

Lesson Plan: Oral Sex

Course: PDCP	Grade: 10
Unit: 2	Lesson Title: Oral Sex
Curriculum Connections	
General Outcomes: 2.0 Students acquire the knowledge and skills required to make healthy choices related to sexual health.	Specific Outcomes: <ul style="list-style-type: none"> - 2.2 examine the skills needed to initiate, discuss, and negotiate sexual health and wellbeing - 2.5 explain the relative effectiveness of various methods of preventing unintended pregnancy or sexually transmitted infections (STIs).
Facts for Educators	
<ul style="list-style-type: none"> - Most NB teachers surveyed in <i>The New Brunswick Teachers Sexual Education Survey (2021)</i> felt that sexual activity with a partner, including oral sex, should be first introduced in middle school (Burkholder, Byers, & O’Sullivan, 2022). - Oral sex is a sexual activity that typically emerges during adolescence (Ronis and O’Sullivan, 2011) and can be a normal part of youth’s sexual lives (Vannier & O’Sullivan, 2012). - In a recent study by Strome et al. (2022), youth across the U.S. expressed an overall dissatisfaction with current protection options during oral sex (condoms/dental dams) and a desire to normalize oral sex in popular culture. - There is a general perception among youth that oral sex is a less risky form of sexual activity (Halpern-Felsher et al, 2005): 33% of adolescents (aged 15-17) have engaged in oral sex at least one time in their lives, yet only 7%-10% report using protection (CDC, 2020). - Many adolescents report engaging in an oral sex event without it leading to some form of penetrative sex (Hammond et al., 2011). - Youth have reported that oral sex can help build closeness in a relationship and is a convenient sexual activity (Hammond et al., 2011). - In research conducted by Macdonalds et al. (2020), most of their transgender participants reported an overall understanding towards the necessity of protection during oral sex but did not use protection themselves. 	
Inclusivity for 2SLGBTQI+ Students	
<ul style="list-style-type: none"> - Include discussions around oral sex for transgender and gender nonconforming folks. <ul style="list-style-type: none"> • Disrupt: For some people, oral sex is more than just acts of fellatio or cunnilingus! <ul style="list-style-type: none"> o This: Some people might not want certain parts of their genitalia to be touched during oral sex; some might want to use different words to describe their genitalia and different words to describe oral sex activities; some folks might want their partner to perform oral sex on a sex toy, rather than their genitalia; and for people on hormones, their erogenous zones can also shift through their bodies over time—communication with a partner and setting boundaries can make oral sex a pleasurable experience for everyone involved! - Include discussions around all types of sexualities who partake in oral sex. <ul style="list-style-type: none"> • Disrupt: Much of what society dismisses as a lead up to penis-in-vagina penetration (a.k.a oral sexual activities) may be full-blown sex for some queer and trans people. <ul style="list-style-type: none"> o This: Policing what “counts” as sex can limit everyone! <p>https://www.refinery29.com/en-ca/2021/07/10585048/what-counts-as-queer-sex</p>	
Topics to Explore with Students	
<ul style="list-style-type: none"> - Fellatio (oral sex on a penis) - Cunnilingus (oral sex on a vulva) 	

- Anilingus (oral sex on an anus)
- Protection and boundaries during oral sex
- Portrayal of oral sex in popular media
- Oral sex and 2SLGBTQI+ folks
- Oral sex myth debunking!

Popular Media

Nadine Thornhill: How to Use a Dental Dam <https://www.youtube.com/watch?v=UqWr5GCizw0>

Fredericton Feminist Film Collection: DIY Dental Dams

<https://www.youtube.com/watch?v=ps6zcskyEa0>

CBC's About Sex: Oral Sex

<https://www.youtube.com/watch?v=P3Z6JwXdDZg&list=PLJyG4btas2dnFzjAEMPxsyni4clHdbivX&index=11>

Questions to Ask Students

- How do you know if your partner is receptive or unreceptive to oral sex?
- What boundaries do you need to set for yourself and your partner when engaging in oral sex?
- How does popular media influence our perceptions of oral sex?
- How do you know if what you're seeing or hearing about oral sex in popular media is realistic?
- What do you think constitutes as "sex"? Does oral sex count as sex? Does penetrative sex count as sex? Why might there be disagreements around this topic?
- Do you think there are stigmas attached to using protective barriers (finger cots, dental dams, condoms) during oral sex?

