

East Midlands Community

**FCAMHS**

Forensic Child & Adolescent Mental Health Services

**NHS**

Nottinghamshire Healthcare  
NHS Foundation Trust



**St Andrew's**  
HEALTHCARE

# SEX AND RELATIONSHIPS



This book belongs to



# All about me

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Dashed rounded rectangular box for tracing practice.

Dashed rounded rectangular box for tracing practice.

Blank rounded rectangular box for drawing or writing.

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**1. Tell me a bit about yourself.**

What do you like doing? What do you not like doing?

**2. Tell me about your best friend.**

Do you have someone who is your best friend? What are they like? Why do you like them?

**3. Tell me about some other people who are important in your life.**

E.g. girlfriend/boyfriend? Family? Friends?

**4. Can you tell me what you look for in a friend?**

Try to think of 3 qualities you would like your friend to have.

**5. Do you find it easy to make friends?**

Do you know what to say to them? Or questions to ask them?

**6. If you wanted to make new friends, where could you go to make them?**

**7. How would you know if someone likes you or dislikes you?**

What signs would you look out for?

**8. How could you show your friend that you really valued them?**

What could you say or do to make them feel valued?

**9. Sometimes things go wrong in a relationship. What could you do to make things better?**

**10. Sometimes relationships are not good for us and people can do things that are not ok. Can you think of anything that is not OK in a relationship?**

**11. Sometimes we feel unsafe. Can you think of situations or activities that could be unsafe if you weren't careful?**

**12. If you felt unsafe, what could you do?**

Is there someone you could talk to?

**13. Sometimes the internet is not safe. Can you think of an example of what is unsafe?**

Think about what you can share or not share.

**14. Do you know what the word consent means? Could you describe it to me?**

**15. Is there anything else you would like to know about relationships?**



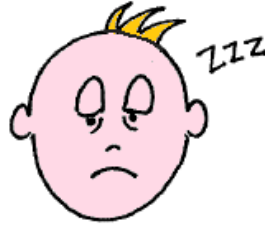
# Today I am...

