


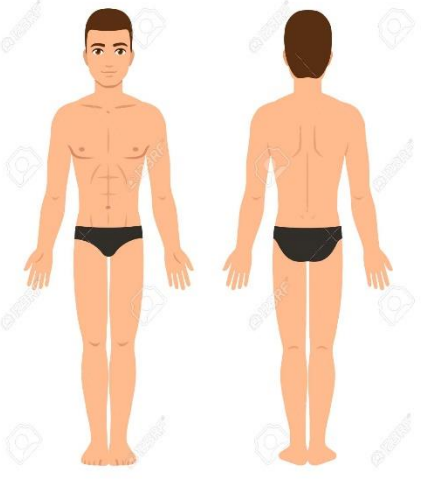
AN INTRODUCTION TO SEXUAL EDUCATION



GROUND RULES
OVERVIEW
CLASSROOM
DISCUSSIONS



How do our bodies change during puberty?

	<p>Female</p> <ul style="list-style-type: none">• Hormone production• Breast development• Larger pelvis (hips)• Body hair• Body odor• Menstruation (period)
	<p>Male</p> <ul style="list-style-type: none">• Increased hormones• Deeper voice• Muscular development• Larger genitals (penis and testicles)• Body hair• Body odor• Nocturnal emissions (wet dreams)• Slight breast enlargement

How does puberty affect your emotions?

- Mood Swings
- Interest in sex
- Changes in parental/child relationships
 - Concerns with body image

HUMAN SEXUALITY

There is often confusion about these terms:

- **Gender** Characteristics and behaviors associated with being male and female
- **Gender Identity** A person's internal sense of being male or female or something in between
- **Gender expression** The way a person expresses a particular gender through appearance, speech, behavior or movement
- **Sexual orientation** A person's romantic or sexual attraction to people of another and/or the same gender
- **Gender roles** Socially expected behaviors, activities or attributes that society considers appropriate for men and women

These are not the same things, but together represent all dimensions of human sexuality

LGBTQ+ BIAS AND EFFECTS

Most LGBTQ+ students have experienced:

- Harassment and discrimination at school
- Family rejection, homelessness and suicide tendencies
- School staff often fail to intervene when they hear these remarks at school
- Hostile school environments that negatively affect their mental health and ability to succeed at school



Don't Judge!!!

Because sexual orientation, gender identity, and gender expression vary with each individual, it is important to be accepting of others and celebrate diversity

SEXUAL HARASSMENT

There are 3 types of sexual harassment:

- Verbal Includes taunts, name-calling and making sexual comments
- Physical Includes touches, pinches and pokes
- Visual Includes posting sexually explicit photos or drawings in the workplace or school

Consequences of sexual harassment:

- Can be grounds for expulsion from school
- Legal actions/lawsuit

What is Sexting?

Sending of nude or sexual photos via texting or the internet.

You are breaking the law if you:

- Take a nude photo or video of yourself or a friend and share it with others
- Share an explicit image or video of anyone below the age of 18 including your own image.
- Download or store an image of a child, even if you have permission to do so.

Sexting is against the law and you could be labeled as a sex offender for life

EMOTIONAL CONSEQUENCES OF SEXTING ON CHILDREN

BULLYING
If your child have been caught sexting they can be ridiculed by their friends in school.

REVENGE PORN
The simplest way to hurt someone is by sharing their intimate images on social media. Your child can be a victim of revenge porn if they share their pictures with the wrong people.

Risk of being blackmailed
Children can be threatened to being publicly shared if they do not send more explicit images. Many teens who face this kind of threat would give in to the blackmailer's demand.

Sext never disappears
When an image is shared on the internet, it can never be erased. Deleting something you post on the internet does not equal to completely removing it.

Emotional distress and suicide
Especially when they have been forced to share an explicit image or video of themselves and feel ashamed of the act.

Ruined social reputation
If a child is convicted of crimes involving sexting, it may affect many aspects of their lives. For instance, it may come up on their college application, record and even future employment.

