



of Wayne County

Healthy Sexuality

with the goal of

Preventing Adolescent Fertilization

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Girls Inc. of Wayne County

The Week Ahead

| DAY ONE | DAY TWO | DAY THREE | DAY FOUR | DAY FIVE |
|---|---|--|---|---|
| <p>Anatomy How does the body work?</p> | <p>How do I make Choices about sexual activity?</p> | <p>Consent What about my partner?</p> | <p>What are the risks and consequences?</p> | <p>Communication How do I talk about all this?</p> |

AAsk questions!

Pass if you need to protect feelings and privacy

Protect feelings and privacy of others

Listen respectfully

Encourage others to do the same



Why do I have to take this class?

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- Your health and happiness are improved when you understand how human sexuality works.
- Parents and/or guardians are the best source of this knowledge (sometimes they aren't confident or comfortable sharing it)
- Factual information about the physical, emotional, psychological and personal aspects of sexuality is an important part of being human
- Access to open and honest discussion
- Making informed decisions about your health and future is an important skill
- Abstinence is the only choice that is 100% effective for avoiding the risks involved
- This course includes information about managing those risks



**Sexuality isn't just about
genitals!**

***Sexuality is a mix of
many different things***

***Physical, Chemical, Emotional,
Intellectual, Social and Cultural
aspects***

***That mix is different for, and
unique to, everyone!***

Sex is...

- Everywhere in our culture
- Positive and healthy part of being human
- Experienced and defined in many ways
- Humans need to know:
 - Sexual intercourse = Pregnancy/STI risk
 - Many ways of being sexual while NOT having intercourse
 - Important to limit sexual behavior to activities other than sexual intercourse

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Day 1

How does the body work?

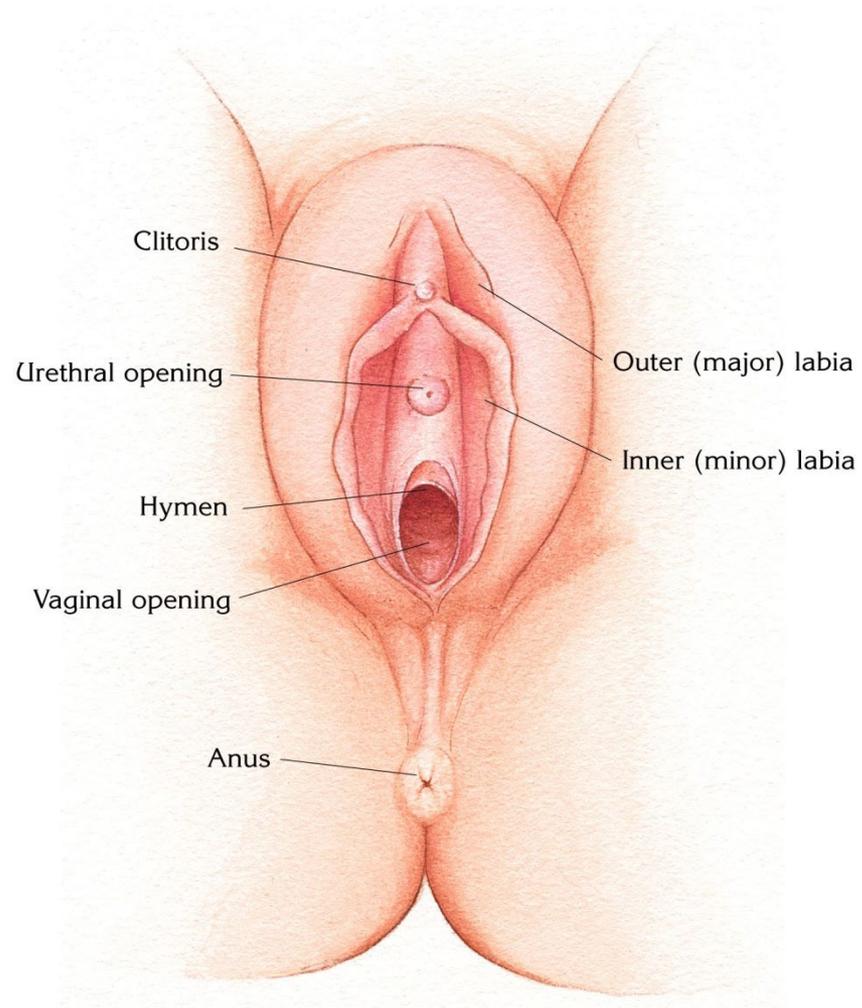
- WHOLE body is good and natural part
- Learning and talking = normal and healthy
- Understanding gives confidence
- Proper terms



Why is it so embarrassing to say THOSE words?