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

Feeling happy



Feeling tired



Feeling angry



Feeling out of sorts



Feeling bored



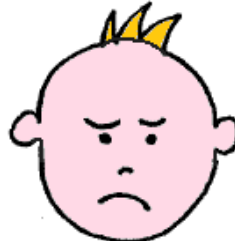
Feeling fed up



Feeling excited



Feeling low



Feeling sad



Feeling worried



Feeling hurt



Feeling unwell



Feeling loved



Feeling embarrassed

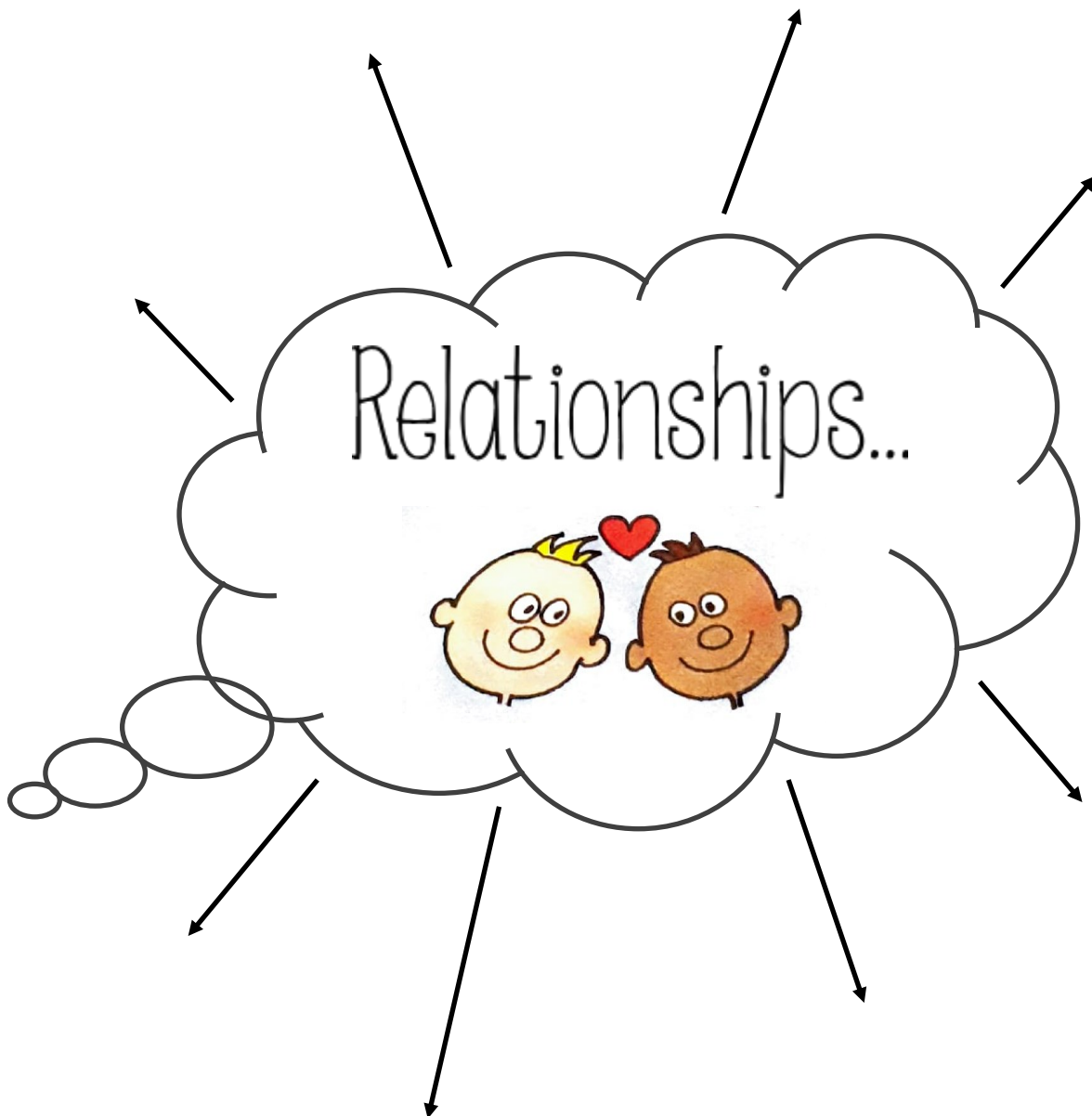


Something else...



# What are relationships?

What do you think relationships are?



# What does staying safe mean?

What does safe mean? What does it feel like?

What things do we do to stay safe? How can we stay safe?



# 'Safe' feels like...

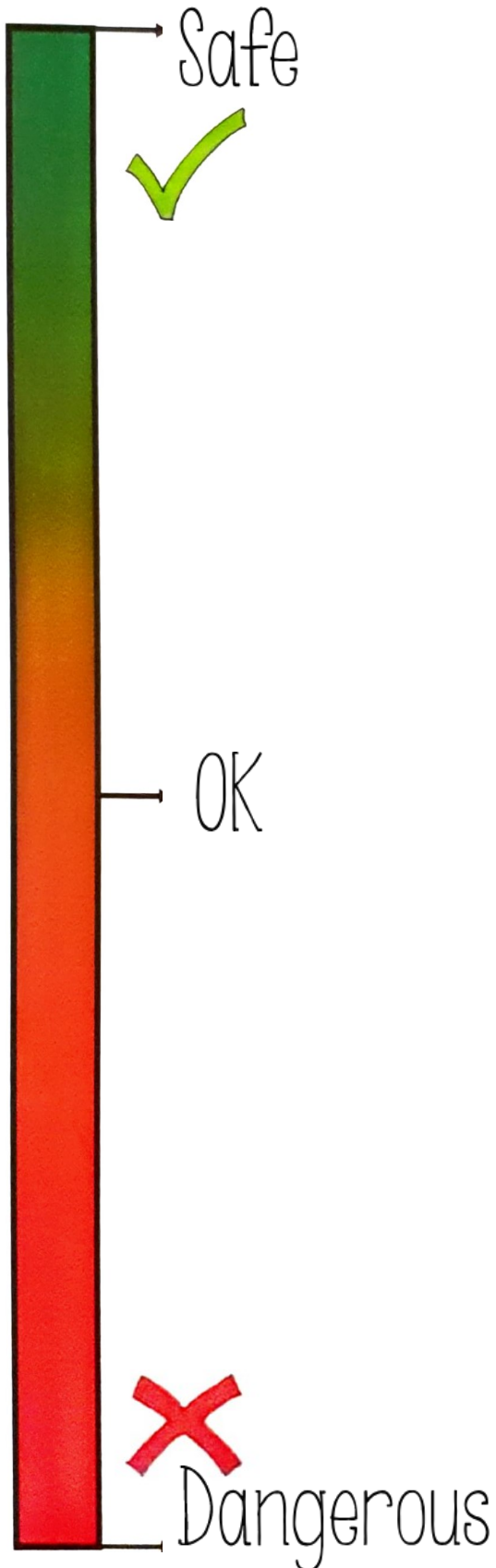
Can you find pictures from magazines or from the internet associated with feeling safe.  
Can you think of words that relate to feeling safe, such as secure.



# ...Safe...OK...Dangerous...


Can you find some different images of different scenarios related to being safe or unsafe. Place the images face down on the table. Pick up 1 image to discuss where it should go on the scale from 'safe' to 'dangerous'.

Can you think of any other 'safe' or 'dangerous' situations?



