

## Introduction

# Welcome, facilitator!

### Facilitator Note

This is the facilitator note.

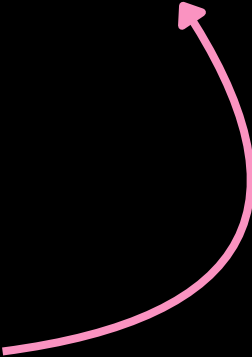
You can delete this slide when you're done with it.

Delete this note

To plan and run an ageing sex workshop, you will need:

- The Slides
- The Toolkit

You'll see **pink facilitator notes** throughout. Think of them as stickers to help you plan and set up the workshop. You can delete them when you're done with them.



## Content

# Workshop Introduction

- 3** Workshop title
- 4** Challenge Statement
- 5** Team Info
- 6** Agenda
- 8** How to use the slides

# Warm up & Engage

- 9** Introduction
- 11** Culture Probe
- 17** Unfolding Sex
- 20** Sex Bingo
- 24** Shape of Sex

# Review & Wrap up

- 26** To My Sex
- 29** Secret Saver
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- 33** Appendix

### Facilitator Note

The Content will help you plan the workshop.

You can delete this slide when you're done with it.

Delete this note

# Your

# Workshop Name

**AN AGEING SEX WORKSHOP**

## Facilitator Note

This is your title slide.

Fill in the name of  
your workshop.

Delete this note

## Challenge

# Your challenge statement goes here

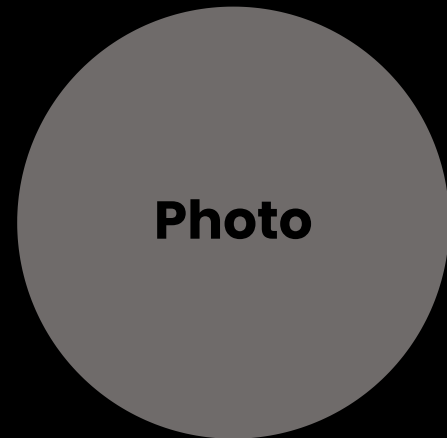
Example: Stigma around Ageing Sex

### Facilitator Note

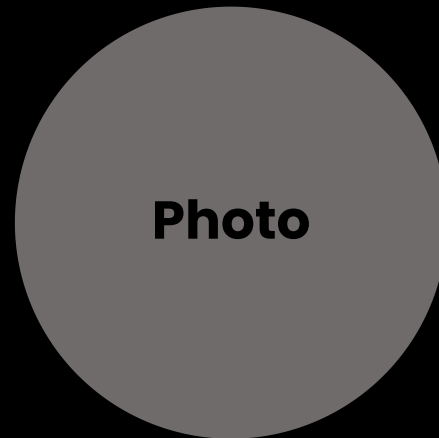
This is where you craft your workshop challenge statement.

