



**teaching
sexual
health.ca**

Grade 8
Learning Activity

Responsibilities and Consequences of Sexual Relationships

Learning Outcome

W-8.12 *Identify and describe the responsibilities and consequences associated with involvement in a sexual relationship.*

Responsibilities and Consequences of Sexual Relationships



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As a group, make a list of **responsibilities** involved in sexual activity. For example, talk to your partner about consent and boundaries, and take action to prevent sexually transmitted and blood-borne infections (STBBIs) transmission.

As a group, make a list of **consequences** of sexual activity. For example, concerns about pregnancy, feeling closer to partner, risk of STBBIs.

How does considering the responsibilities and the consequences of sexual activity impact the decisions you are making today about your own relationships?

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Consider the consequences your group named above. Some of them involve risks, like the risk of pregnancy from vaginal sex. There are many actions people can take to reduce risks. Fill in the chart below with your ideas.

Activity	Risk	Two actions that can reduce the risk
Vaginal Sex	Pregnancy	<ul style="list-style-type: none">• Use birth control• Choose other sexual activities like oral sex or choose not to have sex.
Oral Sex		<ul style="list-style-type: none">••
Anal Sex		<ul style="list-style-type: none">••
Any sexual activity		<ul style="list-style-type: none">••
Watching pornography		<ul style="list-style-type: none">••
Sexting		<ul style="list-style-type: none">••
		<ul style="list-style-type: none">••
		<ul style="list-style-type: none">••

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Possible Answers Key

Answers for responsibilities of sexual activity may include:

- prevent sexually transmitted and blood-borne infections (STBBIs)
- prevent pregnancy
- know your own body and expectations
- talk to partner about boundaries and sexual history
- purchase condoms
- communicating clearly with partner
- communicate about consent
- accept no from a partner
- deal with disappointment and rejection appropriately
- talk to partner about boundaries and sexual history
- consider partner's experiences and enjoyment
- take responsibility for own experiences and enjoyment
- go to the doctor for birth control
- get STBBI testing or other reproductive health care

Answers for consequences of sexual activity may include:

- STBBIs or worry about STBBIs
- pregnancy or worry about pregnancy
- closer relationship with partner
- feeling attractive or better about self
- physical enjoyment or satisfaction, thrill
- regret or guilt, lack of enjoyment, feeling used

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Possible Answers Key

Activity	Risk	Two actions that can reduce the risk
Vaginal sex	Pregnancy	<ul style="list-style-type: none">• Use birth control• Choose other sexual activities like oral sex or choose not to have sex.
Oral sex	Sexually Transmitted Infection (STI) transmission	<ul style="list-style-type: none">• Use a dental dam, external or internal condom• Get regular STI testing
Anal sex	STI transmission	<ul style="list-style-type: none">• Access PrEP (pre-exposure prophylaxis)• Limit number of partners
Any sexual activity	Lack of consent	<ul style="list-style-type: none">• Talk about consent and boundaries before starting sexual activity• Pay attention to partners' words, actions and body language during sexual activity
Watching pornography	Unhealthy expectations about sex	<ul style="list-style-type: none">• Communicate about consent with partners• Remember that pornography is acting
Sexting	Shared without consent	<ul style="list-style-type: none">• Talk about privacy before sending• Choose other ways to show affection or interest

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