

**Sex Education  
Review©**

**Grade 8**

**H.E.L.P for kids 2004-2005**

**TEACHING MESSAGES:**

1. Sexuality is not only about biology and science, but also about social, emotional, and behavioral differences that occur throughout life. Learning about sexuality involves learning about ALL of these things.
2. Puberty is a period of physical, emotional, and behavioral changes that occurs when your body is going from being a child to an adult. When the changes occur vary from person to person.
3. Hormones are responsible for the physical and emotional changes that occur during puberty. The main hormones involved are estrogens in females and testosterone in males.
4. One major consequence of having sexual intercourse is pregnancy.
5. The only 100% way to prevent pregnancy is abstinence.
6. Most sexually transmitted diseases are caused by bacteria or viruses. They are transmitted via sexual intercourse or through bodily fluids.
7. Abstinence is the only 100% effective way to prevent STDs. The use of condom is the only other way to prevent STDs besides abstinence if it is used properly.

**Student Handout Packet**

Teaching Messages and Glossary  
Miniquiz  
STD Information Sheet

This is an one-hour abbreviated version of the usual 3 hours of sex education materials. Emphasis is on the questions submitted by the 8<sup>th</sup> graders. However, please read the 3 regular curricula on Puberty, Pregnancy, and Sexually Transmitted Diseases to familiarize yourselves with the information.

The establishment of ground rules at the beginning of a class accomplishes several purposes. Ground rules make it clear to students what type of language and behavior is considered acceptable. Students are more likely to behave appropriately when they know what is expected of them. Once ground rules have been clearly stated, the teacher can refer to them when dealing with difficult classroom situations. Finally, ground rules help students feel more comfortable by making them aware of expectations and limitations on themselves, their peers, and the teacher. A suggested list of ground rules is included.

**GROUND RULES**

**Some suggestions:**

1. Questions are encouraged and may be asked at any time. There is no such thing as a dumb question. If you are wondering about something, a lot of other people are probably wondering the same exact thing. Don't ask any of the instructors any personal questions.
2. All points of view are valuable. No preaching or putting down someone else's values or ideas.
3. Respect the person speaking by giving your full attention. If you wish to speak, raise your hand and wait to be called upon.
4. (For teachers) Try to use common or medical terms in class discussions so that everyone can understand. It's okay to bring up slang terms, but make sure that everyone also knows the medical term.
5. It is O.K. for the teachers and students to blush, feel embarrassed, or not know the answers to all the questions. The teacher may choose not to answer a question in front of the entire class. Everyone has the right to "pass" on answering questions or participating in activities that make them feel uncomfortable.

**Teaching Message 1: Sexuality is not only about biology and science, but also about social, emotional, and behavioral differences that occur throughout life. Learning about sexuality involves learning about ALL of these things.**

Talking about these things might make some of you laugh or giggle, but the more comfortable you get with the topic, the more you will be able to learn about it.

### **ADOLESCENCE AND PUBERTY**

Adolescence literally means becoming an adult. It means that you are moving from the thoughts, feelings, body, and relationships of a child to an adult's thoughts, feelings, body, and relationships. This time is what many people refer to as the "teenage years".

Puberty is when our body changes physically and mentally from being that of a child to that of an adult. Our reproductive organs begin to work like those of an adult, and we start to look, think, and feel in new and different ways. You are now physically able to produce babies, though you are not mature enough to be parents in a complete sense.

**Teaching Message 2: Puberty is a period of physical, emotional, and behavioral changes that occurs when the body is going from being a child to an adult.**

The changes that happen during puberty are slow. It takes many years to finish developing. You are not going to wake up one morning and suddenly discover you have become an adult overnight. Each of you will go through this in your life; some of you may have already started it, and some of you may start a little later. But all of you will go through it.

It is important to remember that puberty and sexuality are not just physical; they are related to other parts of who we are as well.

**Teaching Message 3: Everyone matures at a different rate. The time at which we begin to change, how we change, and in what order these changes start to happen vary from person to person.**

Although most people tend to hit puberty around the ages of 11-14, many people have it earlier or later. Girls tend to go through puberty a little earlier than boys. But even among girls, some develop sooner, and some later. The same holds for boys. What is important to keep in mind is that everyone grows at different rates, and that eventually, everyone will catch up.

**Take-home Message 4: Hormones are responsible for the physical and emotional changes that occur during puberty. Although both genders have both hormones, the main hormones involved are estrogen in females and testosterone in males.**

### **HORMONES**

**Hormones** are chemicals in our body that travel in the blood. Different parts of the body can communicate with one another by releasing hormones into the blood, telling other parts of the body to do something in particular. (For example, developing breast in women or growing facial hair in men, etc.)

Puberty starts when the brain sends hormones to the ovaries or the testicles. These hormones tell the testicles to begin making **testosterone**, the male hormone, and the ovaries to make the female hormones, called **estrogens**. These sex hormones send messages to certain parts of your body to tell them to grow and change during puberty.

The sex hormones exert strong effects especially on boys. It is ok to FEEL sexual. The challenge is how to deal with the situation in a responsible and sensible way.

**DISCUSSION – in small groups, with boys and girls separately to be guided by male and female students respectively.**

Hormones are responsible for all the changes during puberty including some aspects that seem awkward, embarrassing, or uncomfortable.

Here are some common problems you might face during puberty that are perfectly normal and ways to deal with them:

**Body Odor** – most commonly, people start to sweat more under their arms, and this sweat smells differently. The smell comes from bacteria that like dark, moist places. If you don't like the smell, all you have to do is shower more or use antiperspirant/deodorant.

**Pimples** – it is perfectly normal for young people to have skin problems. In fact, it is a sign of your youth and development. However, if this is really a problem, you can buy over the counter medication at the drug store or you can talk to your doctor about having prescription medication that might help get rid of it.

**Wet dreams/ejaculations** – Boys will start to get a lot of hard-ons during their teenage years. This should not be embarrassing because it happens to every male whose hormones are going crazy. Wet dreams happen when you ejaculate in your sleep, which happens to healthy men throughout your lifetime.

**Irregular periods** – Periods are a pain, but why should they be? They should be a sign that you are healthy and that you are growing up and able to reproduce. When you are sexually active, they help you keep track of your monthly cycle because you

cannot see when your eggs are maturing and being released. With your period, you know everything is running smoothly as it should. All girls get their periods at different ages. This is normal. It is also normal to have irregular periods—some girls get it more often, some girls less often, sometimes you might skip a month, some have a long period for a week at a time, some girls only menstruate for two or three days. This irregularity might last for the first couple of years you get your period because your body hasn't fully adjusted yet.

Moodiness – Your hormones can make you feel more upset or more excited about things than you used to. It is a good idea to share your feelings with someone you trust, especially if you are getting sad or frustrated. If you have questions, remember that everyone has to go through puberty. That means all the adults around have experienced what you are going through, so you should be able to find someone to help you figure out what you are going through.

One thing teenagers and their parents often argue over is relationships. As you go through puberty, you will probably begin feeling more sexually attracted to members of the opposite sex and want to explore relationships.

**Teaching Message 5: One major consequence of having sexual intercourse is pregnancy.**

The changes of puberty make it possible for teens to reproduce though they are not mature enough in other ways to be good parents.

Sex is a personal, private way two people can express their romantic feelings toward each other. Sexual intercourse is only one of the many ways to express your feelings toward someone, and it requires a great deal of thinking before you decide to have it. It is extremely important for us to learn to make responsible and sensible decisions for our sexual relationships. One of the most important factors to consider when we talk or think about sex is **consequences**. (*Ask students to define “consequences.”*)

One major consequence of having sexual intercourse is pregnancy. How many of you think that you are ready to take on the responsibilities of being a father or a mother? (Show of hands.)

Let's discuss the **RESPONSIBILITY OF PARENTHOOD** - What do you think being parents would involve? How would it change your life? That is for mothers as well as fathers. These could include taking care of the baby 24 hours a day, 7 days a week (no sleep, fatigue, etc), earning money to buy food and other things (low pay, menial work if any), quitting school, etc, etc.

Also, know that researchers believe that teen pregnancy is associated with much lower levels of the three E's:

1. less *education*
2. less *employment* in well-paying, interesting jobs
3. less *enjoyment* of later life

*Though teenagers are technically able to produce babies, they are not necessarily physically and emotionally mature enough to BE parents. There are lots of responsibilities involved.*

**Teaching Message 6: The only 100% way to prevent pregnancy is abstinence.**

The only 100% effective way to prevent pregnancy is abstinence, i.e., not having sexual intercourse. However, for teens who are sexually active, pregnancy can be prevented to different degrees of success with different contraception methods, such as condoms, pills, and others.

**Teaching Message 7: Most sexually transmitted diseases are caused by bacteria or viruses. They are transmitted via sexual intercourse or through bodily fluids.**

Most sexually transmitted diseases are caused by bacteria, such as chlamydia, or viruses, such as HIV/AIDS. Bacterial STDs can be treated with antibiotics. There is in general NO cure for viral STDs.

**Teaching Message 8: Abstinence is the only 100% effective way to prevent STDs. The use of condom is the only other way to prevent STDs besides abstinence if it is used properly.**

	Prevents Pregnancy	Prevents STDs (like herpes, chlamydia, genital warts)	Prevents HIV/AIDS
Abstinence	YES	YES	YES
Condoms	YES	YES **	YES
Birth control pills	YES	NO	NO

\*\* Although condoms are effective in preventing most STDs, especially those that are transmitted via body fluids, they do not necessarily prevent against STDs on the areas of the body not covered by a condom.

**In conclusion, as we mature to become sexual beings, we need to develop a strong sense of responsibility in expressing our sexuality in a responsible way, not only towards ourselves but also towards our partners.**

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**Answers to questions submitted**

Q. Can you get cured from AIDS?

A. In general not, though some seem to be able to live with it for a long time. It is not known why.

Q. If you have sex with someone who has AIDS, is it 100% that you will get it?

A. Chances are good that you would get it. It is NOT a risk you would want to take.

Q. Is cancer contagious?

A. No.

Q. How do you know if you have AIDS?

A. A blood test for AIDS virus or antibodies is the best way to find out. Oftentimes people who have AIDS do not look any different.

Q. What happens when you get raped?

A. You could get pregnant or contract STDs, in addition to emotional devastation.

Q. If you have AIDS, can you still have sex?

A. You should NOT have sex when you have AIDS, so you would not give it to someone else.

Q. What age is appropriate to have sex?

A. It is not just the age but the maturity of the individual in understanding the consequences of having sex.

Q. Why does your penis bleed the first time people have sex?

A. The penis does not bleed in general. It could be the blood from the female partner if it is her first time.

Q. If you masturbate, how much sperm is supposed to come out?

A. Millions if you ejaculate.

Q. How big is a penis supposed to get?

A. The size varies from person to person. There is NO size that the penis is supposed to get. It is not the size that matters.

Q. Can you have sex when you are young or old? At what age do you stop having sex?

A. Not too young when the young people are not emotionally or physically mature enough to handle a responsible sexual relationship.

There is no age when people need to stop having sex. One is never too old to have sex.

Q. When you have sex, does it hurt? Whom does it hurt more, the man or the woman?

A. It may hurt the first time when a woman has sex because of the tearing of the hymen. In general, sex should not hurt. If it does, there are problems to be looked into. They could be caused by the state of "not ready" or by diseases.

Q. How does AIDS start through your body? What are the first symptoms? How does it start killing you?

The virus that causes AIDS gets into the blood and spread throughout the body.

The first symptoms are often associated with common illnesses, such as, colds, that do not go away. This is because the immune system is greatly weakened that makes the person more susceptible to getting all sorts of infections.

AIDS kills by making the immune system so weak that the person is not able to fight off infections, even to germs that would not cause diseases in a healthy person.

Q. How come you can get pregnant if you have not gotten your period?

A. You get pregnant when you have mature eggs. It is difficult to predict if you already have mature eggs even though you do not have your period.

Q. Can a guy get pregnant if he puts eggs in his body?

A. No. A guy does not have the necessary reproductive organs to sustain pregnancy. One would need an uterus for the fetus to implant and grow.

Q. Can a woman who went through menopause get pregnancy if she has sex every day?

A. If a woman who went through menopause still produces mature eggs from time to time, she could get pregnant. In general, a woman who went through menopause sometime ago would not produce mature eggs. How often she has sex has nothing to do with her getting pregnant. The determining factor is the presence of mature eggs.

Q. Can you have sex when you are pregnant? Does anything happen to the baby or the pregnant lady?

A. Yes. It should not hurt the baby at all under normal conditions. As for the lady, she is the one who would know if certain positions are physically uncomfortable. Medically, there should not be any problems of having sex during pregnancy.

Q. How do girls get horny?

A. Hormones.

Q. How do you get breast cancer?

A. It is not known. There are theories that abnormal levels of hormones could cause cancer, and that genetics may play an important role in a woman's susceptibility to the effects of the hormones.

