

# **SESSION 12: TELL ME MORE ABOUT SEX**

## **OBJECTIVES:**

1. Participants will fill in gaps in their knowledge about sex, contraception, and safer sex and will clear up any misconceptions.
2. Participants will broaden their knowledge about the many areas involved with sexuality.
3. Participants will have the opportunity to explore sexuality in a safe environment through same-sex discussions.

## **RATIONALE:**

Sex is a learned activity heavily influenced by knowledge, attitudes, skills in many areas, and experience. Many people have difficulties in this area, and there is no reason to assume that adolescents know what they are doing, have adequate skills and possess attitudes which foster healthy sexual functioning. Trying to implement HIV/AIDS prevention activities can be difficult and have little meaning for people who are erotophobic, lacking sexual competencies, and unable to initiate and sustain a sexual relationship. Consequently addressing sexuality is critical. For gay and lesbian and bisexual adolescents who have had even fewer people to talk to about sex the topic is even more critical.

Adolescents in large groups of mixed gender may be uncomfortable talking and asking questions about their sexuality. Same-sex, smaller groups allow teenagers to feel more comfortable discussing sexuality. These groups also build peer support for acting safely. In the case of gay and lesbian youth, same-sex groups are recommended because these youth often feel freer to ask questions in same-sex groups.

## **PROCEDURES:**

1. Introduce participants and have them indicate who is the sexiest TV, movie star or singer. Review homework on media HIV/AIDS messages. Check Feeling Thermometer readings and successes in staying safe. Give out tokens during the reviews.
2. Begin an exploration of sexuality through brief skits which illustrate sexual issues.
3. Have participants select the main topics they would cover in a sex education course for teenagers.
4. Break into same-sex groups and have group leaders answer questions on sex.
5. Bring the groups back together and determine if there are issues that either the gay boys or lesbian girls want to raise with the other-sex group.
6. Assign homework of bringing in one more question on sexuality.
7. Check Feeling Thermometer readings and show appreciation for the group members' contributions.

## **MATERIALS:**

Tokens  
Feeling Thermometers

Newsprint and marking pens  
Pencils  
3 x 5 cards  
Scripts: Jean and Jill; Honey and Hanna; Bill and Bret; Sid and Sam; Gwen and Grace  
Condoms and dental dams  
Lubricant with non-oxynol 9  
Sex Questions and Answers Guide  
(Two separate meeting rooms)

### **Exercise 1: Introducing and Reviewing**

LEADER SAYS

Here we are back at "Stay Safe!" again.

As you remember, "Stay Safe!" is to help you control your sexual behavior so that you won't get HIV.

We want to slow the spread of HIV and AIDS.

Also, we want you to reach the goals you have set for yourself.

Each one of you has plans for the future.

We want to see you end up satisfied, successful, and healthy.

Let's go around and introduce ourselves.

Tell your name and tell us who is the sexiest movie, TV star, singer or athlete that you know and how are you to similar to this star.

Who really turns you on?

Just say "I'm Dave, and I think that Magic Johnson is the sexiest. I'm like him because I am black and beautiful."

I'll start. I'm \_\_\_\_\_ and the sexiest person I know is \_\_\_\_\_. I'm like \_\_\_\_\_ because \_\_\_\_\_.

HAVE EVERYONE GIVE THEIR NAME AND THE SEXIEST PERSON THEY KNOW. THEN SAY HOW THEY ARE LIKE THAT PERSON.

Very good.

How are you feeling right now on the Feeling Thermometer?

ENCOURAGE RESPONDING AND PASS OUT TOKENS FOR PARTICIPATION AND TOKENS FOR THE GROUP MEMBERS TO USE FOR GIVING COMPLIMENTS.

Remember how important it is to stay in touch with how much discomfort and comfort you are feeling and what those feelings are.

Show me the condom or dental dam that you carry on you at all times.

GIVE OUT TOKENS FOR THOSE GROUP MEMBERS WHO HAVE A CONDOM OR DENTAL DAM WITH THEM.

At the end of the last session I asked you to watch TV and look at newspapers and magazines to see if there were messages about HIV/AIDS on them. You were to find out what the message was, who was the message for—the target—and to decide if the message was effective.

What did you come up with?

ASK EVERYONE WHAT THEY CAME UP. USE TOKENS.

It's good to see how you analyzed those messages.

They are all around us.

What did you do since we last met to stay safe?

I'm interested in anything you did no matter how important or unimportant it might seem. I want you to be healthy so you can live the kind of life you want.

