



BISH

ACTIVITY BOOK



*to help you work out how you
feel about sex, love and you*

JUSTIN HANCOCK

THANK YOU! FOR BUYING THIS BOOK

A lot of people like my advice at Bish (bishuk.com) but as a sex and relationships educator it's a bit frustrating for me to be honest.

Good Sex Ed is about making it relevant to people and helping them make sense of this stuff for themselves. I never give lectures to people when I'm in a classroom but just making stuff for a website, that people come and read, feels a bit like that really.

So that's why I created this activity book, so that it wasn't just me filling your heads with information and advice. It's about asking you some questions to help you work out how you feel about yourself, your relationships and sex.

As well as some really important worksheets for you to fill in there are also some really silly activities. There are all your favourites from activity books (apart from a crossword -- it was too hard): join the dots, wordsearch, spot the difference, colouring-in, and a board game.

So unless you want to write on your phone, I think that it probably works better to print this out.

There's quite a lot here so don't feel like you have to fill it all in in one go. You might want to do the more fun stuff first and then do the harder stuff another time. You might be more interested in some of this stuff if or when you get more interested in sex and relationships.

If you're a parent giving this to a young-un, remember that it's for over 14s and maybe a little bit older (just like everything at Bish). You know your kids best though. There might be some sections that you want to give them and some you may want to leave out (which is why there are no page numbers).

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This is not for educators. If you're working with young people in a school, youth club, clinic or therapy room you need to get the practitioners copy of this from bishtraining.com. Please respect this copyright -- sex educators have gotta eat.

YOU HEY! EYUP! WATCHA! SUP? HI!

'You' is pretty much the biggest and most important topic in this book. Working out who you are, who you want to be and what you want to do is something you'll be doing for the rest of your life and it's central to most things to do with sex and relationships. So that's why we're going to start with you.

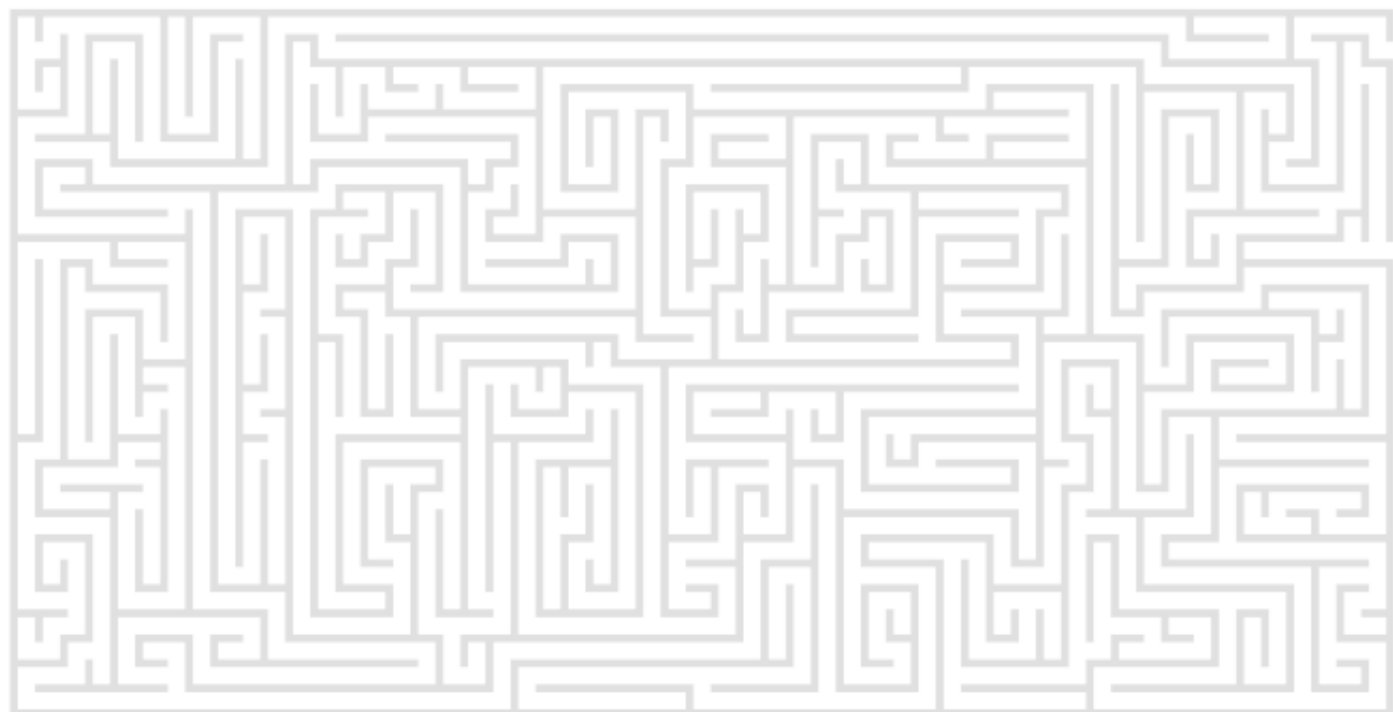
Hopefully this book is well inclusive -- so that every page is relevant to everybody. So the bits about gender and sexuality are relevant to you if you are queer AF or well cishet. Doing some thinking about how you want to do identify yourself and how you want to do you is important but also interesting. There's even a wordsearch: come on now!

There are a couple of pages where you can also start thinking about some of your own power (or privilege) and why that is important. So you can check your privilege in the comfort and safety of your own book and not on twitter.

There's also stuff about how you can treat yourself a bit more gently and kindly when things are feeling a bit rough. This is because it's not possible to feel great about yourself all the time (society, innit).

But we start with what it is that you learnt in Sex Ed and where you learnt it. Told you that you were a big topic!

find yourself in this maze



YOUR SEX ED WHAT HAVE YOU LEARNT ABOUT SEX AND RELATIONSHIPS?

Sooooo, before we start what have you learnt about sex, relationships, sexuality, gender and you?

What I know is true

What I think is true

What I'm really not sure about tbh

What I know is total crap

WHO TAUGHT YOU ABOUT SEX AND RELATIONSHIPS?

We'll start soon honest. But think back to your sex education -- how did you learn?

PEERS?

Mates etc

PARENTS?

Or other older family/carers?

MEDIA?

Telly, Films, Music, Porn?

WEBSITES?

coughs* BISH *coughs

FROM

ACTUALLY

DOING IT?

from partners?

SCHOOL?

teachers or visitors?

What do you think about your answers? Where was the best sex education from? What would you have preferred? What's the best way to learn about this stuff do you think?

HEYYYY YOU!

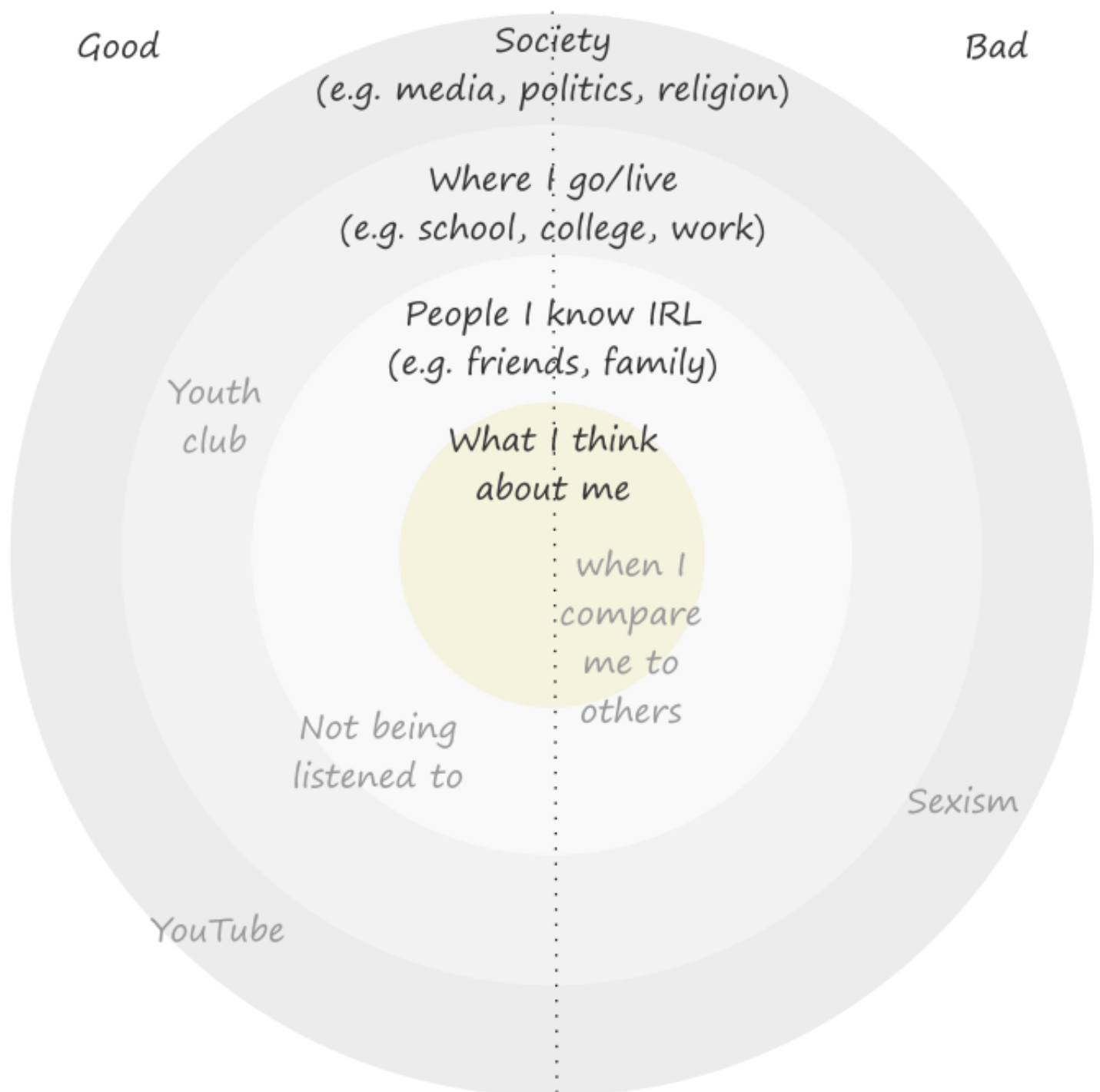
Before you even think about your relationships with other people, try to have a nice relationship with yourself. Pick a few words from this list about who you are right now.