## Student Handout Packet

### Take Home Messages

1. Sexuality is not only about biology and science, but also about social, emotional, and behavioral differences that occur throughout life. Learning about sexuality involves learning about ALL of these things.
2. Puberty is a period of physical, emotional, and behavioral changes that occurs when your body is going from being a child to an adult.
3. Everyone matures at a different rate. The time at which you begin to change, how you change, and in which order the changes happen varies from person to person.
4. Hormones are responsible for the physical and emotional changes that occur during puberty. The main hormones involved are estrogens in females and testosterone in males, however both genders have both hormones.
5. The only 100% way to prevent pregnancy is abstinence.
6. Most sexually transmitted diseases are caused by bacteria or viruses. They are transmitted via sexual intercourse or through bodily fluids.
7. Abstinence is the only 100% effective way to prevent STDs. The use of condom is the only other way to prevent STDs besides abstinence if it is used properly.

### Glossary

**Hormones:** Chemicals that are made by some organs and released into the blood to go to other parts of the body. In males, **testosterone** is the major hormone that produces the male characteristics. In females, the main hormones involved in puberty are **estrogens**.

**Menstruation:** also known as “getting the period”. This process occurs in females each month as an egg matures. The uterus builds up a lining of blood and nutrients in preparation for a fertilized egg. If the egg is not fertilized, the lining and blood are shed out of the body.

<b>STD Information Sheet</b>
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Any of these STDs can be transmitted through sexual contact (including vaginal and anal intercourse and oral-genital contact) with an infected partner who **may or may not** have symptoms.

STD	What are the signs?	How to care for it?	Possible Long-term Problems
<b>CHLAMYDIA</b>	<b>Men:</b> Burning urination and secretions from penis. <b>Women:</b> Often no symptoms until Pelvic Inflammatory Disease (PID)	Infected persons and their sexual partners must be tested and treated with antibiotics	<b>Men:</b> Infection of prostate and epididymis <b>Women:</b> Infection and fertility problems including increased risk of ectopic pregnancy.
<b>HERPES</b>	Sores around the mouth (cold sores) or genitals, often with small blisters, often painful. Some people have no symptoms but are still infected and contagious.	Infected persons should avoid intimate sexual contact while lesions persist. There are pills that can help relieve symptoms, but will NOT cure herpes.	May contribute to cervical cancer and pregnancy problems in women.
<b>GENITAL WARTS</b>	Painless growths usually around vaginal opening, shaft of penis, or rectum. May occur several months after contact	Topical treatment may help. No cure.	May contribute to cervical cancer.
<b>GONORRHEA</b>	<b>Men:</b> Burning urination and secretions from penis <b>Women:</b> Often no symptoms until PID begins. Some people have no symptoms but are still infected and contagious.	Infected persons and their sexual partners must be tested and treated with antibiotics	<b>Men:</b> Infection of prostate and epididymis <b>Women:</b> Infection and fertility problems including increased risk of ectopic pregnancy
<b>SYPHILIS</b>	Chancere, painless ulcer at point of contact, usually penile shaft or around vaginal opening. Secondary stage may include a rash.	Infected persons and their sexual partners must be tested and treated with antibiotics	If untreated, may affect brain, heart, pregnancies, or may even be fatal
<b>AIDS</b>	Unusual susceptibility to common infections and unusual cancers. Significant unexplained prolonged fever, weight loss, diarrhea, swollen glands. Most people show no symptoms for many years but are still contagious.	No current treatment. Avoid sexual contact or practice "safer sex".	Full-blown AIDS is fatal.

**Where to Turn for HELP**

\*All hotlines are toll-free and confidential. They are available 24 hours a day, seven days a week unless otherwise noted.

**Planned Parenthood (Bay Area) - 1-800-967-7526**

or <http://teenwire.com>

-information from experts on teen sexuality and sexual health

-referrals to local clinics

-clinics provide information on safer sex, contraceptive devices, pregnancy tests, STD & HIV tests, and referral to other doctors

**National AIDS Hotline- 1-800-342-AIDS**  
or <http://www.hivtest.org> (online search for locations)

-referrals to locations for HIV testing, counseling programs, and treatment

**National STD Hotline- 1-800-227-8922**

-Center for Disease Control services include counseling from trained Health Communication Specialists and referrals to low cost or free clinics in caller's local area.

-free educational literature is also available upon request

**National Herpes Hotline- 1-800-653-4325**

-pre-recorded information on herpes and other STDs

**Boys Town Suicide and Crisis Hotline** (services also available for girls)- 1-800-448-3000 or <http://www.boystown.org>

-highly-trained professional counselors are waiting to listen to your problems and help you come up with immediate solutions

**National Youth Crisis Hotline- 1-800-442-HOPE**

-information and how to get help if you or a loved one is being physically, emotionally, or sexually abused

**National Domestic Violence/Child Abuse Hotline- 1-800-799-SAFE**

<http://www.ndvh.org>

-helps caller identify possible solutions immediately or in case of emergency

-information on domestic violence, intervention programs for batterers, the criminal justice system, and related issues.

-referrals to local shelters, social services, and legal programs

**National Rape Crisis Hotline- 1-800-656-4673**

<http://www.rainn.org>

-search for nearest rape crisis center

**Miniquiz**

1. How can someone contract an STD? a) sharing contaminated needles b) not using a condom when having sex with an infected partner c) from an STD-afflicted mother to newborn through breastmilk d) all of the above
2. True or False: The two types of STDs are: bacterial STDs and viral STDs.
3. True or False: Antibiotics can be used effectively against viral STDs.
4. True or False: A birth control pill can protect against both pregnancies and STDs.
5. Rank these methods from most effective to least effective (1-4) in protecting against STDs and pregnancy: \_\_\_\_\_ condoms \_\_\_\_ abstinence \_\_\_\_\_ unprotected sex \_\_\_\_ birth control pill
6. Fill in this table with either "Yes" or "No"

	<b>Prevents Pregnancy</b>	<b>Prevents STDs (like herpes, chlamydia)</b>	<b>Prevents HIV/AIDS</b>
Abstinence			
Condoms			
Birth control pills			

## Sexual Education I

### Puberty©

#### Grade 8

#### H.E.L.P. for Kids 2004-2005

#### TEACHING MESSAGES:

1. Sexuality is not only about biology and science, but also about social, emotional, and behavioral differences that occur throughout life. Learning about sexuality involves learning about ALL of these things.
2. Puberty is a period of physical, emotional, and behavioral changes that occur when a person matures from being a child to becoming an adult. Everyone matures at a different rate.
3. Hormones are directly or indirectly responsible for the changes that occur during puberty. The main hormones involved are estrogens in women and testosterone in men.
4. The female reproductive system includes ovaries, Fallopian tube, uterus, and vagina. The male reproductive system includes testes, prostate gland, and penis.
5. Females produce ova in the ovaries and males produce sperm in the testes.
6. It is the right and the choice of any individual to determine her or her own gender identity and gender role.

#### Materials

Models of female and male anatomy or alternatively transparencies  
The Menstrual Cycle

#### Student Handouts

- The Reproduction System Worksheet
- Mini-quiz
- Take Home Messages and Glossary

#### Teaching Tips

Both the teacher and students should be aware that alternate arrangements might be made for students whose parents do not wish them to participate in the sex education lessons.

The establishment of ground rules at the beginning of a class accomplishes several purposes. Ground rules make it clear to students what type of language and behavior is considered acceptable. Students are more likely to behave appropriately when they know what is expected of them. Once ground rules have been clearly stated, the teacher can refer to them when dealing with difficult classroom situations. Finally, ground rules help students feel more comfortable by making them aware of expectations and limitations on themselves, their peers, and the teacher. A suggested list of ground rules is included.

#### GROUND RULES

##### Some suggestions:

1. For students, questions are encouraged. There is no such thing as a dumb question except that no personal questions are allowed to ask of the instructors.
2. Students are encouraged to submit written questions BEFOREHAND whenever anonymously by putting them in the Question Box. Don't ask any of the instructors any personal questions.
3. All points of view are valuable. No preaching or putting down someone else's values or ideas.
4. For teachers: Try to use common or medical terms in class discussions so that everyone can understand. It's okay to bring up slang terms, but make sure that everyone also knows the medical term. Be professional and honest.
5. It is O.K. for the teachers and students to blush, feel embarrassed, or not know the answers to all the questions. The teacher may choose not to answer a question in front of the entire class. Everyone has the right to "pass" on answering questions or participating in activities that make them feel uncomfortable.

## INTRODUCTION

The word SEX is often used to catch people's attention. Why does it catch our attention? What makes it such an interesting word? (Wait for answers. Use only a few minutes to get the kids interested.)

**Teaching Message 1: Sexuality is not only about biology and science, but also about social, emotional, and behavioral differences that occur throughout life. Learning about sexuality involves learning about ALL of these things.**

Actually, sexuality includes not only biology and science, but also social, emotional, and behavioral aspects. It would be important for us to understand the whole picture, not just one single aspect of it. So, learning about sex involves learning about ALL of these things.

## ADOLESCENCE AND PUBERTY

The teen years are a time of many changes. It is a very exciting period but also could be quite troublesome and difficult if we do not understand what is going on.

Today we're going to discuss the physical and emotional changes that happen.

What do we mean by **adolescence**? (*Write adolescence on the board and wait for answers.*)

Adolescence literally means becoming an adult. It means that you are moving from the thoughts, feelings, body, and relationships of a child to an adult's thoughts, feelings, body, and relationships. Although we think of adolescents as teenagers, some people begin this time of change as early as 9 or 10.

What is **puberty**? (*Write puberty on the board and wait for answers.*)

Puberty is when our body changes physically and mentally from being that of a child to that of an adult. Our reproductive organs begin to work like those of an adult, and we start to look, think, and feel in new and different ways.

**Teaching Message 2: Puberty is a period of physical, emotional, and behavioral changes that occurs when the person is maturing from being a child to becoming an adult. Everyone matures at a different rate.**

The changes that happen during puberty are slow. It takes many years to finish developing. You are not going to wake up one morning and suddenly discover you have become an adult overnight. Each of you will go through this in your life; some of you may have already started it, and some of you may start a little later. But all of you will go through it.

Although most people tend to hit puberty around the ages of 11-14, many people have it earlier or later. Girls tend to go through puberty a little earlier than boys. But even among girls, some develop sooner, and some later. The same holds for boys. What is important to keep in mind is that everyone grows at different rates, and that eventually, everyone will become an adult physically.

### Large group discussion

*Have kids raise their hands and list changes during puberty on the board. Make sure to ask for physical, emotional, and behavioral changes.*

- **Physical:** Growth spurt, hair growth, boys become more muscular, girls develop breasts and change in shape, menstruation, etc. (*note: you don't need to go into great detail on physical changes at this point since you will elaborate later in the lesson*)
- **Emotional:** relationship with parents may become more challenging; relationship with peers changes as we try to figure out who our real friends are and who we want to associate with; romantic relationships begin to develop; peer pressure; approval of others
- **Behavioral:** Ability to think about and learn about new topics; ability to debate about issues in a more sophisticated way; trying to form an identity and express it; dating; hanging out in peer groups including the opposite sex; more responsibilities; driving; sense of responsibilities for one's own actions and how they affect others. Some scientists think that the teenage brain is immature and such that it often makes the individual take on risk behaviors.

As you can see from the list we've come up with, all sorts of changes are happening in our teenage years, not only with our body, but also with the way our mind works, and the way we interact with other people. It is important to remember that puberty and sexuality are not just physical; they are related to other parts of who we are as well. It is a period of excitement yet also a period of problems or struggles. How we deal with it is extremely important in what we will become as adults.

**Teaching Message 3: Hormones are directly or indirectly responsible for the changes that occur during puberty. The main hormones involved are estrogens in women and testosterone in men.**

Have you ever heard the word "hormones"? What does it mean to you? (*Wait for answers.*) **Hormones** are chemicals in our body that travel in the blood. Different parts of the body can communicate with one another by releasing hormones into the blood, telling other parts of the body to do something in particular. There are different types of hormones regulating different organs. For instance, we release stress hormones when we are scared. For the reproductive system, the hormones are often referred to as the sex hormones.

Puberty starts when the brain sends hormones to the ovaries or the testicles. These hormones tell the testicles to begin making **testosterone**, the male hormone, and the ovaries to make the female hormones, called **estrogens**. These sex hormones send messages to certain parts of your body to tell them to grow and change during puberty. Hormones also indirectly affect the way we feel and thus how we behave. How they do it is not well understood.

Today we will review the science and biology of the physical changes that happen during puberty which all of you have been experiencing.

**Teaching Message 4: The female reproductive system includes ovaries, Fallopian tube, uterus, and vagina. Eggs are produced in the ovaries. The male reproductive system includes testes, prostate gland, and penis. Sperm cells are produced in the testes.**

**FEMALE reproductive system** – Have the students take out the Reproductive System work sheet to go through the various organs. Lets' review the reproductive system.

The major visible physical changes usually occur in the following sequence (but may vary and still be considered "normal"):

**Girls:** height increases (growth spurt), breasts develop, hips widen, pubic hair grows, underarm hair grows, menstruation begins, and voice lowers.

Women have two **ovaries**, one on each side. The ovaries are where **egg** cells (ova) are stored and where they mature. They are born with all the ova they have during their lifetime. In other words, no new ova are produced after birth.

