

# Emotional Consequences

Read the following quote from Sarah's video and answer the questions below:

"I was 14 when I started going out with my first serious boyfriend, he was older than me. He went to a different school and seemed more mature. He was quite charming and was nice to me. After two weeks of going out with him it became obvious that he wanted us to start having sex. Although there was something in me that told me I didn't want to do it, I allowed myself to do it because he wanted to. I thought that it would secure our relationship and make him happy. Our relationship lasted two months and it just fizzled out in the end."

## 1) How do you think they would have felt when the relationship ended?

Underline 3 words that you think best describe how Sarah would have felt.

Circle 3 words that you think best describe how her boyfriend would have felt.

embarrassed

used

sad

relieved

scared

happy

lonely

disappointed

confused

not bothered

worthless

insecure

guilty

angry

proud

## Why do you think Sarah would have felt this way?

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## Why do you think her boyfriend would have felt this way?

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## 2) How is sex in a marriage relationship different?

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# Emotional Consequences - Teacher's notes

Read the following quote from Sarah's video and answer the questions below:

"I was 14 when I started going out with my first serious boyfriend, he was older than me, he went to a different school and seemed more mature. He was quite charming and was nice to me. After two weeks of going out with him it became obvious that he wanted us to start having sex. Although there was something in me that told me I didn't want to do it, I allowed myself to do it because he wanted to. I thought that it would secure our relationship and make him happy. Our relationship lasted two months and it just fizzled out in the end."

## 1) How do you think they would have felt when the relationship ended?

Underline 3 words that you think best describe how Sarah would have felt.

Circle 3 words that you think best describe how her boyfriend would have felt.

*This exercise encourages the pupils to think about the feelings a teenager may have after becoming sexually involved with a boyfriend/girlfriend. Reasons for some of these feelings are listed below. The pupils may have other thoughts.*

### Why do you think Sarah would have felt this way?

disappointed / sad / confused

*These words could describe Sarah's feelings when she realised that having sex with her boyfriend had not strengthened their relationship as she had expected.*

embarrassed / used / sad / worthless / insecure

*She might feel embarrassed, used or sad because her boyfriend did not really care about her. Feelings of worthlessness or insecurity may come from feeling rejected when they split up.*

scared / lonely

*Sarah might have been scared that she had become pregnant or caught an STI and lonely because she did not feel she could talk to anyone about the situation.*

angry

*Sarah might have felt angry with her boyfriend for putting pressure on her to do something she did not want to do and angry with herself for giving into him and giving away her virginity in this way.*

### Why do you think her boyfriend would have felt this way?

not bothered / proud / happy

*It is possible that her boyfriend had just wanted to have sex and did not really care for Sarah.*

confused

*He may have felt confused that this sexual experience had not strengthened his feelings for Sarah.*

embarrassed / guilty

*He may have felt embarrassed or guilty that he had encouraged Sarah to do something she did not really want to do.*

## 2) How is sex in a marriage relationship different?

*Some reasons include:*

- a husband and wife have made a thoughtful and deliberate decision to have a sexual relationship rather than being pressurised or acting in the heat of the moment*
- a husband and wife have promised to love and care for each other*
- a husband and wife have made public promises not to leave each other*
- as well as sharing their bodies a husband and wife share all parts of their lives together*
- most people who get married want to have children*