So what did you do?

ENCOURAGE SHARING AND GIVE OUT TOKENS. CATCH SOMEONE DOING SOMETHING GOOD.

### **Exercise 2: What Is Sex All About?**

Most animals automatically know how to have sex.

Human beings are about the only ones who have to learn how to do it.

It doesn't come naturally.

In fact, sexuality is very complicated.

We are going to perform a few brief scripts to illustrate that.

Who will read Jean and who will read Jill?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

#### Jean and Jill

JEAN: But, baby, how come you don't want to make love with the light on?

JILL: I just don't.

JEAN: Come on. I love looking at your beautiful....

JILL: Don't say it. I've told you a hundred times. I want it completely dark.

THE END

So what is happening with Jill?

ENCOURAGE ANSWERS.

That's right Jill is uncomfortable with sex and maybe she is ashamed of her body.

Many people have been brought up to feel uncomfortable about sex.

Who will read Honey and Hanna?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

Honey and Hanna

HANNA: This is my first time. What should I do?

HONEY: Touch me.

HANNA: Where?

HONEY: My clitoris.

HANNA: What the hell is that?

THE END

So what is Hanna's problem?

ENCOURAGE ANSWERS.

That's right. Hanna doesn't know a woman's body and how it works.

Also, she doesn't realize some of the things that turn a woman on.

Maybe she thinks that having an orgasm is all there is to sex.

Who will read Bill and who will read Bret?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

Bill and Bret

BILL: But why don't you want some sex with me? I'm good looking. I lift weights. What more could you ask for?

BRET: Have you got other lovers?

BILL: Come off it. I'm a hunk!

BRET: I'm looking for something else.

BILL: Like what?

BRET: Can I trust you?

THE END

What is happening here?

ENCOURAGE ANSWERS.

People often want different things in a relationship.

Sex isn't just sticking it in a hole.

Sex is about two whole human beings having a relationship.

Now who will read Sid and who will read Stan?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

Sid and Stan

SID: How did I do? How did I do?

STAN: What do you mean?

SID: Did you like it? Were you really turned on? Did I put you out of your mind?

STAN: It was O.K.

SID: O.K.!? O.K.!? I kept watching you. You seemed to be enjoying it.

THE END

What is going on with Sid?

ENCOURAGE ANSWERS.

Men are often worried about their performance.

Sid is even a spectator while he's making love.

It can be difficult to be really into sex when you are also up on the ceiling watching what is happening.

While men worry about performance, women worry about why they can't let themselves be really turned on.

Who will read Gwen and who will read Grace?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

Gwen and Grace

GWEN: Oh, I like that!

GRACE: Should I keep doing it?

GWEN: Yes, yes.

GRACE: Now you touch me here.... gently.

GWEN: Is that good?

GRACE: Wonderful!

THE END

So what are Gwen and Grace doing that makes for good sex?

ENCOURAGE ANSWERS.

They are communicating what they like during sex.

What people like changes from day to day.

Many couples don't know that they need to communicate during sex or how to tell their partner what they like.

Obviously what people think, believe, know and communicate greatly influences sex.

That means the biggest sexual organ is our brain.

It also means that sex is a big, complex topic.

It can cover feeling good about sex, knowing how to attract and keep a sexual partner, how to give and receive pleasure, how to practice safer sex, and how to practice birth control.

### **Exercise 3: What Should Be Taught In Sex Education?**

Let's explore what sex covers even more.

First, I'm going to divide you into two groups.

DIVIDE THE GROUP INTO TWO SMALLER GROUPS.

If you were to design a course on sexuality for teenagers, what would the main topics be?

Just list the big topics.

Don't go into too much detail.

Put your lists on newsprint so that we can put them up.

You have ten minutes to develop your lists.

ALLOW TEN MINUTES FOR GROUP WORK AND THEN HAVE EACH GROUP PRESENT THEIR LISTS.

Tell us what you wrote down.

EACH GROUP PRESENTS.

What do you think of those lists?

ENCOURAGE DISCUSSION.

### **Exercise 4: What I Want to Know About Sex Is.....**

Now we want to give you a chance to ask your own questions about sex.

The women will meet in one room and the men in another.

Each of you will receive a card and a pencil.

PASS OUT A 3 X 5 CARD AND A PENCIL TO EACH PARTICIPANT.

When you get in your room, write down any questions that you want to know the answer to but that you are uncomfortable asking in public.

Do not put your name on the cards.

Everyone is to turn in a card even if you didn't put a question on it.

