

# “LET’S TALK ABOUT SEX” ICEBREAKER\*

## ▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 15 - 20 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
  - Start thinking about bodies, sex and relationships and how to create awareness and respect around each.
- ★ **Training Methods:** Lecture, Brainstorm, Small Group Activity
- ✓ **In This Activity You Will...**
  - Lead a pairs activity (10 minutes)
  - Process and debrief (5-10 minutes)
- ✂ **Materials:**
  - Easel
  - Marker
  - CD player and CD of song: Let's Talk About Sex
- 🔪 **Preparation:**
  - Write each word on its own newsprint and post around the room:

Vagina	Penis
Clitoris	Breasts
Sexuality	Lips
Tongue	Orgasm
Woman	Vaginal sex
Anal sex	Oral sex
Virgin	Abstinence
Gay	Lesbian
Transgender	Bisexual
Partner	Masturbation

## Instructions

1. Introduce activity.
2. Ask everyone to pair up with one other person.
3. Give each pair a marker.
4. Ask each pair to walk around the room and write other words that they have heard or used for each word written on the poster board paper. Play the CD while they're doing this.
5. Tell the group that these can be positive or negative words.
6. Encourage them to be as open and creative as they like--there are no right or wrong answers.
7. After 10 minutes lead a brief discussion:
  - *How did that feel?*
  - *What did you notice as you were doing this exercise?*
  - *Why do you think we asked you to do this exercise?*

**Through discussion, make sure the following points are made:**

- This exercise was to get you to start thinking about our bodies, sex and relationships and to create awareness and respect.
- There are many different words and phrases used within the community when we talk about sex.
- Some of them are positive and can be uplifting and empowering. Others can be very negative and have a disempowering effect on us.

\* This module comes from the Lotus Women's Peer Education Training Manual, Center for Health Training and Women Organized to Respond to Life Threatening Diseases (WORLD), 2008.

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- Remember that there are many different factors that can impact a woman’s view of herself, her sexuality and her body.
- As a peer advocate, we must have an open mind. Keep this in mind as you work with clients. No one deserves disrespect.
- Seek support if you need it.

## Summary

Wrap up by reminding participants that we should use the proper terminology without putting down a client for using jargon or slang, and while making sure we’re both talking about the same thing! We can do this by simply saying something like, “When you say xyz, are you talking about (whatever)?” or “I just want to make sure we’re both talking about the same thing ...” It’s all in our tone of voice – keep it respectful and open.

\* This module is part of the online toolkit *Building Blocks to Peer Success*. For more information, visit [http://www.hdwg.org/peer\\_center/training\\_toolkit](http://www.hdwg.org/peer_center/training_toolkit). This module comes from the Lotus Women’s Peer Education Training Manual, Center for Health Training and Women Organized to Respond to Life Threatening Diseases (WORLD), 2008.