WWW.KIDSWATCHER.COM

Video: Ally's Story www.youtube.com/watch?v=nsfcN2Hi_ts

Healthy Relationships


HEALTHY RELATIONSHIPS

A MUST-SEE PRESENTATION FOR TEENS!

Healthy Relationships

Mutual respect. The key is that your BF or GF is into you for who you are — for your great sense of humor, your cheesy jokes, your love of reality TV, etc. Does your partner listen when you say you're not comfortable doing something and then back off right away?


Respect in a relationship means that each person values who the other is and understands — and would never challenge — the other person's boundaries.




Examples of Abuse


Isolating the partner from friends / family, forcing them to give up activities, keeping tabs on the partner by paging, calling, dropping by etc.

Using intimidation: Breaking objects, punching walls, threatening looks, threatening partner, or destroying belongings.





HELP STUDENTS UNDERSTAND WHAT A HEALTHY RELATIONSHIP LOOKS LIKE!



Healthy Relationships

Mutual respect. The key is that your BF or GF is into you for who you are — for your great sense of humor, your cheesy jokes, your love of reality TV, etc. Does your partner listen when you say you're not comfortable doing something and then back off right away?

Respect in a relationship means that each person values who the other is and understands — and would never challenge — the other person's boundaries.



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Healthy Relationships

Trust: You're talking with a guy from French class and your boyfriend walks by. Does he completely lose his cool or keep walking because he knows you'd never cheat on him? It can be OK to get a little jealous sometimes — jealousy is a natural

emotion. But how a person reacts when feeling jealous is what matters.

There's no way you can have a healthy relationship if you don't trust each other.



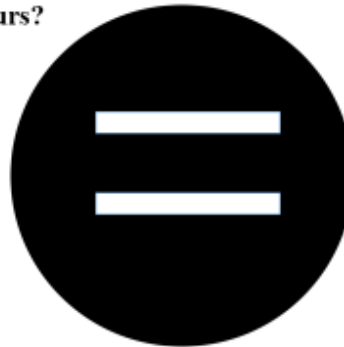
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Healthy Relationships

Fairness/equality. You need to have give-and-take in your relationship, too. Do you take turns choosing which new movie to see? As a couple, do you hang out with your partner's friends as often as you hang out with yours?

It's not like you have to keep a running count and make sure things are exactly even, of course. But you'll know if it isn't a pretty fair balance.

Things get bad really fast when a relationship turns into a power struggle, with one person fighting to get their way all the time.



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Healthy Relationships

Support. It's not just in bad times that your partner should support you. Some people are great when your whole world is falling apart, but can't take being there when things are going right (and vice versa). In a healthy relationship, your significant other is there with a shoulder to cry on when you find out your parents are getting divorced and to celebrate with you when you get the lead in a play.



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Healthy Relationships

Separate identities. In a healthy relationship, everyone needs to make compromises, but that doesn't mean you should feel like you're losing out on being yourself. When you started going out, you both had your own lives (families, friends, interests, hobbies, etc.) and that shouldn't change. Neither of you should have to pretend to like something you don't, or give up seeing your friends, or drop out of activities you love. And you also should feel free to keep developing new talents or interests, making new friends, and moving forward.



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Healthy Relationships Brainstorm

1) What type of behavior is not okay with me in a relationship

4) How can I find out what my partner wants in a relationship?

2) How can I express this to my partner?

5) If I get upset with my partner, how do I want to address it?

3) What might I want in a relationship?

6) If I am happy with my partner, how do I want to show gratitude?

What Is Dating Violence

Dating violence is defined as the physical, sexual, psychological, or emotional violence within a dating relationship



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Examples of Abuse

Making a partner feel insecure: name calling, put down, criticisms, humiliating, attacking person's capabilities, saying "nobody wants you"

Mind games: making feel guilty, making feel crazy, blaming the partner for things that are wrong, having the partner wait by the phone



Examples of Abuse

Isolating the partner from friends / family, forcing them to give up activities, keeping tabs on the partner by paging, calling, dropping by etc

Using intimidation:

Breaking objects, punching walls, threatening looks, threatening partner, or destroying belongings.