You can ask questions aloud also.

HAVE A MALE LEADER GO WITH THE MEN AND A FEMALE LEADER WITH WOMEN.

Before you start writing out your questions, I want you to make a list of the parts of a woman's body that become sexually aroused.

What are your erogenous zones?

WRITE THE PARTS OF THE BODY ON NEWSPRINT. INCLUDE HANDS, FINGERS, TOES, EARS, EYES, NOSE, AS WELL AS CLITORIS AND THE MORE OBVIOUS PARTS. INCLUDE THE BRAIN.

That's great.

Now start writing out the questions you would like answered.

ALLOW TIME TO WRITE QUESTIONS. ENCOURAGE ASKING QUESTIONS AND ALSO SHUFFLE THE CARDS AND HAVE PARTICIPANTS READ THE QUESTIONS ON THE CARDS. YOUTHS ARE TO BE ENCOURAGED TO TRY TO ANSWER THE QUESTIONS THEMSELVES AND THE LEADER INTERJECTS ONLY TO CORRECT WRONG ANSWERS. THE GOAL OF THIS EXERCISE IS FOR YOUTHS TO DISCUSS THE QUESTIONS RATHER TO COME TO ONE "RIGHT" ANSWER. USE THE "SEX QUESTIONS AND ANSWERS GUIDE" TO HELP YOU ANSWER QUESTIONS. IF YOU DON'T KNOW THE ANSWER, INDICATE THAT YOU DON'T KNOW AND DISCUSS HOW TO FIND OUT THE RIGHT ANSWER. YOU MAY WANT TO ASSIGN A VOLUNTEER TO RESEARCH THE QUESTION.

Those were great questions.

GIVE OUT TOKENS FOR SUPPORTIVE AND UNDERSTANDING COMMENTS.

Are there questions you would like the other group (men or women) to answer?

Think about them.

We'll go in there and meet with them.

You can either write your question on a card or ask them directly.

BRING THE GROUPS BACK TOGETHER AND HAVE THEM ASK QUESTIONS OF EACH OTHER.

That exchange was very helpful.

Let's take a moment and give out some strokes for contributions that group members made in today's session.

ENCOURAGE SHOWING APPRECIATION FOR GROUP MEMBER'S PARTICIPATION.

For homework, think of one new question about sex, put it on a card, and bring it with you for the next time.

PASS OUT A 3 X 5 CARD TO EVERYONE.

Don't put your name on the card.

That's it for today.

I'll see you on \_\_\_\_\_ (date) at \_\_\_\_\_ (time).

THE END OF SESSION 12

## Typical Questions About Sexuality

### Female Sexuality

What is the hymen?

A covering inside the vagina. It is often broken prior to the first sexual intercourse or sexual penetration experience. It is likely that youths are interested in what it means to have an unbroken hymen.

How difficult is it to break the hymen?

It can be broken playing sports or during the first sexual penetration. The difficulty varies for different people.

How much blood does a girl lose during a period?

It varies a great deal depending on the girl. It is generally about two tablespoons.

Do girls want guys to know when they have their period? Why or why not?

While some girls would not care if boys knew, many girls in our society would probably consider it a private matter. Girls vary a great deal.

What's the clitoris for?

Pleasure.

Why is one breast sometimes bigger than the other?

Hormonal differences. Many people have different size feet as well.

Can a girl's vagina be too small for a penis?

Have you ever seen a penis that is bigger than the head of a baby. Fear and nervousness may cause a vagina to contract. The girl may not be relaxed.

Do girls masturbate?

Many do.

### Male Sexuality

What's the average length of a penis when it's hard?

There is great variation: from 4.9 inches to 9.2 inches in length and 1.25 to 1.5 inches in diameter.

How can boys get an erection when they're not thinking about sex?

Hormonal fluctuation, tension, embarrassment, and anxiety can be associated with an erection.

How often is normal for a boy to have a wet dream?

Varies greatly. Some boys might not have them, and others may have them several times each week.

Is there something wrong if one testicle is lower than the other?

Not likely.

How can you tell if a boy is old enough to have sperm?

Not by looking. Typically sperm is produced between 12 and 18 years of age.

Is masturbation dangerous?

No; anxiety and guilt that often come with masturbation can be uncomfortable and cause problems.

Does a boy have to ejaculate before he can get his penis back to its normal size again?

No.

## **Masturbation**

Is masturbation normal?

Both masturbating and not masturbating is normal.

Will masturbation cause problems in intercourse?