| | | | | |
|---------------|----------------|----------------|--------------|---------------|
| Thinker | Emotional | Mature | Well dressed | Right on |
| Adventurous | Thoughtful | Cultured | Hard worker | Sensitive |
| Assertive | Content | Funny | Good friend | Disciplined |
| Head strong | A planner | Artistic | Easy going | Tolerant |
| Dramatic | Party Animal | Self belief | Foodie | Ethical |
| Mediator | A dreamer | Brave | Loving | Behaves! |
| Warm | Determined | Open minded | Sensible | Passionate |
| Wise | Loud | Relaxed | Nice smile | Loves cuddles |
| Geeky | High standards | Assertive | Romantic | Open |
| Curious | Ambitious | Sociable | Powerful | Cautious |
| Flexible | Optimistic | Team worker | Honest | Independent |
| Good listener | Generous | Solo is chill | Takes charge | Sincere |
| Authentic | Fit | Good with £ | Humour | Top bantz! |
| Good at chat | Sceptical | Switched on | Ideas person | Into fashion |
| Decisive | Believer | Big heart | Gentle | Hipster |
| Reliable | Hopeful | Leader | Informed | In the now |
| Attentive | Bubbly | Positive | Modest | Fun |
| Kind | Lively | Calm | Bounces back | Serious |
| Fair | Organiser | Excitable | On time | Political |
| Forgiving | Creative | Giver | Responsible | Keeps it real |
| Sexy | Musical | Good judge | Romantic | Loves kissing |
| Into looks | Neat | Passionate | Deep | Love lover |
| Easy going | Smart | Eye on details | Overseer | Into safety |

Have you noticed a change over the years? Are there any words you would like to be more like? If you find this difficult, imagine that you are thinking about someone you really like. Or imagine what someone who liked you thought about you.

WHAT AFFECTS HOW YOU **FEEL ABOUT YOU?**

There are lots of things that can make us feel good or crap about ourselves. Look at these different areas below and think about how these affect you.



As you can see, what we think about ourselves is shaped by all the things that affect us around us. It's not that simple is it? (So anyone telling you to cheer up or 'just be positive' about you can GTFO)

HOW YOU FEEL ABOUT YOU WHEN YOU'RE FEELING OK

Your relationship with yourself is well important. Firstly think about when you're pretty okay about yourself: write down what you feel, what you think about yourself and what you do.

WHEN I FEEL OK ...

FEEL

"Good enough"
"Content"

THINK

"I'm always learning so it's okay
not to be right the whole time"

DO

"I try not to be hard on myself"

"I take care of myself when I need to"

Then make a list of when you're down on yourself: write down what you feel, what you think about yourself and what you do (see the next page)..

HOW YOU FEEL ABOUT YOU WHEN YOU'RE NOT FEELING OK

WHEN I DON'T FEEL OK ...

FEEL

"I can't be unhappy"
"Pissed off"

THINK

"Everyone has this sorted, not me"
"Being positive = being arrogant"

DO

"I'm hard on myself/others" "Avoid things I'm bad at"

Looking at both your lists what do you notice? Are there big differences between the two lists? Does what you feel have an effect on what you think and do? Does what you think and do make you feel differently about yourself? Can you use this to help you have a more gentle and nice relationship with yourself?

HOW TO DO **SELF CARE**

So, it's hard to feel good about yourself all the time and you can't make it happen. Instead, just try to look after yourself. If you're feeling crap it can be hard to remember what it is that can get you through a few days/weeks. Slow down and think about all the basic things you do during the day and how you want to do them.

*What you want to watch, look at or listen to. Something new, or old?
Online or offline?*

Do you want to eat something you think is healthy, comforting or unhealthy?

You need to drink, but what? Hot? Cold? Sugary? Caffeine?

Do you want to be active or just chill? How do you feel today?

Do you want to see people or be by yourself or a bit of both?

How much do you want to talk? Who to? How? Offline or online? Social media or not?

When you're doing thing try to notice whether you have had enough, not enough, more than enough? Is something working out for you now or not?

Hot
baths
and
candles

Ugh not
baths. Bed
and a wank
for me

I go with
hot
chocolate

I need
beer, let's
be real

I take a
facebook
break

I'll do 😞😞😞
posts online.
My mates
understand.

YOUR GENDER

TOTALLY YOUR CALL

So there are cis men and women, there are trans men and women, there are non-binary people, gender non-conforming, genderqueer, agender people etc. You can find out more about gender labels at bishuk.com/about-you/sex-and-gender

Here's another way of thinking about your gender identity though. Tick where you are on these different spectrums. It might be pretty complicated for you so maybe you can tick in more than one spot.

look masculine *look feminine*

rational *emotional*

tough *soft*

takes charge *takes part*

independent *sharer*

head strong *sensitive*

active *passive*

outgoing..... *shy*

You probably know that a lot of the words on the left are usually expected of men and a lot of the words on the right are expected of women. Try to forget about that but just think about where you are on the spectrums. Don't worry, you can still choose whatever gender identity you want.

YOUR SEXUALITY AGAIN, YOU DO YOU

So there are straight, bisexual, gay, lesbian, queer, questioning, pansexual, asexual, demisexual etc. You can find out more about sexualities at bishuk.com/about-you/sexualities

Here's another way of thinking about your sexuality though. This is called the Kinsey Scale.



But maybe it's even more complicated than this. How do you decide where you are on this scale? Is it about:

- What kind of sex you may like?
- Is it about who you fantasise about or who you want to have sex?
- What kind of things you find attractive in people?
- Do you have romantic attractions to people? Who?
- How have your attractions changed over time?

Also, as you saw on the previous page, gender is well complicated. So is it more about the kind of person you're attracted to or how they appear or what kind of body they have?

