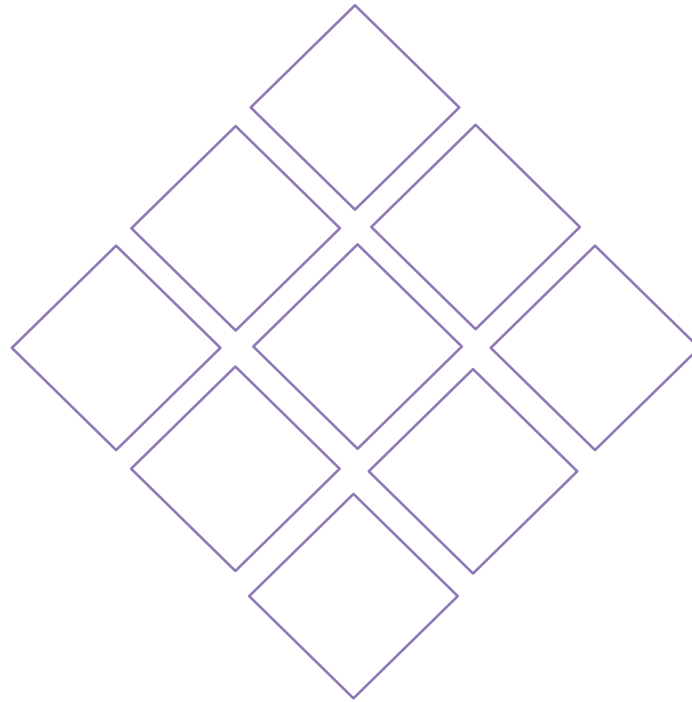




Worksheet: No regrets!

1. Draw a blank Diamond 9 model onto a sheet of paper or into your exercise book as follows.



2. Using the items below or adding additional factors of your own, decide the top nine factors which you think would help make a couple's first sexual experience a good one.

They are in a relationship and have built up trust.	Both people can trust that they will treat each other well before, during and after sex.	They love each other.
They are married/in a long-term committed relationship.	They care about it being a good experience for each other.	They agree and trust that they will not share details with other people that could hurt or humiliate their partner.
Both feel sexually attracted to each other.	Both partners can talk about what they do and don't want to happen.	They have a comfortable, private location.
The timing and circumstances fit with their personal values (moral, cultural, religious, etc).	They can work out what they do together – there's no pressure to perform.	They have talked about STIs and, if relevant, unplanned pregnancy protection, and are equipped with condoms and contraception.
They have freely consented to the activity before and during the sexual activity.		