Masturbation has no negative effects. Some people feel masturbation enhances pleasure during intercourse.

How do girls masturbate?

Many different ways. Each girl is different. Usually the clitoris is stimulated. For example, touching, with a vibrator.

How often do girls (boys) masturbate?

Varies wildly. Doing it a great deal is not harmful.

Can a doctor tell by examining a girl whether or not she masturbates?

No.

## **Homosexuality**

What causes a person to be homosexual?

We do not know for sure. There is evidence that suggests it may be genetic. People do not choose to be homosexual.

How can you be sure whether you are gay or not?

As you get to know yourself better, you will recognize that you are consistently turned on by or fall in love with members of the same-sex.

What are the laws about homosexuality?

This varies by state. In most states homosexuality is considered illegal, although the laws are not usually enforced.

What is a lesbian?

Lesbians are girls who are attracted to, fantasize about, and are turned on by other girls.

What do homosexuals do to each other?

Care for each other; take care of each other,; and make love in many different ways.

How can two females have sex together?

In every way that heterosexuals have sex minus the penis.

Can a homosexual lead a healthy life?

Yes.

If you are gay, how do you find other people who are?

Many different places. In large cities there are many gay and lesbian organizations. There are also social settings where gay and lesbian people hang out. You can consult your local community resource agency.

Is it actually against the law for two men or two women to dance together?

Yes, in some states it is. Laws vary depending on community standards. You need to check local laws.

Why are homosexuals kicked out of the service?

They are thought to be a security risk and that they would be susceptible to blackmail.

What are gay rights?

This is a movement to fight discrimination based on sexual orientation.

## **Bisexuality**

Is a person bisexual if they have had sex with a boy and a girl?

Bisexual orientation is not based on behavior alone, but includes fantasies, thoughts, attraction patterns, and actions.

Is it normal to think about having sex with both sexes?

It is common.

Is everybody either gay or straight?

No.

Can a married man with kids be homosexual?

Yes.

Why would someone want to have sex with both sexes?

Because their desires and fantasies are for both sexes.

If a person has two best friends—a boy and a girl—does that mean he or she is a bisexual?

No.

## **Reproduction**

How do you know you won't give your child too many chromosomes?

You do not know.

What happens to the sperm that doesn't enter the egg cell?

It disintegrates.

Can a girl have a baby before she starts having periods?

This is a very difficult question to answer. In some cases the monthly period has not been noticed. It is very uncommon.

Does giving birth hurt?

It is hard work and can feel painful, especially if the woman is not relaxed. Anesthesia and training in "natural birth" which includes both relaxation and exercises are used to make the process easier.

Can you really decide which sex baby you will have?

There are many theories, with little proof.

## **Birth Control**

Will drug stores sell condoms to kids?

Most will.

Does a boy ever have a "safe" period?

No, not after he has started to produce sperm.

What's wrong with Saran Wrap as a contraceptive?

It can easily leak, and it is difficult to hold in place during sexual activity. It also does not have a reservoir tip.

At what time during a girl's cycle can she actually get pregnant?

A girl can get pregnant when she ovulates. This is usually half-way through the time between her periods, but this can be very difficult to detect. It lasts about 3-5 days.

What are some positions in intercourse that won't get a girl pregnant?

There are no positions in intercourse that can't get a girl pregnant.

What's the best kind of birth control to use—besides not doing it?

The best kind of birth control is one that fits your religious beliefs, your lifestyle, and your doctor's recommendations.

## **Sexually Transmitted Diseases**

What are they?

The main sexually transmitted diseases are AIDS, herpes, syphilis, gonorrhea, and chlamydia. There are many other kinds of STDs as well. People can get them by having sexual contact with an infected partner.

Do you get the disease from doing it wrong?

No. You get diseases by having unprotected sexual contact with someone who is infected.

Which would be worse to have: AIDS, Syphilis, Gonorrhea, or Herpes?

AIDS, it causes death and currently there is no cure. There are treatments for Syphilis and Gonorrhea. Herpes is a virus that stays with you your entire life, but there are treatments to reduce the symptoms.

Can you get STDs from petting? From oral sex?

You can get STD's from petting that includes genital touching and touching of sores. Oral sex can transmit STDs as well.

Can they cure STDs?

Some STD's, such as syphilis and gonorrhea, can be cured. Others, like herpes, can be treated and managed effectively, but not cured. Others, like AIDS, can not be cured.

How can you tell if a girl (guy) has an STD?

