

# Embracing Sex and Parenthood – Step 2

## Information for teachers

### What we are going to learn today (learning outcomes)

The intention of the learning outcomes is to link to the content of the animation.

- What is special about a relationship.
- Intimacy and boundaries.
- Knowing when it is okay to become intimate.
- Respecting and taking care of each other.

Hopefully the animation will generate some questions from the students. Below are the suggested discussion points. These are not an exhaustive list and the students may want to talk about something else. Feel free to cover as many or as few points as time permits. The numbered questions below are accompanied by follow-ups, or prompts, in the event discussion is slow.

### Class or Small Group Discussion Points

- 1. Do you have any questions about the animation?**  
(NB if so, ask the class if they have any answers).
- 2. What things do people in relationships do together?**
  - a. What does it mean to be intimate?
  - b. How would people in relationships manage boundaries and respect?
- 3. How would you know that a relationship was becoming intimate?**
  - a. How would people in a relationship make each other feel?
  - b. Would you want to spend more and more time together?
- 4. What things might people in relationships want to do?**
  - a. Spend more time with each other, perhaps going to movies, having coffee together?
  - b. Hold hands? Kiss? Touch each other in other ways? Have sex?
- 5. How would people take care of each other in an intimate relationship?**
  - a. Would they pressurise each other, or would they respect the other person's wishes?
  - b. What might they do to protect each other's physical or sexual health?
  - c. What about keeping up with other friendships?

The children have a short workbook that they should complete (time permitting) in class or they can take home.

## Here are some other resources that might prove useful

### **Amaze**

<https://amaze.org/us/?topic=healthy-relationships>

### **Books Beyond Words**

<https://booksbeyondwords.co.uk/bookshop?category=Lifestyle+%26+Relationships>

### **RSHP (relationships, sexual health and parenthood)**

<https://rshp.scot/complex-asn/relationships/>

### **Down's Syndrome Association**

<https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/relationships-and-sex-education/>