

SESSION 9:

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.

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 or 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 boys or the 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

"Black out" scripts

Condoms and dental dams

Lubricant with non-oxynol 9

Sex Questions and Answers Guide

(Two separate meeting rooms)

Note to the instructor

Instead of Exercise 2 in which the "black out" scripts are used or Exercise 3 where the sex education course is outlined, you may want to wait until the same groups start before talking about sex. In the same sex groups you could begin by asking the group members to list on the board the female and male erogenous zones (or parts of the body where people become sexually aroused). Be sure that the brain is included, as the brain is really the most important erogenous zone of both females and males. Other areas not to miss include: hands, fingers, toes, ears, eyes (sight), nose (smells), etc. Also sometimes the clitoris is not mentioned. Frequently neither girls nor boys know about the clitoris, what it does, the lack of stimulation received during penetration and that it is the only part of the body whose sole purpose is pleasure. Ask them which part of the body is the largest erogenous zone: the skin. After a listing and discussion of the sexual parts, then move to the cards and questions.

An alternative to answering questions is to have the same sex groups meeting separately write questions directed at the opposite sex. Identify the girls' group as a panel of "experts" to answer the questions posed by the boys, and vice versa for the boys. Each group can choose which questions they want to answer and also redefine the questions to ones they prefer to answer. They can either write brief answers on the cards and send them back to the other group or they can take turns appearing as an "expert" panel before the other group.

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 or tv star or singer 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 Madonna is the sexiest. I'm like her because I am special and people like me."

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 that you carry on you at all times.

Give out tokens for those group members who have a condom 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 and 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?

Catch someone doing something good.

Exercise 2: What is sex all about?

Most animals automatically know how to have sex.

It doesn't come naturally.

In fact sexuality is very complicated.

"Blackouts are quickie scenes where two actors say a few lines and then the screen goes blank.

Who will read Jack and who will read Jill?

Jack and Jill

JACK:

JILL: I just don't

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

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

So what is happening with Jill?

Encourage answers.

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

Who will read Honey and Herbie?

Honey and Herbie

HERBIE:

HONEY: It just di

HERBIE: But I was pumping like crazy.
HONEY: Well, you still didn't stimulate my clitoris enough.
HERBIE: What the hell is that?

THE END

So what is Herbie's problem?

Encourage answers.

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

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

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

Who will read Bill and who will play Bunny?

Select volunteers, give them their scripts, and have them read.

Bill and Bunny

BILL: But why don't you want to sleep with me? I'm a real stud. I've had more girls than you can imagine. I'm good looking, and I lift weights. What more could you ask for?
BUNNY: Have you got a job?
BILL: Come off it. I'm a hunk!
BUNNY: I'm looking for something else.
BILL: Like what?
BUNNY: Can I trust you?

THE END

What is happening here?

Encourage answers.

Men and women 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 sexual relationship.

Now who will read Sid and who will read Sally?

Select volunteers, give them their scripts, and have them read.

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, gay and lesbian relationships, 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 girls will meet in one room and the boys 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 boys and a female leader with girls. Encourage asking questions and also shuffle the cards and have participants read the questions on the cards. 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 will find out. You may want to assign a volunteer to research the question. Ten minutes before the session is to end bring the boys and girls back together again.

How are you feeling now on the Feeling Thermometer?

Encourage sharing.

After having your questions answered, is there anything that the girls want to say to the boys or the boys to the girls?

Give out tokens for supportive and understanding comments.

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).

END OF SESSION 9

Typical Questions About Sexuality

Female Sexuality

What is the hymen?

\$ A covering inside the vagina. It is often broken prior to the first intercourse experience. It is likely that youth 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 first intercourse. 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 are on their period?

\$ Girls vary a great deal.

What's the clitoris for?

\$ Pleasure.

Why is one breast sometimes bigger than the other?

\$ Hormonal differences. Some 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.

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 it normal for a boy to have a wet dream?

\$ Varies greatly.

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

\$ Not likely.

How can be sure if a boy is old enough to have sperm?

\$ Unsure.

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.

How will masturbation affect intercourse?

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

How to girls masturbate?

\$ Many different ways. Each girl is different.

How often do girls (boys) masturbate?

\$ Varies widely.

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.

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

\$ As you get to know yourself better, your choices will become clearer to you.

How many times can you have oral sex with a person of the same sex before it makes you gay?

\$ You may never be Agay@by having oral sex.

What are the laws about homosexuality?

\$ This varies by state.

What is a lesbian?

\$ Lesbians are girls who prefer, fantasize about, and are turned on by other girls.

What do homosexuals do to each other?

\$ 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; you may consult your local community resource agency.

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

\$ Laws vary depending upon community standards; you need to check local laws and standards.

Why are homosexuals kicked out of the service?

\$ They are thought to be a security risk and susceptible to blackmail. However, there is no evidence to prove these suspicions.

What are gay rights?

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

Bisexuality

Is a person bisexual if they have 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 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.

Can you really decide which sex baby you will have?

\$ There are many theories, with little proof.

Birth Control

Will drugstores 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, and gonorrhea. 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 STDs from petting and oral sex.

Can STDs be cured?

\$ Some STDs, such as syphilis and gonorrhea, can be cured. Others, like herpes, can be treated and managed effectively, but not cured. Others, like AIDS, cannot 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.