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# Let's Talk About Sex...Education!

# Scenarios and Role-Plays

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# Health Connected

“Health education that grows with a child”



Puberty Talk  
5th/6th grade



Teen Talk  
Middle School  
7th/8th grade



Teen Talk  
High School  
9th/10th grade



Teen Talk  
High School Refresher  
11th/12th grade



Teen Talk  
Adapted for All Abilities



Parent Talk

# Goals of Today

- **Provide rationale** for using role-plays and scenarios in health education
- **Break-down different styles** of social scenario role-plays and practice examples
- **Model how to facilitate** conversations and debrief activities
- **Give tips** for using these teaching strategies

# Pedagogy

## Why use scenarios and role-plays to teach sexual health education?

*“In the real world, students encounter problems that are complex, not well defined, and lack a clear solution and approach. They need to be able to identify and apply different strategies to solve these problems. However, problem solving skills do not necessarily develop naturally; they need to be explicitly taught in a way that can be transferred across multiple settings and contexts.”*

<https://www.brookings.edu/blog/education-plus-development/2017/10/31/teaching-problem-solving-let-students-get-stuck-and-unstuck/>

# Pedagogy

1. Guided practice with low stakes
2. Build neural pathways
3. Normalize tough conversations
4. Develop empathy

# Scenario vs. Role-Play

**Scenario** = a situation or context,  
such as a **fictionalized story**

**Role-Play** = the technique of  
embodying a character to **act  
out a situation** or scenario

# Types of Role-Play Scenarios

- **1<sup>st</sup> Person** (student responds as if **they personally** were in the situation)
- **Embodying a Character** (student is put into someone else's shoes and responds to the situation **as the character**)
- **Advice to a 3<sup>rd</sup> Person** (student gives advice to a character who is in the situation)

# Pros and Cons

## 1<sup>st</sup> Person

**Direct practice** for challenging situations

**Personal stakes** and engagement

Can feel **too personal** or **real**

Student, teacher, or parent **discomfort**

## Embodying a Character

**Practice** for challenging situations

**Builds empathy** for the character

May not feel as **relevant** or **realistic**

May not take the activity **seriously**

## Advice to a 3<sup>rd</sup> Party

**Critical thinking** to apply new content

**Builds empathy** for the character

May not feel as **relevant** or **realistic**

May just **“say the right thing”** rather than truly practicing



# Curriculum Abbreviations

- Puberty Talk: **PT**
- Teen Talk Middle School: **TTMS**
- Teen Talk High School: **TTHS**
- Teen Talk High School Refresher: **TTHSR**
- Teen Talk Adapted for All Abilities: **TTAAA**

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# 1<sup>st</sup> Person

# What Would You Say?

TTHS

A. Imagine a friend is making fun of you for not having sex. Come up with ways to explain your reasons for waiting to have sex.

You still haven't had sex? Haven't you two been dating for a while?

I'm not ready. There is a chance that I can get pregnant.

I'm scared. I'm not comfortable with showing my body to some guy.

Why are you scared? Just use protection.

B. What would you say if your partner was pressuring you to have sex? Imagine that the person speaking is someone that you care about and like.

I'm just trying to show you I love you. Don't you love me?

You're so sexy. How can you expect me to get turned on, and then not have sex?

"Of course I love you. There are so many other ways to show love."

"Deal with it"

I can't wait around forever. I thought you were more mature. If you don't want to have sex then what else can we do?

"If you can't wait then I'm leaving you."

# What Would You Say?

TTHS

C. What would you say if your partner didn't want to use protection? Imagine you are considering having sex with the person who is speaking.

You don't need to worry about STIs. I haven't been with anyone else.

What about pregnancy? I don't want to get pregnant.

It's just in case to be safe.

Why do you want me to get tested? Do you think I'm dirty or something?

We'll just be careful, I promise nothing will happen.

You don't know that. There is a huge chance something will happen. We are going to use protection whether you like it or not.

D. You are at a party and your friend wants to have sex with someone who has been drinking alcohol. What would you say to convince your friend that it's a bad idea? Your friend says...

Don't worry. They don't look drunk.

You can't tell by just looking at them.

