

THE GAME

Consent, sex & relationships



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SEXUAL DECISIONS CARDS
For students

SEXUAL DECISIONS CARDS – GAME INSTRUCTIONS

This is a conversation game. It's about sharing ideas and opinions. It should be fun and interesting.



- Sit in a small circle with a small group of 3–6 people. Make sure everyone in the class has a group.
- Every group uses a set of cards to play independently. One person in each group takes a card and reads out the top section. Then ask each question one at a time in your small group.
- Stop after each question so everyone in the group can share their opinion. Make sure everyone who wants to respond gets the chance.
- It's ok to have different opinions. Everyone should listen and show respect. No one **has to** share an opinion or read out the questions; it's fine to pass.
- Then another person takes a card and asks the questions on it.



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SEXUAL DECISIONS 1

The right time?

People often wonder when the **right time** to have sex is, either for the first time, or with a new person.

But are we really all the same?



Maybe everyone has a different idea of the right time?

Talk with your group

- A. What are some reasons why people might **not** want to have sex?
- B. What are some ways you could tell the other person if you don't want to have sex?
- C. What are some problems that can result from pressuring someone to have sex?
- D. 'Sex should be something a person does **with** another person, not **to** another person.' What does this mean? Do you agree?

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SEXUAL DECISIONS 2

Many ways to show caring

People might think **intimacy** is all about sex, however, there are many ways to be intimate with someone. This can include physical activities such as making out, and other non-sexual ways to be close such as spending time together.

Talk with your group

- A. What are some non-sexual ways to be close to a romantic partner or a friend?
- B. One theory of people's preferences about closeness is there are **5 love languages**^{*}
 1. Words of affirmation
 2. Quality time
 3. Acts of service
 4. Gifts
 5. Physical touch



Which ones are most important to you?

^{*} From Gary Chapman's book *The 5 Love Languages* (1992)

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SEXUAL DECISIONS 3

When the time is right

Having good sexual health includes the possibility of having pleasurable and **safe** sexual experiences when the time, circumstances and person are right.

Sexually healthy experiences should be free from coercion*.

Talk with your group

- A. Why is it important that the time, person and circumstances are right?
- B. Why do you think sexually healthy experiences should be free from coercion?
- C. Do people have **the right** to sex with another person? Why or why not?

* Coercion includes intimidation, force, threats or unethically persuading someone to do something they don't want to do.



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SEXUAL DECISIONS 4

Condoms

In many relationships or hook-ups, condoms are an important part of staying sexually healthy.

Talk with your group

- A.** Why is it important for people to use a condom when having penetrative sex?
- B.** Where can people get condoms?
- C.** What are some options if people want to be intimate but neither one of them has a condom?
- D.** What should people do if a condom breaks during sex?



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SEXUAL DECISIONS 5

Contraception

If people are having the kind of sex which may lead to a pregnancy and are not ready to have children, it's important to talk about contraception (**and use it!**). The type of sex which can lead to pregnancy is 'penis-in-vagina sex'.

Talk with your group

- A.** Why is using contraception a shared responsibility between both people?
- B.** What information do young people need about contraception?
- C.** What are some good sources of information about contraception?
- D.** What types of contraception have people in this group heard of?



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SEXUAL DECISIONS 6

Pressure

Pressuring a person to have sex = **sexual coercion**. Making a person have sex with you when they don't want to = **sexual assault**. Experiencing either of these can have a terrible impact on a person's wellbeing (often for a long time afterwards).

Talk with your group

- A.** Why can pressuring someone to have sex have a negative impact on them?
- B.** Is it ok to **ask** a person if they want to have sex with you?
- C.** In what circumstances is it fine to ask someone if they want to have sex?
- D.** In what circumstances is it **not** fine to ask?
- E.** How can you be sure if a person wants to have sex with you?

