

Photostories Guidance Notes

Anna and Bob's Story

The Photostory notes are for carers and educators of young adults with learning disabilities. These notes will help you explore the themes of the story as you work through them.

The notes are written to help you create a discussion about the main learning outcomes. Each photo is numbered and has an accompanying series of questions that relates to the story.

Read through the story together first and then reread the story using some of the questions to encourage informal discussion. If you are working with a group of people you may wish to use more of the questions to create debate amongst the group. If you are working one to one it may be wiser to use fewer questions. The questions will not be suitable for everyone – it will depend on the level of the learner's ability.

Learning Outcomes

The learner will understand:

- 1. being in a relationship means getting to know each other**
- 2. you should ask permission before you touch someone else**
- 3. you can say yes or no to being touched**
- 4. kissing and cuddling should happen in a private place**
- 5. contraception will prevent pregnancy**
- 6. people who want to have sex with each other should discuss using contraception**
- 7. people who want to have sex should know where to get contraception**
- 8. using condoms will prevent pregnancy and sexually transmitted infections.**

The following list of feelings might be helpful if the learner is not sure how someone might feel in a particular situation.

Angry	Depressed	Joyful	Sexy
Ashamed	Disgusted	Loving	Shocked
Calm	Embarrassed	Nervous	Shy
Comfortable	Excited	Relaxed	Surprised
Confident	Happy	Sad	Uncomfortable
Confused	Jealous	Safe	

Anna and Bob - Key questions are in bold

- Frame 1** **How do you know when someone is your friend?**
What is the difference between friends and family?
What is the difference between a friend and a boyfriend/girlfriend?
- Frame 2** **What does it mean to 'fancy' someone?**
How would you feel if you fancied someone?
What would you find attractive in someone?
- Frame 3** **How is Bob feeling when he thinks about Anna?**
How do you think you would you feel if you fancied someone?
- Frame 4** **Is it Ok for Anna to ask Bob to go on a date?**
How would you feel about asking someone to go on a date?

Learning Outcome 1:

Being in a relationship means getting to know each other.

- Frame 5** **What might Anna be feeling when she asks Bob to go on a date?**
What might Bob be feeling?
- Frame 6 & 7** **How should you prepare for a date?**
Make sure you and your clothes are clean and dress nicely.
What things will you need to remember?
You may need money, your mobile phone. Let somewhere know where you are going. Don't forget to arrange transport.
- Frame 8** **Why might Anna want her mum to drop her at the cinema?**
So that her mum knows where she is and that she arrived safely.
- Frame 9** **How are Bob and Anna feeling when they meet at the cinema?**
Excited, happy, nervous.
- Frame 10** **Why does Anna ask Bob if she can hold his hand?**
She likes him and wants to be close to him. She needs to ask permission before she touches him.

Learning Outcome 2:

You should ask permission before you touch someone else.

- Frame 11** **How do you think Anna and Bob are feeling now?**
How would you feel about holding someone's hand in the cinema?
- Frame 12** **Have Bob and Anna had a good time at the cinema?**
How can you tell?
Their body language and facial expressions.
- Frame 13** **Why does Anna ask Bob if she can hug him?**
She likes him and wants to be close to him. She needs to ask permission before she touches him.

Learning Outcome 3:
You can say yes or no to being touched.

- Frame 14** Is it Ok for Anna and Bob to hug each other?
How do you know this?
Yes, they have agreed to hug each other.
- Frame 16** How do you think Bob is feeling now?
- Frame 17** How do you think Anna is feeling now?
- Frame 18** Why does Bob ask Anna to be his girlfriend?
What does it mean to be someone's girlfriend or boyfriend?
What is the difference between being a friend and a boyfriend or girlfriend?
- Frame 19** Why does Bob ask Anna if he can kiss her?
He fancies her and wants to be close to her. He needs to ask permission before he can kiss her.

Learning Outcome 2:
You should ask permission before you touch someone else.

- Frames 21-24** Why is it important for Anna and Bob to do lots of things together?
So they can get to know each other better over time and find things they have in common.
What other things might boyfriends and girlfriends do together?

Learning Outcome 1:
Being in a relationship means getting to know each other.

- Frame 25** How might you feel if you were in love?
You might feel warm, happy, excited or nervous or like you want to hug and kiss that person.
- Frame 26** Why is it important to hug and kiss in a private place?
It's nicer to be alone together. Other people may feel uncomfortable, or it may not be allowed in some places.

Learning Outcome 4:
Kissing and cuddling should happen in a private place.

- Frame 27** What should Anna and Bob think about before they have sex?
Do they both want to have sex? Do they have condoms to protect them from pregnancy and STI's?
- Frame 28** What is contraception?
Contraception is something that can prevent a woman from becoming pregnant.
Why is it important to use contraception?
To prevent pregnancy.
Do you know any types of contraception?
Condoms, the pill, the implant, the injection.

Learning Outcome 5:
Contraception will prevent pregnancy.

Learning Outcome 7:
People who want to have sex should know where to get contraception.

Frame 29 **What is a sexual health clinic?**
Do you know where your nearest Sexual Health clinic is?
www.centalsexualhealth.org or
www.sexualhealthscotland.co.uk

Learning Outcome 6:
People who want to have sex should discuss using contraception.

Frame 30 **Why is it important for Anna and Bob to go to the sexual health clinic together?**
They will both get the same information and can make sure all their questions are answered.

Frame 31 **How do you think Anna and Bob are feeling while they wait to see the nurse?**

Frame 32 **What are sexually transmitted infections (STI's)?**
STI's are Infections that can be passed from one person to another if they have sex together.

Which STIs have you heard of?
Chlamydia, herpes, warts, HIV.

How do you get a sexually transmitted infection?
If you have sex without using a condom with someone who has a sexually transmitted infection, the infection may get passed on to you. Using a condom will help protect you from getting an STI.

How do condoms protect you from STI's?
They stop infections from passing from one person to another.

Do you know how to put on a condom?
http://www.centalsexualhealth.org/project/assets/documents/Creative_Condom_Leaflet.pdf
This is a link to an easy read condom leaflet.

Learning Outcome 8:
Using condoms will prevent pregnancy and sexually transmitted infections.

Frame 33 **Where can you get condoms?**
From sexual health clinics, GP surgeries, chemists or supermarkets.

Frame 35 **What have you learned from Anna and Bob's story?**