The mature egg is swept into these tube-like organs, called fallopian **tubes**. The egg travels slowly down the fallopian tube to the **uterus**. It is where the fertilized egg stays and grows in the case of pregnancy. The fetus (fertilized egg) or the non-fertilized egg leaves the body through the **vagina**.

In general, one egg becomes mature each month accompanied by the thickening of the tissues in the uterus as induced by the female hormones. When the egg is not fertilized and thus no pregnancy occurs, the mature egg and the broken-up thickened lining are sloughed off, and thus the bleeding. This is known as **menstruation**, or "having the period. A woman's **period** lasts about 3-7 days. Use a calendar to keep track of your periods. Then you will know when to expect the next one.

*Note to teachers: In females, it is important to know that the opening to the vagina is not the same opening that urine comes out from. Most of the students may not know this. There are two separate openings, so when a female has her period and releases some blood, it is not urine.*

Are you familiar with sanitary napkins or tampons? Pads and tampons are both very absorbent cotton that can catch the blood that is released every month.

**MALE reproductive system** - Have the students take out the Reproductive System work sheet to go through the various organs. Let's review the reproductive system.

The major visible physical changes usually occur in the following sequence (but may vary and still be considered "normal"):

**Boys:** height increases (growth spurt), testicles enlarge, penis grows, pubic hair grows, underarm hair grows, facial hair grows, voice lowers, body hair increases, shoulders broaden.

One of the major physiological changes with maturation is the capacity to produce sperm, i.e., the ability to impregnate a woman.

In males, the **testes** or testicles are the organs that produce **sperm** cells. There are two testicles that sit in a pouch of skin called the **scrotum**, on the outside of the male's body. How many sperm do you think a man makes in one day? (Wait for answers). The testicles produce about 200 million sperm in one day!

As sperm cells travel down the tubes, a milky fluid is added by the **prostate gland** to provide nutrition and mobility for the sperm. Together, this fluid is called **semen**. The semen then travels through a tube in the penis. The penis is usually soft, but can become firm because of increased blood flow to the organ in response to sexual excitement. When the semen is released from the body, this is called **ejaculation**.

*Side note for teachers: The urethra is the same tube that urine comes out of in the male, but urine and semen/sperm never mix because there is a special valve in the bladder that holds urine, preventing it from getting mixed. Students might ask about this.*

**Teaching Message 5: It is the RIGHT and the CHOICE of any individual to decide her or his gender identity and gender role.**

So far, we have discussed how biology defines male vs. female. However, how we feel and how we behave as males or females go beyond the sexual anatomy. It involves emotional, social, and behavioral aspects. We will discuss briefly our gender identity and gender role. Gender identify is how we identify ourselves as male or female. Gender role is how we behave as male or female. It is important to recognize that it is the **RIGHT and the CHOICE** of any individual to decide her/his own identify and role.

**Gender identity:** Biology is the biggest factor to define gender identity. However, there are people who feel female in spite of having a male anatomy and those who feel male in spite of having a female anatomy. Why this is so is not well understood at this time. There is also an issue of sexual orientation as to whether a person feels straight or gay. Again, we do not yet understand why. There are suggestions that biology may play an important part in addition to social and environmental factors. Research is being done to shed more light on these issues. It is important that **we keep an open mind and do not be judgmental about its being right or wrong.**

**Gender role:** How do you define your role in society as a male or as a female? **Discuss.**

Aggressive vs. docile

Leader vs. follower

Wage earning vs. taking care of home

Role of father vs. mother

Job selection and restriction

Many of the roles and behaviors assigned to females and males in the old days no longer hold today.

#### **OTHER DISCUSSION TOPICS:**

Here are some common problems you might face during puberty that are perfectly normal and ways to deal with them:

**Masturbation** – A majority of both boys and girls masturbate at some time in their lives to gain pleasure or release sexual tension.

In the past, it was taught that masturbation would lead to blindness, to deafness, to loss of hair, even to sterility (the inability to have children) or insanity. All of this is NOT true. Medical authorities agree that there are no harmful physical side effects caused by masturbation at all.

It is often the feeling of “guilt” or “shame” that is taught by the society that could cause emotional problems for the young people.

To feel sexual tension is normal on account of the hormones. There are many other ways to deal with it instead of masturbation. One way is to be physically active such as with sports, exercise. It is also helpful to develop diverse interests that stimulate the mind and spend time with family and friends.

**Body Odor** – most commonly, people start to sweat more under their arms, and this sweat smells differently. The smell comes from bacteria that like dark, moist places. If you don't like the smell, all you have to do is shower more or use antiperspirant/deodorant.

**Pimples** – it is perfectly normal for young people to have skin problems on account of the hormones. In fact, it is a sign of your youth and development. It is important to keep your skin CLEAN to avoid additional infection. However, if this is really a problem, you can buy over the counter medication at the drug store or you can talk to your doctor about having prescription medication that might help get rid of it.

**Wet dreams/ejaculations** – Boys will start to get a lot of hard-ons (erection) during their teenage years. This should not be embarrassing because it happens to every male whose hormones are going “crazy”. Wet dreams happen when you ejaculate in your sleep, which could happen to healthy men throughout their lifetime.

**Irregular periods** – Periods are a pain, but why should they be? They should be a sign that you are healthy, growing up, and able to reproduce. When you are sexually active, they help you keep track of your monthly cycle because you cannot see when your eggs are maturing and being released. With your period, you know everything is running smoothly as it should. All girls get their periods at different ages. This is normal. It is also normal to have irregular periods—some girls get it more often, some girls less often, sometimes you might skip a month, some have a long period for a week at a time, some girls only menstruate for two or three days. This irregularity might last for the first couple of years you get your period because your body hasn't fully adjusted yet. Some irregularities are caused by illnesses or excessive physical/mental stress. They should be dealt with or treated appropriately.

**Moodiness** – Your hormones can make you feel more upset or more excited about things than you used to. It is a good idea to share your feelings with someone you trust, especially if you are getting sad or frustrated. If you have questions, remember that everyone has to go through puberty. That means all the adults around have experienced what you are going through, so you should be able to find someone to help you figure out what you are going through.

One thing teenagers and their parents often argue over is relationships. As you go through puberty, you will probably begin feeling more sexually attracted to members of the opposite sex and want to explore relationships. We've included in your handouts “The relationship talk” handout so that you and your parents can try to understand each other. You don't have to fill it out, but people are usually glad they do. It is kind of surprising how reasonable parents are – remember, they've gone through puberty too.

*Also, pause to ask kids if there are any other aspects of weirdness we didn't cover that they are curious about.*

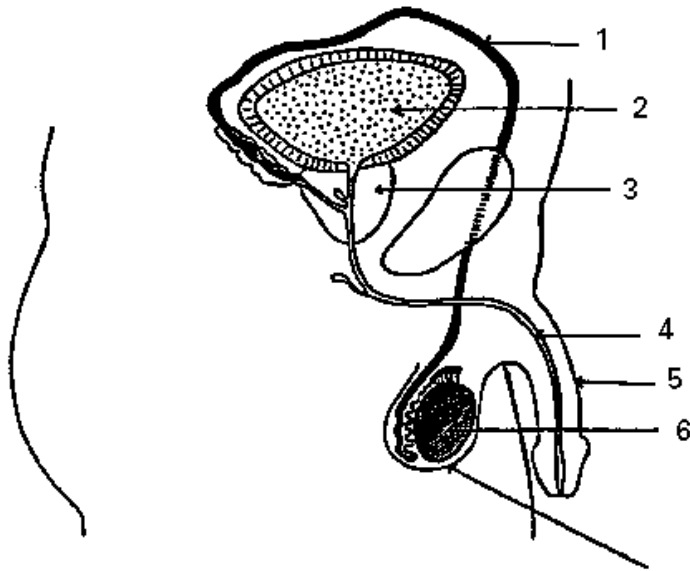
Next week we will discuss pregnancy/contraception and sexually transmitted diseases.

**Ask all students to write down one question they think of during today's material and place it in the QUESTION BOX on their way out of class. NO NAMES PLEASE.**

**THE REPRODUCTIVE SYSTEM**

Instructions: Match up the words on the right with the number of the body part they refer to.

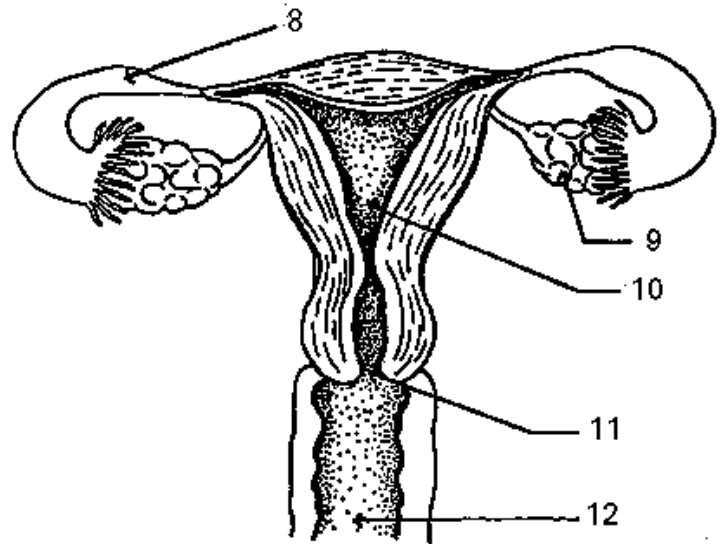
• **MALE REPRODUCTIVE ANATOMY (External side view)**



- Penis
- Testicle
- Scrotum

- Vagina
- Fallopian tubes
- Uterus
- Ovary

• **FEMALE REPRODUCTIVE ANATOMY (Internal view)**



**Mini-quiz**

Choose the correct answer:

1. \_\_\_\_ Sexuality involves: (a) biology (b) emotional differences (c) behavioral differences (d) social differences (e) all of the above.
2. \_\_\_\_ Puberty involves: (a) physical and emotional changes (b) getting gray hair (c) learning to dance.
3. \_\_\_\_ The changes that occur during puberty result from: (a) eating less meat (b) hormones (c) proper grooming.
4. \_\_\_\_ Estrogen is the main hormone in males. Testosterone is the main hormone in females.
5. \_\_\_\_ True or False: Males produce sperm and females produce eggs.
6. \_\_\_\_ True or False: Adolescents of the same age go through the same physical, emotional, and behavioral changes at the same time.

## STUDENT HANDOUT PACKET

### Take Home Messages

1. Sexuality is not only about biology and science, but also about social, emotional, and behavioral differences that occur throughout life. Learning about sexuality involves learning about ALL of these things.
2. Puberty is a period of physical, emotional, and behavioral changes that occur when a person matures from being a child to becoming an adult. Everyone matures at a different rate.
3. Hormones are directly or indirectly responsible for the changes that occur during puberty. The main hormones involved are estrogens in women and testosterone in men.
4. The female reproductive system includes ovaries, Fallopian tube, uterus, and vagina. The male reproductive system includes testes, prostate gland, and penis. Females produce ova in the ovaries and males produce sperm in the testes.
5. It is the right and the choice of any individual to determine her or her own gender identity and gender role.

### Glossary

**Ovum:** a reproductive female egg cell stored and matures in the ovaries.

**Sperm:** a reproductive male cell which is produced in the testicles.

**Fertilization:** the joining of an egg cell and a sperm cell.

**Reproductive system:** the body system that is involved with creating new life. In females, it includes the vagina, uterus, fallopian tubes, and ovaries. In males, it includes the penis and testicles.

**Genitals:** this term refers to reproductive organs.

**Hormones:** Chemicals that are made by some organs and released into the blood to go to other parts of the body. In males, **testosterone** is the major sex hormone that produces the male characteristics. In females, the main sex hormones involved in puberty are **estrogens**.

**Menstruation:** also known as "getting the period". This process occurs in females each month as the uterus builds up a lining of blood and nutrients in preparation for a fertilized egg. If the egg is not fertilized, the lining and blood are shed from the body.