Delete this note

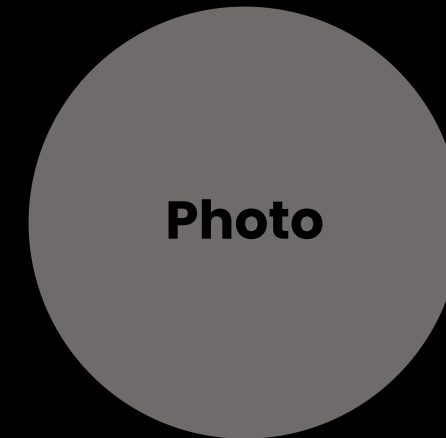
# Meet our team



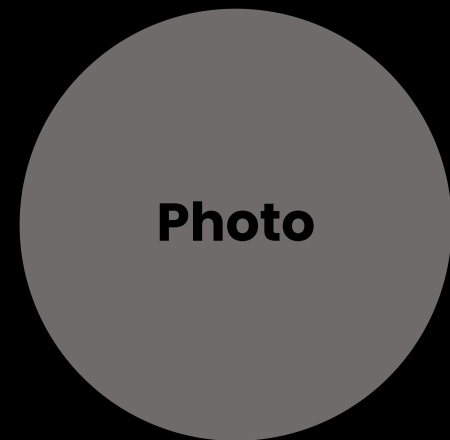
**First name** **Last name**  
Role



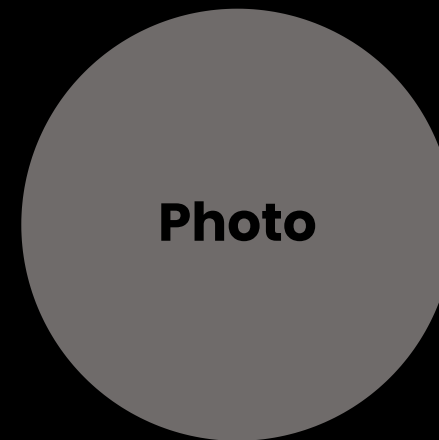
**First name** **Last name**  
Role



**First name** **Last name**  
Role



**First name** **Last name**  
Role



**First name** **Last name**  
Role

## Facilitator Note

Fill out your workshop participants's name and role.

You can also add their profile image.

[Delete this note](#)

# Agenda

2pm



## Understand

Introduction  
Culture Probe

3pm



## Engage

Unfolding Sex  
Sex Bingo  
Shape of Sex

4:45pm



## Reflect

To My Sex  
Secret Saver

5pm



## Imagine

De-Secret

## Facilitator Note

Feel free to modify this to suit the needs of your workshop.

Delete this note

# Timetable

2:00	Arrival & Introduction	4:00	<b>Break</b>
2:15	Culture Probe	4:30	Shape of Sex
2:45	<b>Break</b>	4:45	To My Sex & Secret Saver
3:00	Unfolding Sex	5:00	<b>De-Secret</b>
3:30	Sex Bingo		

## Facilitator Note

Feel free to modify this to suit the needs of your workshop.

Delete this note

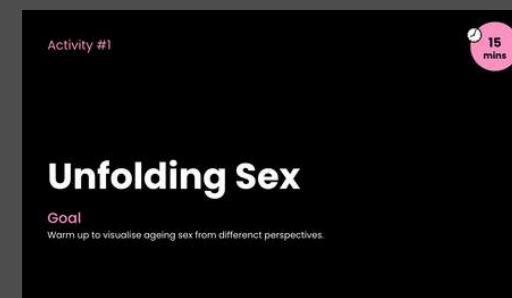
## Setup

Set  
up

# How to use the slides?

Follow along with the instructions to complete the activities.

Note the following patterns of how the slides are laid out.



## Sections

Pink slides.

Denote a module of the workshop.

## Activities

Black slides with pink timing dots.

A timed activity.

## Setups

Gray slides like this one.

Tools & context for each activity.

## Time dots

Each activity will have the timing listed in a dot on the top right.



**Understand**

# Sex In Later Life

## Goal

Warm up to thinking about ageing sexuality.

## Instructions

Read the questions listed on the following poster boards.

Answer the questions using tools provided.

## Facilitator Note

Inform participants about the sensitivity of the following content.

[Delete this note](#)

## Setup: Culture Probe

# Kick off with the Condom Board

The first question board will help you set up the specific context and get your participants start thinking about ageing sexuality.

### Facilitator Note

See the guidance for designing and adapting the board in [The Toolkit](#).

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Set  
up

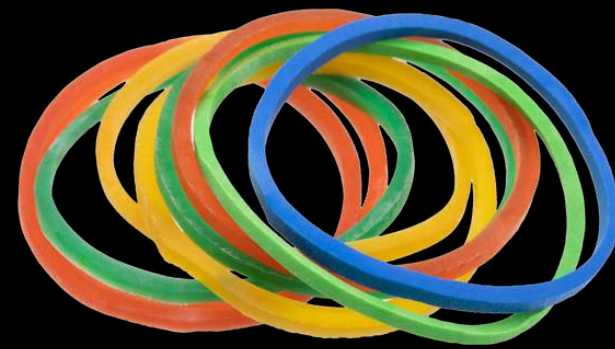
### Example questions:

- Q1** What does sex mean to you?
- Q2** In your eyes, sex in later life is?
- Q3** Sexual relationship in later life is?
- Q4** What affects sex as you age?
- Q5** What makes perfect ageing sex?

## Culture Probe

# Are you over 18 to talk about sex?

If yes, stay in the room and use rubber bands to select your answer.



