

# Module Title: Sexual Health

## Microlesson Title: Relationships

*Title: Relationships Presentation*

### Love and Dating - Precursors for Good Decision Making

- If you were asked to define the word "love," what would you say? Yes, love is a feeling, but it is also a decision and should be full of mutual respect. Some qualities of love might include honesty, respect, loyalty, trust and commitment.
- Love and lust are frequently confused. This may explain (at least partially) why so many teenagers are sexually active. How does a person know when he/she is ready to handle the responsibilities that come with being sexually active? Are you ready to be a parent? What about the possibility of contracting STDs?

### Dating

- Have you or your friends begun to "date" yet? Have you ever given much thought to the different roles that dating plays? Is it just to have fun with someone? Or, is it ultimately about finding that perfect someone to spend the rest of your life with?
- Here are some things to think about:
  - Social: Allows you to meet new people and have someone or a group of friends to spend time with.
  - Emotional: Dating can sometimes be an emotional roller coaster. New emotions are experienced, and/or old emotions are experienced from a new perspective.
  - Intellectual: Dating someone that is intellectually stimulating to you is important. Ideally, compatible dating partners share common interests, beliefs, values, morals, etc.
  - Economic: Do you feel that the relationships a person has when they are a teenager are meant to be life-long commitments? If not, what is the purpose of dating? How would you describe a healthy relationship? How do you know when you've met the person that you want to spend the rest of your life with?

### Dating Risks

#### Rape and Sexual Assault

- Although rape and sexual assault are unpleasant topics to talk about, knowledge about these topics can lead to future prevention. Sadly, one of every four females will be a victim of rape or attempted rape at some point in her life. This may include statutory rape. In the state of Georgia, if a person who is 17 years old or older has sex with someone who is 15 years old or younger, legally, the person is committing statutory rape. Hopefully, by learning the following information, you will not become part of this statistic.

#### Risks Factors for Rape

- Being under the influence of alcohol and/or drugs is the #1 risk factor for being raped. Other risk factors include:
- Being with an unfamiliar person in an isolated area

- Nonassertive communication about sexual limits
- Miscommunication about sexual expectations in a relationship

### **Keep Safe – Preventative Measures**

- Avoid any of the aforementioned risk factors before a rape situation occurs. In addition, follow these guidelines:
- Methods of prevention at home: Keep lights on, keep hedges trimmed, keep doors locked, keep windows closed (especially those on the bottom floor), etc.
- Methods of prevention when walking: Be aware of your surroundings, don't walk with headphones on, always walk with others, walk in well-lit areas, etc.
- Methods of prevention in your car: Keep your radio down, keep your windows rolled up, lock your doors, etc.
- If you feel that you're in danger,
- forcefully say "no"
- scream loudly
- go for the eyes (only if you're sure in your ability to be successful in doing so)
- twist and pull the testicles of the male perpetrator (only if you are sure in your ability to do this successfully, otherwise you will make the rapist even madder)

### **Post-Rape Concerns and Care**

- Medical = STDs, pregnancies, possible injuries.
- Emotional = Confusion, shame, fear, anger, helplessness, guilt, distrust.
- The *first* thing you should do after a rape has occurred is to tell someone!
- Do NOT take shower/bathe/discard physical evidence in any other way.
- Get medical help, report to police.
- Use the services of a rape crisis center and/or a support group and/or other forms of counseling to deal with this event.
- Identify a local support system that you can depend on to help you get through this difficult situation. This may be made up of family members, teachers, members of your church, friends, counselors, etc.

### **Where to Get Support**

- National Sexual Assault
  - <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>
  - Call 800.656.HOPE (4673)

*Title - Is your relationship healthy? Check to see whether the 12 qualities above exist in your relationship.*

1st – Mutual Respect – Respect means that each person's values who the person is and understands the other person's boundaries.

2<sup>nd</sup> - Without trust, there's no way to have a health relationship. Choose to trust in each other and give each other the benefit of the doubt.

3<sup>rd</sup> - Honesty – If you have ever caught a friend or dating partner in a huge lie, you know that it takes time to rebuild your trust in him/her. Always be honest. It builds trust and strengthens the relationship.

4<sup>th</sup> - Compromise – You can't always get your way. Acknowledge different points of view and be willing to give and take. It's a bad sign when the relationship becomes a power struggle.