GENDER AND SEXUALITY **WORDSEARCH**

So gender and sexuality is well diverse and it's also well complex. Here is a wordsearch of gender and sexuality terms, which is so hard that even I can't find them all and I made it "_(ツ)_/". There are 24. Gotta find 'em all! Or not. Whatever. You do you.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | T | A | S | T | E | Y | X | I | G | M | I | E | P | C |
| Z | E | I | G | M | H | E | K | W | X | A | E | C | A | I |
| Z | C | N | M | E | S | G | F | U | N | S | W | M | N | H |
| N | E | E | D | R | N | E | I | O | D | C | P | N | S | A |
| R | F | E | E | E | M | D | N | A | G | A | R | D | E | E |
| R | E | T | L | A | R | B | E | T | R | E | P | F | X | A |
| V | N | E | L | A | I | Q | E | R | B | T | J | Y | U | S |
| I | G | E | U | N | M | B | U | T | C | H | S | L | A | E |
| U | T | J | A | Q | M | W | J | E | C | Q | S | A | L | X |
| T | I | R | I | P | S | O | W | T | E | A | H | U | B | U |
| R | Y | W | S | N | A | R | T | U | M | R | L | X | B | A |
| O | Z | D | O | S | N | H | S | U | A | J | Z | E | M | L |
| G | O | Q | B | M | B | A | I | E | Y | I | V | S | I | S |
| L | F | Y | S | M | A | N | A | D | A | H | K | I | A | P |
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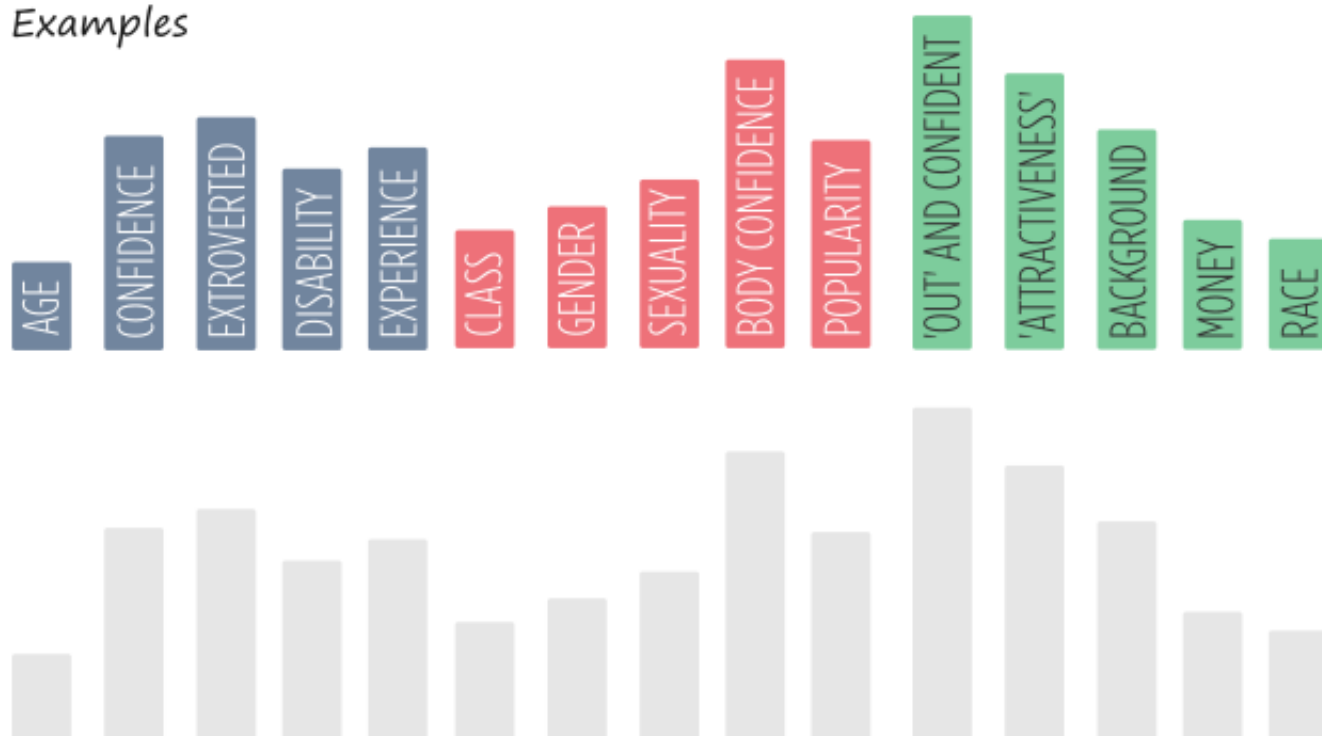
POWER COMES WITH RESPONSIBILITY

Some people feel more confident and able to ask for what they want from sex and relationships than others. Often the reason for this is because of power and status.

Society gives some people more status and power than others. For a brief example: think of the words used to describe men who enjoy sex -- now think of the words used to describe women who enjoy sex. Who gets status and power? People's experiences of sexism, racism, ablism, transphobia and bi/homophobia can often make people feel 'less' than others. When society gives people less power it also makes them less able to ask for and get what they want from sex and relationships.

Also our own personal experiences can give make us feel more or less confident in asking for stuff. Think about this for yourself: where do you have power and status and where do you not?

Examples



So in relationships it's well important to think about this stuff because having a difference in power is probably more common than not. Differences in power in a relationship means that one person might have more control and because of that there's a danger that the relationship can become unhealthy and the sex stuff non-consensual.

So if you have more power then it's up to you to do more of the work to make sure that the other person maximises their ability to talk about what they want. Hopefully the rest of this activity book will help.

WHO IS ALLOWED TO HAVE SEX?

Draw who you might expect to see in the following scenes. Describe their gender, sexuality, race, whether they are disabled, their age, and class. Also pay attention to what they look like and what kinds of sex they have.

MAINSTREAM PORN CLIP

HOLLYWOOD SEX SCENE

TV SEX SCENE

PICTURE FROM A SEX ADVICE COLUMN

Have a think about the kinds of bodies and people that you see represented in this media. How many people actually look like that? How might it make people feel when they don't see themselves being shown in the media? Also, did you do a good drawing? Send it to BISH via social media! @bishsexed on twitter and insta.

RELATIONSHIPS

ALL THE DIFFERENT KINDS

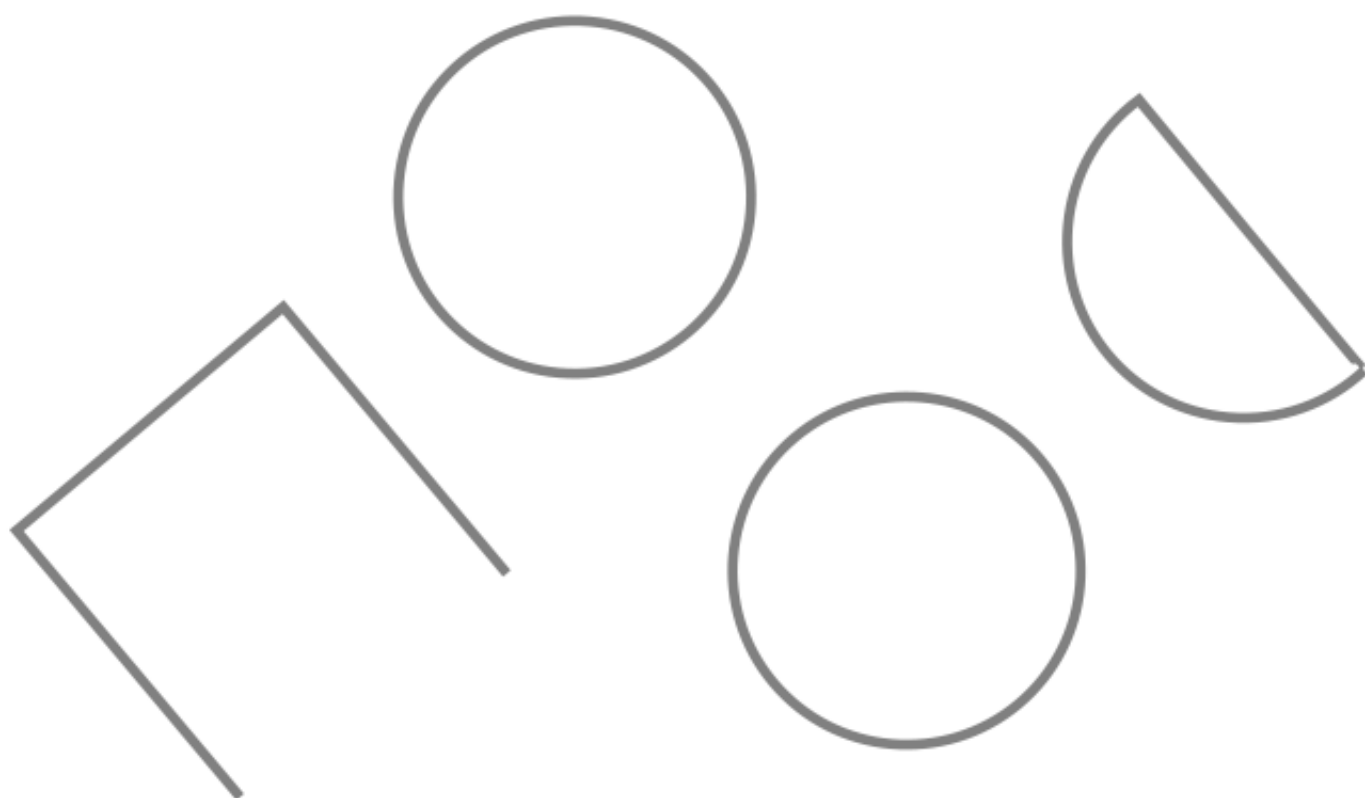
We are taught that romantic relationships are the most important kinds of relationships and that we really should have them. This puts so much pressure to be in romantic relationships because it's like we can't function as a human without them.

We're not going to repeat that nonsense in this book. We think that there are loads of different kinds of relationships and loads of different kinds of love. We can get all of the things that we are expected to get from romance from other places – including from our relationship with ourselves. This is better because it means we are less likely that we get trapped in one unhealthy relationship but it also takes the pressure off romantic relationships.

So in this section you can think about why people have romantic relationships and other kinds of relationships that might be just as good or nice. There are also activities for figuring out how healthy your relationship and how to negotiate your relationships.

There's a classic follow the line game. A game where you get to talk about what you think is important in relationships. There's also a board game about being a good mate. You are absolutely welcome -- hope you win.

can you recreate the Bish logo with only these shapes?



PS it's also a heart

WHY DO PEOPLE HAVE ROMANTIC RELATIONSHIPS?

This might sound like a weird question but think about it for a minute. Has anyone ever asked you this? Why is that? Is it because we are just expected to have them and not ask why?