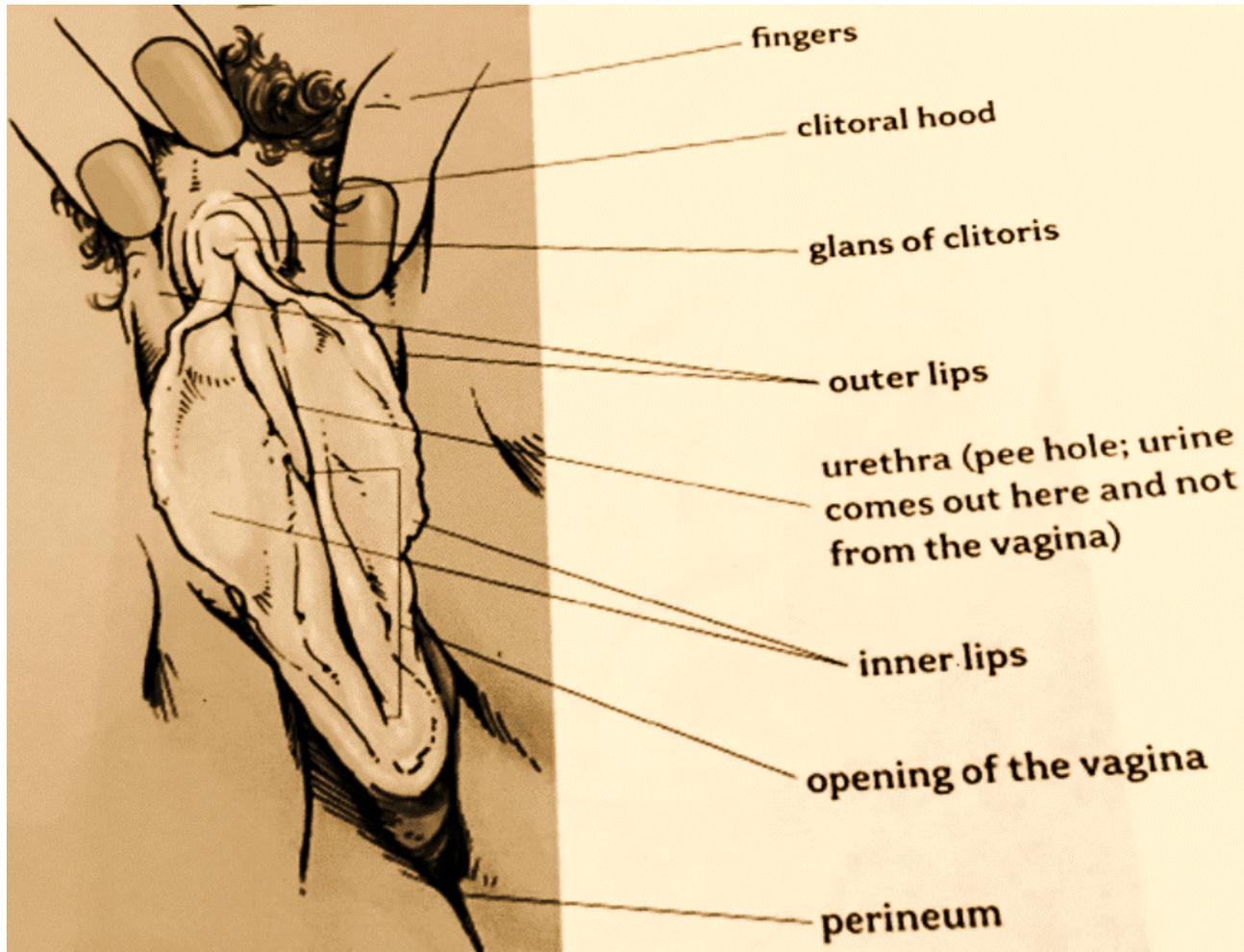
External Reproductive System

- Vulva
- Urethra
- Clitoris
- Hymen
- Vaginal opening

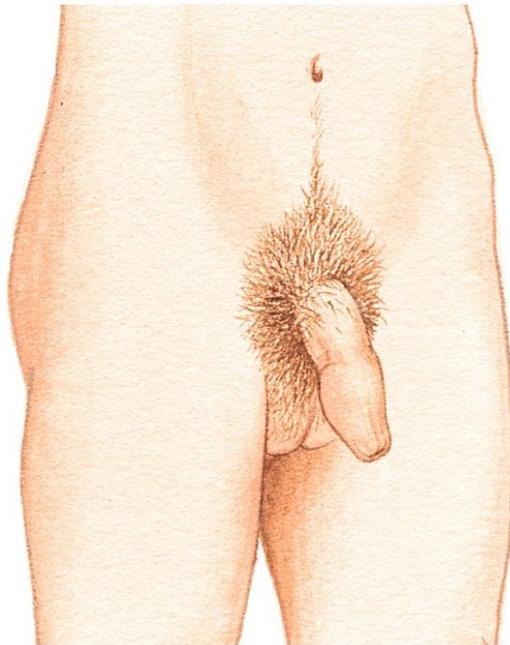


External Reproductive System

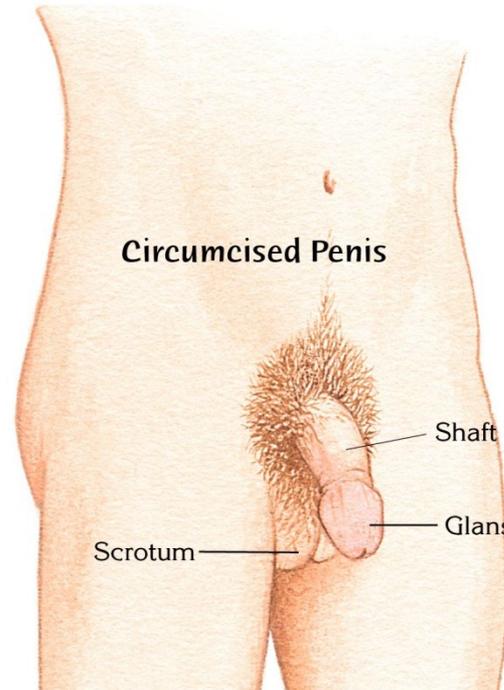
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External Reproductive System