5<sup>th</sup> - Individuality – You shouldn't compromise who you are, and your identity should not be based on your boyfriend or girlfriend. Continue seeing your friends or doing the things that you love. Be supportive if your boyfriend or girlfriend wants to pursue new hobbies or make new friends.

6<sup>th</sup> - Good communication – Speak honestly and openly to avoid miscommunication. If you need to sort out your feelings first, your boyfriend or girlfriend should respect your wishes and wait until you're ready.

7<sup>th</sup> - Anger Control – We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to 10, or talking it out.

8<sup>th</sup> - Problem Solving – You can learn to solve problems and identify new solutions by breaking a problem into smaller parts or by talking through the situation.

9<sup>th</sup> - Fighting Fair – Everyone will argue at some point, but those who are fair, stick to the subject, and avoid insults that are more likely to come up with a possible solution. Take a short break if the discussion gets too heated.

10<sup>th</sup> - Understanding – Take a minute to understand what others might be feeling; put yourself in their shoes. It can improve your communication skills too.

11<sup>th</sup> - Self-confidence – Having confidence in yourself can help relationships with others. It shows that you are calm and comfortable enough to allow others to express their opinions without forcing your opinions on others to win an argument.

12 - Being a Role Model – By modeling what respect means, you will inspire your boyfriend or girlfriend to model respect too. Take every opportunity to give respect.

*Title: What are some signs of dating abuse?*

**Physical**

- Pinching, shoving, slapping, grabbing, etc.
- Intimidation (blocking doors, throwing objects
- Use of weapons

## **Sexual**

- Unwanted touching
- Forced sexual activities
- Pressure to have sex
- Threats to find someone who will do what he or she wants sexually

## **Emotional/Verbal**

- Put-downs, insults, and rumors
- Threats
- Possessiveness
- Over-dependency
- Huge mood swings
- Humiliation
- Accusations
- Withdrawal of attention
- Isolation from friends or activities

## Microlesson Title: Sexually Transmitted Infections

*Title: Sexually Transmitted Infections Presentation*

### **Review Human Reproductive Anatomy and Physiology**

- To stay healthy, it is important to know the basics of the human reproductive system - its components (anatomy), and what these components do (physiology). Most of this body system is internal and therefore easy to neglect - let's take a look at the basics so that we know how to keep our bodies healthy.

### **STI's (Sexually Transmitted Infections)**

- Did you know that 1 in 3 sexually active teenagers will contract one or more STDs before graduating from high school? That is a huge and scary statistic. Let's learn more about STDs and how to prevent contracting them.
- Before we learn about each STD individually, let's do a quick review of the difference between bacterial communicable pathogens and viral communicable pathogens.
- Hopefully after completing this topic area, you will learn that any sexually active person puts themselves at risk for contracting one or more STIs, even if they feel they know this person, feel there's open communication and mutual trust between the two people, etc. If this were true would 1/3 of all teenagers be contracting one or more STIs?

*Title: Male Reproductive System*

Penis

The male sex organ used to pass urine and to reproduce.

|                  |   |
|------------------|---|
| Scrotum          | The sac-like pouch that holds the testes.   |
| Testes           | Two glands that produce testosterone and sperm. Sperm is the male reproductive cells. |
| Seminal vesicles | Two small glands that make a fluid with sugar in it to help sperm move.               |
| Vas deferens     | One or two long tubes through which sperm pass from the testes to the urethra.        |
| Prostate gland   | the gland that makes fluid that helps sperm stay alive.                               |
| Urethra          | A narrow tube through which urine and semen pass out of the body.                     |

*Title: Female Reproductive System*

|                |   |
|----------------|---|
| Ovary          | A gland that produces estrogen and ova. Ova are female reproductive cells. Ova also are called eggs. An ovum is a single egg.     |
| Fallopian tube | A 4-inch long tube through which ova move from an ovary to the uterus. A female has 2 fallopian tubes – one near each ovary.      |
| Uterus         | An organ that supports a fertilized egg during pregnancy. The uterus is muscular and stretches when a baby is growing inside.     |
| Cervix         | The lower part of the uterus that connects to the vagina. During child birth, the baby passes through the cervix into the vagina. |
| Vagina         | A tube that connects to the outside of the body. The vagina is very muscular. It stretches when a mother gives birth.             |

*Microlesson Title: HIV/Aids*

*Title: HIV/AIDS Presentation*

- HIV = Human Immunodeficiency Virus
- AIDS = Acquired Immune Deficiency Syndrome
- According to UNAIDS : There were approximately **36.9 million** people worldwide living with HIV/AIDS in 2017. Of these, **1.8 million** were children (<15 years old). An estimated**1.8 million** individuals worldwide became newly infected with HIV in 2017 – about 5,000 new infections per day.