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Examples of Abuse

Acting jealous: Not allowing the dating partner to talk to anyone of the opposite sex, accusing the partner of flirting or having sexual contact with others.



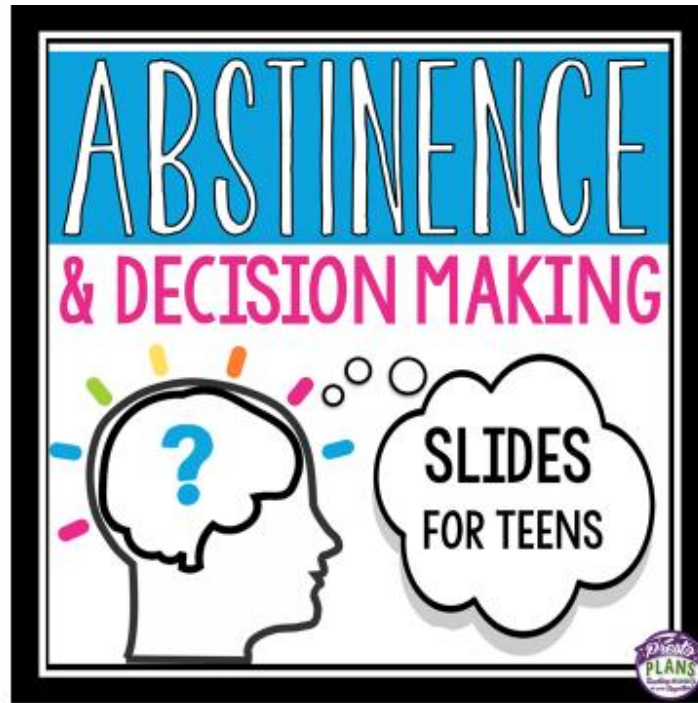
Physical assault: Shoving or pushing, squeezing a shoulder, restraining by holding wrist or hand tightly, pulling hair, slapping, punching, kicking, choking, pushing out of a car etc.

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Video: Abusive Relationships www.youtube.com/watch?v=1rmh0XqXyz8&t=16s

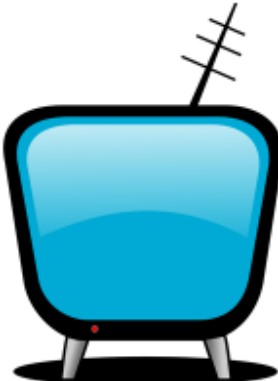
All abuse is motivated by a person's desire for control and power. NO ONE deserves or wants abuse!

Signs a friend is in an abusive relationship	How to help	Where to go
<ul style="list-style-type: none"> • Signs of physical abuse • Signs of depression, such as sadness, lack of energy, changes in sleep or appetite, withdrawing from normal activities • Anxiety or worry • Changes in self-care, less attention to hygiene, appearance, fashion or grades • Self-harm • Increase in risky behavior 	<ul style="list-style-type: none"> • Remind them it's not their fault • Believe them • Listen without judgement • Encourage them to seek professional help • Respect the rights of the survivor 	<ul style="list-style-type: none"> • Community Overcoming Relationship Abuse (CORA) (605) 312- 8515 • www.teenrelationships.org • StarVista Crisis Line (650) 579-0350 www.star-vista.org



DECISION MAKING FOR TEENS

- **Media**
- **Television**
- **Music**
- **Friends**
- **Parents**
- **Siblings**
- **Extended family**
- **Religious organizations**
- **Cultural traditions Associations**
- **School organizations (sports, clubs)**



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MAKING SEXUAL DECISIONS

Physical and emotional changes during adolescence can lead to confusion and concern. It is important to know the difference between feelings of sexual attraction and love.

Remember: You DO NOT have to act on sexual impulses!



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MAKING SEXUAL DECISIONS

Many teens act on sexual impulses out of curiosity, pressure from others, or a desire to be an adult.

The decision to engage in sexual activity is the biggest and most important decision a teen can make due to life-long implications.



