

# More Than Just Sex Virtual Mini Lessons

Teens PACT

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## The Importance of Self Care

### **What is self care?**

Self care looks different for everyone. It is the stuff you do to protect your own well-being and happiness, especially to prevent and treat stress. Everyone should be able to practice self-care. It should feel good to YOU, be easy to do and a part of your regular routine. You might even start to self care without even thinking about it. From cooking, exercising, painting, masturbating, exfoliating, or even writing yourself a love note, nothing is too small. Self care is for everybody.

### **MTJS PSA**

<https://www.youtube.com/watch?v=rxifYhtE5yk&feature=youtu.be>

### **Processing Questions**

1. What does self care feel like to you?
2. When can it be difficult to self care?
3. How can we encourage self care in our communities?

### **Activity: Self Care Skill Share**

1. Choose your self care action or behavior. (It can be from the PSA or one that's all your own.)
2. Create a skill share (video, poster, Tik Tok, "how to" guide, testimonial PSA, skit, short story) that either demonstrates, explains, or encourages people to try this self care behavior.
3. Include in your skill share what the mental / physical health benefits of this behavior can be.

### **Social**

If you want to share your skill share, post to IG and tag @ TeensPACT with the #selfcareskillshare

# Consent

## Consent

When it comes to consent, everyone involved is clear about what's about to happen next. (Not just sex, but the specifics of what you'll do.) All parties are truly into what's going on. No one is being guilted or pressured into anything, and everyone feels like they can say "no" to anything at any time without being asked again about it.

## MTJS PSA: Sex and Consent

<https://www.youtube.com/watch?v=dg6Z4oIcZNk&t=14s>

## Processing Questions

What do you think causes confusion about "consent" for people?

Why is it important that consent be "ongoing?"

How can people support their partners in feeling comfortable to speak up if they don't want to consent?

## Activity

What advice would you give to a younger teen who asks you:

- My partner always tries to hold my hand and be up on me in public, but I'm a private person. How do I get them to stop?
- My partner looks through my phone a lot, like most times that we hang out. They read my messages and my social media, and they act like I'm being really weird when I ask them to stop.

## Social

Share your work with Teens PACT! Post to IG and tag @TeensPACT with the hashtag #askbeforeyouplay.

## Healthy Communication

### Assertive Communication

Being assertive is a healthy and effective way to communicate. It's based on mutual respect. When we're assertive, we stand up for our own needs and feelings while also being aware of others' rights and feelings. Assertiveness helps to solve conflict and reduce brain and body stress. It's about being clear, honest, and direct. Being assertive can build self-esteem and help us to create honest relationships.

### MTJS PSA: Relationship Goals, Communication, and Sex

[https://www.youtube.com/watch?v=kP-CZ\\_F9f04&t=3s](https://www.youtube.com/watch?v=kP-CZ_F9f04&t=3s)

### Processing Questions

1. How should people approach talking about important topics with a partner?
2. What is daring about communicating with a partner in-person? What benefits could come from in-person communication?
3. What do you want your communication in relationships to look and sound like?

### Activity

- Brainstorm and write down qualities of 1) healthy communication and 2) unhealthy communication.
- Write or record two versions of an argument that a couple is having. One version will use healthy communication tools, and one will use unhealthy communication behaviors. Be creative! Think scripts, Tik Tok, comics, video!

### Social

Share your work with Teens PACT! Post to IG and tag @TeensPACT with the hashtag #assertiveissexy.

# The Sex Talk

## **What is "the sex talk?"**

The sex talk can actually be more than one conversation. Talking about sex and relationships on a regular basis shows that these topics are important, and a normal, healthy part of life. Talks can be about pregnancy, puberty, periods, dating, sex, gender and sexuality, body image, sexting, pornography, consent, trust, or communication.

## **MTJS PSA: Sex Talk**

<https://www.youtube.com/watch?v=ovLyDbhW5wU&feature=youtu.be>

## **Processing Questions**

1. How do you think teens feel about having the "sex talk" with their parents? How do you think parents feel about this?
2. What are pros and cons of having the "sex talk" with a parent or guardian?
3. When could be the right time and place to have the "sex talk" with a parent or guardian?