### Mini-quiz

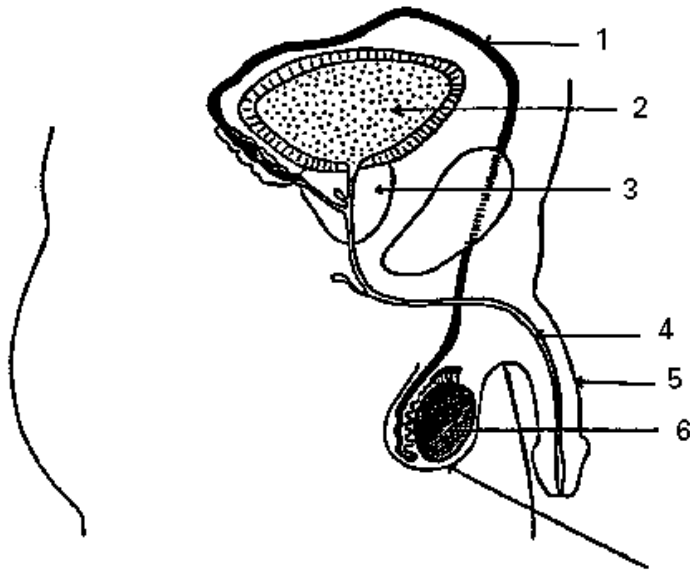
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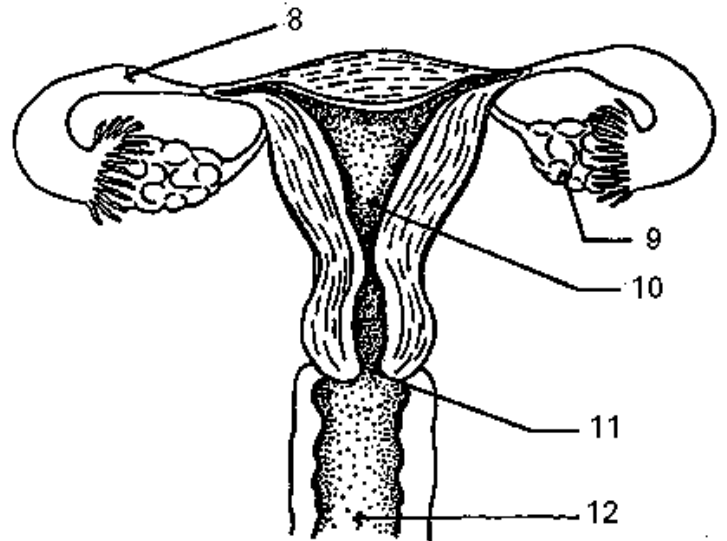
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• **FEMALE REPRODUCTIVE ANATOMY (Internal view)**



**Sexual Education II**

**Pregnancy and Contraception©**

**Grade 8**

**H.E.L.P for kids 2004-2005**

**TEACHING MESSAGES:**

1. It is the responsibility of each individual to learn to make wise and responsible choices on her or his own sexual behavior.
2. One major consequence of having sex is pregnancy. It takes a great deal of physical and emotional maturity to be good parents.
3. Sexual attraction and affection can be expressed in many different ways without sexual intercourse.
4. The only 100% way to prevent pregnancy is abstinence. There are a variety of other birth control methods available though they are not 100% effective.

**Materials**

- Large poster of female and male anatomies with cutouts of egg, sperm, and baby
- Contraception kits such as pills, IUD, condom

**Student Packet**

- Myths and Truths handout and answers
- Supplemental prevention packet
- Glossary

As we start to mature physically and emotionally, sexual relationships become very interesting to us. We become curious about things sexual. We want to experiment. Hormones sometimes run wild. This is when it is essential for us to learn the facts and take control to make wise and responsible choices for our own sexual behavior. This is an important part of growing up!

**Teaching Message 1: It is the responsibility of each individual, woman or man, to learn to make wise and responsible choices for her or his sexual behavior.**

There are many different ways to express love and affection for one another. A sexual relationship including sexual intercourse is not the only way, as many young people seem to think. What are the other ways? (Ask kids.) It is extremely important for us to learn to make responsible and sensible decisions for our relationships with others, including sexual relationships. One of the most important factors to consider when we talk or think about sex is **consequence**. One major consequence of having sexual intercourse is pregnancy.

**Teaching Message 2: One major consequence of having sex is pregnancy.**

Once a girl has started to menstruate (or “have a monthly period”), she is physically able to become pregnant. Once a boy begins to make mature sperm, he is physically able to make a female pregnant. **That means that a girl could become pregnant anytime she has sexual intercourse, even for the first time or without ejaculation.**

Pregnancy occurs when a mature egg and a mature sperm fuse to become one cell, a process referred to as **fertilization**. The fertilized egg travels to the uterus and implants itself in the lining. Once safely implanted, the fertilized egg begins to grow. Pregnancy has begun. About 40 weeks later, the fertilized egg will have developed and grown into a fully formed baby.

*To be able to make a baby technically is one thing, to be parents to the child is totally something else!*

Now discuss the **RESPONSIBILITY OF PARENTHOOD** - What do you think being parents would involve? How would it change your life? That is for mothers as well as fathers. Call on kids to respond and **make list on board**. These could include taking care of the baby 24 hours a day, 7 days a week (no sleep, fatigue, etc), earning money to buy food and other things (low pay, menial work if any), quitting school, etc, etc.

Also, know that researchers believe that teen pregnancy is associated with much lower levels of the three E's:

1. less *education*
2. less *employment* in well-paying, interesting jobs
3. less *enjoyment* of later life

*Though teenagers are technically able to become parents, they are not usually physically and emotionally mature enough to BE parents. To be a parent is a serious business. You are a parent forever and so if your life changed forever.*

#### **HOW DO YOU KNOW IF YOU'RE PREGNANT?**

(It is important for both guys and girls to learn this.)

##### ***Missed period***

The lining of the uterus is built up every month in preparation for the development of a fertilized egg. If one is *not* fertilized, the lining is shed to result in a menstrual period. However, if the egg *is* fertilized, meaning the woman is pregnant, the lining of the uterus is needed for the fetus' nutrients. Therefore, the woman will not have any periods until the baby is born.

##### ***Morning sickness***

*Because of the major changes of the hormonal treatment, some women have nausea or vomiting, especially during the first few months and often in the mornings.*

##### ***Changes in body shape and weight***

Again, because of the hormonal changes, women often notice an increase in weight, particularly in the belly region. Their breasts also become fuller and tenderer. Can anyone explain why the breasts would experience changes? (*Wait for answers.*) They are preparing to produce milk that would nourish the baby once it is born.

##### ***Positive pregnancy test***

*Soon after implantation of the egg, hormones are secreted which can be detected in the blood and urine of pregnant women. This is the basis for the pregnancy tests which can be done at home or at a doctor's office. These tests may be "positive" as early as 1-2 weeks after a woman misses her menstrual period.*

Pregnancy tests are available in drug stores and can be done at home. However, as soon as a woman thinks she may be pregnant, it is very important for her to visit a clinic or a doctor as soon as possible so she can get the proper help and counseling that she needs.

IF you do not know about any clinics near you, you can call the Planned Parenthood toll free at 1-800-230-plan. They have a lot of clinics nationwide, but they can also refer you to someone closer to you.

### So what can you do to prevent pregnancy?

As you can see, pregnancy is not something to be taken lightly. It will affect you for the rest of your life. How do you make sure that you don't get pregnant?

What is the only 100% way to prevent pregnancy? (*Wait for answer.*) The only 100% way is to not have sex. This is also known as **abstinence**. In fact, abstinence is the only 100% effective and 100% safe way to prevent pregnancy.

Abstinence is not a bad way to go... you are guaranteed not to get pregnant or any sexually transmitted diseases. And there are other ways to release your sexual tension or show your affection besides having sex.

Teaching Message 4: The only 100% way to prevent pregnancies is abstinence. There are different birth control methods available including hormonal treatment, barrier method; none is full proof.

For people who are sexually active, pregnancy can be prevented to a certain degree with different contraception methods, such as condoms, pills, and others.

One of the contraception tools is based on hormones. The nature and the amount are given in such a way that prevents the egg from maturing. The hormones can be taken orally or through a skin patch.

The most commonly used form of barrier method is the condom. A condom is a rubber "glove" that fits on the man's penis when sexually excited. It works to trap the semen to prevent it from being released into the vagina.

IF something does happen and you have unprotected sex (or if the condom breaks), there is something called emergency contraception, or "the day after pill" that can prevent you from getting pregnant. This pill made out of a really high dose of the hormones found in regular birth control pills, and it keeps the fertilized egg from implanting on the wall of the uterus. \*\*\* This should only be used as a last resource. IT is much better to practice safe sex. In case of emergency though, call 1-888-NOT-2-LATE and they can inform you about this option and where you can obtain the pill.

### Conclusion

We all understand that to have a sexual relationship is a serious decision. There are consequences! It must also be a MUTUAL and CONSENSUAL decision between 2 people. As with all relationships, respect and communication are essential. It is NOT a game or a way to dominate or control another person. Some boys have a tendency to be quite aggressive in making unwelcome sexual overtures or even coercing girls to have sex without her informed consent. This is defined as **Sexual Harassment**. It shows not only DISRESPECT and DEGRADATION to the recipient but also the same for the aggressor!

### Activity: MYTHS AND TRUTHS ABOUT PROTECTION

Pass out one copy to each student; give students a few minutes to fill out, and then talk about answers.

The packet contains information on different methods of contraception including intrauterine device, vasectomy, and others. More information can also be seen in Supplemental Materials at the end of the write-up.

### GLOSSARY:

**Abstinence-** Not having sexual intercourse. This is the only 100% effective and 100% safe way to prevent pregnancy.

**Consequence-** This is the responsibility that you must face when you take an action. The most serious consequence of having sex is pregnancy.

**Menstruation-** Also known as the "monthly period," this process occurs when a girl enters into puberty. At this point, she is physically able to become pregnant. What happens scientifically is that every month a woman's uterus builds up a thick lining filled with blood and nutrients in preparation for an egg to be fertilized. If the egg is not fertilized, the lining of the uterus sloughs off and exits the vagina.

**Pregnancy-** This process is started by sexual intercourse, when the woman's egg is fertilized by the man's sperm. The fertilized egg then travels to the woman's uterus and implants itself in the lining. After nine months of growth, a baby is ready to born.

**Sexual intercourse-** the most serious step that two people can take in a relationship. In this process, sperm from a man's penis fertilize an egg inside a woman.

**STUDENT HANDOUT PACKET**

**Take Home Messages:**

1. It is the responsibility of each individual to learn to make wise and responsible choices on her or his own sexual behavior.
2. One major consequence of having sex is pregnancy. It takes a great deal of physical and emotional maturity to be good parents.
3. Sexual attraction and affection can be expressed in many different ways without sexual intercourse.
4. The only 100% way to prevent pregnancy is abstinence.

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**PREGNANCY and PREVENTION: Myths and Truths**

**Directions:** Read each situation and circle *T* if you think it’s true or *M* if you think it’s a myth.

- 
1. *The best way to use a condom is to pull it on tight.* T or M
  2. *Teenager can obtain birth control pills from family planning clinics and doctors without permission from a parent.* T or M
  3. *Girls cannot get pregnant if the penis doesn’t actually enter the vagina.* T or M
  4. *Girls can get pregnant if they have sex during their periods.* T or M
  5. *Douching after sex will wash out the sperm and protect against pregnancy.* T or M
  6. *A woman is protected from pregnancy the day she begins taking the pill.* T or M
  7. *Abstinence is the most effective method of avoiding pregnancy.* T or M
  8. *Condoms are effective because they don’t break easily and they don’t leak.* T or M
  9. *If a guy pulls his penis out of a girl in time (before he ejaculates), he can be sure to prevent pregnancy.* T or M
  10. *You can’t get pregnant if it’s the first few times having sex.* T or M
  11. *Using two condoms is safer.* T or M

**PROTECTION: Myths and Truths (answer key)**

1. The best way to use a condom is to pull it on tight.

**MYTH.** *The best way is to leave some space at the tip to catch the semen so that it doesn't pop when the male ejaculates.*

2. Teenager can obtain birth control pills from family planning clinics and doctors without permission from a parent.

**TRUTH.** *You do not need a parent's permission to get birth control pills at a clinic. No one needs to know that you are going to a clinic.*

3. Girls cannot get pregnant if the penis doesn't actually enter the vagina.

**MYTH.** *Sperm deposited on the outside the vagina can make their way into the vagina and on up into the tubes.*

4. Girls can get pregnant if they have sex only during their periods.

**TRUTH.** *Girls can get pregnant at any time during their cycles, especially if they have short or irregular cycles.*

5. Douching after sex will wash out the sperm and protect against pregnancy.

**MYTH.** *A girl can't douche fast enough to catch the sperm, and douching may even help the sperm reach the tubes faster by rushing sperm upward into the body. Douching is also dangerous if not done correctly.*

6. A woman is protected from pregnancy the day she begins taking the pill.

**MYTH.** *Most physicians recommend that women abstain or use an additional method of birth control for the cycle after she begins using the pill. After this initial period, the woman is protected every day, including during her period.*

7. Abstinence is the most effective method of avoiding pregnancy.

**TRUTH.** *Not having sexual intercourse is the safest, simplest, most effective way to avoid pregnancy.*

8. Condoms are effective because they don't break easily and they don't leak.

**TRUTH.** *Condoms are very effective, depending on how carefully they are used. Condoms are inspected before being marketed, and safety regulations require that condoms be able to hold a large amount of air without breaking. Condoms should **not** be exposed to heat or Vaseline, as both can cause rubber to deteriorate which increases chances of breaking.*

9. If a guy pulls his penis out of a girl in time (before he ejaculates), he can be sure to prevent pregnancy.

**MYTH.** *As soon as a male gets an erection, fluid can carry enough sperm into his urethra to escape into the vagina and cause pregnancy, even before ejaculation. This method is only 81-96% effective IF you are sure the man did not ejaculate in the woman. Unfortunately, men have no control over the release of this fluid.*

10. You can't get pregnant if it's your first few times having sex.

**MYTH.** *As soon as you start having sex, you run the risk of getting pregnant because a woman's body is mature enough as soon as she starts menstruating.*

11. Using two condoms is safer.

**MYTH.** *Using two condoms can actually cause the condoms to rip more easily. Only one needs to be used if it is used correctly.*

## SUPPLEMENTAL MATERIALS

### DIFFERENT CONTRACEPTIVE METHODS

*(Teachers: You do not need to cover this material in class, but in case students have questions that go beyond the scope of the lecture, this background information may help you. Be sure to point out that most of these methods, with the exception of the female condom, do protect against pregnancy, but DO NOT protect against STDs.)*

#### **Birth Control Pills (the “Pill”)**

The Pill contains one or more hormones, which interfere with the normal pattern of hormone production in females. Taken over 21 or 28 days of a typical monthly cycle, they suppress ovulation. Additionally, the Pill makes the mucus in the cervix very thick, so that sperm have trouble passing into the uterus. The lining of the uterus is also thinned, making it difficult for a fertilized egg to implant. Women still have menstrual periods while on the Pill. Pills have to be taken very regularly. If women miss even 2 or 3 days of pills during the month, she must use another form of contraception until the next cycle, because her own body might override the pill and produce an egg. A woman needs a doctor's prescription to take the Pill. One month's worth of Pills costs anywhere from \$5 to \$25 dollars.