penis
shaft
glans
urethra



foreskin
circumcision
scrotum
testicles

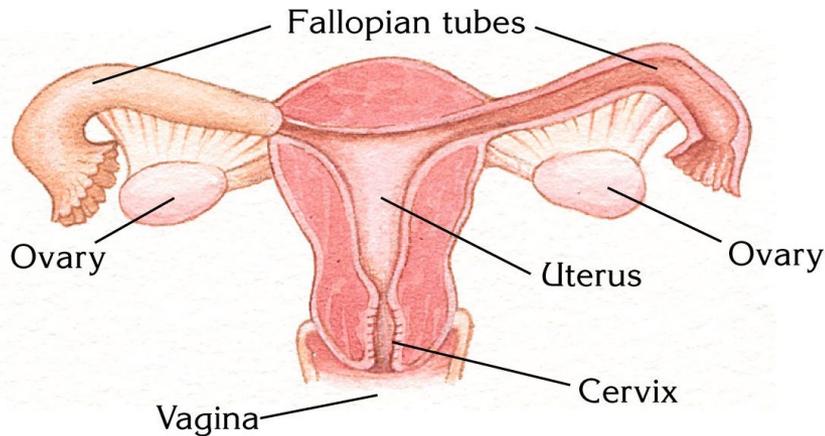
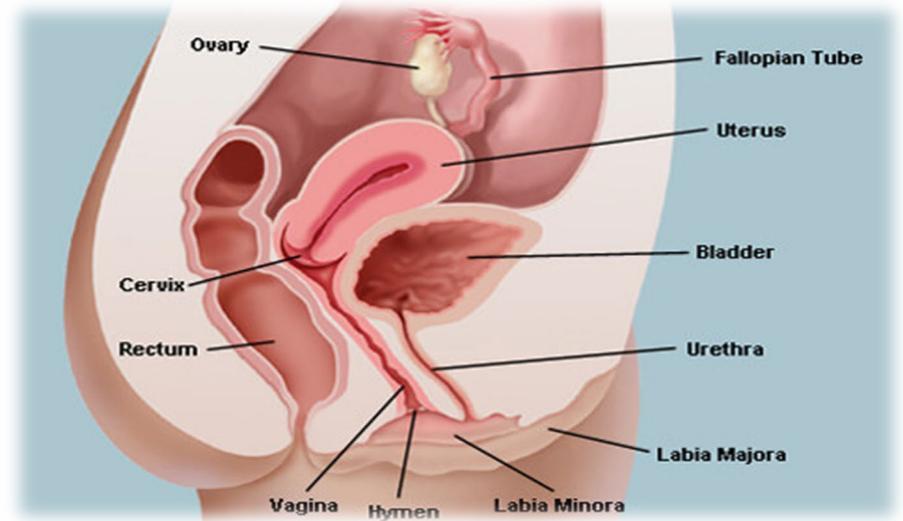
Internal Reproductive System

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uterus (womb)

Cervix

Vagina



fallopian tubes

ovaries

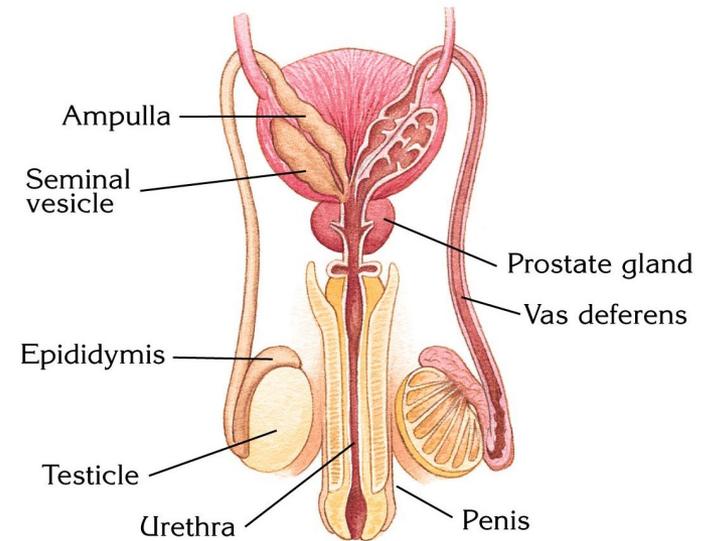
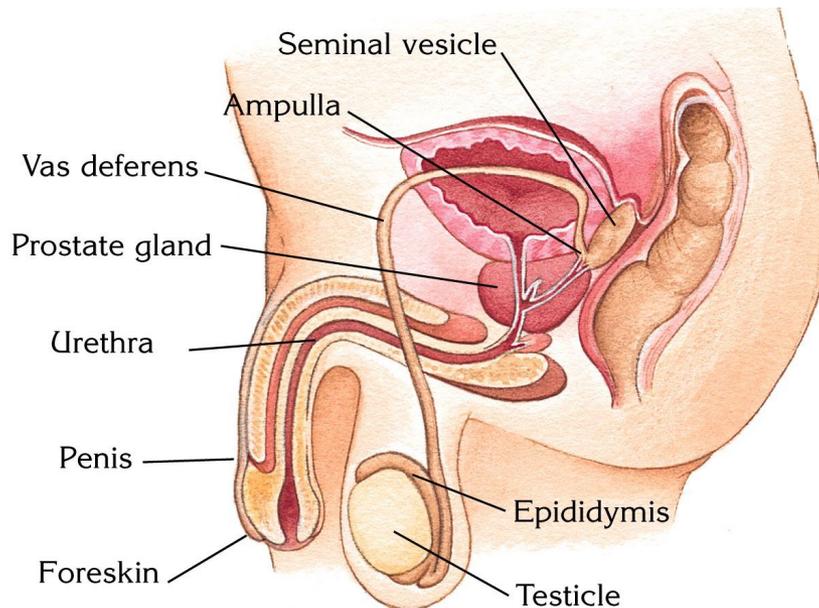
ovum/ova

hormones

Internal Reproductive System

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sperm
hormones
epididymis
vas deferens



seminal vesicles
semen
prostate gland
ejaculation

Puberty

Humans

- Gain weight
- Grow taller
- Grow everywhere
- Sweat more
- Grow hair in new places
- Get pimples
- Focus on friends
- Think more independently
- Feel nervous, awkward, weird
- Have romantic interest in others