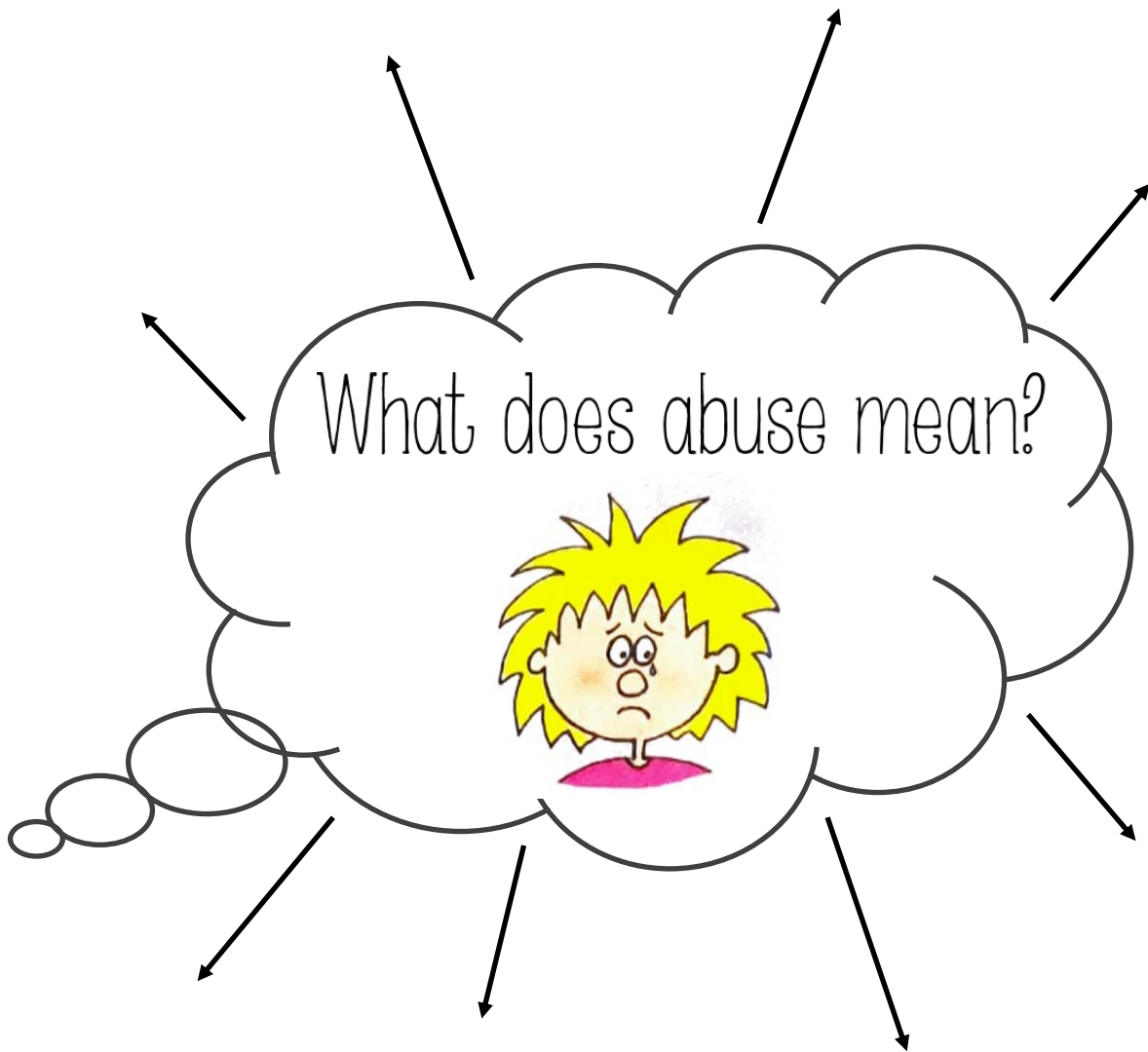
# Staying safe in relationships

Think of the different parts of a relationship and list these in the left hand column. In the right hand column, put ideas of how we stay safe for them parts of the relationship.

 Parts of a relationship	? What could I do to stay safe
<i>Going on our first date</i>	<i>Tell a friend or family member where you are going and what time you expect to be back</i>

# What is abuse?

Can you list what you think abuse means and can you give some different examples of abuse.



Abuse is .....

.....

.....

# What is OK and what is not OK

Look at the pictures and tick if you think it is OK or if it is not OK.

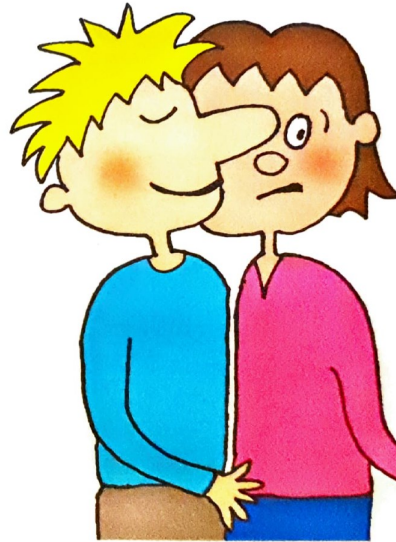
Explain why you have come to your decision.



OK

Not OK

Why?



OK

Not OK

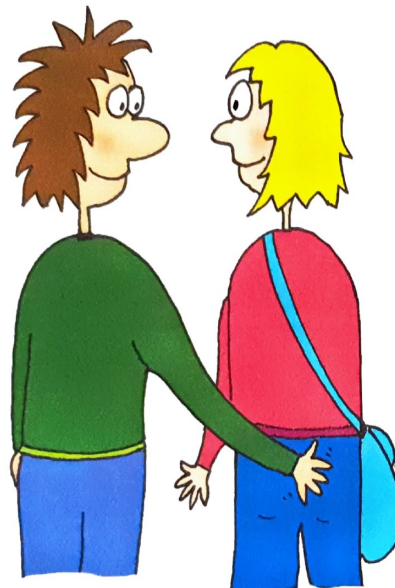
Why?



OK

Not OK

Why?



OK

Not OK

Why?



# What is OK and what is not OK

Look at the pictures and tick if you think it is OK or if it is not OK.  
Explain why you have come to your decision.