#### **Female Condoms**

The female condom (called Reality) is a latex sheath that fits inside the woman's vagina and prevents the transmission of bodily fluids between partners during sexual intercourse. The female condom is about 7 inches long and has flexible rings on both ends. One end is inserted into the vagina like a diaphragm while the other remains on the outside of the vaginal opening and covers the vulva. A new female condom should be used each time. For maximum protection, a spermicide should be inserted into the vagina before the condom is inserted. The female condom and the male condom cannot be used at the same time. Female condoms are available in drug stores and cost around \$3.

#### **Injectable Progestin (Depo-Provera)**

Injectable Progestin is a synthetic hormone that is given as a shot into the muscle every three months. It works the same way as the Pill. The main type of this contraceptive used in the United States is called Depo-Provera. A woman needs a prescription for the shots, and they must be given by a doctor. One injection costs about \$30.

#### **Norplant**

Norplant consists of 6 matchstick sized capsules filled with progestin (a hormone) that are implanted under the skin of the woman's upper arm by a doctor. The capsules release a steady amount of hormone into the bloodstream and work the same way as the Pill. The Norplant capsules can be left in place for up to five years or can be removed at any time. Norplant costs about \$500 to \$800.

#### **Diaphragm/Cervical Cap**

The diaphragm is a flexible metal ring with a rubber cup. The cervical cap is a cup-shaped rubber or plastic device. The main difference between the two is the size; the cervical cap fits more snugly over the cervix. Each woman must be “fitted” for a diaphragm or cervical cap by a physician, because it must be the correct size to cover the cervix without slipping during intercourse. Inserted properly it prevents any semen which is deposited in the vagina from entering the uterus and finding its way to an egg. The diaphragm and cervical cap must be used with a spermicidal cream or jelly. The diaphragm and cervical cap cost about \$10 to \$20 plus the cost of the doctor's visit to have it fitted.

#### **Intrauterine Device (“IUD”)**

These devices are small pieces of metal or plastic which are inserted into the woman's uterus from the vagina by a physician and remain there. They can prevent pregnancy by preventing the egg from implanting even if it is fertilized. The cost of an IUD is \$350 to \$500.

#### **Contraceptive Jellies, Foams, Suppositories, Vaginal Contraceptive Film and Sponges**

These all contain chemicals which kill sperm (“spermicides”). Inserted into the vagina before sexual intercourse, they are used along with condoms and diaphragms to add extra protection. Some of these, like nonoxynol-9, also help to kill the HIV virus. Spermicides can be bought in a drug store and cost about \$1 to \$12 depending on the type.

#### **Rhythm Method**

This “natural” form of birth control involves timing sexual intercourse so as to miss the female's most fertile time of month, when the egg has just been released. It requires that the woman have very regular periods, so that the time of ovulation can be predicted accurately. It also requires sexual restraint or self control, because sexual intercourse must be avoided for approximately 7 days each cycle. This method of birth control has a very high failure rate.

#### **Methods of birth control that do NOT work**

1. **Withdrawal:** When a couple has sex, the man takes his penis out of the woman's vagina before he ejaculates. Withdrawal can't be counted on to prevent pregnancy because the man has a few drops of semen on the end of his penis as soon as it becomes erect. That semen, containing sperm, can get into the woman's body and make her pregnant.
2. **Douching:** After having sex, the woman immediately washes out her vagina hoping to wash out the sperm. Sperm travel quickly and some will already have moved through the cervix and into the uterus by the time the woman is able to douche. Once the sperm is inside, it's too late.

- Hoping:** Hoping you won't get pregnant or infected or believing that "It can't happen to me" doesn't work. One study of teenagers found that half of first pregnancies occur in the first six months after couples begin having sex. One out of five occur in the first 30 days. Sometimes people think that if they have sex once and don't get pregnant, they can't get pregnant. However, just because a woman doesn't get pregnant the first time, or the twentieth time, doesn't mean she won't get pregnant the next time.

**Rhythm:** A woman keeps track of her past menstrual cycles and tries to figure out the days when she is least likely to become pregnant – the "safe" days to have sex. This method is likely to "sucker" you into thinking you are safe when you are not. Since sperm live from 3-5 days, it can be easy for girls to get pregnant when they think they are safe – even during their menstrual period. No woman can really know what will happen in her next cycle, especially young women, because their cycles have different lengths. Illness, stress, or fatigue can upset the hormone system and cause ovulation to occur at an irregular time.

**Sex Education III**

**Sexually Transmitted Diseases (STDs)©**

**Grade 8**

**H.E.L.P. for Kids 2004-2005**

**Main Messages**

1. STDs (“sexually transmitted diseases”) are a group of diseases that are contracted primarily through sexual contact.
2. STDs can be passed on via body fluids such as semen, blood, and breast milk, and by skin-to-skin contact with the genital area. Behaviors that put you at risk are having sex and sharing needles.
3. It is what you DO, not who you are, that puts you at risk for getting an STD. Anyone can get an STD.
4. STDs can be caused by bacteria (which are curable), or by viruses (which have no cure). Common bacterial STDs are chlamydia and gonorrhea. Common viral STDs are herpes, genital warts, and AIDS.
5. Abstinence (not having sex) is the only 100% effective way to prevent getting an STD.
6. Condoms are the only way to prevent STDs besides abstinence.

**Materials/Visuals**

1. Condoms for students; zucchini, banana, or cucumber for students to practice putting on condoms. \*\*Check with classroom teacher to see if this activity is appropriate.
  - a) Also prepare porous condoms for the activity.
2. Other forms of contraception (time permitting) so that students can see, feel, and ask questions about them.
3. Photos of various STD's.
4. Water containers (to demonstrate leaky condoms)
5. Materials for STD transmission demonstration – 15ml plastic test tubes, 2N NaOH, phenolphthalein, droppers.

**Student handouts:**

1. Take Home Messages
2. Glossary
3. STD Information Sheet
4. Where to Turn for Help
5. Miniquiz

**WHAT IS AN STD?**

Does anyone know what an STD is or how you get one? (Wait for answers.) An STD (“sexually transmitted disease”) is a disease that is contracted primarily through sexual contact with someone who is infected.

**Teaching Message 1: STDs (“sexually transmitted diseases”) are a group of diseases that are contracted primarily through sexual intercourse with someone who is infected.**

**HOW ARE STDs TRANSMITTED?**

STDs are transmitted from one person who is infected to another person. Does anyone know how this happens? (\*Wait for answers or call on kids by their names) Most STDs are transmitted via body fluids such as semen (ask class if they remember what this term means), and blood. Mothers may also pass it on to their infants through breast milk. Some STDs are passed on through skin-to-skin contact with the genital area. (\*Make sure class remembers what “genital area” means.) What behaviors/activities would cause such body fluids to be exchanged? (\*Wait for answers or call on kids by their names)

**The most common ways of contracting a sexually transmitted disease are:**

- Having sex with an infected person (explain that this happens via semen or vaginal fluid, or by skin-to-skin contact with sores)
- Sharing needles that other people have used to shoot up drugs, for piercings, tattoos, or gang rituals (explain that this method operates via blood)
- From an infected mother to her newborn (explain that this happens via breast milk or during the birthing process)

**Teaching Message 2: STDs can be passed on via body fluids like semen, blood, and breast milk, and by skin-to-skin contact with the genital area. Behaviors that put you at risk are sex and sharing needles.**

One can get a sexually transmitted disease without even having sex! The reason is that the infectious organisms live in many of our bodily fluids. They can also live in blood, which may be passed on by sharing dirty needles or accidental touching. A pregnant woman may pass it on to her newborn baby if she has an STD, through her breast milk or during the birthing process. Both men and women, homosexual and heterosexual, the young and old, the rich and the poor, and whites and non-whites can get STDs. It is what you DO, not who you ARE that puts you at risk.

**Activity:**

**Objective:** To show how quickly STDs can spread when people have different sexual partners.

*Estimated Time:* 15 minutes

*Materials:* Test tubes, 2M NaOH solution, water, dropper bottle containing phenolphthalein indicator solution

**Teacher Instructions:** Read instructions to students.

**BEFORE CLASS**

Fill all but two test tubes with 5 ml of water each. Fill the remaining two tubes with 5 ml of 2M NaOH solution each. Number all test tubes so you could identify which ones have NaOH. But keep this a secret from the students.

**\*\*KEEP IN MIND\*\***

1. Before beginning, demonstrate how two tubes can be mixed.
2. Have two or three students remain abstinent, meaning they can't mix their tubes with anyone's.
3. Have students exchange fluids with others across the room to spread the so that spread “infectious agent”.
4. When ready to test with indicator solution, do so by adding a drop in each student's test tube.

**Student Instructions:****PART 1**

You will now simulate the act of having unprotected sex with several partners. Each of you will be given a test tube with fluid inside, but you are not to touch the fluid. It represents your “body fluid.” You will be asked to “exchange fluid” with 3 different partners, and will show this by exchanging the fluid in your test tubes.

You will exchange fluids by doing the following:

1. One person will pour the contents of their entire test tube into that of their partner's.
2. The person with the full test tube should gently swirl the tube to mix the liquids.
3. He/she then pours half of the mixed liquid back into the other's empty test tube.
4. Now the “unprotected sex act” is complete.

5. Repeat this with two other partners.

## PART 2

Now that you [the experimental group] had unprotected sex with several partners, I want to tell you that two of your classmates were “infected” to start with. Do you know who they were?

Of course, there is no way of knowing if someone has an STD just by looking at him/her. Infected people can look just as healthy as you and I. But because you had unprotected sex, more people became infected. Can you now tell who is infected and who is not?

Of course not. If you can't tell if someone has an STD by looking at that person, how could you find out?

They can get tested. Let's pretend I'm the doctor and I'm going to give you a “test” for STDs. I will drop this chemical into your “body fluids” and if it turns pink or red, you have an STD. *Administer test.*

## PART 3

**After only three sex partners, how many students are now infected? How could we have prevented this?** [Make sure to stress that only two people were originally infected, but that many people quickly got the disease. The people who didn't get infected were “lucky” because of probability. The 2-3 abstinent people (the control group) underwent the only 100% way to prevent infection.]

**Teaching Message 3: It is what you DO, not who you are, that puts you at risk for getting an STD. Anyone can get an STD. Every time you engage in risky behavior, you are putting yourself in a susceptible position to contract a STD.**

## COMMON STDs

There are over 30 sexually transmitted diseases. Some can make you sick, some can make it so you will never be able to have children, and some can even kill you.

Can you name any STDs? Which ones have you heard about? (Wait for answers, and write them on the board.)

How many of you have heard of Chlamydia? Gonorrhea? Syphilis? Herpes? AIDS?

Believe it or not, many people throughout the world are afflicted with these STDs. Listen to these statistics from the Center of Disease Control:

- Genital herpes, the most common viral STD, affects 45 million Americans. That's nearly 1 out of 4 Americans.
- There are 4 million new cases of chlamydia annually.
- 900,000 people have currently the HIV virus that causes AIDS.
- 400,000 new cases of gonorrhea are reported every year.
- 11,000 cases of syphilis were reported in 1996.

## WHY ARE YOU PARTICULARLY AT RISK?

Though STDs affect men and women of all backgrounds, STDs are most prevalent among teens and young adults. Statistics show that *two-thirds* of all STDs occur in teens and young adults under 25. Factors contributing to this include the trends that young people have become sexually active earlier, divorce is more common, and sexually active people are more likely to have multiple sex partners.

## BACTERIAL AND VIRAL STDs

STDs can be caused by two different types of “germs”: bacteria and viruses. The biggest difference between these two is that STDs that are caused by bacteria can be cured with medications known as antibiotics. Most STDs are curable and, if caught early and treated, do not cause serious damage to the body. Viruses, on the other hand, have no cure. The three common STDs caused by viruses are herpes, genital warts, and AIDS. There is no effective medication.