## CONSENT is:

- 1. Active**
- 2. Equal Power**

Just because a partner didn't say "no" doesn't mean they have given consent. Ask, because only "YES" means "YES."

If someone is underage, drunk, asleep or in another vulnerable position, they cannot consent.

- 3. Choice**
- 4. Process**

We must make sure our partners feel free to say "yes" or "no" without pressure. If we aren't willing to take "no" for an answer, consent cannot happen.

Consent requires ongoing conversations with lots of trust. Just because someone says yes to making out doesn't mean they want to do anything else. You can change your mind at any time.

Respect your dating partners.  
Be someone who asks, listens, and cares about consent.



[www.haven-oakland.org](http://www.haven-oakland.org)  
24-hour Crisis and Support Line: 1-877-922-1274

@havenuproot

# Let's Practice!

# TTHSR

How can I start a conversation with my partner about sex, desires, boundaries and protection?

Ex) "Want to know what I've been thinking about lately?"

- 1)
- 2)
- 3)

How can I ask my partner for consent?

Ex) "It could be fun to try something new tonight. What do you think?"

- 1)
- 2)
- 3)

Ex) "Do you want me to keep going?"

- 1)
- 2)
- 3)

How can I check in with my partner during sex to make sure they're still enjoying themselves?

Into it

Ex) Smiling

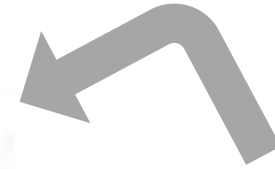
- 1)
- 2)
- 3)

Uncomfortable

Ex) Frowning

- 1)
- 2)
- 3)

What are some body language cues that my partner is enjoying themselves or is uncomfortable?



Add an example of how to **ask for consent** (pink box) in the chat window.

# The Consent Puzzle

TTHSR

## Starting the conversation

"How do you feel about having sex?"  
"What are you interested in?"  
"Do you have any fantasies?"  
"What turns you on?"  
"Do you want to go to the clinic with me?"  
"Are you worried about anything?"

## Asking the questions

"Your lips look amazing. Can I kiss them?"  
"Want to take it to the next level?"  
"This is fun. Can we do more?"  
"Need some help out of those clothes?"  
"Can I go down on you?"

## Checking in

"How does this feel?"  
"Do you want to keep going?"  
"Are you comfortable?"  
"Do you like it when I do this?"  
"How was that for you?"

## Body language

Into it	Uncomfortable
Eye contact	Looking away
Smiling	Pushing away
Kissing you	Arms crossed
Touching you	Struggling
Head nodding	Crying
Relaxed	Tense

# Be FIRM

# TTHS/MS/AAA

**F**igure out your boundaries

**I**nform them

**R**eason why

**M**ake a suggestion



**Partner A:** You and your partner have been dating for two months now and things have started to heat up. You two have shared a couple of kisses, but never in front of other people. You are uncomfortable with PDA (public displays of affection) and are worried that your partner wants to kiss you in front of your friends. **Use the be FIRM model to talk to them about why you are uncomfortable with PDA.**

**Partner B:** You and your partner have been dating for two months now and things have started to heat up. You two have shared a couple of kisses, but never in front of other people. You are so excited about dating them and want everyone to know! Your partner just told you they don't want to kiss in front of other people. Your feelings are hurt, don't they like you? **Think about the different strategies for dealing with rejection and respond to your partner in a respectful way.**

**Peer Scenario:** You've had a crush on this person in your class for a few months now. They invite you to hang out with them and their friends Friday night. They are going to have a small get together at their place. When you arrive, you notice that none of their friends have shown up yet. Sure, it is a bit early, but you clearly remember them saying it was a group thing. They grab your hand and pull you onto the couch. This all seems to be moving a bit too fast, and there is no one else around. **Use the be FIRM model to confront them.**

**Adult Scenario:** You work part-time as a server at a local restaurant. Your manager walks over and says, "A big party just arrived, and they specifically requested a hot, young server. Go show them a good time! (*wink*)" This request makes you instantly uncomfortable, and you're trying to find the words to communicate this to your manager. **Use the be FIRM model to let your manager know why you find this to be inappropriate.**

**You** are at a party and are worried that your friend is about to leave with someone they barely know. They have both been drinking a lot tonight. What do you do?