OK

Not OK

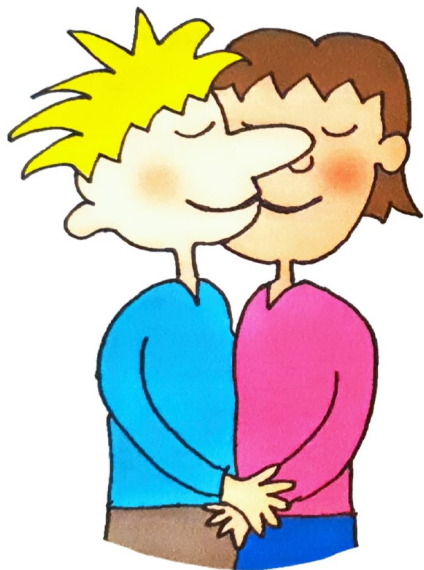
Why?



OK

Not OK

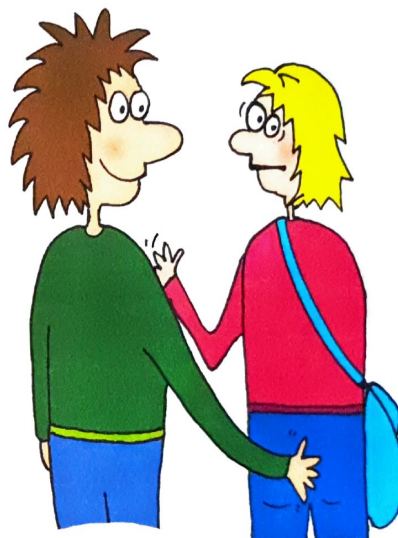
Why?



OK

Not OK

Why?



OK

Not OK

Why?

# What is OK and what is not OK

Can you write underneath each scenario whether you feel its 'OK' or 'not OK' and explain why you feel this.

**Robin touches Donna's bottom.  
Donna does not like it.**

**Tyrone touches Wayne's bottom.  
Wayne likes it.**

**Georgie's support worker keeps asking her to touch is private parts.  
She does not want to.**

**Ronnie touches Judy's bottom. Judy likes it.**

**Jordan wants to have sex with Rachel.  
Rachel wants to have sex with Jordon. They are excited.**

**Jessica keeps showing Natalie her private parts. Natalie does not like it.**

**Joshua wants to have sex with Mel. Mel does not want to have sex. Joshua offers to give Mel money for sex.**

**Gordon wants to have sex with Bert. Bert wants to have sex with Gordon. They are excited.**

# What is OK and what is not OK

Can you write underneath each scenario whether you feel its 'OK' or 'not OK' and explain why you feel this.

**Graham and his support worker are having sex.**

**Sanjay asks Cathy if he can touch her private parts. Cathy says yes. Cathy is happy. Sanjay is happy.**

**Pippin's support worker has been taking photos of her when she is naked.**

**Martin's support worker shows him videos of people having sex on his computer.**

**Nancy and Norman kiss and cuddle. Nancy is happy. Norman is happy.**

**Tim and Henry kiss and cuddle. Tim is happy. Henry is happy.**

**Violet is sad because her dog has just died. Her support worker gives her a hug.**

**Derik asks Daisy if he can touch her private parts. Daisy says not today because she feels unwell. Derik says sorry, they watch TV instead.**

# A story about consent

A story about consent... take one!

Is this story OK? Why do you think this?

*Jennifer wants to hug Johnny. Jennifer asks Johnny "would you like to hug".*

*Johnny wants to hug Jennifer.*

*Johnny says "yes, I would like to hug you".*

*Jennifer and Johnny hug.*

**OK**

**Not OK**

**Why?**

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# A story about consent

A story about consent... take two!

Is this story OK? Why do you think this?

*Toby wants to kiss Ben. Toby asks Ben "would you like to kiss?"*

*Ben does not want to kiss Toby.*

*Ben says "No, I don't want to kiss you".*

*Toby says "OK" and Toby and Ben do not kiss.*

**OK**

**Not OK**

**Why?**

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# A story about consent

A story about consent... take three!

Is this story OK? Why do you think this?

*Graham wants to have sex with Kathryn. Graham asks Kathryn "would you like to have sex".*

*Kathryn does not want to have sex with Graham.*

*Kathryn says "no, I don't want to have sex with you".*

*Graham ignores Kathryn and makes them have sex.*

**OK**

**Not OK**

**Why?**

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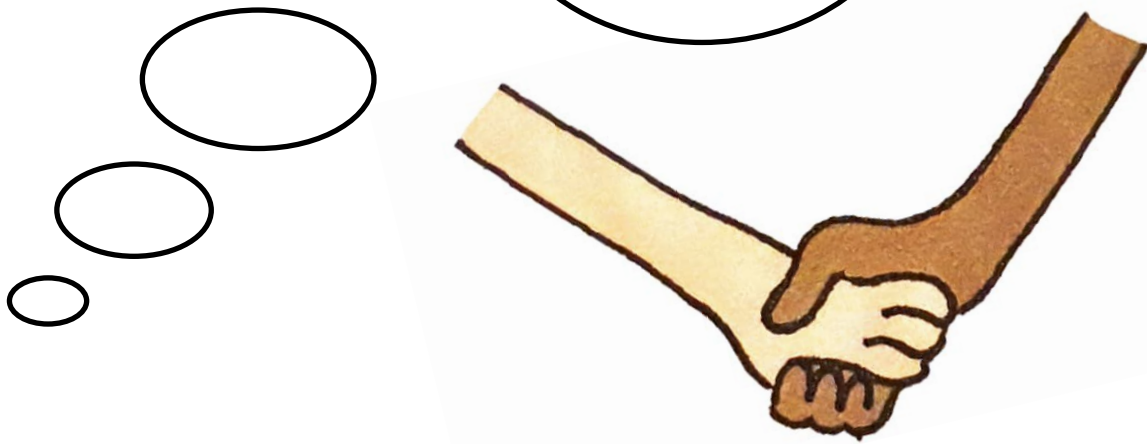
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Consent means...