15 mins

**I AM OVER 18 TO TALK ABOUT SEX**

**What Does Sex Mean To You?**

Intimacy	Pleasure	Desire	Need	Adventure	Other
----------	----------	--------	------	-----------	-------

**In Your Eyes, Sex In Later Life is**

The same	New experience	Joke	Risk	Fantasy	Other
----------	----------------	------	------	---------	-------

**Sexual Relationship In Later Life is**

Physical	Emotional	Mental	Social	Political	Other
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**What Affects Sex The Most As You Age?**

Body function	Health	Mindset	Experience	Relationship	Other
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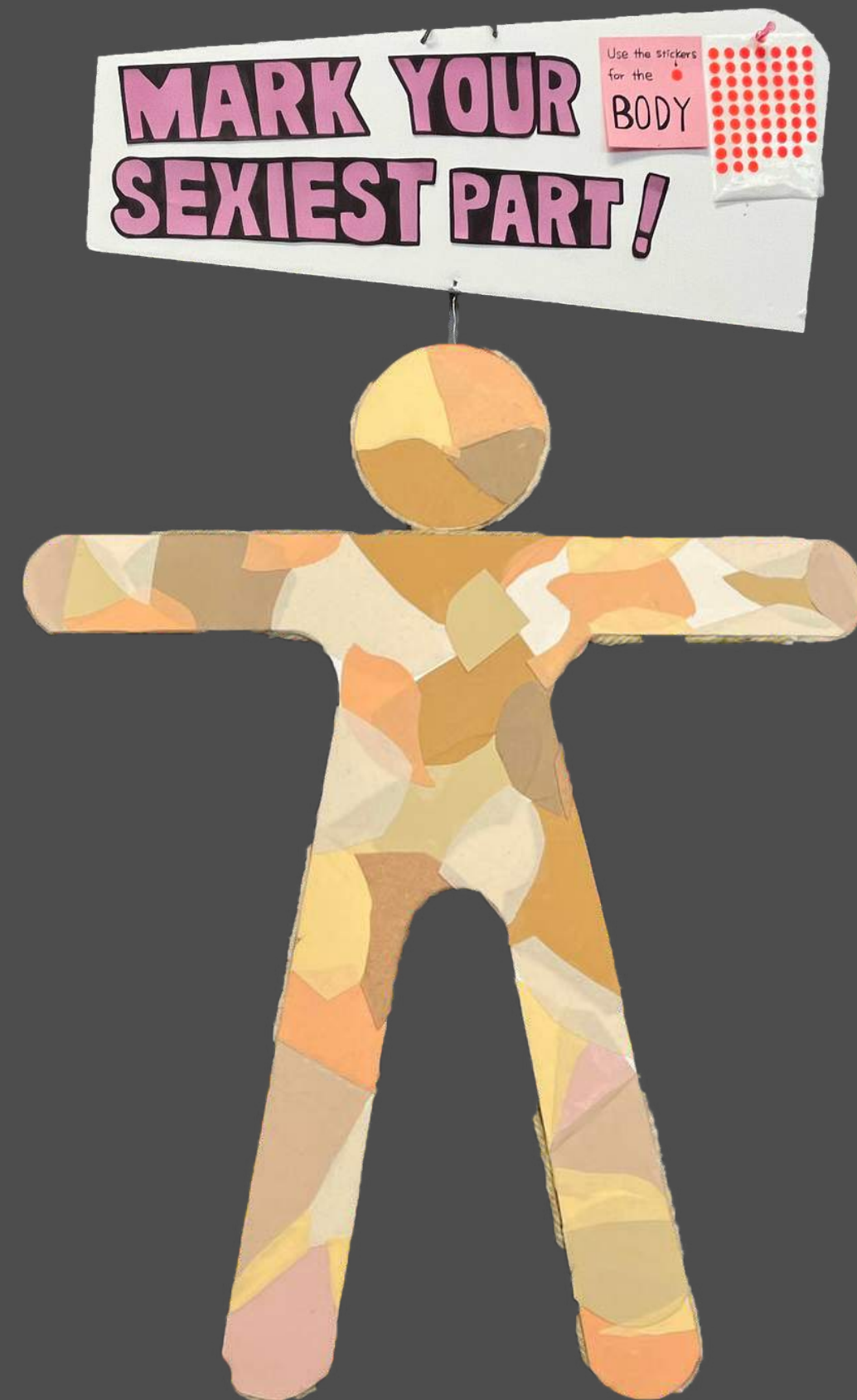
**What Makes Perfect Sex In Later Life?**

Mindset change	Good health	Sex therapy	Toys & Tools	A partner	Other
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## Setup: Culture Probe

# Add fun with the Body Board

The second board will help you lighten the atmosphere and make your participants curious about the following activities.