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MAKING SEXUAL DECISIONS

It is easier to make good judgments when you have a clear mind and are not feeling pressured. Remember: It is much easier to make decisions about your limits **BEFORE** you get involved in sexual activity.



Think
For
Yourself

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WHAT IS ABSTINENCE?

The conscious decision to avoid behaviors, including sexual activity before marriage, and the use of tobacco, alcohol, and other drugs.



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HOW TO STAY ABSTINENT

1. Establish your own priorities.
2. Set limits on how you are willing to express affection.
3. Share your feelings with your boyfriend or girlfriend.
4. Discuss your feelings with a trusted adult.
5. Steer clear of high pressure situations.
6. If you are currently sexually active, re-evaluate your decision.

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REFUSAL SKILLS

- Clear communication with partner
- Verbal and non-verbal actions send the same message
- Clear body language
- Self-control
- No conflicting actions
- Assertiveness



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Your Sexual Bill of Rights

In the United States:

- 1 in 5 women and 1 in 21 men will experience non-consensual sex in their lifetime
- About 78% of rapes are not reported
- About 85% of victims knew the person who raped them

California State Law:

- YES means YES. Silence means NO. if you are unsure, ASK
- If a person says YES to sex while drunk, the YES does not count
- If both people are drunk, the person who starts the sex is held responsible

I always have the right to:

Look sexy- even if I do not want to have sex

Just touch and kiss- even if I have had sex with that person before

Change my mind- even if I said yes at first

Report a rape- even if I didn't report it right away

How to help a friend:

- Remind them it is never their fault. Rape is an act of control and power, not an act of sexual desire
- Listen without judgement
- Empower them to make their own decisions
- Ask if they feel safe
- Encourage them to report, by visiting a local hospital or calling 911

Resources

- National Assault Hotline 1-800-656-HOPE
- Rape Trauma Services (San Mateo County) 650-692-RAPE
- National Human Trafficking Resource Center 1-888-373-7888

What Would You Say?

- A. Imagine a friend is making fun of you for not having sex. Come up with ways to explain your reasons.
- "You still haven't had sex? Haven't you two been dating for awhile?"
 - "Why are you scared? Just use protection."
- B. What would you say if your partner was pressuring you to have sex? Imagine that the person speaking is someone that you care about and like.
- "I'm just trying to show you I love you. Don't you love me?"
 - "You are so sexy. How can you expect me to get turned on, and then not have sex?"
 - "I can't wait around forever. I thought you were more mature. If you don't want to have sex then what else can we do?"
- C. What would you say if your partner didn't want to use protection? Imagine considering having sex with the person who is speaking.
- "You don't need to worry about STI's. I haven't been with anyone else."
 - "Why do you want me to get tested? Do you think I'm dirty or something?"
 - "We'll just be careful, I promise nothing will happen."
- D. You are at a party and your friend wants to have sex with someone who has been drinking alcohol. What would you say to convince your friend that it is a bad idea? Your friend says....
- "Don't worry. They don't look drunk."

Video: Tea and Consent <https://www.youtube.com/watch?v=fGoWLWS4-kU&t=9s>

BIRTH CONTROL CHOICES FOR TEENS

Levels of Effectiveness in Preventing Pregnancy or HIV/STIs

Method	Effectiveness in preventing pregnancy	Effectiveness in Preventing spread of HIV/STIs
<i>Sexual Abstinence</i>	100%	Most effective
Non insertive Sexual Contact (Body Rubbing)	Effective	Not effective
Intrauterine Device (IUD)	99%+	Not effective
Hormonal implant	99%+	Not effective
Vaginal ring	92-99%	Not effective
Depo-Provera	97-99%	Not effective
Hormonal Patch	92-99%	Not effective
Birth Control	92-99%	Not effective
Latex Condom	85-98%	Very Good Protection against HIV; Reduces risk of other STIs
Emergency contraceptive (morning after pill)	89-95%	Not effective
Diaphragm	84-94%	Not effective
Cervical Cap	71-86%	Not effective
Female (internal) Condom	79-95%	Reduces The Risk
Spermicide (non-oxynol 9)	71-85%	Not effective
Methods of birth control NOT RECOMMENDED for teens include: <ul style="list-style-type: none"> • Sterilization • Withdrawal (pulling out) • Fertility awareness (rhythm method) 		