1. **Ask** the other person
2. **Listen** to them
3. **Respect** their decision

## **Remember**

It is ALWAYS ok for someone to change their mind!

# Keep it real

Can you write down whether you think the characters below are real friends or online friends and why you think this?

**Cecil:** You were in the same class as Cecil at school. Your mums are friends and you see him most weekends.

**Mike:** You talk to Mike most evenings on an online game. He's the same age as you and likes the same things as you.

**Dominique:** Dominique has recently started coming to your day service. She is very friendly and you get on well.

**Debbie:** Debbie is a big fan of your favourite band. You love talking about them on social media.

**Laura:** Laura has all the best posts on social media. She's cool, fashionable and leads a glamorous lifestyle.

**Paul:** Paul used to be your next door neighbour. He moved to Australia last year but you regularly email and Skype each other.



# Keep it real

Can you write down whether you think the characters below are real friends or online friends and why you think this?

**Danny:** Danny goes to the swimming club with you every Thursday. You have a good laugh together.

**Georgia:** Georgia works in the library with you on Saturdays. You enjoy chatting to her in the staff room at lunch times.

**Rodney:** Rodney added you on Facebook a few weeks ago. He's really friendly and wants to meet up at the weekend.

**Angela:** Angela works at the local shop. You always chat to her when you pay for your shopping. She is polite and friendly.

**Mary:** You met Mary on an online game. Your characters are friends on the game and you've recently started instant messaging.

**Freddie:** Freddie likes all your posts on social media. He always says lovely things, like how handsome you are in photos.



## Do I know...

- Their real name?
- Where they live?
- Their family?
- When their birthday is?
- What they look like?

### Watch out!

You must never tell an online friend any personal details like where you live, bank details, phone numbers and passwords.



## Do we...

- Work together?
- Go to the cinema together?
- Go to the same day service?
- Chat face to face?

### Remember!

Sometimes people use fake names, ages and photos online. They could be somebody completely different!

### Don't forget!

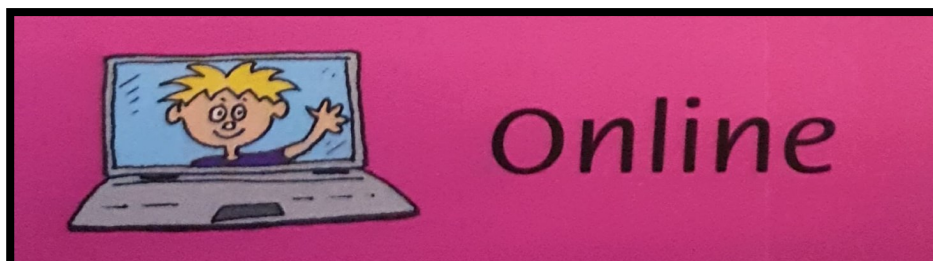
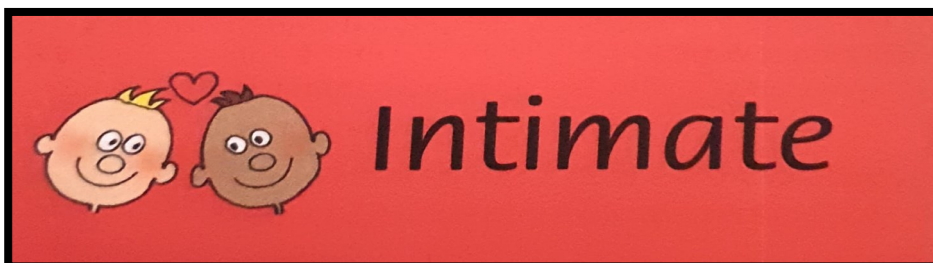
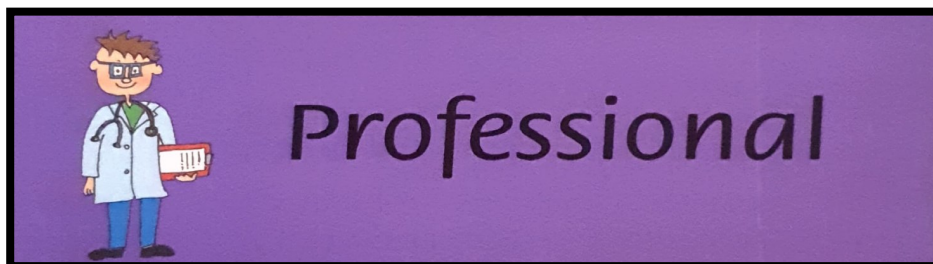
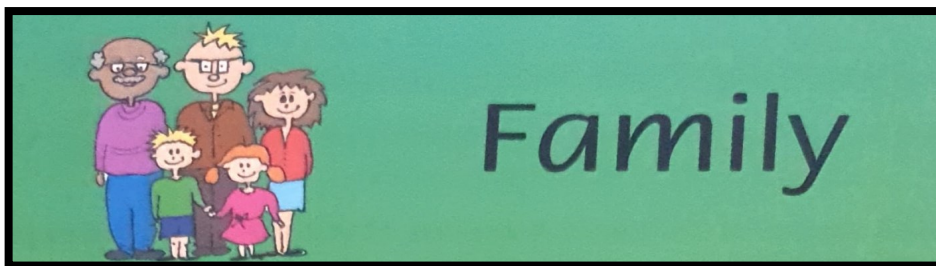
You should never do anything online that you would not do in real life!