In the space below think of why people have romantic relationships. I've started you off with a couple. If you get stuck, ask a mate.

To have a family

*Someone
to go to
things with*

To live with someone

It's expected of people

Now you've written your answers. Which of them can **only** be got by having a romantic relationship?.

THERE'S MORE THAN **ONE LOVE**

Have a think about the different loves in your life and write down examples of how this looks for you.

SELF LOVE

*Self care. Solo dates.
Being kind to self.*

SPIRITUAL

*Love of humanity,
God, or nature*

FAMILY

*Relations. Close
friends. Pets.*

ROMANTIC

FRIENDS

*or teammates
or colleagues*

SEXUAL

CARING

Enduring love. Being there.

PLAYFUL

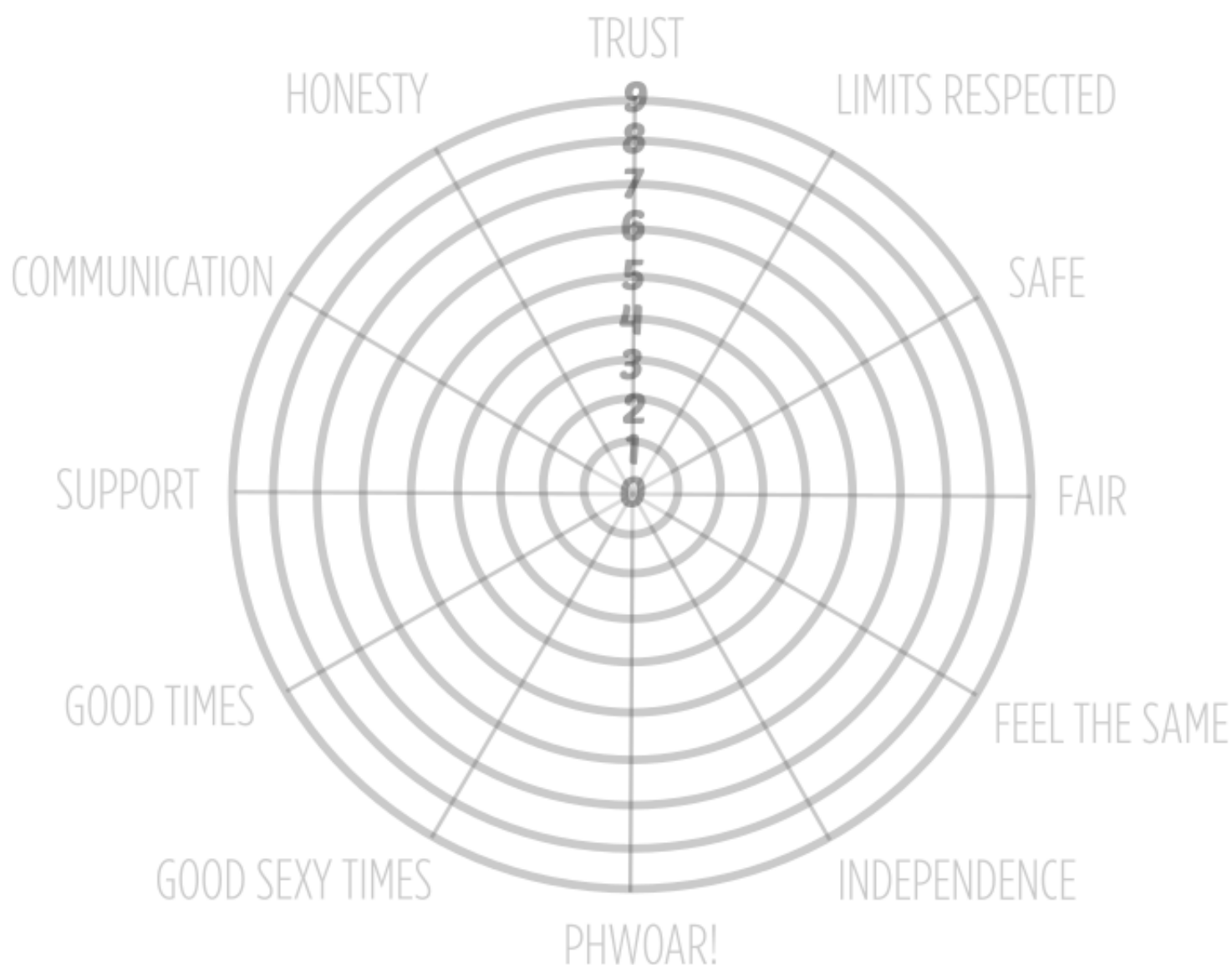
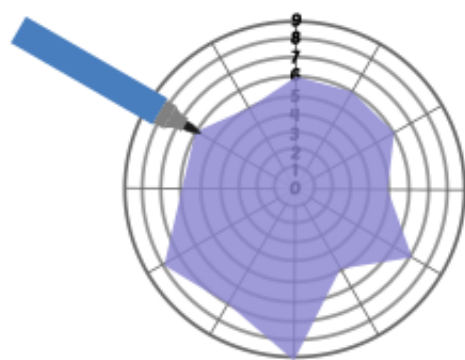
Fun. Exciting love.

What if 'Romantic' wasn't seen as the most important love - how might things be different?

THE 'HOW'S YOUR RELATIONSHIP' **GRAPH**

Relationships can be really hard. When you're in the middle of one it can be difficult to see what's actually going on: especially if there are big time feelings involved.

So the idea of this is that you plot on this graph how well your relationship is going. Then join the dots and colour in the shape. This will give you a picture of how things are going.



You can make your own mind up about what goes on this graph. Some of the words I've got on here might not apply to your relationship - so just write over them.

BOARD GAME

USE A DIE OR CUT OUT THIS SPINNER
AND STICK A PIN IN THE MIDDLE



START

You can do
you as well
as relying on
your mates
for lols/hugs
+7

You don't see
your mates
when you get
a romantic
relationship
MISS A GO

You don't
realise you're
excluding a
mate from
things
START AGAIN



You are
always the
one trying to
make plans
with a mate
ROLL AGAIN

Only being
their pal
because you
wanna date
them
-5

Saying you
want to be
mates after a
break-up and
meaning it
+3

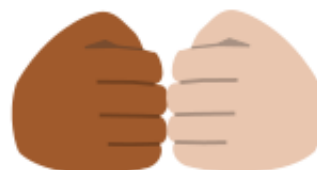
Your mate
bumps you
for a date
date.
ROLL AGAIN



You avoid
arguments
because you
think they are
bad
MISS A GO

You tell the
pal you love
that you love
them (as a
pal)
+9

You own your
shit when
someone is
pissed off
with you
+3



END
YAY!









You ghost on
someone
instead of
telling them
what's up
-20

You support
your pal but
also do fun
stuff with
them
ROLL AGAIN

You text a pal
just to ask
how they are
(and mean it)
+1

With a new
mate you
work out
your unique
handshake
+1

As you can probably tell, this board game is about friendships. Maybe you can play this with mates? You could maybe chat about what kinds of things you think are important in being friends. You might also disagree with my scoring system too!

| | | | | | |
|---|---|---|--|---|---|
| | | Your meet your friend's friend and you have good bants ROLL AGAIN | | You forget a loved one's birthday — again START AGAIN | |
| |  | |  | Your mates don't think your dank AF Drake meme is dank OTHER PLAYERS -1 |  |
| | You and a mate snog at a party. Chat about it after and it's chill +5 | | Your people pressure you to go out when you're not into it ROLL AGAIN | Your pal is looking great and you tell them so. +2 | |
| |  | | |  | |
| You give a mate advice when they just wanted a hug MISS A GO | You give a mate a hug when they really wanted advice MISS A GO |  | | | Your mates don't like your killer 'insta' post OTHER PLAYERS -1 |
| |  | | |  | You tag your FWB in a facebook post without asking -2 |
| | | You celebrate your friend-iversary on facebook +3 | | Your mates are nasty to someone you like and you say nothing START AGAIN | |

HOW TO SHARE YOUR LIFE WITH SOMEONE

Think about those love stories. You just wait for 'The One' to turn up and then they 'complete you' and you share your whole life with them. What if you could choose how much you share your life and with more than just one person? (Spoiler - you can)

Have a look at these Venn diagrams and have a think about how this applies to your relationship/s and then draw your own.



NEGOTIATING YOUR RELATIONSHIPS

So continuing this radical idea that you should be able to do your own relationships however you want to - you know you can negotiate your relationship right?

HOW MUCH DO WE WANT TO SHARE?

Not a lot *Lots*

HOW MUCH DO WE WANT TO CHAT ABOUT US?

Not a lot *Lots*

HOW MUCH IS THIS RELATIONSHIP ABOUT SEX?

Not a lot *Lots*

HOW MUCH DO WE WANT TO HANG OUT?

Not a lot *Lots*

HOW MUCH DO WE WANT TO SHARE FRIENDS?

Not a lot *Lots*

HOW CHILL IS IT TO LOVE OTHER PEOPLE?