Video: Friends- Condom Effectiveness

https://www.youtube.com/watch?v=5EuqYVGz_ow

Teen Pregnancy

10 Great Reasons Not to Be a Teen Parent!

1. **You'll probably have more money.** Having a baby now will make it harder to finish school and get a good, high-paying job.
2. **You can graduate from high school easier.** You'll have more time to study and won't have to worry about missing class to take care of your baby.
3. **Your baby will have a better chance of good health.** Studies show that children born to teens have a higher risk of being born prematurely or underweight.
4. **Your family might get upset.** How would your parents feel if they found out you were having a baby?
5. **You will be able buy the things you want.** You won't have to worry about buying diapers, clothing, food, medical care, etc. for your baby.
6. **Your relationship may not be ready for a baby.** Having a baby is very stressful and can be hard on relationships. If you break up with your boyfriend/girlfriend you'll have to see each other.
7. **You might be a better parent later in your life.** Life experiences help us learn to deal with different situations. As you get older, you'll be more likely to handle the stress of having a child.
8. **Babies eventually grow up.** Babies don't stay cute and cuddly for long. Before you know it you'll be dealing with the terrible twos and raising a teenager of your own.
9. **You will have more options about your future.** It will be easier to go to college, travel or try out different jobs.
10. **You'll have time to enjoy being a teen.** Take advantage of the freedom you have now. Being a teenager lasts a moment, being a parent lasts your whole life.

If you are pregnant there are options for you to consider:

- continue the pregnancy and raise your child with a partner
- continue the pregnancy and raise your child on your own
- continue the pregnancy and have your parents or other relatives raise the child
- continue the pregnancy followed by adoption
- continue the pregnancy and safely surrender the child to a designated authority such as the hospital. The child must be surrendered within 72 hours of birth and you have up to two weeks to change your mind and after that time the child will be placed up for adoption
- end the pregnancy (abortion/termination)

No Easy Decision Worksheet

A pregnant person has the option to choose between adoption, abortion, becoming a parent, and Safe Surrender (an emergency option for safe delivery of infant). Please fill in the following grid based on the scenario you are given.

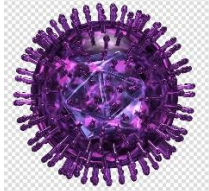

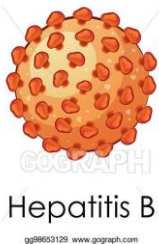
List at least two reasons in each box.

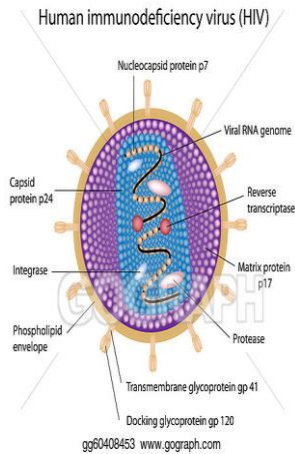

Pregnancy Options	Why might they choose this option?	Why might they NOT choose this option?
<i>Parenting</i>		
<i>Abortion</i>		
<i>Adoption</i>		
<i>Safe Surrender</i>		

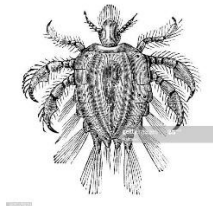
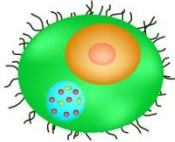
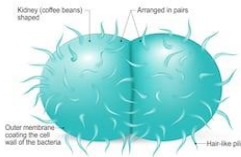
Who might this Person choose to go to for support with this decision?