# Relationships

## Which is which?

Can you write down which category the different scenarios will fit under and explain why you have chose this category.

### Categories



# Scenarios

<p><b>Sharon and Dr White</b></p> <p>Sharon sees her doctor once a month to monitor her medication. Dr White is always very nice to her.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Senita and Jack</b></p> <p>Senita lives on her own, but needs help with her shopping and with managing her money. Jack is paid to help her 5 hours per week. They get on well.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Poppy and Simon</b></p> <p>Poppy and Simon like to meet up and go for a drink. They have similar interests and always have fun. Poppy has a boyfriend and Simon is gay.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Sue and Harmeet</b></p> <p>Sue is a nurse. She visits Harmeet at home as he has been ill and checks his medication everyday. Harmeet likes Sue.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Judy and Mary</b></p> <p>Judy and Mary are sisters. They have always got on well, and spend lots of time together, often shopping. Judy has just started working for Mary.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Toby and Liam</b></p> <p>Toby is Liam's boss. They work closely together , but do not like each other.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>

# Scenarios

<p><b>Tom and Kristina</b></p> <p>Tom met Kristina through a mutual friend, and they have been having sex for 9 months. They are thinking about living together.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Mavi and Bill</b></p> <p>Mavi and Bill met at football, but no longer play for the same club. They are both gay, and have had sex a couple of times, but neither wants a permanent relationship.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Alf and Skyla</b></p> <p>Alf and Skyla are in the same class at school. Alf really fancies Skyla and wants to ask her out. They seem to get on well and neither of them have a partner at the moment.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Patricia and Brody</b></p> <p>Patricia and Brody met each other through online dating. They have been talking for three months but have not met up.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Sherman and Claire</b></p> <p>Sherman and Claire met on social media through a mutual friend, Jasper. They talk every day and have got to know each other very well.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Shanice and Roger</b></p> <p>Shanice and Roger met in a book club. They get on well and fancy each other, but have not done anything about it. Shanice is married, and Roger is single.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>

# Scenarios

<p><b>Chezene and Andy</b></p> <p>Chezene attends a local college, and Andy is one of her tutors. Chezene has a crush on Andy.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Justin and Katrina</b></p> <p>Justin and Katrina play in a band together. They have known each other since they were at school.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Cheng and Lin</b></p> <p>Cheng and Lin are brother and sister. Cheng is 21, and is 4 years older than his sister Lin. Cheng is very protective of Lin.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Sheila and Neil</b></p> <p>Neil and Sheila are married. They have 2 children.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Fergus and Harry</b></p> <p>Fergus is Harry's uncle. Harry does not like Fergus, and has not seen him for several years.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Jude and Sam</b></p> <p>Jude and Sam live in a house with 2 other adults. They have sex with one another, but have not told anyone about their relationship.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>

# Scenarios

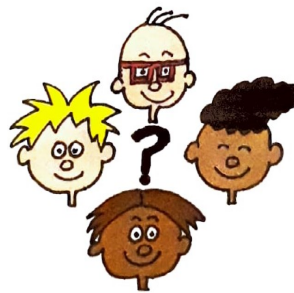
<p><b>Gabby and Satwinder</b></p> <p>Gabby met Satwinder through a mutual friend. They go out drinking and clubbing, as part of a larger group of friends.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Keenan and Arnold</b></p> <p>Keenan and Arnold are cousins. They live in different countries and have never met but talk online regularly.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Luc and Jasmine</b></p> <p>Luc and Jasmine both play online games and have recently 'added' each other as friends.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Joseph and Fiona</b></p> <p>Joseph and Fiona are engaged. They do not want to have sex until they are married.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Donald and Monique</b></p> <p>Donald is English, and Monique is French. Donald is living with Monique's family for a few weeks, as part of a school exchange.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>
<p><b>Tyrone and Tasmin</b></p> <p>Tyrone is Tasmin's nephew. Tyrone lives in America, and Auntie Tasmin lives in England. They video call each other regularly, and see each other every 2 years.</p>	<p><b>Category:</b></p> <p><b>Explanation:</b></p>

# People in my life

Can you write, draw or stick photographs of your family, friends, partners and professionals onto the diagram below. Put the people the most closest to you in the middle, and the ones who are less important to you further away.

