

## Worksheet: A decision to be made

Ali and Jas have been in a relationship for a while. Neither of them has yet had sex. Ali has invited Jas over to work on their Leaving Cert history projects. Ali has a free house and they are both conscious that 'one thing might lead to another' but neither has mentioned it.

Ali hangs around with people who are a bit older and most seem to be sexually active. Although they've never said anything, Ali is feeling a bit of pressure to get on with it. When Ali invited Jas over, it was with the intention of taking advantage of the situation to have sex for the first time, but Ali is less sure about it as time goes on. Although not really a drinker, Ali is wondering about getting a few cans in, to ease the tension.

Jas really likes Ali and enjoys 'messaging around' together but is not sure about having sex. It's going to be hard to say 'No', once they're alone in the house. Friends all seem to have an opinion. Sophie thinks they should either talk it through beforehand or avoid the house on the night, but Jess thinks they might as well get it over with.

Help Ali and Jas make a decision they have the best chance of being happy about. Use the **Worksheet: Thinking about Decisions** and discuss the questions below as you work through the options.

### Consider the following questions when discussing Jas' and Ali's options

- Is there an urgency for this decision to be made? Why? How might this affect the decision?
- Who is feeling pressure in this situation and where is it coming from?
- Jess thinks they might as well 'get it over with'. Why might she say this? Is it likely to lead to a good experience for the two people involved?
- What might Jas' and Ali's 'guts' be telling them?
- Who might be a good source of advice for each of them?