**Teaching Message 4: STDs can be caused by bacteria (which are curable), or by viruses (which have no cure). Common bacterial STDs are chlamydia and gonorrhea. Common viral STDs are herpes, genital warts, and AIDS.**

\*Show photos of various STDs. Most of these infections involve symptoms of abnormal genital secretions, itching, pain, or sores. However, they also can occur without any symptoms at all, so that one person may get sick while his or her sexual partner is also infected but feels healthy. Often, what happens is that a person does not even know that he/she has a STD until symptoms start occurring. **If you are sexually active, you should get checkups at least once a year.** You can get tested by your doctor, or at various clinics to find out if you are infected.

## AIDS and HIV

AIDS is the most serious STD we know of today because it causes death in most cases. What do you already know about AIDS/HIV? (\*Get answers) AIDS, a viral STD, is caused by the Human Immunodeficiency Virus (HIV). A person who has HIV could feel perfectly healthy for as long as 10 years or more, or they could get sick and die much sooner. No matter how healthy they feel or look, once a person has HIV they cannot get rid of it, and they can pass it to other people without even knowing it. The virus attacks the **immune system**, leaving the infected person more susceptible to other diseases and infections including nonpathogenic germs (opportunistic infections). It impairs the body's

ability to fight off illnesses and infections. HIV can make it so that your body cannot even fight off the regular cold or flu the same way. When a person who has HIV (or is "HIV positive") gets sick with one of these other diseases or infections, ONLY then do we say that he or she has AIDS. Currently, there is no cure for AIDS.

**PREVENTION STRATEGIES**

It is important for you to learn available facts for you to make safe, educated decisions rather than being unaware and making risky, unsafe choices. Thus, we hope to equip you not only with information about pregnancy and diseases, but with the knowledge of how to prevent such things.

**What is the ONLY 100% sure way to avoid getting an STD or getting pregnant? (\*Wait for answers.)**

Abstinence is the only 100% sure way to avoid these risks. This means you simply wouldn't have a sexual relationship especially with multiple partners.

**Teaching Message 5: Abstinence (not having sex) is the only 100% effective way to prevent getting an STD or getting pregnant.**

Also remember that you can still get an STD without ever having sex. Do you remember how this is possible? (\*Get answers.) Sharing needles with drug users can pass on the AIDS virus into your blood. Never shooting up drugs with needles is also one way to prevent getting AIDS.

**But what about people who are already having sex? How can they protect themselves? (Wait for answers/call on people.)**

For those who are already having sex, it is VERY important to know how to protect yourselves against pregnancy and disease. For people who are sexually active, it is best to practice "safer sex," every time you have sex. Would you have sex with someone who has signs or symptoms of STDs or whom you suspect may have STDs? How could this happen, with the partner having no symptoms? (\*Ask for answer) If the partner recently has had sexual relations with someone else, he/she may have contracted an STD, but the symptoms have not had the time to appear yet.

When practicing "safer sex," this means using a condom from start to finish of the sexual activity. Before the man loses his erection, he must carefully pull away from his partner and remove the condom so that the semen doesn't spill out. Then the condom is thrown away - a new one must be used every time. Condoms are available in drug or grocery stores for about \$1 apiece, and family planning clinics often have condoms available for free.

- \*Activity: Distribute condoms and bananas (or similar objects) to everybody and have everyone open up a package-containing condom. Demonstrate how to put on the condom and take it off.
- Stress that the correct usage of a condom is mandatory during sexual intercourse.
- Show how a leaky condom would fail to protect against STDs.

Although condoms can do an excellent job of preventing pregnancy and the passing on of STDs, they are not 100% effective. Sometimes they may break or leak, so it is important to always have a new one every time you have sex.

**Teaching Message 6: Condoms are the only way to prevent STDs besides abstinence.**

You may also have heard of birth control pills. Does anyone know what they do? (\*Wait for answers.) Birth control pills are pills made of hormones that women can take every day to prevent themselves from getting pregnancy. However, it does NOT provide any protection against STDs. Can anyone guess why this is? They do not provide a barrier between the male's and female's bodies, so infection can still be passed on.

You cannot tell just by looking at someone whether or not they have an STD. With some STDs the only way to detect them is to be examined by a doctor or to have your blood tested. So unless you abstain from sex, or practice ONLY safe sex ALL THE TIME, and NEVER use needles for drugs, you can't always know if you've been infected with an STD or not. Since it's hard to be absolutely sure about yourself AND your partner, it's safer to use condoms every time!

As for yourself, be familiar with the common symptoms of STDs. Get regular checkups for STDs if you are sexually active (at least once a year), and see a doctor immediately if you see symptoms. Most bacterial STDs are easily treated, and the earlier the treatment is given, the less likely that the disease will cause permanent damage.

**(This is a good time to pause and allow students to ask questions. Drawing the following table may be useful.)**

	<b>Prevents Pregnancy</b>	<b>Prevents STDs (like herpes, chlamydia, genital warts)</b>	<b>Prevents HIV/AIDS</b>
Abstinence	YES	YES	YES
Condoms	YES	YES **	YES
Birth control pills	YES	NO	NO

\*\* Although condoms are effective in preventing most STDs, especially those that are transmitted via body fluids, they do not necessarily prevent against STDs on the areas of the body not covered by a condom.

**SMALL-GROUP DISCUSSION: WHO'S RESPONSIBLE FOR CONDOM USE?**

Many teens know about condoms and know that they can protect themselves from pregnancy and STDs by using them. Yet most people do not practice what they know. The next activity will explore feelings surrounding condom use.

(Break the students up into 4 small groups, each led by a teacher/moderator. Start with warm-up questions.)

- Q. Referring to the discussion of sexuality and birth control, ask the class what a condom does.  
 A. A condom prevents semen from entering the body of another person.
- Q. Ask why you should use a condom.  
 A. There are 2 reasons to use a condom if you're having sexual intercourse: a) to prevent pregnancy; and b) to reduce risks of getting STDs.
- Q. Ask the class if condoms are 100% safe in preventing pregnancy or disease.  
 A. Emphasize that although sexual abstinence is the only 100% effective way of not getting pregnant and not getting an STD, condoms are the next best protection if they are used properly.

*You might want to set up a debate on whose job it is to buy condoms and make sure they are used. Divide the class in half. Half will argue that condoms are the boy's responsibility. The other half will argue that both the girl and boy are responsible. The groups must support their arguments with convincing reasons, being able to explain why they give the answers they do. Or, you may want to make this more discussion-based rather than a debate, depending on how your students work best.*

Discuss some of the following questions during the debate/discussion.

- **How would a girl feel about going into a store and buying condoms? Would a boy feel differently?**
- **What would kids think of a girl who bought condoms?**

Possible answers:

- She must be having sex.
- She is preparing to have sex very soon.
- She is a slut.
- She is taking charge. She is prepared just in case.

- **Why might it be embarrassing to buy condoms?**

Possible answers:

- Sometimes they are stored behind the counter in the store, so you have to ask someone to get them for you.
- You don't want anyone to know you might be having sex and you are afraid they will see you buying condoms.

- **Where do you buy them? Can teenagers buy them legally? How much do they cost?**

You can buy them at most drug stores; in some places, they are easily available off a shelf, while in others, they are stored behind the counter and you have to ask for them. They cost around \$1 each, and there are no laws prohibiting teens from buying them. You do not need parent permission in most cases. They are also available at clinics, and places such as Planned Parenthood, often for free.

- **What do you think keeps people from using condoms?**

- They think they are not at risk for pregnancy or disease. "It won't happen to me."
- They are embarrassed to buy one or to wear one.
- They fear that asking their partner to use one is implying that he or she has had sex with other people, or that he or she is infected with a disease.
- Stopping to put on a condom will "spoil the mood" when you're having sex. (If you think putting on a condom will spoil the mood, think how getting pregnant or getting AIDS will spoil the "mood" even more!)

**CONCLUSION**

We know that often it is hard to talk to parents or other adults about these things, and often your friends and peers just don't know the right answers to a lot of your questions. We hope that we have cleared up some misconceptions as well as given you some tools to make safe, healthy decisions.

We started out discussing about the changes your body will be going through in the next few years or already are going through. It's important to be aware not only of what is happening to your body, but how the decisions you will make will affect you, your health, your ability to have children, and the people you care about. Growing up is very exciting for many reasons, but it also means that you have to begin to think and act responsibly. Ultimately, you are in charge of your own life, and, armed with your knowledge of what is out there, you will be able to make the best, informed decisions for yourself. The decisions you make now will affect you, your loved ones, and those around you for the rest of your life.

Before we leave you, we would like to provide you all with more information on these topics and places that you can go to or call for help. There is a lot of good information and resources out there to help you through these complicated subjects, so do not be embarrassed or afraid to seek them out. **(Pass out resources to students.)**

If you have any final questions you want to ask, we ask you to fill out a card and put it in the question box, or stay after class to talk to us personally. Alternatively, please feel welcome to email us.

## **Appendix A: What is AIDS?**

### **What does AIDS stand for?**

AIDS stands for Acquired Immune Deficiency Syndrome. Acquired means that you get it or obtain it, rather than inheriting it from your parents' genes. A baby can be born with AIDS, but that is because the mother's body fluids mix with the baby's body fluids while she is pregnant. Immune refers to the immune system: the part of our body which protects us from infections. Immune deficiency means that some part of the immune system is damaged so that it can no longer work right. Syndrome is another word for an illness or a group of symptoms.

### **What is HIV?**

HIV stands for Human Immunodeficiency Virus. This virus lives in blood and body fluids. It attacks the immune system, so that a person with HIV cannot fight off diseases as well as a healthy person. This is the virus that causes AIDS.

### **What is AIDS?**

When a person who is infected with HIV gets a disease that their immune system cannot fight off, we say that person has AIDS.

### **What happens to people who get infected with the AIDS virus?**

Some people remain asymptomatic, that is, looking and feeling healthy, for long periods of time. These people, however, can still be contagious and can transmit the virus to sexual partners or those who share needles. Other people develop early signs of HIV infection. These include heavy sweating, fevers, weight loss, chronic diarrhea, chronically enlarged lymph glands, fatigue. These symptoms may be fairly non-specific, that is, they are commonly found in people with many different types of illnesses -- like the flu. Almost everyone has had some of these symptoms at one time or another. It is the intensity of these symptoms and their persistence over time (more than 1 or 2 months) that should raise concerns about HIV infection.

### **How can you tell if someone has AIDS?**

You cannot tell just by looking at a person if he or she has AIDS or has been infected with the HIV virus. The only way to tell if a person has HIV is to get a blood test for the HIV virus. You can only tell if a person has AIDS by finding HIV in their blood. If someone is diagnosed as "HIV positive" that means they have HIV. This does not mean they will die immediately. They might not get AIDS until many years later.

### **How can you get AIDS?**

The AIDS virus is transmitted only when the semen, vaginal secretions, or blood of someone infected with HIV directly enter the bloodstream of another person. Here are some ways this might happen:

- During unprotected sexual intercourse (having sex without a condom) when semen, vaginal fluids and blood can be exchanged.
- During the sharing of needles used for shooting drugs or for tattoos or piercing.
- Pregnant women infected with the AIDS virus can pass it on to their unborn children.
- Mothers can pass it to their babies while breastfeeding.
- Blood transfusions from an infected person to a non-infected one. (Note: this method is not very common anymore in the U.S. ever since blood screening tests were developed. However, this method of transmission is still more common in other countries.)

### **How is AIDS not transmitted?**

There are lots of rumors and myths around about how you get AIDS. Actually, AIDS is very difficult to get, because it requires the transfer of blood, semen, or vaginal secretions from an infected person to someone who is not infected. Most everyday activities put you at no risk for catching the HIV virus. So, you cannot contract AIDS from: breathing, chewing on pencils, clothing, combs or hairbrushes, coughing, drinking fountains, door knobs, gum, hugging, kissing, shaking hands, sharing food or drinks, silverware, sitting in the same classroom, sneezing, swimming pools, tears, telephones, toilet seats, touching, or towels!

### **Who gets AIDS?**

AIDS is not a disease of gay white men only. It can happen to anybody who does things that put them at risk of contact with the HIV virus, such as intravenous drug users and anyone who has unprotected sex (sex without a condom). It's not who you are, but what you do.

### **How can people protect themselves from getting AIDS?**

As long as people do not share blood or the body fluids which can transmit the HIV virus, they are protected from getting AIDS. So how is this done?

#### **Abstinence**

Not having sex and not sharing needles are the safest ways to avoid getting the HIV virus. In fact, abstinence from sex and never injecting drugs is the only 100% certain method of preventing HIV infection.

#### **Safer sex**

Safer sex is sexual activity without any transfer of semen, vaginal fluids, or blood. That includes touching, kissing, hugging, and many other ways of expressing affection. For people having sexual intercourse, safer sex means using a condom from start to finish. Not using drugs or alcohol before sex is also safer, because these can lead to poor judgment. Using drugs or alcohol can cause people to forget to use condoms or fail to use them correctly.

#### **Don't share needles**

That means during drug use, gang rituals, tattooing, or piercing.