**Dentist**

**Parents**

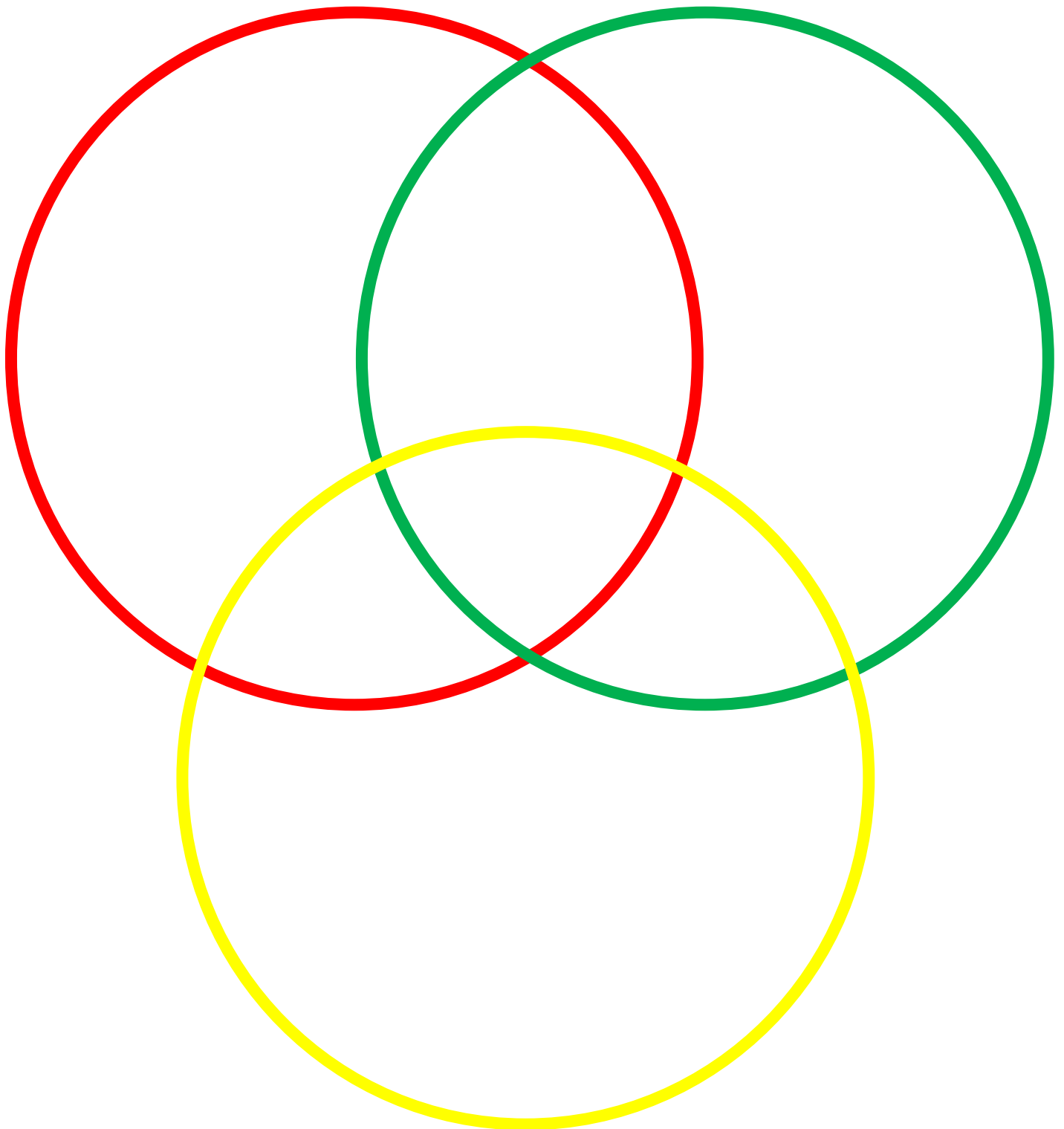


Important  
to me...



# Overlapping relationships

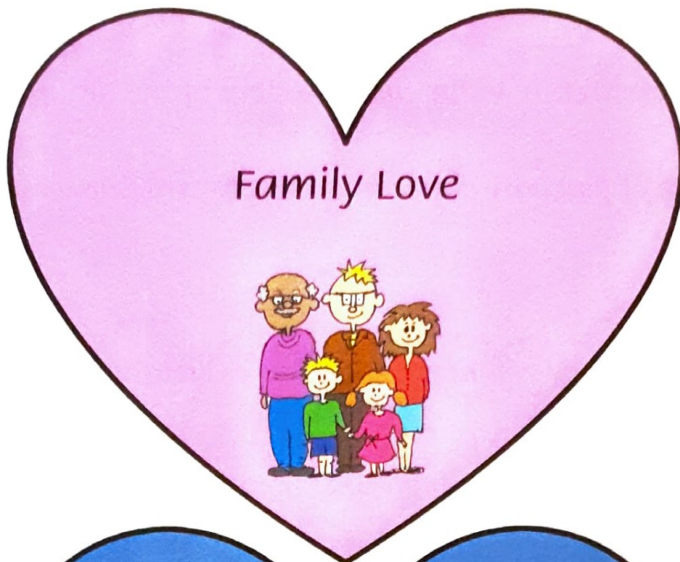
Sometimes there are relationships that overlap each other. Using some of the people from the previous activity, can you place them onto the diagram below where you think they may go and discuss why.