Activity Suggestions

Activity #1: Introductory Video

- Start by showing the video **CBC's About Sex: Oral Sex**
<https://www.youtube.com/watch?v=P3Z6JwXdDZg&list=PLJyG4btas2dnFzjAEMPxsyni4clHdbivX&index=11>
- You can use this video to jumpstart an initial conversation around oral sex: **Where do you go to get information on oral sex? How does popular culture influence our perceptions of oral sex? How do you know if what you're seeing or hearing about oral sex in popular media is realistic?**

Activity #2: Oral Sex

- Here is some information to include in your lesson on oral sex! You can drop these statements into a PowerPoint, for instance, and generate some discussion around them:
 - Genital stimulation using the mouth, tongue, teeth, or throat is called oral sex. This can include oral-vulva/clitoris contact (cunnilingus), oral-penile contact (fellatio), and oral-anal contact (anilingus) (Pakpahan et al., 2022).
 - Oral sex can give many people physical pleasure and orgasms: The mouth and tongue can be particularly precise and provide pleasant sensations to the person receiving oral sex. For the person giving oral sex, pleasure can be obtained from observing or feeling their partner's reactions.
 - Slang terms for oral sex include "giving head", "blowjobs", "going down on someone"—some people might use these terms and some people might use others. **What do you think constitutes as "sex"? Does oral sex count as sex? Does penetrative sex count as sex?**
 - Partners can take turns performing oral sex, or they may stimulate each other at the same time. Oral sex can be practiced in different ways, at different times, as long as consent is present. Some folks really enjoy oral sex, while others do not enjoy it, or are not comfortable

with it—this can also change over time, depending on the person (or not!). **How do you know if your partner is receptive or unreceptive to oral sex?**

- Oral sex can and does include sex toys, the testicles/scrotum, and stimulating the perineum/taint (the area between one's genitals and anus) and the anus.
- Many STBBIs are transmitted orally, including herpes, gonorrhea, chlamydia, syphilis, and HIV (Halpern-Felsher et al., 2005). Remember that condom use during fellatio and dental dam use during cunnilingus can protect you and your partner against STBBIs! **In what ways is using protection during oral sex similar to using protection during penetrative sex? How is it different? Do you think there are stigmas attached to using protective barriers (finger cots, dental dams, condoms) during oral sex?**
- Contrary to what porn may suggest, not everyone engages in oral sex! Porn can also give the impression that cunnilingus is the most significant part of foreplay and fellatio is often presented as a form of submission to male desires. In reality, oral sex should be respectful and egalitarian—it can be done at any time during a sexual interaction, by any person, and can lead directly to an orgasm (or not!). **What boundaries do you need to set for yourself and your partner when engaging in oral sex?**

<https://www.youtube.com/watch?v=P3Z6JwXdDZg&list=PLJyG4btas2dnFzjAEMPxsyni4clHdbivX&index=11>

Activity #3: Oral Sex Myth Debunking

- Have students divide into small groups.
- Give each group one of the following oral sex myths to debunk (these can be written on a sheet of paper, or typed on a Google Docs document):
 - Oral sex isn't really sex
 - You 'have' to give and/or receive oral sex
 - Eating fruit can make someone smell better during oral sex
 - All oral sexual activities lead to orgasms
 - Oral sex is when a woman performs fellatio on a man's penis
 - You don't need to incorporate safe sex practices when engaging in oral sex
 - Oral sex is only foreplay
- Encourage students to write down some initial discussion points before going online and trying to find relevant information to help them debunk the myth! **What makes these statements myths? Is there a better way to 'write' these statements as truths? Is there a better way to make these statements more inclusive to all bodies and sexualities?**
- Have students share their findings and their sources with the rest of the class.
- **Are there any other oral sex myths students think they have previously encountered (through social media, pop culture, porn, friends, etc.)?**

Activity #4: Cellphims

- In this activity, students make short videos (cellphims) to share something they've learned about oral sex with others.
- Show the short film from the **Fredericton Feminist Film Collection: DIY Dental Dams:** <https://www.youtube.com/watch?v=ps6zcskyEa0>
- Have groups of students make a 10-20 second cellphilm (a short, recorded video) based off one of the following prompts:
 - Asking for consent to engage in oral sex
 - Setting boundaries during oral sex

- Oral sex: Inclusive and pleasurable!
- Protecting bodies during oral sex
- Oral sex myth debunking
- Queering oral sex
- Oral sex in popular media and/versus oral sex in reality
- Send students to the following link for instructions on how to make their cellphilm: <https://drive.google.com/drive/folders/1lXNna0jnu8TnBcnf3OFfaT8vcClCn58l>
- After picking a prompt, students should first plan out their video script (storyboard) and make any props prior to filming. They can create their cellphilm using stop motion animation (there are many free apps online for this!), editing multiple small shots together, or shooting their entire video using one continuous shot.
- Have students share their cellphilm with the rest of the class!

References

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