

Do Now

What is the role of pleasure in intimate relationships?



Keiron and Dana, both 19, have been dating for six months and are very much in love. They have a happy sex life – but Dana is concerned because she's still not had an orgasm. She's not even sure what this should feel like, but her friends seemed very surprised when she said she hadn't had one.

**Discuss: What is an orgasm?
Does it matter what Dana's
friends think?**



Sex is not all about achieving an orgasm. However, any sexual activity should be pleasurable for all parties involved. Why is this so important?

CLUES: Pressure Consent Mutual respect

What is the role of pleasure in intimate relationships?



Learning outcomes:

Describe the importance of the role of pleasure in intimate relationships, including orgasms.

Orgasm – the climax of sexual excitement, characterized by intensely pleasurable feelings centered in the genitals and (in men) experienced as an accompaniment to ejaculation.

Masturbation - the erotic stimulation especially of one's own genitals, often leading to orgasm.

**So what's normal when it come to masturbation?
Watch the following clips and complete it in your
booklet.**

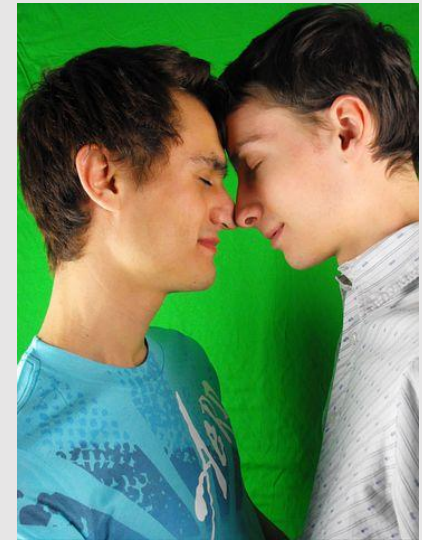
[Episode 2: Sex and Masturbation | Planned Parenthood Video - YouTube](#)

[Masturbation: Totally Normal – YouTube](#)

[Is Masturbation Normal for Boys? | Puberty – YouTube](#)



- 1. What is perfectly normal to do?**
- 2. What benefits does masturbation have?**
- 3. Who does it?**
- 4. Will you run out of sperm if you masturbate?**
- 5. What can help and why?**
- 6. What should someone do if masturbation is affecting their daily routine?**



What is the role of pleasure in intimate relationships?

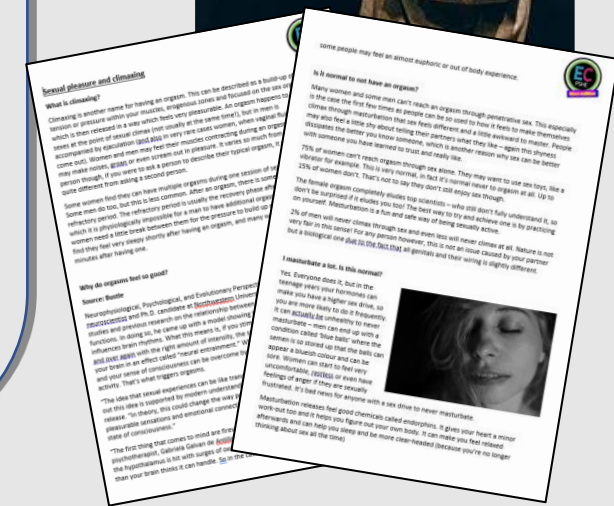


So what are orgasms? What is 'achieving climax'? Is it important and how will I know if it happens?

Reading time!

This is important stuff. Take the time now to read in silence.

Optional but interesting video:



Female Orgasm vs Male Orgasm – How Do They Compare? - YouTube



Sexual Pleasure and Climaxing

What is Climaxing?

Climaxing is another word for orgasm. It describes a build-up of tension in the muscles and sexual organs which is then released in a way that feels very pleasurable. Both men and women can have orgasms, although they do not always reach them at the same time. Men usually ejaculate at orgasm, while some women and a few men can have more than one orgasm during a single sexual experience. After an orgasm, the body often needs a short recovery period before another one is possible. This recovery time is usually longer for men. Many people also feel relaxed or sleepy afterwards.

Why Do Orgasms Feel Good?

Research into the brain shows that repeated rhythmic stimulation during sexual activity can create a pattern called neural entrainment, where the brain's rhythms become focused on the sensation. This can make it feel as if attention or even consciousness shifts towards the physical experience. At the point of orgasm, the brain releases hormones such as oxytocin and other "feel-good" chemicals. These create intense pleasure, and sometimes even a brief sense of euphoria or a light, trance-like state.



Sexual Pleasure and Climaxing

Is It Normal Not to Have an Orgasm?

It is quite common for people not to reach orgasm, especially during penetrative sex. About three-quarters of women do not climax through penetration alone, and up to 15% of women and about 2% of men may never experience orgasm at all. This is not a fault in a partner – people’s bodies and nerve pathways are simply different. Feeling relaxed, trusting a partner, and communicating about what feels good can all help. Many people also learn what they like through masturbation, which can make it easier to understand their own sexual responses.

Masturbation

Masturbation is normal and common, particularly during the teenage years when sex drive is often high. It is a safe way to explore your own body and to learn what feels pleasurable. Masturbation releases endorphins – chemicals that boost mood – and can help people feel calmer and more relaxed. For some, it can also improve sleep and reduce sexual frustration. Avoiding all sexual release can sometimes lead to discomfort, such as the temporary aching sometimes called “blue balls” in males.



Key Points to Remember

1. Everyone's experience of sexual pleasure is different; there is no single "normal."
2. Not everyone has an orgasm during sex, and this is common and nothing to feel embarrassed about.
3. Consent, communication and mutual respect are essential for positive sexual experiences.
4. Masturbation is a healthy and natural way to understand your own body.



Useful helplines and charities:

Childline. Support for people under 19 in the UK. Call: 0800 11 11

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544

Teen Line | Teens Support hotline - Connect, talk, get help! Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people

NEW Young Persons Advice Guide - Let's Talk about It (letstalkaboutit.nhs.uk)

New young persons advice guide from the NHS



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>