# Different types of love

Can you give an explanation to each different type of love listed below.

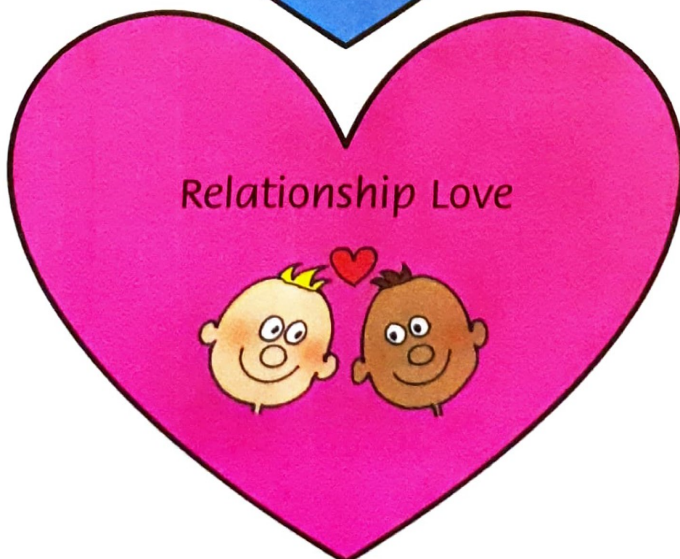
Can you think of a TV programme or film and talk about the different types of love between some of the characters.



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# What does love feel like?

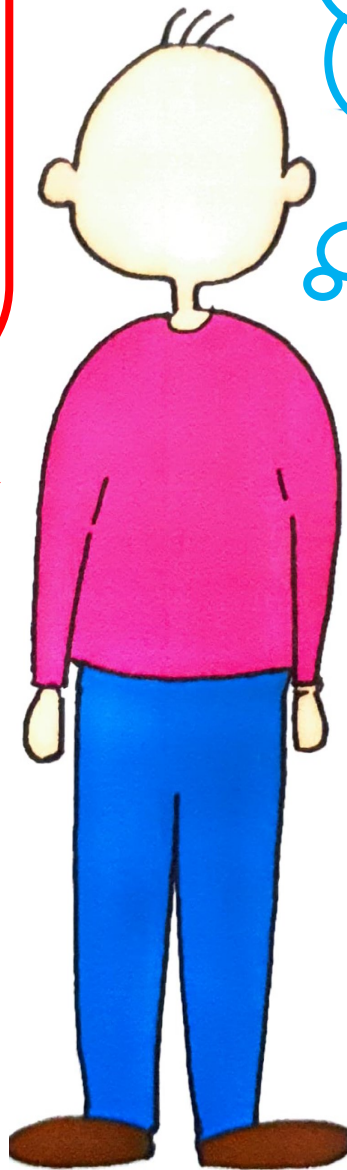
What do you think relationship love feels like? Write your thoughts in the boxes below under each heading.

Feelings...

*I feel happy when I'm with this person*

Thoughts...

*I may wonder what this person is doing even when I'm not with them*



Body...

*I can beat my heart beat faster when I'm with this person*

Actions...

*I want to do things to help this person*

# Mates or Dates?

Look at the different boxes below. Can you discuss whether you think they relate to friends or romantic relationships and discuss why you think this.



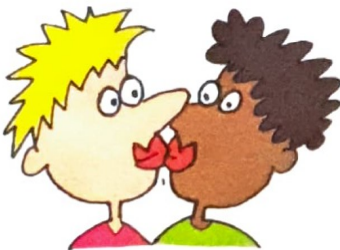
Go to the cinema



Live together



Hug



Kiss on the lips



Go on holiday together



Go out for a meal



Get married



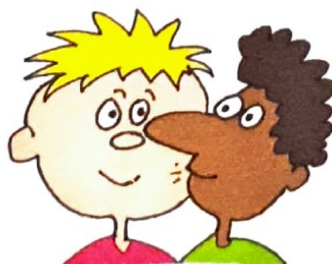
Have a baby together



Play football together



Hold hands



Kiss on the cheek



High five



# Mates or Dates?

Look at the different boxes below. Can you discuss whether you think they relate to friends or romantic relationships and discuss why you think this.



Go to the pub



Go on a bike ride



Have sleepovers



Go for a coffee



Chat on the phone



Talk about worries



Go food shopping



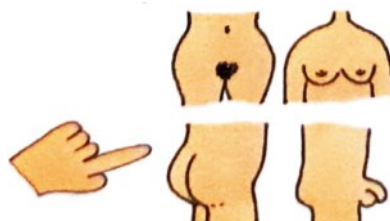
Go clothes shopping



Have a bath together



Do their washing



Touch private parts



Have sex

# What is attraction?

Look at the definitions below and choose which one you think attraction means.

Can you think of some other words to describe attraction?

Can you find some pictures out of a magazine of people that you are attracted to, why are you attracted to them?

Enjoying seeing someone that you don't see regularly. You say "hello" when you see them but don't think about them afterwards.

A romantic interest, someone you find exciting, desirable and interesting. You may have romantic thoughts about them.

Enjoying spending time with someone, having a laugh and feeling happy in their company.

## Other words to describe attraction

*Crush*

## Who to talk to

If you want any more information, please speak to someone from the FCAMHS Team.