## What would you do?

1. Do nothing – it's none of your business what they do.
2. Pull your friend aside, tell them you are worried about their safety, and try to get them to leave with you instead.
3. Go to the other person and tell them to leave your friend alone because they're not sober.
4. Don't do anything that night, but talk to your friend when they are sober to voice your concerns.
5. Create your own solution.

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# Embodying a Character

# Dealing with Pressure

# TTMS

## Dealing with Pressure – Jordan & Jamie

You have been selected to help write a movie about teenage dating life. Create a realistic conversation between two best friends, Jordan and Jamie. **In this scene**, Jordan is telling Jamie that their partner keeps pressuring them to have sex even though they have decided to wait. Have Jamie give Jordan some tips so Jordan is more prepared next time their partner asks to have sex.

JORDAN: I have a sex problem, dude! Help me

JAMIE: what's up, bro?!

JORDAN: My <sup>boyfriend</sup> ~~partner~~ wants to have sex, but I said no. Now he's mad at me. What do I do? :i

JAMIE: I had a problem like this with my girlfriend, but we worked it out.

JORDAN: Really? Did you take her out to a Chipotle dinner?

JAMIE: No, we just decided to wait, and we didn't want to risk any infections.

JORDAN: So you ~~gays~~ guys just talked it out? No arguments or anything?

JAMIE: Yep! Talking helps everything!! But, you should also take him out to a chipotle dinner just in case.

JORDAN: Wow! Thanks Jamie. I'll be sure to talk to him tonight.

# Dealing with Push-Back

## Dealing with Pressure – Jordan & Jamie

You have been selected to help write a movie about teenage dating life. Create a realistic conversation between two best friends, Jordan and Jamie. **In this scene**, Jordan is telling Jamie that their partner keeps pressuring them to have sex even though they have decided to wait. Have Jamie give Jordan some tips so Jordan is more prepared next time their partner asks to have sex.

**JORDAN:** My gf keeps on trying to pull my clothes off and give me head. and just not ready for this! I just want her to jerk me off but she wants more.

**JAMIE:** I see where you're coming from, but you should try to reach a compromise.

**JORDAN:** My weiner gets hard but I know in my brain that I don't want this. A compromise is a good idea, I'll

**JORDAN:** you should just say no! I don't want to do this and if you can't accept that then we will break up  
**JAMIE:** Good idea! I'll do that and she will for she not have sex with me.

**JAMIE:** If she tries anything else just call me, I'll tell the feds.

**JORDAN:**

# Dealing with Push-Back

**Student script:** “My girlfriend keeps on trying to pull my clothes off and give me head.”

**In the chat window, share how you might respond to these students.**

**Keep in mind:**

- Maintain a safe space (emphasize respect)
- Reinforce the rationale for the activity
- Model appropriate language

# Brenton's Story

TTHS





Type **“bye”** in the chat window when you feel that you (as Brenton) would **leave** the relationship (break-up with Taylor).

# Brenton's Story

TTHS

I met Taylor my first day of high school. I was immediately attracted to her; she was older and had so much confidence. I've had crushes on other girls before, but never dated one. When she asked me out, I was so excited! On our date, she said she had come out to her family as lesbian, but they weren't supportive. It broke my heart to see how hurt she was. She thought it was best to keep our relationship a secret from our families and friends.