Testicles

- Voice deepens
- Testicles make sperm
- Ejaculation happens

Ovaries

- Hips wider
- Breasts develop
- Eggs release from ovaries
- Period starts

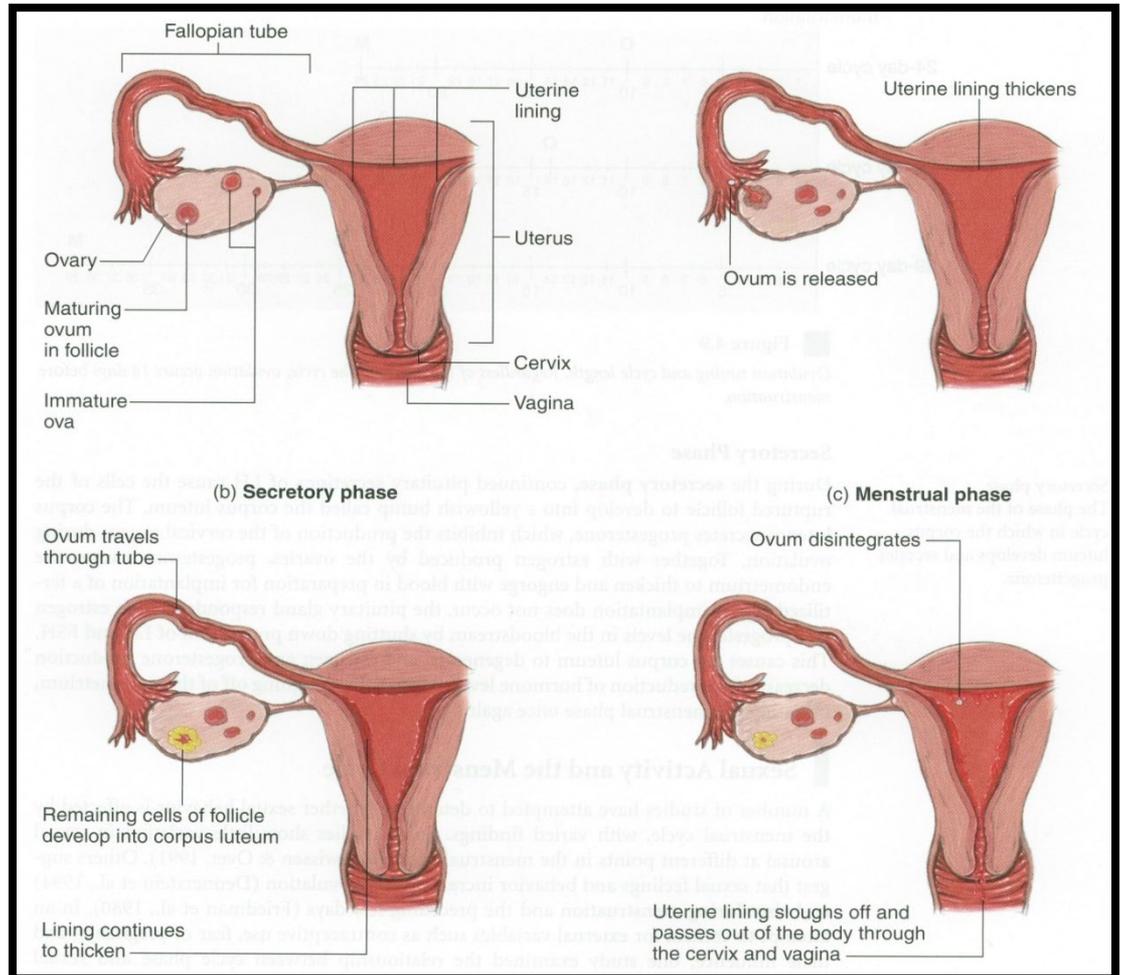
It is **COMMON** for adolescent people with **ovaries** to:

- Be at a different stage of physical development from peers
- Have breasts of slightly different sizes and shapes
- Have breast swelling and tenderness just before their periods
- Have nipples that turn in instead of out, or hair around the nipples
- Have a natural, healthy genital aroma
- Have pubic hair a different color from other hair on their bodies
- Have cramps before and/or during their periods
- Have a “regular” menstrual cycle length between 21 and 35 days
- Have a total menstrual discharge equal to approximately 2-3 oz. (3-4 tablespoons)
 - Have irregular menstrual periods
- Have wetness in the vaginal area when sexually aroused
- Masturbate occasionally, frequently, or not at all
- Have varying amounts of clear to cloudy discharge from the vagina
- Have hymens of different thickness, with different natural openings
- Have hymens stretched from physical activities (no connection to virginity)
- Have labia, breasts, and nipples of various sizes, shapes, and skin tones

It is **COMMON** for adolescent people with **testicles** to:

- Be at a different stage of physical development from peers
- Have a temporary increase in breast size sometimes with tenderness
- Have a flaccid (soft) penis length of 1” to 5”
- Have an erect penis length from 4” to 7”
- Have penis that becomes erect at any angle or which curves to right or left
- Believe (incorrectly) that penis size is crucial to proper sexual functioning
- Have an ache in the testicles after prolonged sexual arousal
- Have one testicle larger and hanging lower than the other
- Have testicles hang closer to or further from the body, depending upon temperature changes, stress, or sexual arousal
- Be “normal” with either a circumcised or uncircumcised penis
- Have frequent erections, sometimes due to sexual arousal, stress or general excitement, and sometimes for no apparent reason
- Wake up in the morning with an erection
- Masturbate occasionally, frequently, or not at all
- Have about one teaspoon of milky fluid come out of the penis when sexually aroused, or while sleeping (ejaculate, “cum,” wet dream)
- Have erections without ejaculating

- menstrual cycle
- ovulation
- ovary
- Ovum or egg
- endometrium
- shedding or period

