

### Sample Educational Application of ERERER Model as a Worksheet

	<b>Expectation</b>	<b>Rehearsal</b>	<b>Emotional Readiness</b>	<b>Experience</b>	<b>Reflection</b>
<u>Positive</u>	Comprehensive sex education: physical, emotional, developmental, values clarification, safer sex, sex technique, pleasure	Values clarification to determine 'how far to go' before 'going all the way', physical practice and rehearsal of dating, communication and sexual behaviour	I have thought out the decision and potential consequences. I feel trust with my partner and myself	Positive physical, emotional experience, and I learned about my and my partner's bodies, sexual responses and about sexual intimacy and sharing with my partner. Felt connected, nurtured, safe and powerful	Upon introspection, I feel the experience had a positive impact on my transition from virgin to non-virgin, my development, becoming Woman, self-esteem, sexual behaviour, self-concept, self empowerment and confidence
+++	Good communication with family, friends, and other women, so I have a realistic idea what to expect physically and emotionally	According to my personal beliefs and cultural customs, I might experience some sexual behaviour so I can learn what sex might feel like/stimulate sensually	I feel ready and my partner is the person I want to share this experience with	Combination of physical and emotional readiness and emotional connection with self and partner led to a good experience	Joy, pride, relief, positive self reflection
++	Pain, but romance too. My partner will be considerate	Depending on my culture, I might engage in: flirting, kissing, petting, dating, oral sex	I feel mature enough	Less good emotionally, but what I expected	Feel grown up
+	My non-virgin friends told me what to expect, so I know there will be pain, if I'm lucky it'll be nice	Rehearse sexual and FSI scenarios in my mind, or by talking with partner/friends	I've had enough experience to know what I'm getting into so I think I'm ready	It wasn't what I wanted it to be, but I'm glad I did it.	Learned a lot, but don't think the transition to non-virgin is a Big Deal. Feel grown up, though.
-	It will be just like the movies and Sweet Valley High book; he'll rent a hotel room with fireplace, wine and candles - it will be my ultimate romantic experience	Practicing kissing and other acts which then make me embarrassed or create performance anxiety	I don't want to be the last virgin left in my school, so ready or not, I'm just going to do it	Mixture of pain, pressure and regret, but not an overwhelmingly bad experience	I feel that I transitioned from girl to woman, but do not see that the experience has had any influence on me or my perceptions or behaviour
--	I'm sure it will be disappointing, and my friends told me it's better if I'm drunk so it will hurt less	Sexual acts which I regret so it taints and/or negatively influences my beliefs and values about sex	Lack of education/understanding so I didn't know all the emotional elements with FSI, so I was unprepared emotionally. Education would have helped my readiness	Felt a sense of alienation, like I was there, but not. Did not feel connected with my partner, wished I hadn't done it	On reflection experience was disappointing -I thought everything would be different; I hoped I would be different, and I don't feel that way.
----	It will be shockingly painful and I will hate it, so I might as well get it over with	No education, practice, discussion or fantasy. Never rehearsed any sexual dream or act.	Pressure from partner and peers led to lack of emotional readiness prior to experience, which influenced the nature of my experience	I wish I had waited because it was bad and with the wrong person and I regret it. It was not at all what I wanted	No reflection or some pain or negative upset on reflection
<b>Negative</b>	No education or preconceptions so I did not have expectations and went into the experience 'blind'.	Sexual abuse, assault, or coerced sexual experiences led to negative preparation and willingness for FSI experience	Spontaneous, no lead up, little to no thought or preparation. Initiated actions out of anger, negative emotions.  Coerced/raped.	Negative physical (pain, discomfort), extreme negative emotions, fear, anxiety, guilt, shame, shock, regret, etc.  Coercion/rape	Belief that my negative experience has impacted negatively on my self-esteem, empowerment, confidence, subsequent sexual behaviour and development