Set  
up

### Facilitator Note

See the guidance for designing and adapting the board in [The Toolkit](#).

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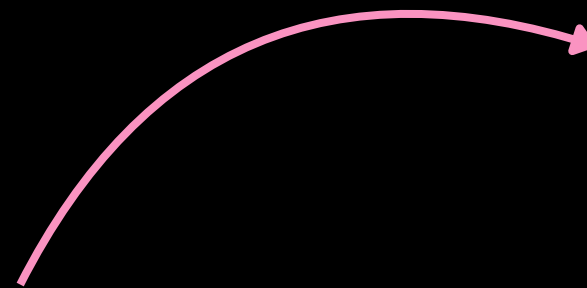
Culture Probe



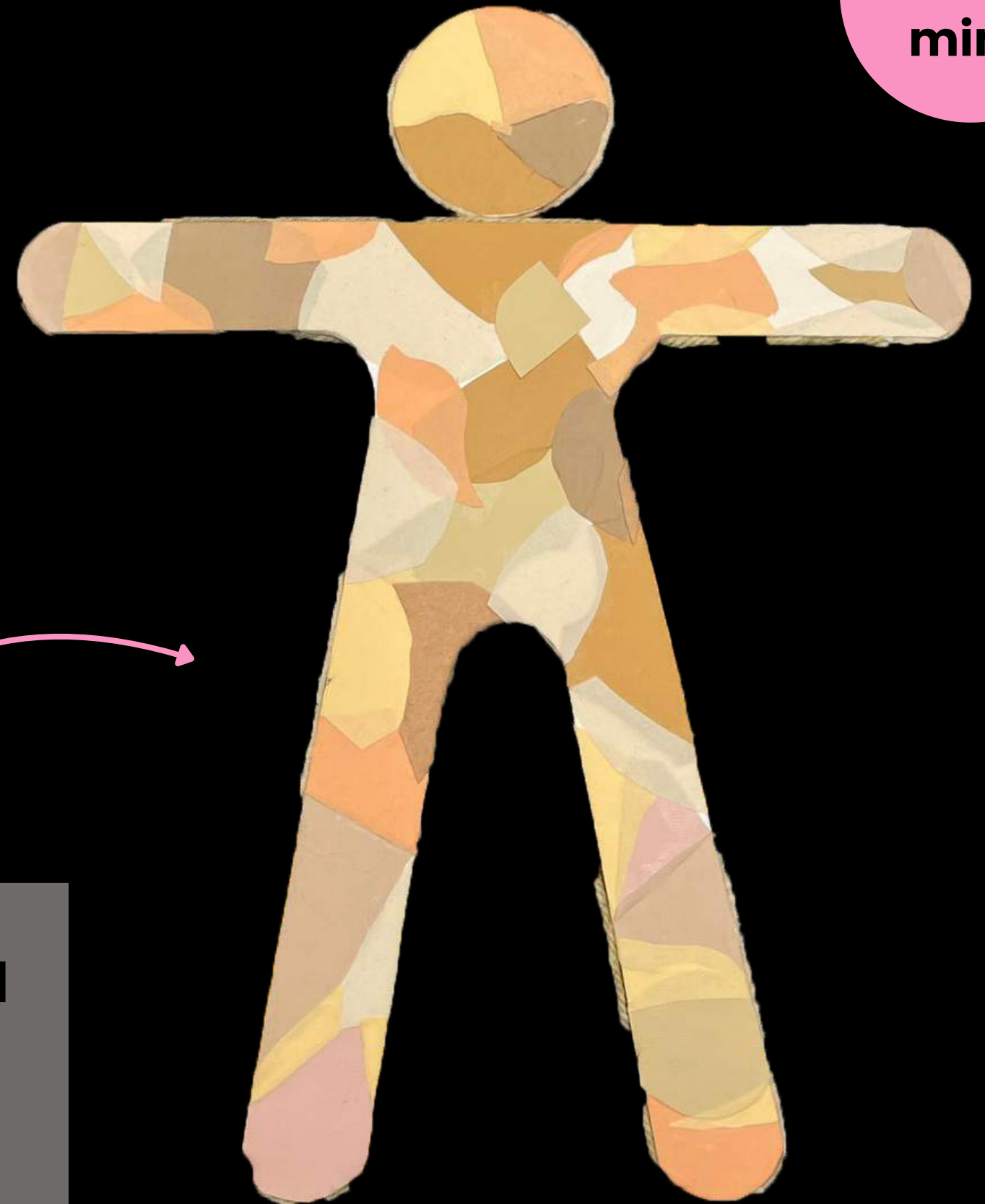
15 mins

# Mark your sexiest part!

You look sexy today.  
Can you tell us more about yourself using the stickers?



LADIES	GENTLEMEN
● ● ●	● ● ●
● ● ●	● ● ●
● ● ●	● ● ●



# Break

**Come back in 15 mins**

Engage

# Co- Creation Activities

## Goal

Explore ageing sex through creativity and imagination.