## Appendix B: Supplementary Information on Contraceptive Methods

(Teachers: You do not need to cover this material in class, but in case students have questions that go beyond the scope of the lecture, this background information may help you. Be sure to point out that most of these methods, with the exception of the female condom, do protect against pregnancy, but DO NOT protect against STDs.)

### Birth Control Pills (the "Pill")

The Pill contains one or more hormones which interfere with the normal pattern of hormone production in females. Taken over 21 or 28 days of a typical monthly cycle, they suppress ovulation. Additionally, the Pill makes the mucus in the cervix very thick, so that sperm have trouble passing into the uterus. The lining of the uterus is also thinned, making it difficult for a fertilized egg to implant. Women still have menstrual periods while on the Pill. Pills have to be taken very regularly. If women miss even 2 or 3 days of pills during the month, she must use another form of contraception until the next cycle, because her own body might override the pill and produce an egg. A woman needs a doctor's prescription to take the Pill. One month's worth of Pills costs anywhere from \$5 to \$25 dollars.

### Female Condoms

The female condom (called Reality) is a latex sheath that fits inside the woman's vagina and prevents the transmission of bodily fluids between partners during sexual intercourse. The female condom is about 7 inches long and has flexible rings on both ends. One end is inserted into the vagina like a diaphragm while the other remains on the outside of the vaginal opening and covers the vulva. A new female condom should be used each time. For maximum protection, a spermicide should be inserted into the vagina before the condom is inserted. The female condom and the male condom cannot be used at the same time. Female condoms are available in drug stores and cost around \$3.

### Injectable Progestin (Depo-Provera)

Injectable Progestin is a synthetic hormone that is given as a shot into the muscle every three months. It works the same way as the Pill. The main type of this contraceptive used in the United States is called Depo-Provera. A woman needs a prescription for the shots, and they must be given by a doctor. One injection costs about \$30.

### Norplant

Norplant consists of 6 matchstick sized capsules filled with progestin (a hormone) that are implanted under the skin of the woman's upper arm by a doctor. The capsules release a steady amount of hormone into the bloodstream and work the same way as the Pill. The Norplant capsules can be left in place for up to five years or can be removed at any time. Norplant costs about \$500 to \$800.

### Diaphragm/Cervical Cap

The diaphragm is a flexible metal ring with a rubber cup. The cervical cap is a cup-shaped rubber or plastic device. The main difference between the two is the size; the cervical cap fits more snugly over the cervix. Each woman must be "fitted" for a diaphragm or cervical cap by a physician, because it must be the correct size to cover the cervix without slipping during intercourse. Inserted properly it prevents any semen which is deposited in the vagina from entering the uterus and finding its way to an egg. The diaphragm and cervical cap must be used with a spermicidal cream or jelly. The diaphragm and cervical cap cost about \$10 to \$20 plus the cost of the doctor's visit to have it fitted.

### Intrauterine Device ("IUD")

These devices are small pieces of metal or plastic which are inserted into the woman's uterus from the vagina by a physician and remain there. They can prevent pregnancy by preventing the egg from implanting even if it is fertilized. The cost of an IUD is \$350 to \$500.

### Contraceptive Jellies, Foams, Suppositories, Vaginal Contraceptive Film and Sponges

These all contain chemicals which kill sperm ("spermicides"). Inserted into the vagina before sexual intercourse, they are used along with condoms and diaphragms to add extra protection. Some of these, like nonoxynol-9, also help to kill the HIV virus. Spermicides can be bought in a drug store and cost about \$1 to \$12 depending on the type.

### Rhythm Method

This "natural" form of birth control involves timing sexual intercourse so as to miss the female's most fertile time of month, when the egg has just been released. It requires that the woman have very regular periods, so that the time of ovulation can be predicted accurately. It also requires sexual restraint or self control, because sexual intercourse must be avoided for approximately 7 days each cycle. This method of birth control has a very high failure rate.

**Miniquiz**

7. How can someone contract an STD? a) sharing contaminated needles b) not using a condom when having sex with an infected partner c) from an STD-afflicted mother to newborn through breast milk d) all of the above
8. True or False: Antibiotics can be used effectively against viral STDs.
9. True or False: A birth control pill can protect against both pregnancies and STDs.
10. Rank these methods from most effective to least effective (1-4) in protecting against STDs and pregnancy: \_\_\_\_\_ condoms \_\_\_\_\_ abstinence \_\_\_ unprotected sex \_\_\_ birth control pill
5. Fill in this table with either "Yes" or "No"

	<b>Prevents Pregnancy</b>	<b>Prevents STDs (like herpes, chlamydia)</b>	<b>Prevents HIV/AIDS</b>
Abstinence			
Condoms			
Birth control pills			

**STUDENT HANDOUT PACKET**

**Take Home Messages**

1. STDs (“sexually transmitted diseases”) are a group of diseases that are contracted primarily through sexual contact.
2. STDs can be passed on via body fluids such as semen, blood, and breast milk, and by skin-to-skin contact with the genital area. Behaviors that put you at risk are having sex and sharing needles.
3. It is what you DO, not who you are, that puts you at risk for getting an STD. Anyone can get an STD.
4. STDs can be caused by bacteria (which are curable), or by viruses (which have no cure). Common bacterial STDs are chlamydia and gonorrhea. Common viral STDs are herpes, genital warts, and AIDS.
5. Abstinence (not having sex) is the only 100% effective way to prevent getting an STD.
6. Condoms are the only way to prevent STDs besides abstinence.

**Glossary**

**Abstinence:** the act of not having sexual intercourse

**Bacterial STD:** An STD caused by bacteria, for which there are treatments to cure the disease.

**Birth control pills:** Pills that are made of hormones that women can take to prevent themselves from becoming pregnant. However, they do NOT provide any protection against STDs.

**Condom:** A balloon-like piece of latex which is unrolled to cover a man’s erect penis before sexual intercourse begins.

**HIV/AIDS:** HIV (Human Immunodeficiency Virus) is a virus that is transmitted via body fluids, including blood and semen. HIV is the virus that causes AIDS (Acquired Immune Deficiency Syndrome).

**Immune system:** The immune system protects your body against getting diseases, and fights back against diseases when they enter your body. When you get HIV, your immune system is unable to fight back against the virus.

**STD:** Sexually transmitted disease

**Viral STD:** An STD caused by a virus, for which there is no cure

<b>STD Information Sheet</b>
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Any of these STDs can be transmitted through sexual contact (including vaginal and anal intercourse and oral-genital contact) with an infected partner who **may or may not** have symptoms.

STD	What are the signs?	How to care for it?	Possible Long-term Problems
<b>CHLAMYDIA</b>	<b>Men:</b> Burning urination and secretions from penis. <b>Women:</b> Often no symptoms until Pelvic Inflammatory Disease (PID)	Infected persons and their sexual partners must be tested and treated with antibiotics	<b>Men:</b> Infection of prostate and epididymis <b>Women:</b> PID and fertility problems including increased risk of ectopic pregnancy
<b>HERPES</b>	Sores around the mouth (cold sores) or genitals, often with small blisters, often painful. Some people have no symptoms but are still infected and contagious.	Infected persons should avoid intimate sexual contact while lesions persist. There are pills that can help relive symptoms, but will NOT cure herpes.	May contribute to cervical cancer and pregnancy problems in women
<b>GENITAL WARTS</b>	Painless growths usually around vaginal opening, shaft of penis, or rectum. May occur several months after contact	Topical treatment may help. No cure.	May contribute to cervical cancer
<b>GONORRHEA</b>	<b>Men:</b> Burning urination and secretions from penis <b>Women:</b> Often no symptoms until PID begins. Some people have no symptoms but are still infected and contagious.	Infected persons and their sexual partners must be tested and treated with antibiotics	<b>Men:</b> Infection of prostate and epididymis <b>Women:</b> PID and fertility problems including increased risk of ectopic pregnancy
<b>SYPHILIS</b>	Chancre, painless ulcer at point of contact, usually penile shaft or around vaginal opening. Secondary stage may include a rash.	Infected persons and their sexual partners must be tested and treated with antibiotics	If untreated, may affect brain, heart, pregnancies, or may even be fatal
<b>AIDS</b>	Unusual susceptibility to common infections and unusual cancers. Significant unexplained prolonged fever, weight loss, diarrhea, swollen glands. Most people show no symptoms for many years but are still contagious.	No current treatment. Avoid sexual contact or practice "safer sex".	Full-blown AIDS is fatal.

### Where to Turn for HELP

\*All hotlines are toll-free and confidential. They are available 24 hours a day, seven days a week unless otherwise noted.

**Planned Parenthood (Bay Area)** - 1-800-967-7526

or <http://teenwire.com>

- information from experts on teen sexuality and sexual health
- referrals to local clinics
- clinics provide information on safer sex, contraceptive devices, pregnancy tests, STD & HIV tests, and referral to other doctors

**National AIDS Hotline- 1-800-342-AIDS**  
or <http://www.hivtest.org> (online search for locations)

- referrals to locations for HIV testing, counseling programs, and treatment

**National STD Hotline-** 1-800-227-8922

-Center for Disease Control services include counseling from trained Health Communication Specialists and referrals to low cost or free clinics in caller's local area.

- free educational literature is also available upon request

**National Herpes Hotline-** 1-800-653-4325

- pre-recorded information on herpes and other STDs

**Boys Town Suicide and Crisis Hotline** (*services also available for girls*)- 1-800-448-3000 or <http://www.boystown.org>

- highly-trained professional counselors are waiting to listen to your problems and help you come up with immediate solutions

**National Youth Crisis Hotline-** 1-800-442-HOPE

- information and how to get help if you or a loved one is being physically, emotionally, or sexually abused

**National Domestic Violence/Child Abuse Hotline-** 1-800-799-SAFE

<http://www.ndvh.org>

- helps caller identify possible solutions immediately or in case of emergency
- information on domestic violence, intervention programs for batterers, the criminal justice system, and related issues.
- referrals to local shelters, social services, and legal programs

**National Rape Crisis Hotline-** 1-800-656-4673

<http://www.rainn.org>

- search for nearest rape crisis center

As we start to mature physically and emotionally, sexual relationships become very interesting to us. We become curious about things sexual. We want to experiment. Hormones sometimes run wild. This is when it is essential for us to learn the facts and take control to make wise and responsible choices for our own sexual behavior. This is an important part of growing up!

**Teaching Message 1: It is the responsibility of each individual, woman or man, to learn to make wise and responsible choices for her or his sexual behavior.**

There are many different ways to express love and affection for one another. A sexual relationship including sexual intercourse is not the only way, as many young people seem to think. What are the other ways? (Ask kids.) It is extremely important for us to learn to make responsible and sensible decisions for our relationships with others, including sexual relationships. One of the most important factors to consider when we talk or think about sex is **consequence**. One major consequence of having sexual intercourse is pregnancy.

Teaching Message 2: One major consequence of having sex is pregnancy.

Once a girl has started to menstruate (or "have a monthly period"), she is physically able to become pregnant. Once a boy begins to make mature sperm, he is physically able to make a female pregnant. **That means that a girl could become pregnant anytime she has sexual intercourse, even for the first time or without ejaculation.**

Pregnancy occurs when a mature egg and a mature sperm fuse to become one cell, a process referred to as fertilization. The fertilized egg travels to the uterus and implants itself in the lining. Once safely implanted, the fertilized egg begins to grow. Pregnancy has begun. About 40 weeks later, the fertilized egg will have developed and grown into a fully formed baby.

*To be able to make a baby technically is one thing, to be parents to the child is totally something else!*

Now discuss the **RESPONSIBILITY OF PARENTHOOD** - What do you think being parents would involve? How would it change your life? That is for mothers as well as fathers. Call on kids to respond and **make list on board**. These could include taking care of the baby 24 hours a day, 7 days a week (no sleep, fatigue, etc), earning money to buy food and other things (low pay, menial work if any), quitting school, etc, etc.

Also, know that researchers believe that teen pregnancy is associated with much lower levels of the three E's:

1. less *education*
2. less *employment* in well-paying, interesting jobs
3. less *enjoyment* of later life

*Though teenagers are technically able to become parents, they are not usually physically and emotionally mature enough to BE parents. To be a parent is a serious business. You are a parent forever and so if your life changed forever.*

#### **HOW DO YOU KNOW IF YOU'RE PREGNANT?**

(It is important for both guys and girls to learn this.)

##### ***Missed period***

The lining of the uterus is built up every month in preparation for the development of a fertilized egg. If one is *not* fertilized, the lining is shed to result in a menstrual period. However, if the egg *is* fertilized, meaning the woman is pregnant, the lining of the uterus is needed for the fetus' nutrients. Therefore, the woman will not have any periods until the baby is born.

##### ***Morning sickness***

*Because of the major changes of the hormonal treatment, some women have nausea or vomiting, especially during the first few months and often in the mornings.*

##### ***Changes in body shape and weight***

Again, because of the hormonal changes, women often notice an increase in weight, particularly in the belly region. Their breasts also become fuller and tenderer. Can anyone explain why the breasts would experience changes? (*Wait for answers.*) They are preparing to produce milk that would nourish the baby once it is born.