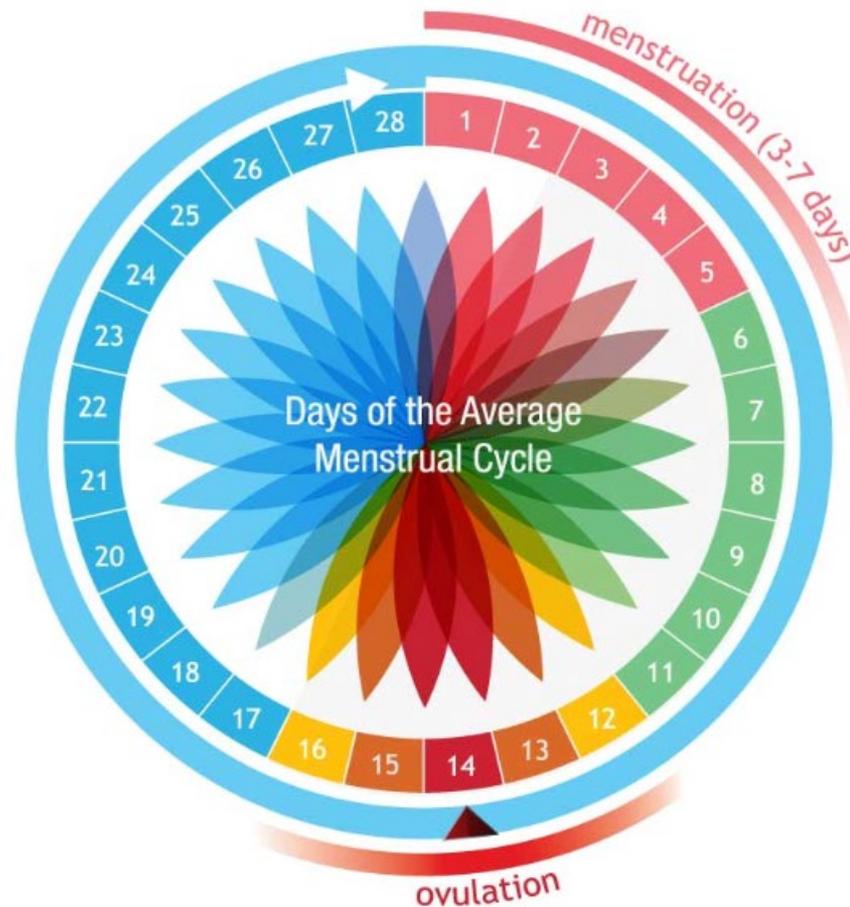


Menstruation

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Endometrium continues to thicken.

Egg is absorbed back into the body if it is not fertilized.



“First day of the menstrual cycle”
The day the shedding of the endometrium (uterine lining) begins.

Endometrium starts to build up again.

Ovulation is when a mature egg is released from the ovary

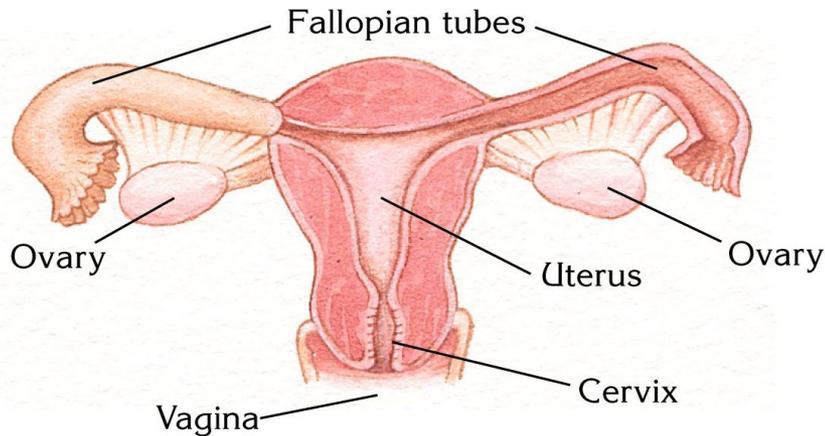
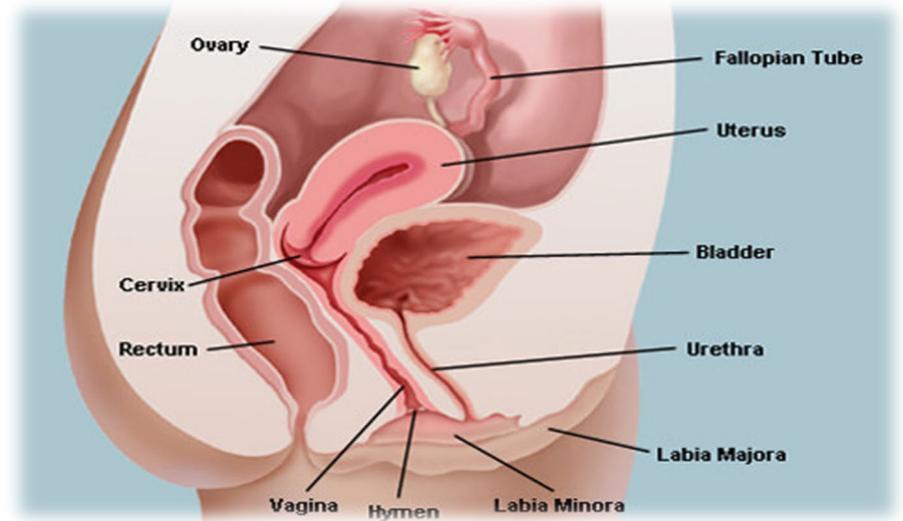
Internal Reproductive System

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uterus (womb)

Cervix

Vagina



fallopian tubes

ovaries

ovum/ova

hormones



FIRST GREENER
LIVE HEALTHIER, EASIER



**Your FREE Premium
Menstrual Cup**

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Day 2

How do I make decisions?

- Things you believe in
- Help you know right from wrong
- From many sources
- Good reasons to value abstinence as a young teen
- One needs to know their values when making decisions about sexual activity

Ask yourself...

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- How do I feel about sexual intercourse? When do I think it would be right? Under what conditions and with what kind of person?
- How does the other person feel? How do these feelings fit with my own?
- What makes me feel I want to have intercourse right now? Is there any chance that I am pressuring the other person? Could they be pressuring me?
- What do I expect sexual intercourse to be like? What if it's bad, and I don't enjoy it? How would I feel about myself, about my partner, about my future partners, or husband or wife?
- How would my partner and I feel if others find out about our relationship?
- Do I really TRUST my partner completely?
- What if this turns into a strictly sexual relationship and that's all we ever do? How would I feel then?
- What extra strains may there be on the relationship once we've had intercourse?
- How will I feel if we break up?
- What will I do to prevent pregnancy? Sexually transmitted disease?
- What would I do if a pregnancy results? How would my partner and I feel?
- What would I do if I got a disease?
- How would my family feel if they found out about my sexual relationship? How would I feel about their knowing?