## Instructions

Use tools and materials provided by facilitators to create ageing sex narrative by yourself and with others.

## Facilitator Note

Inform participants about the sensitivity of the following content.

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## Setup: Unfolding Sex

# How to do the collaborative drawing?

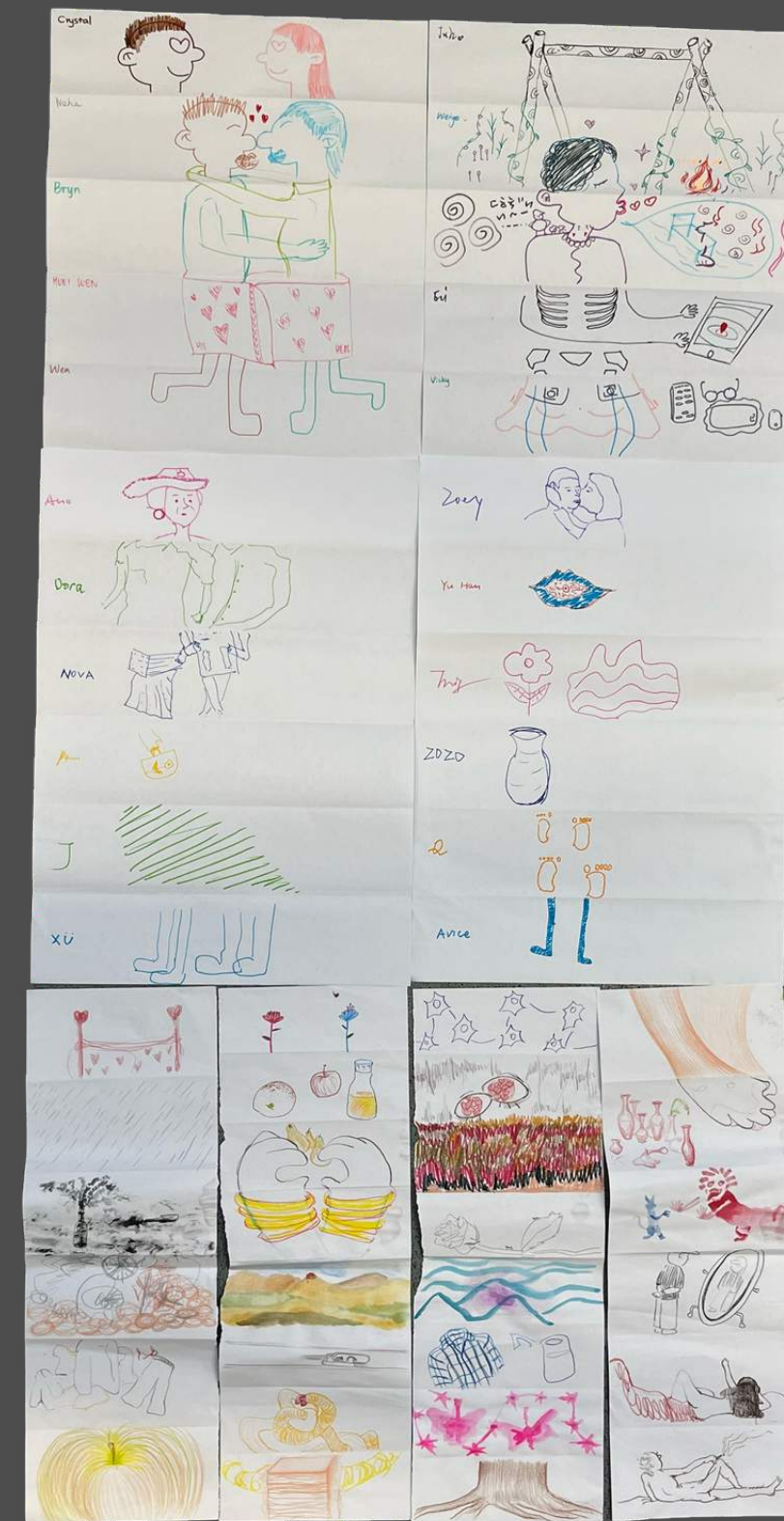
These tools will help you set up the drawing session and make your participants more engaged in the drawing process.