## **Safer Sex Pro Tip!**

If you don't want to have the sex talk with a parent, talking to a doctor, a health educator, or a trusted adult about sexual health can improve teens' health.

## **Activity**

Materials: Pen /Pencil, Paper, Crayon / Color Pencils (if you want). Or go digital!

Directions: Parents can learn a lot from their teens. Create an advice guide with 3-5 pieces of advice for parents / guardians about how you think they should handle the sex talk with their teens. You can include what you think parents should bring up in their sex talk with their teens, or how they should bring it up.

### Example advice:

- Ask your teen what they think! Don't only tell them what you think.
- Parents: talk about healthy communication, not just saying "no" to things.
- Don't jump to conclusions!

## **Social**

Share your work with Teens PACT! Post to IG and tag @TeensPACT with the hashtag #thesextalk.

## Sexting and Trust

### **Sexting Pro Tips**

- Ask yourself before you sext: Is it legal? Is it what YOU want? Will it get shared?
- Sharing someone else's sext without their consent is bullying and sexual harassment.

### **MTJS PSA: Sexting and Trust**

<https://www.youtube.com/watch?v=y-b6-c6aPqM>

### **Processing Questions**

1. Why was the boyfriend's bro upset over his choice not to show him the sext? What do you think about the boyfriend's choice not to show his friend the sext?
2. Nearly 1 in 8 teens have shared a sext without consent. How would you educate those teens about not sharing sexts without consent?
3. What do you think teens should do when they receive a sext?\*

### **\*Educator Key to Q #3**

Don't share the sext.

Do share your feelings with the person about receiving sexts.

Delete the sext, or if you're uncomfortable, only share it with an adult you trust.

Talk to an adult you trust if you're uncomfortable or feel harassed or bullied.

### **Activity**

Make a (digital or hand-created) comic strip that portrays how your character would respond if a friend tried to show them a sext that wasn't meant for them to see.

### **Social**

Share your work with Teens PACT! Post to IG and tag @TeensPACT with the hashtag #SafeSextSaturday.

## Respect for Pronouns

### **Respect for Pronouns**

Examples of pronouns are they/their, she/her, he/his, vi/vim. There are lots more out there! If you've never had to worry about which pronoun others use for you, gender pronouns might not seem important. But you can't always tell what someone's gender pronouns are by looking at them. Knowing and using someone's gender pronouns is a great and simple way to acknowledge their identity. Start today. Ask for pronouns. It's about respect.

### **MTJS PSA: Respect for Pronouns**

<https://www.youtube.com/watch?v=JkYqd1wt8RQ&feature=youtu.be>

### **Processing Questions**

1. How did Alex feel when Blake respected vim pronouns?
2. What can be the outcome of ignoring someone's pronouns?
3. Learning is lifelong! How should teens handle moments where they feel unsure or confused about pronouns?

### **How to Be an Ally**

- o Ask people what their pronouns are, and use them correctly.
- o Share your own pronouns when introducing yourself.
- o Check your gaze. Don't stare.. At people whose gender you're unsure of, at same sex couples, etc.
- o Don't use homophobic, transphobic, or misogynistic language.
- o Don't make assumptions.. About people's pronouns, sex lives, sexual preferences, relationships, sex organs, etc.
- o Educate friends and family about what you learn.

### **Activity**

Create a piece of content (video, poster, meme, Tik Tok, etc.) that expresses support for respecting people's pronouns.

### **Social**

If you want to share your art, post to IG and tag @TeensPACT with #respectforpronouns

## Notes for Peers / PAs

1. Start each workshop with:
  - a. An introduction of your names and Teens PACT program
  - b. An introduction of the workshop topic
  - c. A 3-5 minute icebreaker / name game
2. Remember, you can ask participants to help you read or explain concepts.
3. Keep participants engaged! Engage them in conversation when they offer their opinions. Affirm them when they make healthy insights.
4. When using Zoom, share the text of concepts and teaching points in the chat of Zoom as you talk about them. (You can also make a slide to show if you'd prefer to.)
5. Offer a few minutes at 1) the end of the processing questions as well as 2) the end of the workshop for participants to ask questions.
6. Share Teens PACT's IG handle and the mini lesson's Social hashtag on the screen or in the chat!