

SEX BASES

AIM

For students to understand the benefits of increased sexual intimacy when there is increased trust in a relationship. Additionally to understand that there are lots of ways to make sex safer and that safer sex is easier to do when you have this trust in a relationship.

METHOD

1. In small groups give everyone a copy of the 'bases' and a copy of the sexy behaviours which should be cut up into small pieces.
2. Explain that in relationships there are stages to the levels of intimacy and that in this game, like in rounders or baseball, there are 4 stages, or bases. There is a brief explanation on the bases document
3. Ask them to place the sexy behaviours on what stage they think that two people could try them in a relationship. If they can think of any more (and you are happy for them to do this!) then encourage them to add more.
4. At the end most people will have kissing at 1st base and 'full' sex at 4th base with everything else in between.

PROCESS / DISCUSSION QUESTIONS

- How did everyone find that activity? Embarrassing? Funny? Sexy?
- What kind of thing did people put on 1st base, 4th base etc?
- Why is it important for people to trust each other before they do some of this stuff?
- Looking at the behaviours, which are the safest in terms of sexually transmitted infections? Which are the most risky? What base have you put these on?
- How can sex be made safer? (Condoms, Fewer Partners or Regular Testing, Non-Penetrative Sex)

SEX BASES

Think of a sexy relationship like stages, or bases in a game of rounders.
Place one of the sexy things to do with someone where you think it should go.

**2ND
BASE**

At this base you know each other a bit more and definitely fancy each other.....

**3RD
BASE**

You are keen to explore here and do some stuff together and find out what each other likes

**1ST
BASE**

Stuff you might do when you first start to get to know someone: like on a first date

**4TH
BASE**

You really, really fancy each other. You know each other's middle names and pet names. **You properly** trust each other and want to keep yourselves safe

GENTLY STROKING A NAKED KNEE WITH THE TIPS OF YOUR FINGERS	NIBBLING EAR LOBES AND GENTLY TONGUING YOUR PARTNER'S EAR	STROKING YOUR PARTNER'S PENIS OR VAGINA THROUGH THEIR PANTS
DEEP SEXY KISSING WITH TONGUES	MASSAGING OIL INTO EACHOTHERS NAKED BODIES	
A GENTLE KISS ON YOUR LOVER'S CHEEK AT THE CINEMA	GIVING A MAN ORAL SEX	
TRACING THE TIPS OF YOUR FINGER AROUND YOUR LOVER'S HAND AND WRIST	GIVING A WOMAN ORAL SEX	EATING ICE CREAM OFF YOUR LOVER'S CHEST
CARESSING NAKED NIPPLES	KISSING ALL OVER YOUR LOVER'S FACE, EYES, NECK, EARS, CHEEKS AND THEN LIPS	
CIRCLING A WOMAN'S CLITORIS WITH YOUR FINGERS	HAVING 'FULL' SEXUAL INTERCOURSE	
MASTURBATING A MAN WITH WELL LUBRICATED HANDS	USING SEX TOYS ON EACHOTHER FOR SEXUAL INTERCOURSE	RUBBING YOUR PENIS OR VAGINA AGAINST YOUR LOVER'S
HAVING HOT FRANTIC SEX WITH YOUR CLOTHES ON (DRY HUMPING).	WHISPERING SEXY THOUGHTS IN YOUR LOVER'S EAR	
LYING NAKED UP CLOSE AGAINST YOUR LOVER'S BACK	RUBBING AGAINST YOUR LOVER'S HOT SWEATY NAKED BODY WITH YOURS	