A3 papers



Colour Pens



Examples

Set  
up

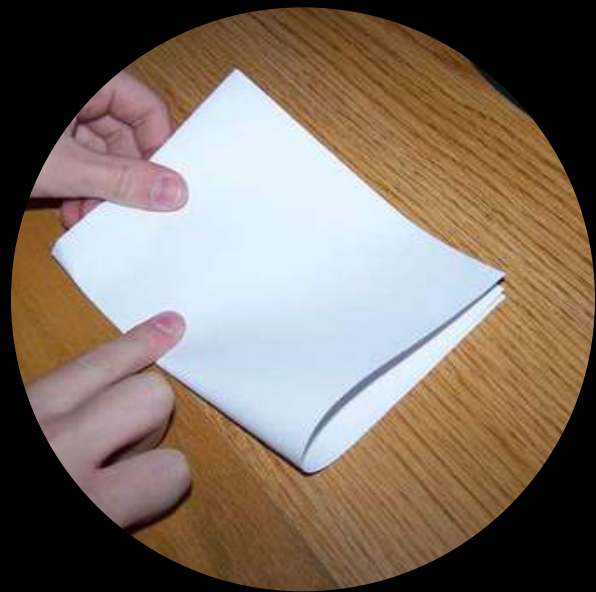


## Activity #1



**15**  
mins

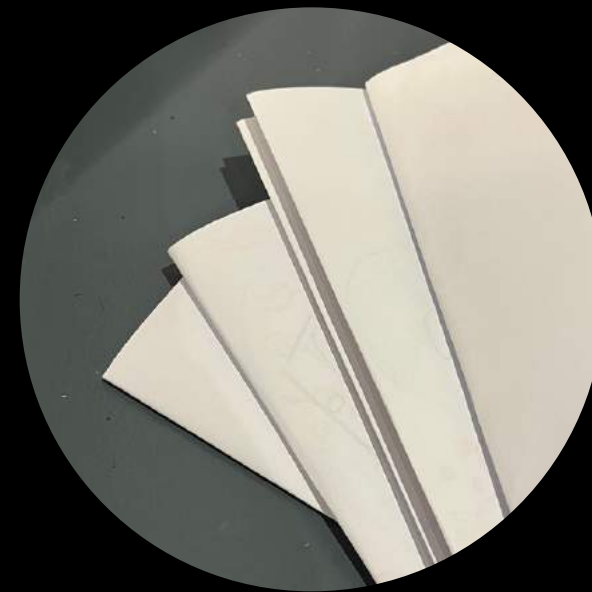
# Unfolding Sex



Fold the A3 paper  
into four sections



Draw about ageing sex  
on the first row for 3 mins



Fold the drawing and  
mix it with other ones



Pick a new one from the  
pile to continue drawing

**Observe & Share**



**15  
mins**

**What did you  
see from the  
drawings?**

## Setup: Sex Bingo

# How to do the Sex Bingo Game?

These tools will help you set up the bingo game and motivate your participants to play.