It is not always possible to tell if someone has an STD. Both girls and guys can have a disease without showing outward signs. However, if someone has an open sore on his or her genitals, chances are that they have some kind of STD.

## **Opposite Sex Relationships**

How can a girl stop a boy when she doesn't want to go any further?

A girl always has the option of saying no to a boy that she doesn't want to go any farther. She can talk to him about her feelings, or simply leave the situation.

How can a boy stop a girl?

A boy can also say no to a girl who wants him.

Why don't some parents like to see boys and girls "go steady"?

Some parents are afraid that boys and girls who go steady may get involved too quickly in sexual behavior that they are not emotionally ready for. Parents are also concerned that their children may get and STD, or that their daughters may get pregnant.

How much does a girl really want you to do to her and how can you tell?

You can only tell what a girl wants you to do by what she tells you and asks for.

Do girls like to French kiss?

Most do when they are comfortable with their partner.

Are there any boys who remain virgins until they are married?

Yes.

I think I should be interested in boys (girls) like my friends, but I'm not. Is there something wrong with me?

No, there is nothing wrong with you. Everyone develops different interests at different ages. You don't have to feel a certain way just because everyone else seems to. Chances are that many of your friends feel just the same way you do.

### **Same-sex Love Relationships**

How can one person stop another when he or she doesn't want to go any further sexually?

Respect the other person's desires but state what you want. Talk about it. Leave if you have to—when the other person wants to go farther than you do.

How can you tell what the other person is willing to do sexually?

Ask. You can only tell by what the person says and does. If the person says, "No," accept it at face value.

How would a person know if his or her partner likes things like deep kissing or genital stimulation?

Ask them. Talk about it. In close relationships, people feel more comfortable being sexual.

Are there any gay and lesbian teenagers who remain virgins until they get into a committed long term relationship?

Yes.

### **Same-sex Friendships**

Why can't two teenagers of the same-sex be good friends without people making jokes about them?

Many people are scared of things they do not understand or experience themselves. They may be jealous, or afraid of their feelings toward their own sex. People make fun of two guys that are good friends in order to feel better about themselves. Although it happens more with boys, making fun can also occur when two girls seem especially close.

If a boy asks you out when you planned something with your best friend, what should you do?

You should tell the boy that you had plans with your best friend, and try to find another time that you can go out together. Your best friend will feel badly if she is blown off at the last minute because a boy asked you out.

Is there something wrong with you if you just want friends of the same sex?

No.

What do you do if your best friend tells you she's a lesbian?

You should talk to her about your feelings and questions, and try to accept her sexual orientation without ending the friendship.

Is it normal to think about having sex with a friend even if you don't?

Yes.

If you have sex with your own sex would you be gay or lesbian?

Not necessarily. Many people experiment with people of their own sex, especially when they are young. Remember, though, that some people have self-identified as gay or lesbian. The label of gay or lesbian, however, is not applied to behavior. Sexual orientation is different than behavior.

Do all boys "play around" with their buddies sometimes?  
Many boys do, but not all.

Is it normal to have a crush on a female teacher?  
Yes.

Can a man love another man without being gay?  
Yes. Gay refers to sexual orientation.

## **Lovemaking**

What happens in sexual intercourse?  
There is intense petting and erotic arousal. This usually results in penetration by a penis with rubbing or thrusting until ejaculation.

What is oral and anal sex?  
Oral sex is when one person's mouth is in contact with another person's genitals. Anal sex is when a man inserts his penis into another person's rectum or when a woman inserts a sex toy or finger into her partner's rectum. Oral and anal sex can be between people of the same, or opposite sexes.

Are there some men and women who never have intercourse?  
Yes.

Can a girl tell by having intercourse if she's frigid?  
Frigid is a sexist word that people sometimes use to describe someone who does not appear to be sexually responsive. There are many reasons why sex may not be pleasant. For example, her partner may not know how to stimulate her or may not use a lubricant. Also a girl can tell by having sex if she has a condition called vaginismus that makes intercourse painful or difficult. However, she can't tell if she is unable to feel sexually stimulated simply by having intercourse.

How does a guy know if a girl has come?  
In general, a guy can't know if a girl has come.

What is orgasm like?  
Orgasm is a different sensation for men and women. Men experience intense throbbing and release of the ejaculate. The immediate relaxation is intensely pleasurable. Women have a more varied experience. Some have a spreading warm feeling in the genital region, a series of frequent, rhythmical, muscular contractions, and a deep sense of letting go—a highly pleasurable release.