

IT'S ALL ABOUT THE WORDS

PURPOSE OF THE EXERCISE:

To be aware of the words you could use when discussing sexuality – those that you feel comfortable with and those which you don't.

TIMING:

10-15 minutes

NEEDED MATERIAL:

Markers or pencils; flip chart paper.

HOW TO CONDUCT THE EXERCISE:

Talking about sex is all about words. Which words do you use?

Working in groups of 4 or 5 people, write down all the words you know for:

- male and female genitals
- having sexual intercourse

Note: please write down slang/dirty-words.

When finished discuss and reflect upon what words you feel comfortable with and those you feel less comfortable with. Discuss the words you would use speaking with your clients and consider if the chosen words would make sense to them. Would your clients understand what you are talking about?

SUGGESTIONS:

Be aware that different words may have different meanings/explanations. What is normal for one person can be shocking for another. It could be helpful to discuss with your clients which words you both feel comfortable with and understand. It is also important to ensure that the words you use are age appropriate.

REFERENCES:

Below are links to a couple of online resources which discuss issues related to the subject of speaking about sex with children and young people. Many more resources exist and it is important to acknowledge that there are a range of different positions and attitudes around what can be a challenging subject.

<https://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Talkingtoyourchild.aspx>

<https://www.fpa.org.uk/advice-parents-and-carers/help-ive-never-talked-about-this-before>