**Pens**



**Prizes**

AGING SEX? <b>BINGO!</b>				
Good sex makes you live longer	Self Pleasure	CLOSEness	GREAT SEX ✓ bonding ✓ caring ✓ trust ☐ technique	The full anatomy of clitoris was found in 1998
Sex has no gender	everyone needs <b>SEX</b> to be happy	Men are more likely to orgasm than women	respect Celibacy right	<b>PORN</b> Isn't <b>RE-ALITY</b>
<b>TOUCH</b>	People over 90 are still sexually active <b>10%</b>	♥	<b>SEX</b> ≠ <b>TABOO</b>	Sex has no age
Sex makes you healthy, physically and mentally	Love and enjoy your body	Sexy is an energy, not a body type	Sex at 70s is even better than sex at 20s	Sex helps you sleep better
Shame of Orgasm	more <b>SEX</b> less <b>ANXIETY</b>	Sex is natural <b>PAIN KILLER</b>	Improve self-esteem with <b>BETTER SEX</b>	<b>SEX TOYS</b> enhances happiness

**Examples**

Activity #2

# Sex Bingo

Every player gets two scoring cards.

The caller calls out all "Ageing Sex Facts" and...BINGO!!!



15  
mins



## Facilitator Note

See the guidance for designing and adapting the bingo cards in [The Toolkit](#).

Delete this note

**Share & Claim Prizes**



**15  
mins**

**What is new and  
what isn't?**

**Photo of the  
winner prize**

# Break

**Come back in 15 mins**

## Setup: Shape of Sex

# How to do a clay-making session?

These tools will help you set up  
the clay-making session and  
make your participants more  
engaged in the making process.



**Clay**



**Clay tools**



**Examples**

Activity #3



15  
mins

# Shape of



Create your own shape of sex  
using imagination and clay.



Exhibit & Share



15  
mins

What do you  
mean by your  
shape?

### Facilitator Note

See examples of sex shape in [The Toolkit](#).

Delete this note

## Reflect

# To My Sex

### Goal

Reflect on your relationship with ageing and sex.

### Instructions

Anonymously, write or draw about what does sex mean to you in the past, at present, and in the future.

### Facilitator Note

Inform participants about the sensitivity of the following content.

Delete this note

## Setup: To My Sex

Set  
up

# How to do anonymous expression?

These tools will help you set up the session and make your participants feel more comfortable in expressing sexuality.