Not chill *Chill*

HOW CHILL IS IT TO SEX OTHER PEOPLE?

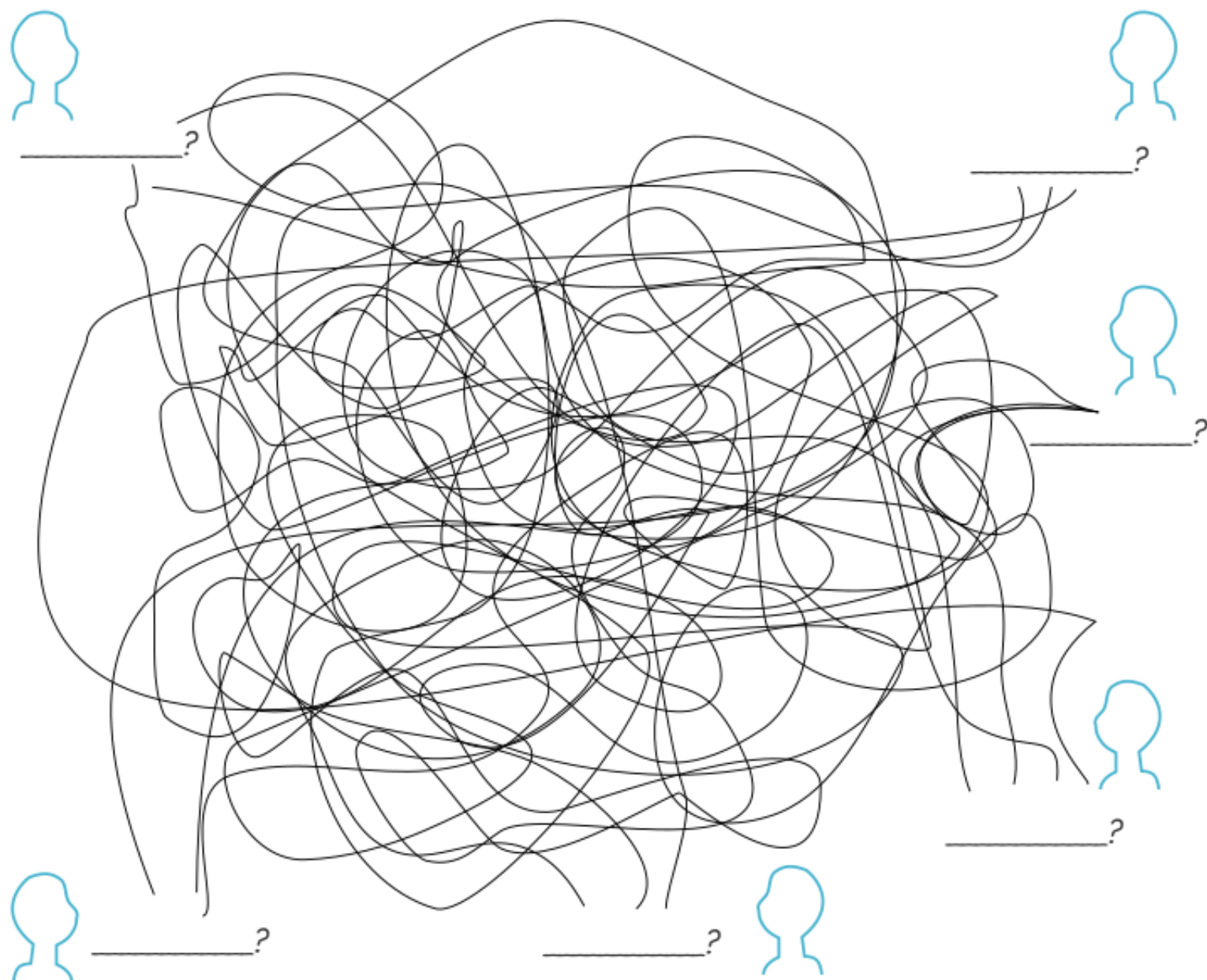
Not chill *Chill*

There are loads of ways of doing relationships. There's monogamy, non-monogamy, friends with benefits, hook ups, open relationships, polyamory, friendships, relationship anarchy. Find out more at

bishuk.com/relationships/different-kinds-of-relationships

FOLLOW THE LINE AND WORK OUT THEIR RELATIONSHIP STYLES

Relationships are well complicated and messy. So is this activity (see what I've done there?). Follow each line to work out who is in a relationship with whom. When you've done that, use the labels below to describe their relationship setup.




Monogamous
Non-monogamous
Solo
Relationship anarchist

Confused about these terms? Head to
www.bishuk.com/relationships/different-kinds-of-relationships/

TALK FOR A MINUTE

I am so sick of my own voice! Blah blah blah. If you've had rubbish sex and relationships education you are probably a bit sick of being talked at a lot too. So, this bit of the activity book is for you to get chatting.

The idea is that you pick one or more of these topics and give yourself a minute to talk about them. Time yourself and see what you come up with. This is the kind of thing that you and your friends or family could do. You could do it in person or even record yourselves and post to a WhatsApp group or something.

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <p>SEX WITHOUT LOVE</p>  | <p>SEX</p> <table border="1" data-bbox="571 703 1002 824"> <tbody> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✗</td> </tr> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td>✗</td><td>✗</td><td>✗</td><td>✗</td><td>✗</td><td>✗</td><td>✓</td> </tr> </tbody> </table> | M | T | W | T | F | S | S | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | M | T | W | T | F | S | S | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | <p>SEXING SOMEONE YOU'VE KNOWN FOR HOURS</p> <div data-bbox="1279 667 1471 801"> <p>1:42</p> </div> |
| M | T | W | T | F | S | S | | | | | | | | | | | | | | | | | | | | | | | | |
| ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | | | | | | | | | | | | | | | | | | | | | | | | |
| M | T | W | T | F | S | S | | | | | | | | | | | | | | | | | | | | | | | | |
| ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>BEING IN LOVE WITH THE FIRST PERSON YOU GO OUT WITH</p>  | <p>BEING THE FIRST TO SAY I LOVE YOU</p>  | <p>GOING OUT WITH SOMEONE THAT OTHERS DON'T LIKE</p>  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>A RELATIONSHIP WHERE THEY HAVE DIFFERENT BELIEFS</p>  | <p>ONLY HAVING SEX WHEN IT'S SERIOUS</p>  | <p>WHERE SOMEONE IS OFTEN JEALOUS</p>  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>BELIEVING IN 'THE ONE'</p>  <p>Wanna go Nandos?</p> <p>Ser Onlyone McHeropants</p> | <p>BEING FRIENDS WITH BENEFITS</p> <p>We are just friends</p> <p>*winky face*</p> | <p>OPEN RELATIONSHIPS</p>  <p>totally chill</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Don't force anyone into picking any of these #hashtagconsent just allow everyone to pick their own and have their own minute.

YOUR RELATIONSHIP **TRAFFIC LIGHTS**

If you are in a relationship yay, go you. However sometimes it is better not to be in a relationship with someone. So even when things are going well in a relationship, even in that first exciting bit where you have the big time feelings, it's good to think about what would make you want to end it.

THINGS THAT ARE GOOD FOR YOU IN A RELATIONSHIP

*e.g. someone being able to give me my own space
knowing that someone will always be straight up with me*

THINGS THAT WOULD BE HARD FOR YOU

*e.g. if I had to re-assure the other person a lot
if there was a lot of piss taking and not enough support*

THINGS THAT WOULD BE TOO HARD FOR YOU

*e.g. somebody always shouting at me whenever they got angry
the other person having really big secrets they haven't told me about*

TALKING ABOUT **TALKING**

They say communication is the key to a good relationship - but how? Different people like to communicate in different ways. What works for you? What works for the other person?

| | FACE TO FACE | TEXT | PHONE CALL | EMAIL | SOCIAL MEDIA |
|---------------------|--------------|------|------------|-------|--------------|
| FLIRTING | | | | | |
| ASKING SOMEONE OUT | | | | | |
| MAKING PLANS | | | | | |
| SEXY CHAT TIMES | | | | | |
| LIKES/DISLIKES CHAT | | | | | |
| SAYING NICE THINGS | | | | | |
| BEING 'OFFICIAL' | | | | | |
| CELEBRATING YOU | | | | | |
| SUPPORT | | | | | |
| SAYING "I♥YOU" | | | | | |
| ARGUMENTS | | | | | |
| SORTING STUFF OUT | | | | | |
| ENDING IT | | | | | |
| POST BREAK UP | | | | | |
| (ADD YOUR OWN) | | | | | |
| | | | | | |

BODIES THEY'RE ALL THE SAME (THEY'RE ALL DIFFERENT)

We all learn a lot of crap about what we should do with our bodies and what they should look like. What we try to do at BISH is to help you to feel more in charge of your own body and to help you to stick two fingers up to anyone telling you what to do with yours. Every body's body is different – we want everyone to feel more chill about their differences not worse.

There's a lot more about how our bodies work over at Bish (there's a whole section on it) but for this book there are activities for you to think about your own body.

