and "What should I consider if I am entering a sexual relationship?"
2. Hold "myth-busting" session to cover areas of possible doubt, and correct inaccurate information held by pupils
3. Educate about the need for contraception, the different options available and the pros and cons of each type.

The workshops have been designed to maximize pupil involvement and encourage proactive learning. Youths are heavily influenced by their peers, and often rely on them as a source of information, not realising the details they have may be incomplete or inaccurate. Asking pupils to test and explore their own knowledge and thoughts will highlight important information they need and encourage them to consider the wider picture and all the options available to them.

The workshops can be modified according to your schools requirements, national regulations and in accordance with the age and background of the pupils you are teaching. The activities can be used with a broad range of youth. For younger teenagers, much of the information will be new, whereas older teenagers will have more knowledge and have begun formulating their own opinions on the topic. It is important to bear in mind the religious and cultural background(s) of the group you are teaching, as some faiths and cultures are not supportive of some forms of contraception and pre-marital sexual relations.

The plans have been structured to avoid overloading participants with information, but to provide them with enough to enable them to make their own informed choices about sexual relations and contraceptive options. The workshops do not cover ovulation and conception, which will need to have been covered beforehand.

Before the discussions begin, it is advisable to set some ground rules to ensure respectful discussion and privacy. During discussions, you are advised to ask the students to express their opinions and share their knowledge, making it clear that the session is not asking them to



reveal anything personal about themselves. Make yourself available for individual questions to be asked in confidence, you can refer the pupil to a professional advisor or healthcare professional if the question is beyond your remit.

Further information:

The following web-links also provide examples of quizzes, lesson plans, and educational handouts.

[Safe Sex lesson plan: »](#)

[Contraceptive Options lesson plan: »](#)

[Abstinence lesson plan: »](#)

[HIV/AIDS lesson plan: »](#)

[Sexual Pressures – The Truth educational handout: »](#)

[Sex, relationships, and contraception educational handouts: »](#)

[Protecting Myself \(against STIs\) educational handout: »](#)