

LESSON 4: SEXUAL DESIRE AND SEXUAL CHOICE



Learning Objectives

- To understand the complexity of decision making around having sex.
- To be able to anticipate conflicts or misunderstandings that arise from having different goals around having sex.
- To gain the ability to be in control of one's decision making around having sex or not.

WARM-UP

- Each participant individually thinks and notes down 3 things that they would like to share about themselves, but 2 of them must be true and the third one should be false or inaccurate. After each participant shares, the others will try to guess which statement is not true. If there are many participants in the group, just invite a few volunteers to play the game and everyone else guesses, otherwise it would take too long. If done online, the participants can take turns, or type their 3 statements in the chat box.

Activity 1: Statements in black and white

1 Explain to the participants that you will read a list of statements one by one and that they should move to the right side of the room if they agree with the statement or to the left if they disagree. Please arrange a section of the room that is clear of furniture, if possible. It is important that participants clearly see how they distribute themselves with each statement. If this is done online, one way to arrange that is for people who agree to turn their webcams on and those who disagree to turn webcams off. However, this might hinder the discussion afterwards. You can also ask each participant to have an object close by. If they agree with the statement, they can place the object just in front of them, so that it's clearly visible, while the others should keep the object out of sight. After each statement, briefly ask one or two participants to explain their point of view.

Media, movies, magazines influence teenagers to think that they SHOULD have sex.

Delaying having sex means you are just wasting your time.

Having conflicting thoughts about having sex means you are just clueless.

People should just take a decision!

Sexual intercourse is always an extremely intimate and personal experience.

Many young people simply do not want to have sex, even if they have a partner/lover.

It's not such a big deal to regret that you had sex, it happens to everyone.

WARM-UP

ACTIVITY 1: STATEMENTS IN BLACK AND WHITE

ACTIVITY 2: WHAT MAKES UP SEXUAL CHOICE?

CONCLUSION & COMMITMENTS

ASSIGNMENT: SHARING A COMMITMENT

LESSON 4: SEXUAL DESIRE AND SEXUAL CHOICE



Learning Objectives

- To understand the complexity of decision making around having sex.
- To be able to anticipate conflicts or misunderstandings that arise from having different goals around having sex.
- To gain the ability to be in control of one's decision making around having sex or not.

Activity 2: What makes up sexual choice

1 Visualisation: instruct the participants to close their eyes, find a comfortable position for themselves. Explain that you will tell them a story and they should try to visualize it in their minds with as many details as possible. After the story is finished, they will open their eyes and participate in a discussion. Explain that they will not have to reveal any intimate or personal details about the characters they visualized. Read the story slowly and with enunciation.

"You are spending the evening as you normally do, at the home of one of your friends. You are in the living room and there are a few other people around. People stand around, having a coke and chatting. Someone is watching TV. Suddenly the door opens and in walks the most attractive person you have ever met. You carefully look at the person and admire their beautiful face, the body, their clothes and how they smell. The person looks around, saying hello to people and suddenly the person notices you looking and then the person smiles. They start walking slowly towards you."

2 Tell the participants that they can open their eyes now. Ask how they feel and discuss for a short time their experience of the visualization. Tell them that there are still a lot of possible steps/stages until they might have sex with this person. But let's assume that you are now in a room with this person and you are going to have sex together, or, on the contrary, you have decided not to do this. Ask the participants:

What elements/factors influenced your decision to get here? How do people decide to have sex or not to have sex? Centralise and regroup the participants' ideas, and prompt the following: external, internal factors: sense of comfort, safety, sexual arousal, pleasure, health concerns, peer pressure, manipulation, being forced, having privacy, negotiating pleasure, safety, trusting the partner, etc

What misunderstanding or conflicts can happen as a result of people having so many factors in their decision to have sex or not?

In what way is it important to be aware of one's factors that influence our decision? Why is it important for each of us to know why we decide in a certain way?

CONCLUSION & COMMITMENTS

Ask the following question: how can we become clearer on our factors and take better decisions? How can we be more aware of what's going on?

Conclude the brief discussion by asking participants to reflect individually and write down one decision or commitment that they can take for themselves which will help them to feel more confident in their decisions about having sex or not in the future.

ASSIGNMENT: SHARING A COMMITMENT

Share the commitment related to taking decisions about having sex with your best friend.

WARM-UP
|
ACTIVITY 1: STATEMENTS IN BLACK
AND WHITE
|
ACTIVITY 2: WHAT MAKES UP
SEXUAL CHOICE?
|
CONCLUSION & COMMITMENTS
|
ASSIGNMENT: SHARING A
COMMITMENT