



Plan for The Awkward Chat - Sex & Relationships Workshop/Assembly (Y9+)

Intro

Who we are

What we're talking about today – sex & relationships

Introduce characters (All relatable year 7-13* students, x3)

*Dependent on the year group we are seeing

Part 1 – Facts and myths

Scene i - Myths

Scene between Girl and Boy littered with myths and misconceptions about sex, conception and contraception including:

- Legal age of consent
- Sex and alcohol
- Safe sex
- Same sex relationships
- Derogatory language
- “Sexting” and the law

Activity ii – Myth Workshop

The students are split into 2 or 3 teams, the actors perform the scene again, with the students freezing the action when they hear a myth. The forum leaders clarify the facts & awards points.

Designed to explore facts in an active and fun way. Breaking down barriers, giving the audience permission to be involved.

Part 2a – STI's and contraception

Intro

Establishing that pregnancy is *one* risk of unprotected sex but STI's are another and the only form of contraception to prevent STI's is a condom.

Activity ii – I'm an STI, Get Me Out of Here! (Time Dependant)

- Ant and Dec take the character of Stuart through the steps of getting an STI, from infection to symptoms, to treatment.

Fun, high energy, light relief, breaking down audience/performer barrier. Exploring the facts of some STI's in an interesting format and reinforcing that being sexually active comes with the responsibility of being safe and if you're too embarrassed to go the Doctor, then perhaps you're not ready for sex.

Part 3a – Friends : Sex and Social Media

Intro

Remind the students of the 'sexting' myths discussed in the myth workshop.

Scene ii – Sexting

Scene between 2 boys, good friends, one of the boy's is encouraging his friend to pass around an indecent picture of a girl.

Activity iii – Consequences

The students are asked what the legal, personal and social consequences of the situation could be, and offer advice to the character who is being pressured.

Part 4 – Romantic Relationship : Consent

Intro

We touch upon media and film portrayals of 'love and relationships' and the expectations that then puts on the real thing.

Scene ii – Consent

Scene between girlfriend and boyfriend, he is pressuring her to have sex.

Activity iii – Forum Theatre

- Determine the 2 characters objectives
- Split the audience in 2 and assign them a character
- Group discussion with their characters including suggestions of things to say to their friend to achieve their objective.
- Actors return to the scene, using the advice they've just been given by their group
- Process is repeated and groups swapped until the characters have achieved their objective/we've explored the scene & the issues.

A serious situation, which the students can get really involved in as they offer advice to their characters.

Part 5 – Help Available

Services and help available.

Conclusion

Recap what we've covered & any help/resources available. Thank students for their suggestions and if time, Q&A.