If you CANNOT answer ALL of these questions with confidence, you are not ready for sexual intercourse! You are the only one who can make the decision – MAKE IT WISELY!

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Day 3

Relationships and Partners?

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HERR

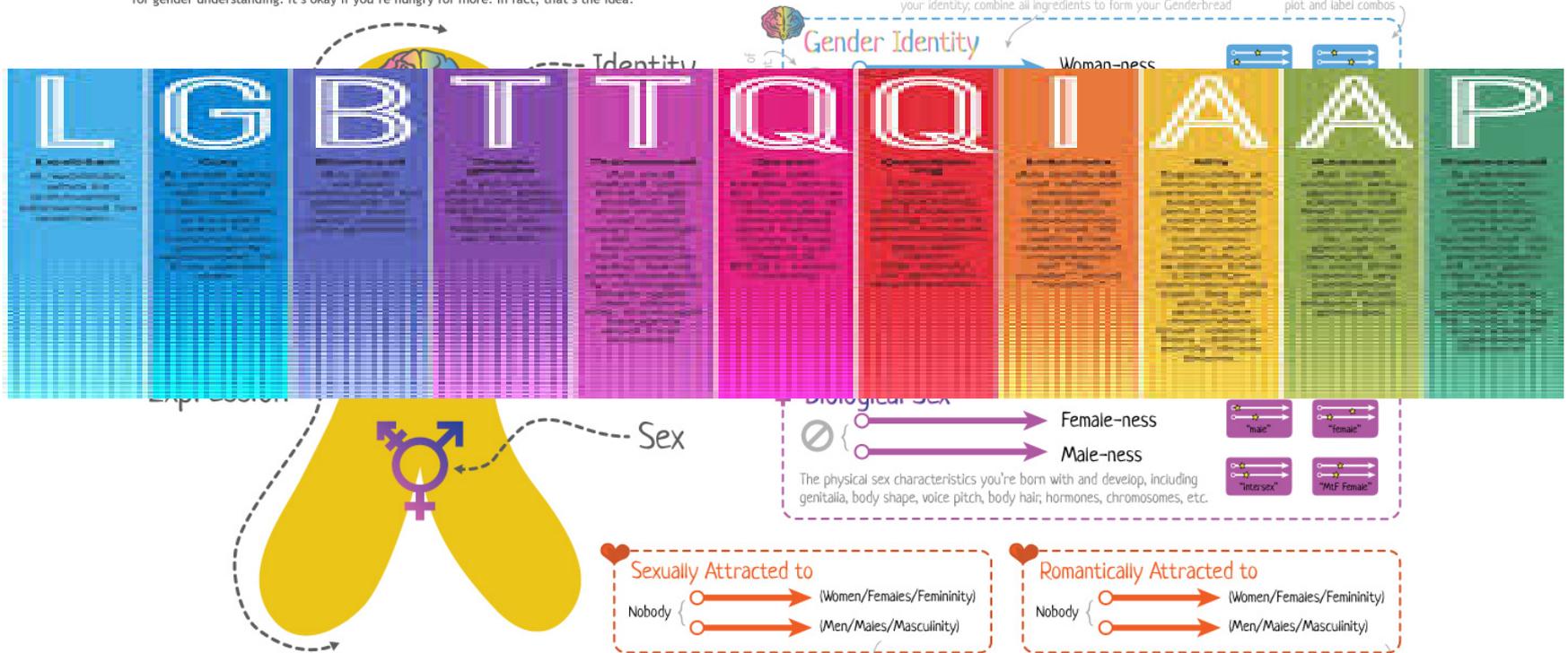
Honesty
Equality
Responsibility
Respect

The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.

Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread. 4 (of infinite) possible plot and label combos



For a bigger bite, read more at <http://bit.ly/genderbread>

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

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**What is ONE thing you
can't have sex without?**

CONSENT

IS:

CLEAR

Consent is active

Consent is expressed with words

Consent is a YES!
If they don't say NO that isn't the same as saying YES!

Consent is Enthusiastic!
"I'm not sure" "I don't know" "Maybe" are NOT consent and do not mean "convince me"

COHERENT

People affected by drugs or alcohol cannot consent

According to Indiana law:

If participants are drinking they cannot legally give consent

If they cannot make rational, reasonable decisions because they can't understand the situation they cannot give consent

People who are asleep or passed out they CANNOT give consent

WILLING

Consent is never given under pressure

Using manipulation, persuasion, threats, or violence get a yes is not Consent

Someone in an imbalanced power situation cannot give consent (i.e. student, employee)

Age of consent

ONGOING REVERSIBLE

Consent must be granted every time

Consent must be obtained at each step of physical intimacy. Consent to one sexual activity does not mean they are willing to go further.

Anyone can change their mind!

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Intimacy



What does it mean to you?

- Can occur at varying levels...
- May have different meanings for different people...
- Also tends to increase gradually and steadily in a relationship as people get to know each other

- A deep feeling of personal closeness, support, and sharing
- Being able to completely relax with the other, being true to one's own values
- Being very close, emotionally/physically safe
- Belonging together
- Opening self to the other
- Sharing personal and private thoughts
- Touching in a caring, loving way

Things that make for intimacy:

Honesty • Compassion • Trust
Openness • Vulnerability • Friendship
Sensitivity • Laughing • Patience
Time • Communication • Talking
Crying • Commitment • Listening
• Respect • Selflessness
Interest • Confidentiality
Forgiveness • Caring • Love

Why intimate relationships can lead to sex

- They spend a lot of time together.
- They care deeply about one another.
- They want to express their love for each other.
- They spend more time alone- just the two of them.
- They want their relationship to grow and change.
- They feel they have made a commitment to each other.
- They may plan on getting married or living together.
- They feel a strong sexual desire for each other.
- They want to be recognized as a real couple.
- They want to have and parent a child together.