Try the join the dots activity. Once you've joined them up notice how different genitals are from each other but also notice how there are similarities.

why not colour in these emoji fruits?



(no reason)

JOIN THE DOTS **GENITALS**

Apparently not everyone wants to see close up pictures of people's genitals. IKR? So instead of that I thought you might like to join the dots of these pictures and colour them in.

When you finish doing this you will notice how different they all look. No two genitals look the same. Maybe you could look at your own genitals and maybe draw them too? Notice how different they look at different times.



*They are horizontal, so
turn the page around.
No not that way.*

Thanks to Stuart F Taylor for doing these awesome illustrations. To see the proper ones in colour head to www.bishuk.com/bodies/genitals-bish-guide-bits/

JOIN THE DOTS **GENITALS**



JOIN THE DOTS **GENITALS**



WHERE DO YOU LIKE TO BE **TOUCHED?**

You've probably been taught that there are some areas where everyone likes to be touched - called 'erogenous zones.' Well it's b*****t so try to forget about this.

People like to be touched and not touched in different areas. This is different from person to person but also from time to time. So use this space to think about this for you and ask anyone you're planning on touching to talk to you about this too.

Draw an outline of your body (front and back) and mark on it:

- Where you like to be touched (if anywhere)
- Where you don't like to be touched
- When you like a place to be to be touched
- How you like to be touched (e.g. how hard)
- What you need to enjoy being touched?

Use some of these body parts below to guide you. Mark each one on a scale from -10 ----- 0 ----- 10+

ankle

anus - opening

anus - inside

arm

armpit

back - lower

back - upper

beard

bum

breast

calf

cheek

chest

chin

clitoris

collarbone

earlobe

ear opening

elbow

eyebrow

eyelid

face

finger

forearm

forehead

hip

jaw

knee

leg

lip

mouth

neck

nipples

nose

palm

penis head

penis shaft

perineum

pubes

scalp

sides

shin

shoulder

skin

stomach

testicles

thigh

throat

thumb

toes

tongue

vagina - opening

vagina - inside

vulva lips

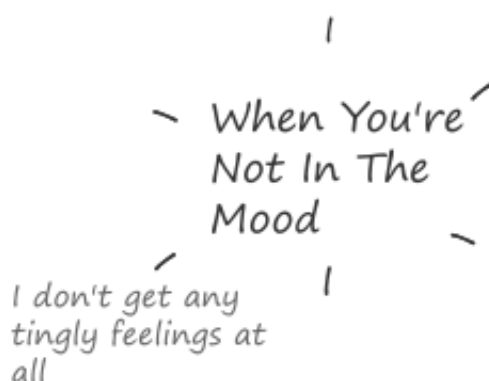
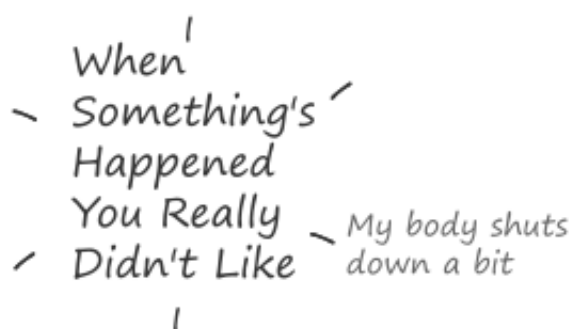
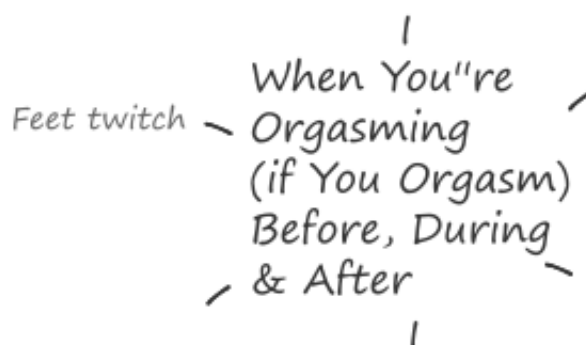
waist

wrist

HOW DOES YOUR BODY **RESPOND?**

So just like people like to be touched in different ways people also respond in different ways when they are being touched.

First of all think about this for when you are touching yourself. Look at the previous page and think about every part of your body. Then, if you've had sex with someone else, you could think about how your body responds with another person.



FEELING BETTER ABOUT **YOUR BODY**

When it comes to sex it can be really easy to feel crap about our bodies. The only images of people that we see having sex are fit, not disabled and have curves but only in the right places. It's hard to feel good about ourselves when the people we see having sex don't look anything like us.

So when we think it's only 'sexy people' who have sex then we can judge our bodies harshly from the outside. However to really enjoy sex we need to be in our bodies, not judging them from outside.

To make sense of this for you, think of times when you are really in your body. Times when you are really enjoying what your body does for you. Use this space to write about those times feel. Then think about what you can use from those experiences to help you enjoy your body more from sex (either with someone else or by yourself).

When I'm swimming I really like that feeling of all my muscles doing something. I like trying to glide through the water and how long I feel when I'm stretching for the wall at the end of each lap.

When I'm out with my mates I laugh so hard that it makes my stomach tense up and I can't catch my breath. I'm out of breath and even get a bit dizzy sometimes.

SEX HAVE THE SEX YOU WANT (NOT SEX YOU THINK YOU SHOULD HAVE)

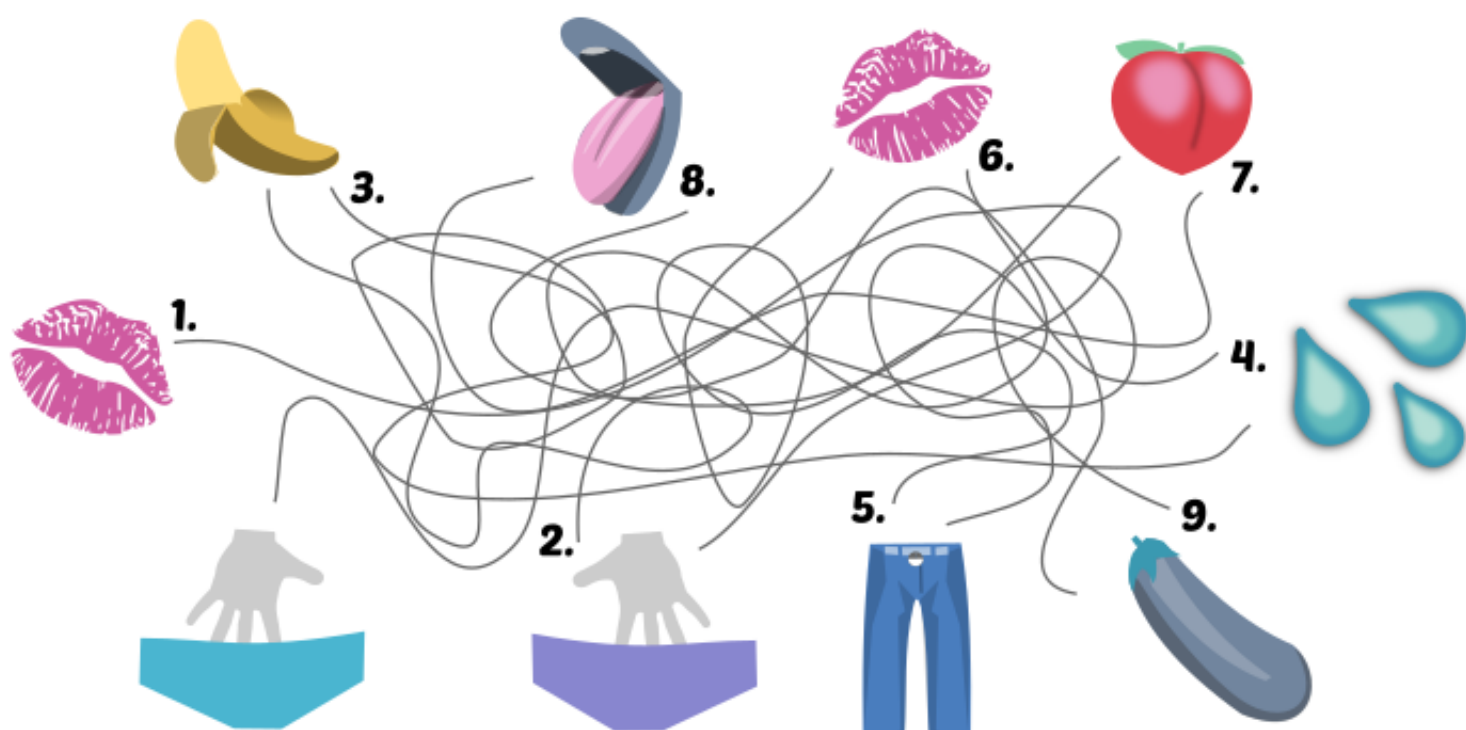
The key for enjoyable, pleasurable (and most importantly, pain free) sexy times is to try to work out what kind of things you would like to do, find out what kind of things the other person might want to do and to keep communicating with each other about how you are feeling about things. So the key to enjoyable sex is consent.