Sexually Transmitted Infections (Diseases)

Video: What is an STI? <https://www.youtube.com/watch?v=llnXtPZOazM&t=1s>

	STI	Route of Transmission	Signs and symptoms	How you can protect yourself
<i>Viral STIs- Not curable but treatable and preventable</i>	Genital Herpes 	Contact during vaginal, anal or oral sex and skin to skin contact	-No Symptoms -Genital blisters -Flu-like symptoms -Painful urination	-NO SEX -use condom or dental dam during vaginal, oral or anal sex -get tested
	HPV- Human Papilloma Virus 	Contact during vaginal, anal or oral sex and skin to skin contact Contact with infected skin, mucous membranes or bodily fluid	-No symptoms -genital warts -can lead to cervical cancer in women -linked to oral, anal and penile cancer	-NO SEX -use condom or dental dam during vaginal, oral or anal sex -get tested -get vaccinated (ages 9-26)
	Hepatitis B 	Exposure to infected blood or body fluids Vaginal, anal or oral sex Blood transfusions, sharing needles, childbirth	-abdominal pain -dark urine -yellowing of the skin and eyeballs	-NO SEX -use condom or dental dam during vaginal, oral or anal sex -get tested -get vaccinated -No IV drug use -Sterile technique when using steroids, getting tattoos or piercings

	<p>HIV- Human Immunodeficiency Virus</p> 	<p>High Risk: Receptive unprotected anal or vaginal sex, sharing needles for IV drugs, many sexual partners, oral sex with ejaculate or vaginal blood</p> <p>Moderate risk: Unprotected oral sex with no ejaculate or vaginal blood</p> <p>Lower Risk: Protected oral sex on anus, mutual masturbation of there are no cuts on the hand</p>	<p>-a lowered immune system Can make you susceptible to frequent illness or infection -many people with HIV have no symptoms until they progress to having AIDS -Flu-like symptoms (fever, headache, sore throat, swollen lymph nodes) -Open sores in mouth -Can develop into AIDS</p>	<p>-NO SEX -use condom or dental dam during vaginal, oral or anal sex -get tested -No IV drug use -Sterile technique when using steroids, getting tattoos or piercings -Prevent or decrease risk of contracting or passing HIV through the use of medication Pre-Exposure Prophylaxis (PrEP) or Post Exposure Prophylaxis (PEP)</p>
<p>Other STIs- Curable with Medications</p>	<p>Trichomoniasis</p>  <p>© Can Stock Photo</p>	<p>Unprotected vaginal, oral or anal sex</p>	<p>-No Symptoms -Itching inside of penis -Burning after urination or ejaculation -penile discharge -itching or redness of vaginal area -Uncomfortable urination (female) -vaginal discharge -vaginal odor</p>	<p>-NO SEX -use condom or dental dam during vaginal, oral or anal sex -get tested</p> <p>May increase risk of HIV infection by 2 to 4 times</p>

	<p>Pubic Lice (Crabs)</p> 	<p>Vaginal, anal or oral sex, or close genital contact</p> <p>Can also be passed in sheets, towels, and clothes</p>	<p>-itching around genitals -sometimes eggs or lice can be seen on pubic hair</p>	<p>-NO SEX -use condom or dental dam during vaginal, oral or anal sex -get checked by a doctor</p>
<p>Bacterial STIs- Curable with antibiotics</p>	<p>Chlamydia</p> <p>STRUCTURE OF CHLAMYDIA</p> 	<p>Genital contact through vaginal, anal, oral sex.</p> <p>Can be passed from mother to child in birth</p>	<p>-No Symptoms -Burning sensations during urination -yellow/green discharge from penis or vagina -pain in lower abdomen -pain in testicles -pain in the vagina during intercourse</p>	<p>-NO SEX -use condom or dental dam during vaginal, oral or anal sex -get tested</p> <p>Can cause pelvic inflammatory disease and lead to infertility</p>
	<p>Gonorrhea</p> <p><i>Neisseria gonorrhoeae</i></p>  <p>shutterstock.com • 1109318387</p>	<p>Tends to infect warm and moist areas such as urethra, eyes, throat, vagina, anus and the female reproductive tract.</p> <p>Unprotected vaginal, anal and oral sex</p> <p>Can be passed from mother to child in birth</p>	<p>-No symptoms -Greater urgency of urination -pus-like discharge or drip from the penis (white, yellow, beige or greenish) -swelling or redness at the opening of penis -swelling or pain in the testicles -persistent sore throat -pain in lower abdomen</p>	<p>-NO SEX -use condom or dental dam during vaginal, oral or anal sex -get tested</p> <p>Can cause pelvic inflammatory disease and lead to infertility</p>