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Day 4

What are the consequences?

Teen Sexual Activity



40% of IN teens
currently sexually
active

66% of teens who have
had sex wish they had
waited!

20% of IN teens used alcohol or
drugs before last sexual
intercourse

60% of IN teens are NOT
sexually active (had sex during the 3
months before the survey)

For every 3 who have
"done it," 2 wish they
hadn't!

42% of sexually active IN
teens did NOT use a
condom during last
intercourse

249,067 babies were born to girls
between the ages of 15–19 in 2014
That's 682 babies a day!

90% chance of
getting pregnant
within one year if
using no birth
control

Less than ½ of
mothers who
have a child
before age 18 ever
graduate from
high school

Fewer than 2% of teen moms earn a
college degree by age 30

80% of fathers
in teen
pregnancies
won't marry the
mother

87% of births by
teens are to an
unmarried mother

3 in 10 teens in
US become
pregnant before
age 20

Children of teen mothers are more likely...

- To suffer higher rates of abuse and neglect
- To live in poverty
- To be born early and at a low birth weight which increases health risks
- To become teen mothers themselves
- To end up in prison (sons of teen mothers)
- To end up in foster care or have multiple caretakers
- To have lower scores on standardized tests
- To drop out of high school

- **to have health problems during pregnancy**
- **to feel lonely and overwhelmed after the baby's born**
- **to drop out of school**
- **to have to live at home longer**
- **to spend their lives in poverty**

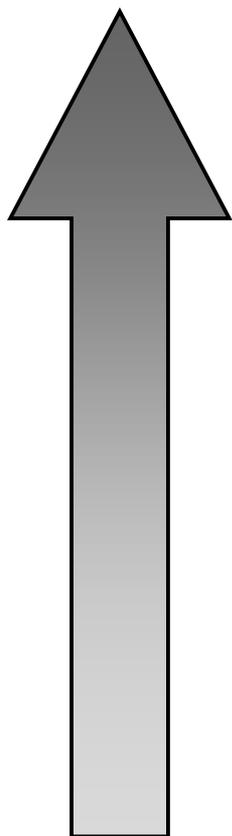
Teen fathers are more likely...

- **to feel left out and powerless**
- **to drop out of school**
- **to spend their lives in poverty**

Birth Control Methods

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More Effective

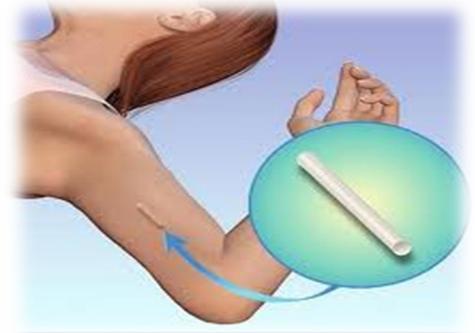
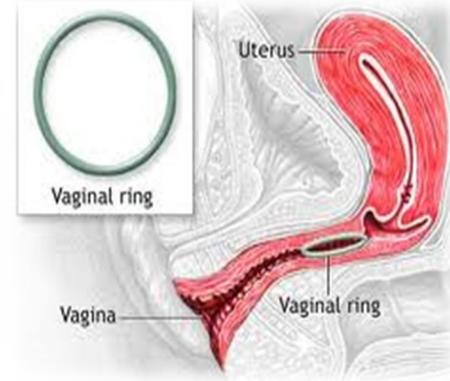
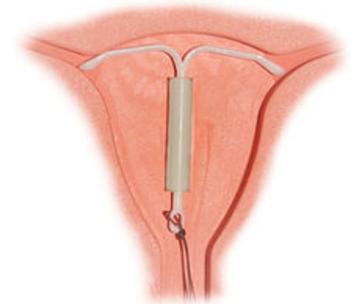


Less Effective

| Method | How is it used? | Does it help reduce the risk of STDs? | Typical Effectiveness Rate | Prescription required? |
|-------------------------------|---|---------------------------------------|----------------------------|------------------------|
| Abstinence | Choice to not have any kind of sexual intercourse with a partner | Yes | 100% | No |
| Surgical Sterilization | Permanent surgical procedure; male vasectomy; female tubal ligation | No | 99% | Yes |
| IUD | Inserted into uterus by health care professional; may be left in for up to 5-10 years depending on the type | No | 99% | Yes |
| Implant | Inserted in arm by health care professional; may be left in for up to 3 years | No | 99% | Yes |
| Contraceptive Injections | Shot is given every 3 months | No | 94% | Yes |
| Oral Contraceptive (the pill) | One pill is taken daily at approximately the same time each day | No | 91% | Yes |
| Vaginal Ring | Each month a new ring is inserted into the vagina and left in place for 3 weeks | No | 91% | Yes |
| Patch | A patch is applied once a week for 3 weeks; during week 4, no patch is used | No | 91% | Yes |
| Male Latex Condom | A new condom is used every time sex takes place | Yes | 82% | No |

Hormonal

- release specific amount of hormones (something our bodies make on their own as well)
- prevents a woman from ovulating (releasing an egg for fertilization)
- If no egg is released, pregnancy can't occur.
- do not protect against STIs
- require a prescription, which are available through a doctor's office or clinic
- only work for women



Barrier

- act as a wall to keep the sperm from reaching the egg
- also can prevent STIs
- barrier methods for men and women
- some can be purchased at a drugstore without a prescription



**ONLY
ABSTINENCE =
100%**



MALE LATEX CONDOMS

CORRECTLY and CONSISTENTLY

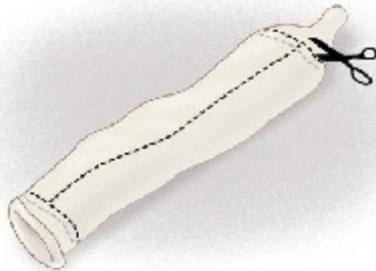


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Carefully take the condom out of its package and unroll it.