Paper strips



Pens & Pencils



String

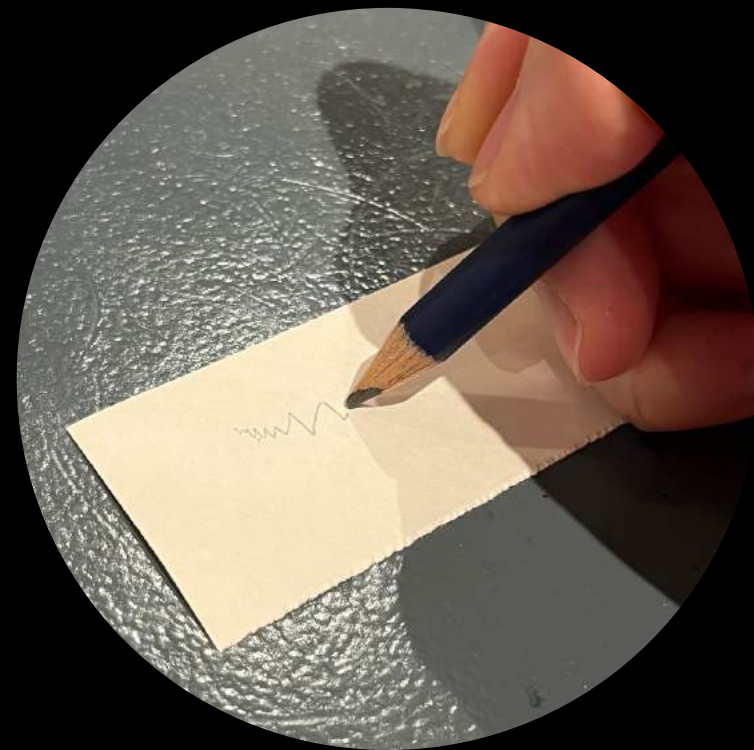


Secret Saver

# Reflect



**15**  
mins



Compose your letter  
on the paper strip



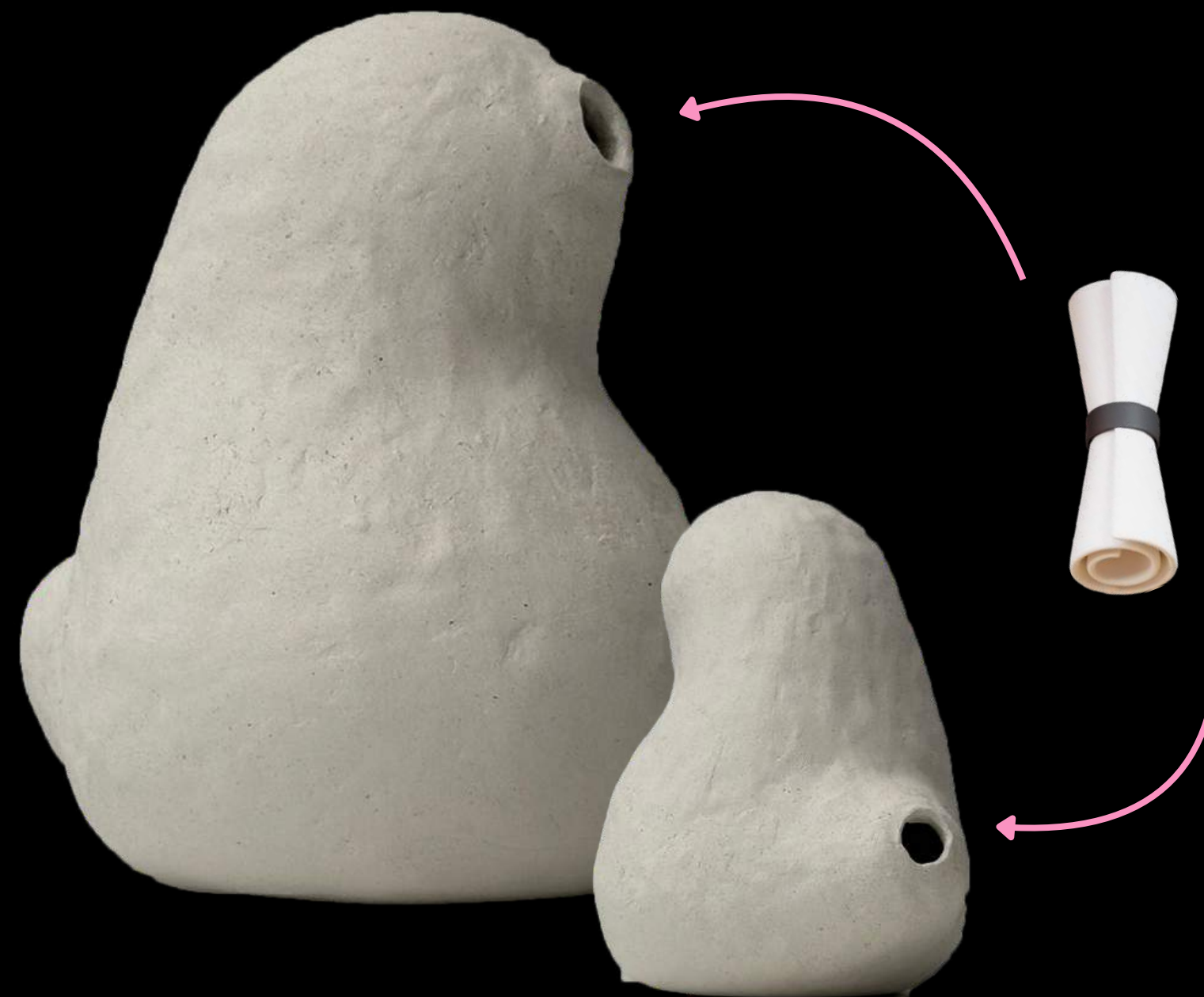
Roll the paper strip  
after you finish



Tie it with string

Put your letter in the

# Secret Saver



Imagine

**What do  
you want  
to do next?**

### **Facilitator Note**

Inform participants about the sensitivity of the following content.

Delete this note



## **“De-Secret”**

**A reflective film about breaking the ageing sexual stigma**

view at: <https://youtu.be/uXicP5V-j-Q>

**End**



Appendix

**Optional materials**