

## **First Sex**

### **Programme Synopsis**

The drama focuses on Andy and Marie, who are both uncertain about themselves and their relationships. Both have been let down, though in different ways. They become an item. The play centres on their 'first time sex'. In spite of recent education about contraception, they have unprotected sex which results in pregnancy. The DVD is explicit about forms of sexual behaviour, raising issues about safer sexual practices. It provides information about the low number of young people having sex under the age of 16, emphasising that not everyone is 'doing it'.

It offers the opportunity for students to think seriously and responsibly about relationships:

- what 'going steady' means in relation to respect and responsibility;
- the importance of being able to communicate and negotiate with a partner;
- of knowing when the time is 'right' and the need to be able to resist pressure when they are not ready.

It gives a strong message that if, having weighed up all the pros and cons, if a young person decides to become sexually active, then they must use contraception, which will reduce the chances of both pregnancy and sexually transmitted infections.

#### **Main learning points:**

- A woman (girl) can get pregnant the first time she has sexual intercourse
- Young people under 16 can get free contraception and confidential advice at sexual health clinics e.g. Embrace
- The most reliable method of preventing pregnancy is 'double dutch' using both a condom and a LARC method of contraception
- Emergency contraception can be taken up to 5 days (120 hours) after unprotected sex