##### ***Positive pregnancy test***

*Soon after implantation of the egg, hormones are secreted which can be detected in the blood and urine of pregnant women. This is the basis for the pregnancy tests which can be done at home or at a doctor's office. These tests may be "positive" as early as 1-2 weeks after a woman misses her menstrual period.*

Pregnancy tests are available in drug stores and can be done at home. However, as soon as a woman thinks she may be pregnant, it is very important for her to visit a clinic or a doctor as soon as possible so she can get the proper help and counseling that she needs.

IF you do not know about any clinics near you, you can call the Planned Parenthood toll free at 1-800-230-plan. They have a lot of clinics nationwide, but they can also refer you to someone closer to you.

#### **So what can you do to prevent pregnancy?**

As you can see, pregnancy is not something to be taken lightly. It will affect you for the rest of your life. How do you make sure that you don't get pregnant?

What is the only 100% way to prevent pregnancy? (*Wait for answer.*) The only 100% way is to not have sex. This is also known as **abstinence**. In fact, abstinence is the only 100% effective and 100% safe way to prevent pregnancy.

Abstinence is not a bad way to go... you are guaranteed not to get pregnant or any sexually transmitted diseases. And there are other ways to release your sexual tension or show your affection besides having sex.

Teaching Message 4: The only 100% way to prevent pregnancies is abstinence. There are different birth control methods available including hormonal treatment, barrier method; none is full proof.

For people who are sexually active, pregnancy can be prevented to a certain degree with different contraception methods, such as condoms, pills, and others.

One of the contraception tools is based on hormones. The nature and the amount are given in such a way that prevents the egg from maturing. The hormones can be taken orally or through a skin patch.

The most commonly used form of barrier method is the condom. A condom is a rubber "glove" that fits on the man's penis when sexually excited. It works to trap the semen to prevent it from being released into the vagina.

IF something does happen and you have unprotected sex (or if the condom breaks), there is something called emergency contraception, or "the day after pill" that can prevent you from getting pregnant. This pill made out of a really high dose of the hormones found in regular birth control pills, and it keeps the fertilized egg from implanting on the wall of the uterus. \*\*\* This should only be used as a last resource. IT is much better to practice safe sex. In case of emergency though, call 1-888-NOT-2-LATE and they can inform you about this option and where you can obtain the pill.

### Conclusion

We all understand that to have a sexual relationship is a serious decision. There are consequences! It must also be a **MUTUAL** and **CONSENSUAL** decision between 2 people. As with all relationships, respect and communication are essential. It is **NOT** a game or a way to dominate or control another person. Some boys have a tendency to be quite aggressive in making unwelcome sexual overtures or even coercing girls to have sex without her informed consent. This is defined as **Sexual Harassment**. It shows not only **DISRESPECT** and **DEGRADATION** to the recipient but also the same for the aggressor!

### Activity: **MYTHS AND TRUTHS ABOUT PROTECTION**

Pass out one copy to each student; give students a few minutes to fill out, and then talk about answers.

The packet contains information on different methods of contraception including intrauterine device, vasectomy, and others. More information can also be seen in Supplemental Materials at the end of the write-up.

### GLOSSARY:

**Abstinence-** Not having sexual intercourse. This is the only 100% effective and 100% safe way to prevent pregnancy.

**Consequence-** This is the responsibility that you must face when you take an action. The most serious consequence of having sex is pregnancy.

**Menstruation-** Also known as the "monthly period," this process occurs when a girl enters into puberty. At this point, she is physically able to become pregnant. What happens scientifically is that every month a woman's uterus builds up a thick lining filled with blood and nutrients in preparation for an egg to be fertilized. If the egg is not fertilized, the lining of the uterus sloughs off and exits the vagina.

**Pregnancy-** This process is started by sexual intercourse, when the woman's egg is fertilized by the man's sperm. The fertilized egg then travels to the woman's uterus and implants itself in the lining. After nine months of growth, a baby is ready to born.

**Sexual intercourse-** the most serious step that two people can take in a relationship. In this process, sperm from a man's penis fertilize an egg inside a woman.

### Take Home Messages:

1. It is the responsibility of each individual to learn to make wise and responsible choices on her or his own sexual behavior.
2. One major consequence of having sex is pregnancy. It takes a great deal of physical and emotional maturity to be good parents.
3. Sexual attraction and affection can be expressed in many different ways without sexual intercourse.
4. The only 100% way to prevent pregnancy is abstinence.

**PREGNANCY and PREVENTION: Myths and Truths**

**Directions: Read each situation and circle *T* if you think it's true or *M* if you think it's a myth.**

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5. *The best way to use a condom is to pull it on tight.* T or M
6. *Teenager can obtain birth control pills from family planning clinics and doctors without permission from a parent.* T or M
7. *Girls cannot get pregnant if the penis doesn't actually enter the vagina.* T or M
8. *Girls can get pregnant if they have sex during their periods.* T or M
12. *Douching after sex will wash out the sperm and protect against pregnancy.* T or M
13. *A woman is protected from pregnancy the day she begins taking the pill.* T or M
14. *Abstinence is the most effective method of avoiding pregnancy.* T or M
15. *Condoms are effective because they don't break easily and they don't leak.* T or M
16. *If a guy pulls his penis out of a girl in time (before he ejaculates), he can be sure to prevent pregnancy.* T or M
17. *You can't get pregnant if it's the first few times having sex.* T or M
18. *Using two condoms is safer.* T or M

**PROTECTION: Myths and Truths (answer key)**

3. The best way to use a condom is to pull it on tight.

**MYTH.** *The best way is to leave some space at the tip to catch the semen so that it doesn't pop when the male ejaculates.*

4. Teenager can obtain birth control pills from family planning clinics and doctors without permission from a parent.

**TRUTH.** *You do not need a parent's permission to get birth control pills at a clinic. No one needs to know that you are going to a clinic.*

3. Girls cannot get pregnant if the penis doesn't actually enter the vagina.

**MYTH.** *Sperm deposited on the outside the vagina can make their way into the vagina and on up into the tubes.*

12. Girls can get pregnant if they have sex only during their periods.

**TRUTH.** *Girls can get pregnant at any time during their cycles, especially if they have short or irregular cycles.*

13. Douching after sex will wash out the sperm and protect against pregnancy.

**MYTH.** *A girl can't douche fast enough to catch the sperm, and douching may even help the sperm reach the tubes faster by rushing sperm upward into the body. Douching is also dangerous if not done correctly.*

14. A woman is protected from pregnancy the day she begins taking the pill.

**MYTH.** *Most physicians recommend that women abstain or use an additional method of birth control for the cycle after she begins using the pill. After this initial period, the woman is protected every day, including during her period.*

15. Abstinence is the most effective method of avoiding pregnancy.

**TRUTH.** *Not having sexual intercourse is the safest, simplest, most effective way to avoid pregnancy.*

16. Condoms are effective because they don't break easily and they don't leak.

**TRUTH.** *Condoms are very effective, depending on how carefully they are used. Condoms are inspected before being marketed, and safety regulations require that condoms be able to hold a large amount of air without breaking. Condoms should **not** be exposed to heat or Vaseline, as both can cause rubber to deteriorate which increases chances of breaking.*

17. If a guy pulls his penis out of a girl in time (before he ejaculates), he can be sure to prevent pregnancy.

**MYTH.** *As soon as a male gets an erection, fluid can carry enough sperm into his urethra to escape into the vagina and cause pregnancy, even before ejaculation. This method is only 81-96% effective IF you are sure the man did not ejaculate in the woman. Unfortunately, men have no control over the release of this fluid.*

18. You can't get pregnant if it's your first few times having sex.

**MYTH.** *As soon as you start having sex, you run the risk of getting pregnant because a woman's body is mature enough as soon as she starts menstruating.*

19. Using two condoms is safer.

**MYTH.** *Using two condoms can actually cause the condoms to rip more easily. Only one needs to be used if it is used correctly.*

## SUPPLEMENTAL MATERIALS

### DIFFERENT CONTRACEPTIVE METHODS

(Teachers: You do not need to cover this material in class, but in case students have questions that go beyond the scope of the lecture, this background information may help you. Be sure to point out that most of these methods, with the exception of the female condom, do protect against pregnancy, but DO NOT protect against STDs.)

#### Birth Control Pills (the "Pill")

The Pill contains one or more hormones, which interfere with the normal pattern of hormone production in females. Taken over 21 or 28 days of a typical monthly cycle, they suppress ovulation. Additionally, the Pill makes the mucus in the cervix very thick, so that sperm have trouble passing into the uterus. The lining of the uterus is also thinned, making it difficult for a fertilized egg to implant. Women still have menstrual periods while on the Pill. Pills have to be taken very regularly. If women miss even 2 or 3 days of pills during the month, she must use another form of contraception until the next cycle, because her own body might override the pill and produce an egg. A woman needs a doctor's prescription to take the Pill. One month's worth of Pills costs anywhere from \$5 to \$25 dollars.

#### Female Condoms

The female condom (called Reality) is a latex sheath that fits inside the woman's vagina and prevents the transmission of bodily fluids between partners during sexual intercourse. The female condom is about 7 inches long and has flexible rings on both ends. One end is inserted into the vagina like a diaphragm while the other remains on the outside of the vaginal opening and covers the vulva. A new female condom should be used each time. For maximum protection, a spermicide should be inserted into the vagina before the condom is inserted. The female condom and the male condom cannot be used at the same time. Female condoms are available in drug stores and cost around \$3.

#### Injectable Progestin (Depo-Provera)

Injectable Progestin is a synthetic hormone that is given as a shot into the muscle every three months. It works the same way as the Pill. The main type of this contraceptive used in the United States is called Depo-Provera. A woman needs a prescription for the shots, and they must be given by a doctor. One injection costs about \$30.

#### Norplant

Norplant consists of 6 matchstick sized capsules filled with progestin (a hormone) that are implanted under the skin of the woman's upper arm by a doctor. The capsules release a steady amount of hormone into the bloodstream and work the same way as the Pill. The Norplant capsules can be left in place for up to five years or can be removed at any time. Norplant costs about \$500 to \$800.

#### Diaphragm/Cervical Cap

The diaphragm is a flexible metal ring with a rubber cup. The cervical cap is a cup-shaped rubber or plastic device. The main difference between the two is the size; the cervical cap fits more snugly over the cervix. Each woman must be "fitted" for a diaphragm or cervical cap by a physician, because it must be the correct size to cover the cervix without slipping during intercourse. Inserted properly it prevents any semen which is deposited in the vagina from entering the uterus and finding its way to an egg. The diaphragm and cervical cap must be used with a spermicidal cream or jelly. The diaphragm and cervical cap cost about \$10 to \$20 plus the cost of the doctor's visit to have it fitted.

#### Intrauterine Device ("IUD")

These devices are small pieces of metal or plastic which are inserted into the woman's uterus from the vagina by a physician and remain there. They can prevent pregnancy by preventing the egg from implanting even if it is fertilized. The cost of an IUD is \$350 to \$500.

#### Contraceptive Jellies, Foams, Suppositories, Vaginal Contraceptive Film and Sponges

These all contain chemicals which kill sperm ("spermicides"). Inserted into the vagina before sexual intercourse, they are used along with condoms and diaphragms to add extra protection. Some of these, like nonoxynol-9, also help to kill the HIV virus. Spermicides can be bought in a drug store and cost about \$1 to \$12 depending on the type.

#### Rhythm Method

This "natural" form of birth control involves timing sexual intercourse so as to miss the female's most fertile time of month, when the egg has just been released. It requires that the woman have very regular periods, so that the time of ovulation can be predicted accurately. It also requires sexual restraint or self control, because sexual intercourse must be avoided for approximately 7 days each cycle. This method of birth control has a very high failure rate.

#### Methods of birth control that do NOT work

4. **Withdrawal:** When a couple has sex, the man takes his penis out of the woman's vagina before he ejaculates. Withdrawal can't be counted on to prevent pregnancy because the man has a few drops of semen on the end of his penis as soon as it becomes erect. That semen, containing sperm, can get into the woman's body and make her pregnant.
5. **Douching:** After having sex, the woman immediately washes out her vagina hoping to wash out the sperm. Sperm travel quickly and some will already have moved through the cervix and into the uterus by the time the woman is able to douche. Once the sperm is inside, it's too late.
6. **Hoping:** Hoping you won't get pregnant or infected or believing that "It can't happen to me" doesn't work. One study of teenagers found that half of first pregnancies occur in the first six months after couples begin having sex. One out of five occur in the first 30 days. Sometimes people think that if they have sex once and don't get pregnant, they can't get pregnant. However, just because a woman doesn't get pregnant the first time, or the twentieth time, doesn't mean she won't get pregnant the next time.

**Rhythm:** A woman keeps track of her past menstrual cycles and tries to figure out the days when she is least likely to become pregnant – the “safe” days to have sex. This method is likely to “sucker” you into thinking you are safe when you are not. Since sperm live from 3-5 days, it can be easy for girls to get pregnant when they think they are safe – even during their menstrual period. No woman can really know what will happen in her next cycle, especially young women, because their cycles have different lengths. Illness, stress, or fatigue can upset the hormone system and cause ovulation to occur at an irregular time.

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