

# Relationships, sex and consent – working with young people

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# What are the challenges?

What would support you in this work?

# The work I do:

- Originally developed in response to the high teenage pregnancy rates &
- High rates of sexually transmitted infection amongst young people but..
- Responds to the questions around consent and readiness
- Feelings based
- Experiential
- Ten strategies and tools to support educators and peer mentors
- Based in a young person's rights
- In consultation with young people

# YOUNG PEOPLE NEED

- **Boundaries**
- **Frameworks**
- **Guidance**
- **Advice**
- **Support in making decisions**
- **Being listened to, and being seen**
- **Safe spaces to share regularly**

# Ten practical strategies to support young people around relationships:

- 1. Address and build strong friendship skills
- 2. Building a sense of Rights, Self-Esteem & Aspirations & connect to their worth and dreams
- 3. Offer drama, excitement and alternatives to sex
- 4. Address gender issues and do boys work
- 5. Assertiveness skills, dealing with pressure, lines to say “No”
- 6. Ensure excellent SRE and Peer Education including condoms, contraception, how to access services and lots of work on Relationships
- 7. Work imaginatively with parents
- 8. Give them ‘trigger’ thoughts
- 9. Work on sensuality and the senses
- 10. Discussing notions of consent and power

# RU Really Ready Checklist:

- You feel you could say no to your partner if you wanted to but still want to do it.
- You can have fun together without anything sexual involved.
- You want to be intimate, for yourself and not because you are being pressured, or to please or keep your partner.
- You have discussed who you might share your sexual life with and how to protect each other from pregnancy and infections.
- Just because you have had sex once, doesn't mean you have to – it's not a treadmill, you can take a break.
- You have discussed where sex might happen and feel happy with that.

# Example.....Lots of work with boys and young men





One thing we should give our children is  
roots,

The other is wings.

2 day training course – Relationships, sex  
and consent