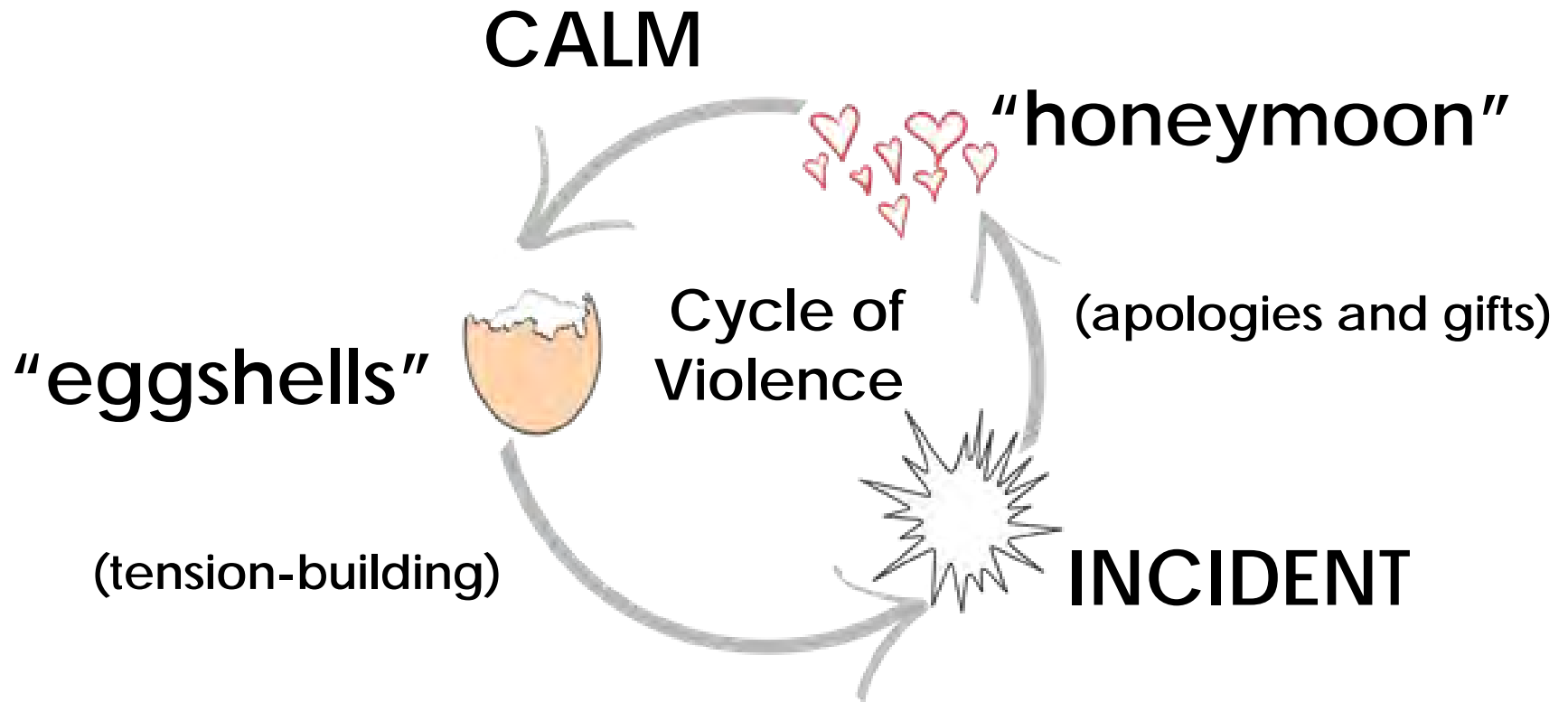
The first few months were amazing; we texted and hung out all the time. But as we got to know each other, Taylor starting commenting on things about me like "you wear too much makeup," or "your outfit is too sexy." She wasn't saying anything *mean*, but they weren't compliments either. Then she starting texting me a lot, and would get really mad if I didn't respond immediately. She even accused me of cheating, but I wasn't.

I wanted so much to prove my love to her. I stopped hanging out with my friends as much because I was afraid she'd feel left out and get mad. She said she had trust issues from a past relationship, so when she asked for the password to my Instagram account I gave it to her. But then one day I logged onto Instagram and my account was deleted! When I confronted her about it, she said she did it for my own good—my pictures “were too sexy” and I looked like a “slut.”

I wanted to get some advice, but I didn't know who to turn to, especially since I hadn't told my family and friends about her. I think I should leave her, but I feel too guilty. What do I do?

**Share when/why you “left the relationship” (if you did) in the poll.**

# Relationship Abuse



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# Advice to a 3<sup>rd</sup> Party

# No Easy Decision

TTHS/AAA

Your job is **not** to decide what this person should do.



Your job is to brainstorm reasons (pros and cons) why they **might** choose each pregnancy option: **parenting, adoption** and **abortion**.