- HIV (human immunodeficiency virus) is a virus that attacks the immune system. The immune system becomes weaker, making it harder for the body to fight off infections and some kinds of cancers.
- Most people who are diagnosed early and take medicines for HIV can live long, healthy lives.
- HIV spreads when infected blood or body fluids (such as semen or vaginal fluids) enter the body. This can happen:
  - during sex (especially anal sex and vaginal sex)
  - through sharing needles for injecting drugs or tattooing
  - by getting stuck with a needle with an infected person's blood on it
  - HIV also can pass from mother to child during pregnancy, childbirth, or breastfeeding.
- HIV is **NOT** spread through:
  - pee, poop, spit, throw-up, or sweat (as long as no blood is present)
  - coughing or sneezing
  - holding hands
  - sharing eating utensils or drinking glasses
- Health care providers usually diagnose HIV through blood tests. Someone who has HIV is said to be "HIV positive."
- Tests also are available without a prescription at the drugstore. You can do the test at home.
- AIDS (acquired immune deficiency syndrome) happens after someone has had HIV for many years. In AIDS, the immune system is severely weakened. Serious infections and health problems happen.
- Medicines can help prevent HIV from developing into AIDS.
- HIV is diagnosed as AIDS when someone:
  - has fewer than 200 CD4 cells  
or
  - develops an AIDS-defining condition
  - When first infected with HIV, a person may have:
    - fever
    - swollen glands
    - painful ulcers in the mouth or around the anus or penis
    - headache
    - rash
    - muscle and joint pain
  - These symptoms go away in a few weeks. In the first few years after infection, someone with HIV may have mild symptoms, like swollen glands.
  - Because the symptoms of HIV can be mild at first, some people might not know they're infected. They can spread HIV to others without even knowing it.
- After a few years, other symptoms start, including:
  - diarrhea
  - weight loss

- increased number of infections
- infections that are more severe than is typical
- Without treatment, HIV can lead to a very weakened immune system and progress to AIDS. Illnesses that happen in AIDS are called "AIDS-defining conditions."
- AIDS-defining conditions include:
  - very fast and severe weight loss (called **wasting syndrome**)
  - a lung infection called pneumocystis pneumonia
  - Kaposi sarcoma (a type of skin cancer)
  - lymphoma (cancer in immune system cells)

## Microlesson Title: Consequences of Teen Sex

*Title: Consequences of Teen Sex PPT*

### How to Say "NO"

- Refusal skills are skills that help people say "NO" to an action or leave a situation. These can be used when saying NO to all types of issues you are faced with such as whether to use drugs, have premarital sex, etc.
- When using resistance skills make sure to do the following:
  - Say NO in a firm voice
  - Explain why you are saying NO (Give a reason)
  - Offer other options if appropriate or walk away (leave)
  - Consent
  - When a person does not give their "consent" for sexual activity of their own choice, sexual violence can occur.

*Title: How to say "No".*

- 1 – Say NO in a firm
- 2 - Explain why you are saying NO (Give a reason)
- 3 – Offer other options if appropriate or walk away (Leave)

*Title Consequences of Teen Sex.*

- 1 – Consequence – Worry – Fear of pregnancy, getting STD, parent finding out

Effect – Loss of sleep, poor grades, possible health problems

- 2 – Regret and Guilt – Feeling of loss when relationship ends.

Effect – medical problems

- 3 – Impaired Personal Development – Uses sex to escape pressures to avoid learning how to communicate in a healthy way.

Effect – May turn inward, fail to develop healthy interests and relationships.

4 – Fear of Future Relationships – Fear of being used and betrayed.

Effect – Difficulty in trusting.

5 – Low Self-Esteem – Concern about their attractiveness.

Effect – May feel used or damaged, unhappy or lacking dignity.

6 – Depression – Disappointment after a break up.

Effect – Loss of joy in daily activities, suicide