As you can see, there are a few different kinds of activities and worksheets here to help you. From figuring out what you want, to how to communicate, and even advice on how to do it for the first time and whether it's the right decision for you.

Sex is all about about communication, consent and choices. This includes the choice to have whatever kind of contact you want. If you are asexual you will hopefully find a lot in this section that will help you too, because sex is not just about getting naked with someone and touching their bits. Different kinds of contact can feel really nice even if it isn't 'sex'.

This is the biggest section because it also includes porn, fantasies and desires -- cost that's all sex as well isn't it?

follow the lines to work out the sexy story



WHY DO PEOPLE HAVE SEX?

Think about all of the different reasons that people might have sex with someone (though solo sex totally counts as sex too). I've listed a few things below but just spend a few minutes thinking about all the reasons.

To have kids

So they won't dump me

To enjoy sex

I'm supposed to

Which of these might be reasons that you might want to have sex?

If someone wants to have sex with you, which reasons would you be happy for them to have sex with you?

FIRST TIME WHAT WOULD GOOD FIRST TIME SEX BE LIKE?

People often say that the first time you have sex with someone or the first time you ever have sex, is always a bit rubbish, uncomfortable or even painful. People say this so much that people think it's true (and becomes a self-fulfilling prophecy). None of this is true (especially the bit about sex being painful for the first time).

I think that your first time can be really great, especially if you take the advice over the last few pages and think about what it is that you want from sex and how you can communicate that.

So imagine what good first time sex might be like for you. Use the boxes in the next couple of pages to draw or write a story about what it might be like.

*Who is it with?
How do you know each other?*

*Why do you both
want to do it?*

When will you do it?

*What kinds of things do you and they
want to do or not do?*

How does it start?

What do you end up doing?

*Describe the feelings and sensations
for you both*

*How do you
communicate during it?*

How/when does it end?

What do you feel/think afterwards?

How did you chat about it afterwards?

CONSENT COMMUNICATIONS

When having sex we should all be aiming for it to be as consensual as possible. Because of differences in how we feel about ourselves it can be harder to make sure of consent than we think.

There are some ideas here over the next few pages that can help you to get good at this. Before you get to that it might be useful for you to think about these questions.

What do you need before, during, and after being sexy times to make sure it's consensual?

How do you feel most comfortable communicating about consent (e.g. in person, via text/messages, email, etc.)?

Do you prefer verbal or non-verbal communication (e.g. eye contact, noises, body language, facial expressions, whether bodies are mirroring each other)?

How do you let people know what your bodily responses mean, or find out what their's mean?

Can you communicate about the things you really don't like, and find out from others?

When do you find it easier or harder to say what you like and don't like (e.g. situations involving alcohol or drugs, being with people who are older or younger, or more or less experienced)?

SEX SPECTRUMS

DON'T SAY SEXTRUMS

Often the questions that we ask ourselves about sex are difficult to answer because they aren't just a simple yes or no. These spectrums give you the option of being somewhere in the middle. Depending on how much sex you've had with people you might not feel ready to answer these questions yet -- that's fine. It's okay to come back to this if you feel more ready another time.

I prefer to have

SOLO SEX

SEX WITH SOMEONE

How sexual I am

NOT AT ALL

VERY

How close I prefer the relationship to be for sex

NOT AT ALL

VERY

The role I prefer to take during sex

ACTIVE

PASSIVE

I prefer to be on

TOP

BOTTOM

more excited by

WORDS OR IMAGES

BEING TOUCHED

I prefer touch to be

HARD

GENTLE

If any of this is confusing you could obviously head to Bish and do a bit of research.

WHAT SEX MIGHT YOU ACTUALLY WANT?



Think of the word 'sex' and you might think it means just vaginal or anal sex. Some people say that entry sex is the only kind of sex that counts. Some people really like this - but a lot of people don't. So instead of having the kinds of sex you think you should have try to think about what kind of sex you might actually want.

Having sex with clothes on (dry humping).

Nibbling and licking ears

Rubbing genitals together

Deep sexy kissing with tongues

Massaging each other naked

Wearing just underwear with someone

Watching something sexy with someone

Kissing on the lips

Sending a sexy picture +18s

Dressing up in sexy clothes for someone

Licking or sucking a clitoris or penis

Spending the night in bed

Stroking naked nipples

Kissing face, eyes, neck, ears and cheeks

Sharing sexy fantasies

Masturbating in front of someone

Having vaginal sex (with a penis, fingers or toys)

Stroking penis or vulva through pants

Stroking a penis or clitoris directly

Having anal sex (with a penis, fingers or sex toys)

Eating food off each other (not your dinner)

Touching body with clothes on

Getting totally naked

Naked spoons (big or little)

Biting

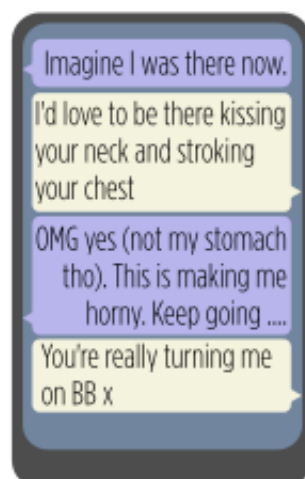
Sending a text saying they are turned on

Rubbing naked bodies together

Think of your own too. Make a list of all the things you can do when you're not in the same room, together with clothes on, just underwear on, totally naked. Which might you like? Try not to worry about whether it 'counts' as sex.

HOW TO TALK ABOUT WHAT KIND OF SEX YOU MIGHT LIKE

So if you are planning on having sex with someone all you have to do is tell them what sex you like and where you like to be touched. Off you pop! I know, not that simple is it? Here are a few ideas for how you can get started but you might want to talk about which one works for both of you.



Texting each other can be easier because you can take your time a little bit. You can either chat or just leave each other messages for later on. You could text each other sexy stories, or send each other ideas for what kinds of sex or touch you do or don't want. Remember you're not allowed to send sexy images if you're under 18.

-10 ----- 0 ----- 10+

It can be really hard to say "yes I'm well up for that" or "I'm not sure" or "nope." So you could encourage each other to chat about where you are on a scale. Do this for non- sex stuff too. E.g. I'm like +5 Nandos, +3 Maccy's, -7 just crisps)

It might be easier to start off by asking each other for your list of things you definitely don't want to do.

| | |
|---|--|
| X | |
| X | |
| X | |
| X | |
| X | |

Remember that some people find it easier to talk about what they do and don't want from sex. So be patient with the other person and try to give them as much opportunity to say 'no' as possible.

HOW TO LISTEN TO WHAT THE OTHER PERSON WANTS

During sex it's really important to pay attention to the other person as much as yourself. Consent is an on-going thing so it's important for that reason, but it's also the key to making sure that sex is enjoyable for both of you.

What can you look out for during sex with someone. What are your signs for that you are enjoying something, what about the other person? You should rely on all of the senses available to both of you.

Their eyes are closed - hmmm



"Just here"



"OMFG"

-Shoulder tap-



Excited breathing



"They've gone a little quiet"

*"Ooooh"
"Ummm"*



If your spidey sense tells you that something is wrong please stop and give some options.

SAFER SEX BORING BUT IMPORTANT

Like most things that are enjoyable (e.g. nutella, dodgems, Hollyoaks) there are some risks to having sex. You've probably been taught about some of these in school (as a way of scaring you off from having sex) such as STIs or unplanned pregnancy. There are other risks too. It's a good idea if you can chat about these risks before hand. Spoiler: it's not just about condoms and the pill.

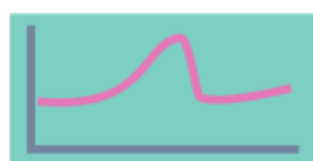
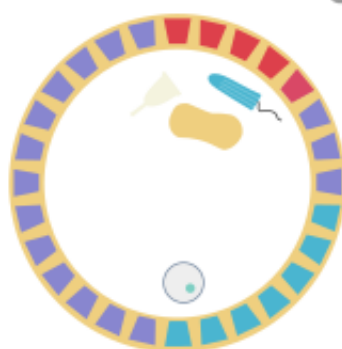
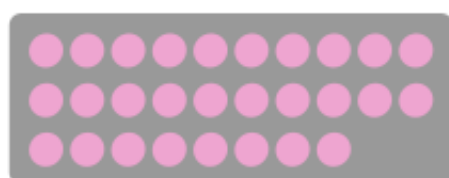
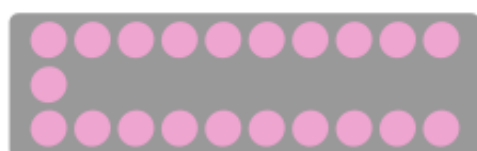
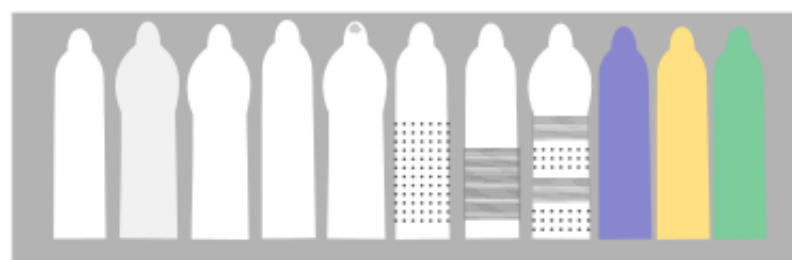
RISKS OF SEX