**Scenario:** A 15-year-old student lives in foster care. Her boyfriend was recently put in jail for selling drugs. A couple of days after he got locked up, she finds out that she is pregnant.

## Answer in the chat window:

- Why might this person decide to become a **parent**?
- Why might this person make an **adoption** plan?
- Why might this person end their pregnancy by having an **abortion**?

# No Easy Decision

TTHS/AAA

A 50-year-old woman thought she was in menopause because she hadn't had a period in over a year. She was therefore surprised to learn from her doctor that she is pregnant. She already raised 2 children and is going to become a grandmother.



# No Easy Decision

TTHS/AAA

A 30-year-old trans man has become pregnant by his husband. They want to have kids eventually, but he is not “out” as transgender to his neighbors and co-workers.

# Dealing with Push-Back

**Student response:** “What the f...gross!  
How could a dude get pregnant?”

**In the chat window, share how you  
might respond to this student.**

**Keep in mind:**

- Maintain a safe space (emphasize respect)
- Assume there are trans people in the room
- Clarify concepts and terms

# Dealing with Push-Back

**Student response:** “Of course he wouldn’t want to be pregnant! That would cause body dysmorphia!”

**In the chat window, share how you might respond to this student.**

**Keep in mind:**

- Define new concepts
- Validate different experiences (*some-many-most* language)

**Dear Dr. Lupe:**

I am a 17-year-old-guy, and I've been having sex for a couple of months now. I don't like the way condoms feel, but I don't want to get any diseases. Is there any way to make condoms feel better?

**Cautious Kai**

**Dear Dr. Lupe:**

I have a boyfriend, and we have had sex. Sometimes I feel too young and immature to be having sex, but now that I've started I don't want to stop because I want to make him happy, and I do love him. How can I make myself feel more comfortable with having sex? Should I tell him how I feel? How can I prevent this from happening again in the future?

**Immature Irena**

# It Depends on the Situation TTAAA

**Scenario:** Gabriella and Nathaniel recently got married. Both have been tested for STIs and HIV. They were both negative. Gabriella just got accepted into college but doesn't want to start a family until she is done. They are looking for a birth control method that will last for three years or more.

**Scenario:** Alex and Casey have been in a relationship for a year. Alex does not want to have sex until marriage, but Casey does not feel as strong about waiting to have sex.

# What Should I Do?

PT

**Scenario:** My name is Jordan. At school last week a bunch of my friends were talking about a girl we all know. Over the summer, her body changed and her breasts are kind of big now. Some people were joking about it, but I felt uncomfortable. She's really cool. I didn't like the way they were talking about her, but I just kind of went along with it and laughed a little. Now I feel bad that I was joking about her behind her back. What should I do? What if they start joking about her again?

1. What is the problem in this scenario?
2. Who could this person go to for help? Name two trusted adults.
3. If they were your friend, what could you say or do to help them?

# What Should I Do?

TTAAA



Hi! My name is Juan. Every day at school when I see my friends, I run up to them and give them hugs. When I am introduced to new people I like to hug them too.

1. Is this behavior appropriate, inappropriate, or illegal? Why?
2. Who could this person go to for help? Name two trusted adults.
3. If they were your friend, what could you say or do to help them?

# Let's Practice!

TTAAA



My name is Kay. I met this guy online, Dave, and he started sending me all these pictures. He asked me to send him some pictures of me in return. I told him I didn't feel like that was a good idea. He promised to send me \$10 for every photo I sent him. I still feel uneasy about doing it, but that seems like a good deal. What should I do?

1. Is this behavior appropriate, inappropriate, or illegal? Why?
2. Who could this person go to for help? Name two trusted adults.
3. If they were your friend, what could you say or do to help them?

**Answer #3 in the chat window.**



# Take-Away Tips

- Create a **safe (or brave) space** in the room
- Practice **skill-building** and develop **empathy**
- Emphasize **prevention education** (critical-thinking)
- Use a **variety of styles**: 1<sup>st</sup> person, embodying a character, advice to a 3<sup>rd</sup> party
- **Adapt** scenarios to your audience
- **Debrief** – what happens after the role-play is the heart of the educational experience

# Questions?

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