



# developing relationships

**Topic:** Negotiation Skills  
**Level:** Year 10  
**Length of Session:** 1 hour  
**Lesson:** 10.3

**Objectives:**

- Raise an awareness of responsibilities, decisions, communication skills and safety issues associated with sexual activity.

**Outcomes:**

Students will be able to:

- Demonstrate a range of strategies for keeping themselves safe in sexual situations

**Lesson Outline:**

- Introduction
- Assertive communication - pressure lines

Time	Activity	Resource
5 min	<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>▪ Revise working agreement</li> <li>▪ Outline of today's lesson</li> <li>▪ Warm up activity (Optional)</li> </ul>	Lesson Resource 2.1
25 min	<p><b>Assertive Communication – Pressure Lines</b></p> <p>Before doing this activity inform students that no assumptions will be made about individuals' sexual activity. Remind them of the ground rule about personal privacy.</p> <p>Students form small groups (max 5 students). Explain that each group is to list all the common lines (pressure lines) they have heard when one person is trying to persuade another person to have sexual intercourse. Provide each group with butchers' paper and pens.</p> <p>Some examples could include:</p> <ul style="list-style-type: none"> <li>▪ You can't get pregnant the first time.</li> <li>▪ I really love you.</li> <li>▪ Everyone else does it.</li> <li>▪ (Names) do it.</li> <li>▪ You're the only person I've done it with.</li> <li>▪ I will not go out with you anymore if you don't.</li> <li>▪ I spent all that money on you so you should do it with me.</li> <li>▪ You got me all excited now you're saying no.</li> <li>▪ You can trust me</li> </ul> <p>Students to work in pairs. One person reads the 'pressure line' and</p>	<p>Butchers' paper and pens</p> <p>Lesson Resource Examples of Pressure Lines 10.3</p>

Time	Activity	Resource
	<p>the other has to come up with a suitable response. You may wish to do an example with the whole class before starting. Emphasise that assertive communication is not an attacking or put down statement.</p> <p><b>Eg, Pressure:</b> If you really loved me you would do it.</p> <p><b>Response:</b> If you really loved me you wouldn't hassle me.</p> <p>Allow time for pairs to wander from list to list and to practise responses and pressure lines in turn.</p> <p>As a whole group discuss particularly interesting responses:</p> <ul style="list-style-type: none"> <li>▪ Being emotionally ready</li> <li>▪ Gender difference and sex roles</li> <li>▪ Coping with rejection</li> <li>▪ "No" means "No"</li> <li>▪ Making good decisions for yourself</li> <li>▪ Age of consent 16</li> <li>▪ Values associated with when you should start having sex.</li> </ul>	
25 min	<p><b>Activity – Making Decisions in Relationships</b></p> <p>This activity can be single sex groups, class discussion, or brainstorming on the board.</p> <ul style="list-style-type: none"> <li>▪ What are some of the key questions people need to think about when they decide to have sexual intercourse?</li> </ul> <p>Examples:</p> <ul style="list-style-type: none"> <li>▪ Do I want to have sex?</li> <li>▪ Am I ready for sex?</li> <li>▪ How far do I want to go?</li> <li>▪ Have we talked openly about having sex?</li> <li>▪ Is it my decision to have sex or are there external pressures forcing me.</li> <li>▪ What type of contraception will we use?</li> <li>▪ Who will take responsibility for contraception?</li> <li>▪ Do I believe in casual sex?</li> <li>▪ Where are we going to do it?</li> <li>▪ What happens if contraception fails or we/I don't use any?</li> <li>▪ What happens if I/she gets pregnant?</li> <li>▪ What happens if I get an STI?</li> </ul> <p>Discuss possibilities of negotiating other sexual activities apart from sexual intercourse?</p>	
5 min	<p><b>Questions or Topics from session</b></p> <p><b>Take Away Message</b></p> <p>Ask students what they think the "Takeaway" message about sexual decision making is?</p>	

## Examples of Pressure Lines

- If you liked me you would do it.
- You led me on.
- What, are you frigid or something?
- I'll be careful.
- I really love you, so we don't need to worry about viruses.
- I really love you.
- I'll be very gentle.
- I've never liked anyone as much as I like you. I'd love to have sex with you.
- You really turn me on. I'd like to do it now.
- Everyone else does it.
- I'll give you a friendship ring if we do it.
- You are so attractive; I can't keep my hands of you.
- There are names for people like you who lead people on.
- I've bought some condoms with me so you've got no excuse now.
- We don't have to worry about STIs I haven't got any.
- I'm really turned on now. If we don't do it, it'll damage my health.
- You'll like it I'm very experienced.
- You've had sex with other people before, so you should have sex with me.
- We have already had sex before, so we should have it again.
- You might as well; I am going to tell people we did it anyway.
- Don't worry you won't get pregnant.
- You are the only person I have done this with.
- You won't get pregnant if we do it standing up.
- You got me all excited, now it is up to you to do something about it

## Examples of Pressure Situations

### Group of males talking about women and sex

“I think you have them down in about five seconds flat, then you see what happens. Wait ‘til you get it in them. I mean if they, like, are really distressed and they don’t want to do it or if they’re, you know, maybe interested you keep going, but if they’re like ‘no’, if they are really racked off that you’re doing it, then you stop. You know you definitely have no chance when they go ‘get lost, I told you to stop’.”

“When they’re sliding your hand away and everything...you just keep putting it there and they get sick of pushing it away and they’ll let you leave it there.”

“You know that you don’t want to do it, but don’t want to tell them, and like you just want to kiss and stuff but things get, you know, then you can’t actually say no... They think they’re going to get it, kind of thing. You feel like you’ve virtually told them ‘yeah, okay’.”

“They haven’t said that they don’t want sex. They just kind of say ‘I love you’, and I think all right cool. It’s not like its really clear. But they don’t say yes or no to it, so it obviously must be okay then.”