STIs,
unplanned pregnancy,
breaking the law,
physical pain,
emotional pain,
stigma,
invasion of privacy,
broken trust,
ruining friendship,
not enjoying it,
rumours,
bullying,
assault,
forced or coerced into it,
going beyond agreed boundaries
etc

HOW TO REDUCE THE RISKS

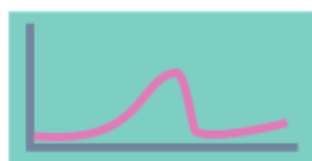
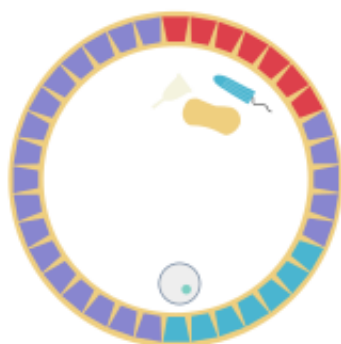
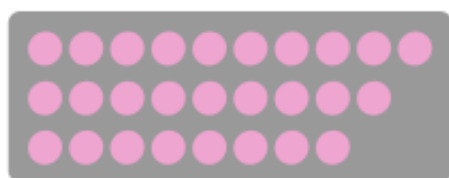
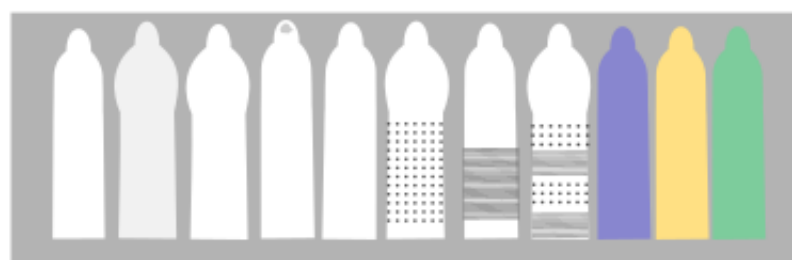
SAFER SEX SPOT THE DIFFERENCE

Use your skill and judgement to spot the difference between this page and the next page. There are 10 -- I think. Sorry I lost count. Also name these different methods of making sex safer. Find out more about this at bishuk.com/safer-sex



SAFER SEX SPOT THE DIFFERENCE

Use your skill and judgement to spot the difference between this page and the previous page. Yeah I'd say there were about 10. Try it and see! Also name these different methods of making sex safer. Find out more about this at bishuk.com/safer-sex



DESIRES WHAT WE DO WITH THEM AND WHO WE ARE

The more you get interested in sex you might start to be more interested about what it is that you are into. The key to remember with desires is that often we don't act on them at all. This is because we can't because it's impossible (like sex with dragons), or don't want to because it won't be as good in real life (e.g. eating cake off someone), or it's illegal and so can't.

The same is true of how we choose to identify ourselves e.g. as straight, gay, lesbian, bi, or kinky, polyamorous, or even just saying who or what we are into. So these circles below give you an idea of our desires, what we do and our identity works for a lot of people.



Draw your circles and write inside them

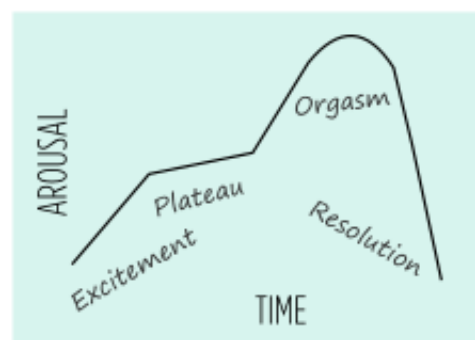
- what or who you desire
- what you do or don't like to do sexually
- how you like to identify yourself (your labels, what you like etc)

It's important not to judge yourself or other people about this stuff: there are no 'normal' circles. Just have a think about how you feel about your circles. Are you okay with how much they do or don't overlap? Are any of them bigger or smaller than you would like?

ARE YOU **ENJOYING YOURSELF?**

When sex is new and exciting (and even when it isn't tbh) it's easy to forget about whether you are actually even really enjoying it. There are so many 'shoulds' with sex: like 'you should do it in a relationship', or 'everybody wants so you should too', or 'you should do it like this', or 'you should always orgasm when you have sex.'

There are also a lot of 'shoulds' when it comes to defining what 'enjoying sex' means. A lot of people think that you're only really enjoying it if it's like this graph (from the sexologists Masters and Johnson). I say: nope.



All bodies are different and they all work in a totally different way from each other (and they also work differently each time). When you have any kind of 'should' then it can make it much harder to enjoy sex. So think about this for yourself. If you have any kind of sex (solo, or with someone) think about the last few times and plot your own graph. Look: here's some graph paper!



Now look at your own experiences. How do you feel about them? Are you always having a good time with sex? What do you notice about the times when it was or wasn't as good? If you have sex with someone, what do you think their graphs would look like? Same as yours or different?

ARE YOU WANKING **TOO MUCH?**

Adults worry about younger folk looking at porn, but when they ask me about it, the youngs are more worried about how much they are wanking or looking at porn.

First of all, no-one worries about how much time people spend enjoying other media: e.g. GoT, GTA, or Hollyoaks. Porn is held to a different standard because sex, but research shows that we relate to porn in a very similar way to other media.

Also this is totally subjective. Some people wank several times per day and it doesn't worry them at all. Other people might wank once a month for five minutes and be super worried

So, if you are worried, think of all the reasons that you might look at porn/wank.

*Bored
(boregasm)*

Horny

*Avoiding work
(procrasturbate)*


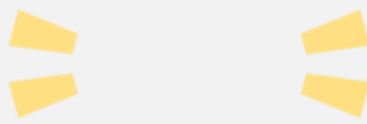





Explore fantasies

Which of these can you only achieve through wanking or looking at porn? Are there other ways that you can get those things? What would it be like if you aimed for fewer high quality wanks? (Loads more advice about this at BISH) .

PLANET PORN ANOTHER DISCUSSION GAME FOR YOU

So this is a discussion game that I've been using in school for years and years. Teachers also buy this and use it in their schools (via bishtraining.com). Basically it's just to get people talking about porn and the differences and similarities between porn and not porn sex.

So to play it decide whether these statements are true of Planet Porn, Planet Earth, neither or both. It's more fun if you can chat about this with pals.

| | | |
|--|--|---|
|  <p>WHERE SEX IS ALWAYS AMAZING</p> | <p>WHERE IF WOMEN AREN'T 'ATTRACTIVE'</p>  <p>THEY ARE INVISIBLE</p> | <p>WHERE SEX IS MAINLY ABOUT WHAT MEN WANT</p> |
| <p>WHERE SEX HAPPENS IN THE SAME ORDER</p> <ol style="list-style-type: none"> 1. kissing 2. clothes off 3. oral 4. on top 5. from behind 6. on sides 7. orgasm | <p>WHERE SEX IS ALWAYS ABOUT THE PENIS</p>  | <p>WHERE IT'S EXPECTED THAT PEOPLE WILL ALWAYS COME FROM ENTRY SEX</p>  |
| <p>WHERE KISSING</p>  <p>IS SO GOOD THAT IT LASTS FOR AGES</p> | <p>WHERE WE SEE DISABLED PEOPLE HAVING SEX OR TALKING ABOUT SEX</p> | <p>WHERE ONCE THE GUY COMES THEN SEX IS OVER</p>  |
| <p>WHERE PEOPLE ARE SERIOUS ABOUT THEIR SEXUAL HEALTH</p> | <p>WHERE EVERYONE'S SEXUAL LIMITS ARE AGREED IN ADVANCE</p> | <p>WHERE WE SEE POSITIVE IMAGES OF DIFFERENT RACES</p>  |

As you can see, it's not as straightforward as porn sex is bad and 'real' sex is better. If you want to read more about porn (without having to see any) head to bishuk.com/porn

THAT'S IT!

I hope you enjoyed this and I really hope that you found it useful!

Like I said at the beginning, this is not really about giving you advice but helping you to work this out for yourself. However, if you do want some advice about sex and relationships from me then do head over to bishuk.com.

Do let me know what you think about this. I'll probably just keep this as a downloadable thing, so I can always update it. If you have any ideas for new activities I can add, or areas you'd like me to cover, get in touch. Either via bishuk.com, via twitter @BishSexEd, or via facebook.com/bishsexed.

Thank you!



Justin

THANK YOU SO MUCH

For your ideas and support

Meg-John (we have done similar zines to this for adults over at megjohnandjustin.com)

Nora

Kirst

Pete

Sarah

Stephen

Stuart

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