

SESSION 3: FEELINGS

Theme	Emotional Wellbeing
Session Length	50 minutes
Introduction	This session explores God's wonderful gift of sexual attraction, which requires self-control, mutual respect and patience to manage well. Students will reflect on God's plan for sex: where our deepest drive to love and be loved is met through sexual union in marriage which is total, faithful and open to the precious gift of life.
Learning Objectives	Students will learn that an increase in hormone production during puberty leads to physical and psychological changes, including sexual attraction, and methods for managing the feelings involved with these.
Success Criteria	Students will engage with the films and take an active part in classroom discussions and personal activities, all the time demonstrating respect for the views of others.
Values and virtues to be developed	<ol style="list-style-type: none"> 1. Discerning in relationships. 2. Self-control around decisions. 3. Respectful about different attitudes.
Resource Materials	<ul style="list-style-type: none"> • Appendix 1 – Scenarios

SESSION SUMMARY

Slides 1-2 5 mins	Discuss sexual attraction.
Slides 3-4 12 mins	Explore what is happening in our minds and bodies when we experience sexual attraction and how to manage those thoughts and feelings.
Slides 5-6 18 mins	Discuss the role of self-control, mutual respect and patience in managing our sexual desires.
Slide 7 10 mins	Spend time reflecting on what kind of relationships the pupils may want in the future and how to achieve them.
Slides 8-9 5 mins	Reflect on the belief that our sexual desires are a gift from God.

KEY VOCABULARY

sexual attraction crush puberty intention self-control mutual respect
patience senses feelings desire

SESSION NOTES

1) Attraction (5 mins)

Slide 1

You might like to lead students in the following optional prayer:

*Dear Lord,
Open my heart and mind to your voice speaking to me throughout this session
and throughout this day. Teach me your ways and bring me closer to you.
Amen*

Slide 2 (5 mins)

Discussion: Sexual Attraction

Start the session with a discussion.

In pairs, have students discuss the question on screen: **'Is sexual attraction a good thing?'**

Feedback across the class as appropriate.

2) Crushes and Sexual Attraction (12 mins)

Slide 3 (4 mins)

Play Film Part 1: Crushes and Sexual Attraction

Mairi and Nathan discuss puberty as a time when crushes can start to happen – which can be both exciting and confusing! They describe sexual attraction as involving senses, feeling and desires. This categorisation helps young people to understand what is going on, but also to learn how to control their responses to the wonderful thing that is sexual attraction.

Slide 4 (8 mins)

Discussion: Right time, place, intention?

In small pairs or groups, have students discuss the questions on screen:

- When is the right time?
- Who is the right person?
- What is the right intention?

Extension discussion: Ask students to consider how senses, feelings and desires play a part in this. For example, do they all have to be aligned for it to be 'right'? Can any of them be

experienced independently of the others?

Extension discussion: Invite students to consider if the activity/gender/age of the couple changes whether it is 'right' or not? For example, are some things 'right' or 'permitted' before others?

3) Managing Sexual Feelings (18 mins)

Slide 5
(5 mins)

Play Film Part 2: Managing Sexual Feelings

Mairi and Nathan explain the counter-cultural message that sexual desire is so powerful because it draws us towards love – true love with another person – rather than the self-gratification of sensual pleasure. They conclude with some tips on how to manage sexual feelings: **Self-Control, Mutual Respect and Patience.**

Slide 6
(13 mins)

Activity: Scenarios

Distribute one scenario from **Appendix 1** to each group. These fictional stories have been written to an Agony Aunt column on a website for teenagers. In pairs/groups students should compose a response that:

- Reassures the message writer.
- Identifies if their problem concerns **self-control, mutual respect** and/or **patience.**
- Identifies what **senses, feelings** and/or **desires** are at play.
- Advises on how to develop self-control, mutual respect and/or patience.

These bullet points are displayed on screen.

After some time, feedback across the class, noting similarities/differences where groups have responded to the same scenario.

Extension activity: Facilitate a debate on one or more of the following:

- 'Watching porn deals with sexual feelings.'
- 'Waiting until marriage is old fashioned.'
- 'I just couldn't help myself – I can't control my urges.'

Extension research: One of the scenarios concerns 16-year-olds moving away from home. Help students find further information on the laws about this [here](#).

4) Letter to Myself (10 mins)

Session Plan

Key Stage Three

Programme 2: Year 8

Session 3: Feelings

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Slide 7 (10 mins)

Activity: Personal Writing

Invite students to spend some time on one of the following activities:

1. Write a letter to your future self, which involves your hopes for your future relationships.
 - I hope that you are ...
 - I want ... for you.
2. Imagine you are 30 and write a letter to yourself as you are now, offering advice that you wish you had known at 12/13.
 - I want you to know that...
 - Remember you are...

Extension discussion: Nathan said that 'our deepest desire to love and be loved is met through sexual union which is total, faithful and open to the precious gift of life.' Invite students to discuss this. What do they think it does/doesn't mean? Do they agree?

5) Reflection (5 mins)

Slide 8 (3 mins)

Play Film Part 3: Reflection

Mairi explains that God didn't only invent sexual attraction, He gave it to us as a gift to ultimately draw us closer to Him – the source of all love. Mairi and Nathan pray for pupils and their futures.

Slide 9 (2 mins)

Evaluation

Ask students to share one thing they will remember from this session.

Extension activity: Invite students to share or write down the most joyful memory they can think of. Reiterate the teaching from the film: that joy is an emotion, but also a spiritual gift from God.