	<p>Syphilis</p>  <p>© CanStockPhoto.com - csp44949816</p>	<p>Unprotected vaginal, anal or oral sex</p> <p>Direct contact with infected sores on or in mouth, genitals and anus</p>	<p>-Has a phase of no symptoms</p> <p>-chancre sores can appear on the penis or vagina</p> <p>-swollen lymph nodes</p> <p>-body rash may occur in the advanced stages</p> <p>-open sores on mucous membranes</p> <p>-if left untreated, it can cause damage to nervous system, heart disease, brain damage and death</p>	<p>-NO SEX</p> <p>-use condom or dental dam during vaginal, oral or anal sex</p> <p>-get tested</p>
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- 1) What do all the incurable STIs seem to have in common?
- 2) Identify a local clinic where a person can get an STI test.

Video: Why STIs spread so fast

<https://www.youtube.com/watch?v=UDy6FcMJTBw&t=7s>

Video: Myths and Facts about HIV

<https://www.youtube.com/watch?v=EqlYEOI754&t=1s>

WHEN AND WHERE SHOULD YOU GET TESTED?

- **WHEN YOU HAVE HAD SEXUAL CONTACT WITH ANOTHER PERSON**
- **WHEN YOU'RE PLANNING TO HAVE SEXUAL CONTACT**
- **WHEN YOU HAVE SYMPTOMS**
- **IF YOU HAVE BEEN EXPOSED**
- **IF YOU ARE PREGNANT**

24 Hr. Crisis Hotline – 1-800-240-3208

Main Campus

1850 Walnut Street
Red Bluff, CA 96080
(530) 527-8491

South County Office

275 Solano Street
Corning, CA 96021
(530) 824-4890



Services Offered through Family Pact

- ✓ Birth Control Counseling and Methods Including:
 - Intrauterine Devices
 - Implants
 - Pills
 - Condoms
 - Injections
 - Rings
 - Patches
- ✓ Pregnancy Testing with Counseling
- ✓ Preconception Counseling
- ✓ Male and Female Sterilization
- ✓ Limited Infertility Services
- ✓ Sexually Transmitted Infection Testing and Treatment
- ✓ Pap Smears
- ✓ HIV Screenings

What is human trafficking?

- ▶ It is a form of modern slavery
- ▶ It occurs when a person profits from using force, fraud or coercion to make the victim engage in sex or work



Who are the victims?

- ▶ Individuals who have experienced abuse or neglect as a child
- ▶ Runaways or homeless individuals
- ▶ Children in foster care or juvenile systems
- ▶ LGBTQ+ individuals
- ▶ Undocumented immigrants
- ▶ People with disabilities, low income or history of substance abuse

- What to do if you have been trafficked:
 - Call the police
 - Tell a trusted adult (teacher, nurse, etc)
 - Call help line from National Human Trafficking Hotline
 - 1-888-373-7888
- How to tell if you have been trafficked
 - Promise of a better life
 - Being forced to work
 - Freedom being taken away
 - Forced to have sex with others
 - ***You can be trafficked by people you trust***

Mapping My Future

Fill in the map below based off personal values and information learned in packet and talking with a trusted adult.

One thing I learned about my values is

*I'm going to protect against STIs
by*

*I'm going to protect against unintended
pregnancy by*

*The clinic I will go to is _____
and I will get there by*

Being a teen parent could be hard because

*I will obtain consent from my
current or future partner (s) by*

*I'll maintain healthy
relationships by*

*After this program, I will apply
this information by*