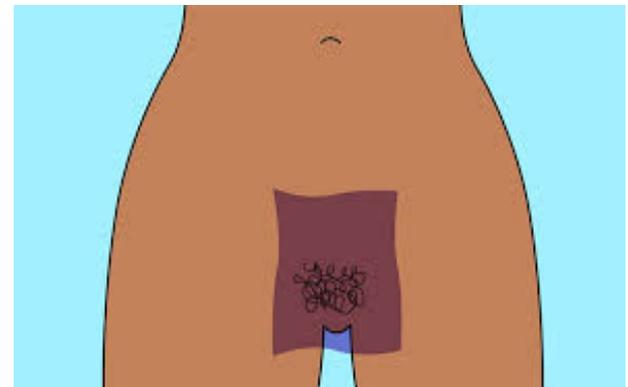
Cut off the tip and base of the condom and cut down the length of the tube.



Unroll the condom into a rectangular sheet.



And that's it! You now have a highly effective dental dam.



- Every hour, everyday, one Indiana teen gets STI
- It's not who you ARE but what you DO that puts you at risk
- 3 million teens get STI each year – about 25% of the teens who are sexually active
- Can contract from any kind of sex – some even from skin-to-skin contact
- Some are passed through blood (drugs, piercings, tattoos)
- Some can be treated and cured
- Some cannot be cured and can lead to other health problems
- HPV #1 STI in US – Viral – cannot be cured, but there is a vaccination available for 9-26 year olds

Using a condom or dental dam is worth the effort because the following Sexually Transmitted Infections don't always show symptoms:

- HPV- genital warts...Incurable
- Hepatitis B...Incurable
- HIV infection/AIDS...Incurable
- Chlamydia...Curable
- Gonorrhea...Curable
- Non-Gonococcal Urethritis...Curable
- Syphilis...Curable
- Pelvic Inflammatory Disease...Curable

These can be prevented by using a condom or dental dam with every single sex act, every single time!

IT JUST TAKES ONCE UNPROTECTED SEX ACT TO BE INFECTED OR INFECT A PARTNER!

Types of STIs

Viral STI's

- Hepatitis B
- HIV Infection/AIDS
- Herpes
- HPV (human papillomavirus)/Genital warts

Cannot be cured; only treated.

Bacterial STI's

- Chlamydia
- Gonorrhea
- Non-Gonococcal Urethritis
- Syphilis
- Pelvic Inflammatory Disease

Can be treated and cured.

Parasitic STI's

- Trichomoniasis
- Pubic Lice (crabs)
- Scabies
- Giardia

Can be treated and cured

**Virus/Bacteria must enter
the body of a susceptible
person by a specific route
in a sufficient dose**

The most reliable way to avoid STIs – and unplanned pregnancy – is not to have sex at all!

- **Start Talking:** Honest, early, and often!
- **Practice Safer Sex:** Use the right way! Every time! Be prepared! Use Latex!
- **Get Tested:** Both people! STIs are sneaky, sometimes no symptoms.
- **Limit Sexual Partners:** The fewer partners a person has, the less chance of an STI.
- **Avoid alcohol and drug use:** When drunk or high, it's hard to make good decisions about anything- including sex.

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Day 5

How do I talk about all of this?

- You have the right to express your feelings honestly.
- You have a right to ask for what you want.
- You have a right to change your mind.
- You have a right to do what's best for you.
- You have a right to say "no" even when someone...
 - Says they loves you
 - Threatens to leave you
 - Knows you've had sex before
 - Has had sex with you before
 - Promises to marry you or be your life partner
 - Says it will prove your love or commitment
 - Uses any argument to persuade you

A Few Definitions...



Give me that candy!



I wish I had some candy....



I sure would enjoy a piece of candy right now. May I have a piece please?

AGGRESSIVE — Taking what you want, threatening or forcing , or saying “no” in a way that puts the other person down or violates his or her rights.

PASSIVE- Not speaking up when you'd like something or giving in and saying “yes” when you don't really want to, in order to be liked or not hurt the other person's feelings.

ASSERTIVE — Asking straight for what you want or giving people an honest “no” to things you don't want. It means not using other people and not letting yourself be used either.





1 State a fact or a feeling

That makes me uncomfortable.
When you _____, I feel
_____.
I feel _____.
I heard that _____.
You once said _____.
I understand that _____.
I get in trouble when you _____.
I don't like it when you _____.
It bothers me when you _____.
I'm feeling _____.



2 Ask straight for what you want

I'd like it if you would _____.
Would you _____?
Let's _____.
Could I _____?
Could you _____?
Would it be OK if _____?
Would you mind _____?
May I _____?
I wish you would _____.
How would you feel about _____?
I really wish you would _____.
Why don't we _____?
How about if you _____?
Is that OK with you _____?

1. Say the facts or how you are feeling

2. Ask for what you want

1. You would like to talk to your parents/adult about getting some condoms to know how to use them when you are ready.

2. You have to tell your parent /adult that you didn't use a condom you experienced fertilization and need help buying the morning after pill or going for a pregnancy test.

1. Say the facts or how you are feeling

2. Ask for what you want

1. You would like to talk to the person you are interested in about getting tested for STIs and using condoms, so both know where you stand and how to be safe together.

2. You have to tell the person you are interested in that you didn't use a condom in the past during oral sex and have herpes; but you really want to be sexual with them.

Saying "No" Assertively



Say something caring

That's flattering, and ...
It's nice of you to offer, and ...
Thanks for asking, and ...
I'm glad you trust me to ask, and ...
I love you, and ...
I like you, and ...
I care about you, and ...



Refuse



This is the most important step.
Make sure you include the word "NO"!

Suggest an alternative



| | |
|-----------------------|------------------------|
| How about we ... ? | I've decided not to... |
| I'm going to... | I've decided to... |
| I'm not going to... | Would you like to...? |
| I don't believe in... | I'd prefer we ... ? |
| I would like ... | Why not ____ instead? |

Taking "No" for an Answer

If you get a "NO"...

1 Ask for your second choice

Well, would you consider _____?

Well, could I _____?

How about _____?

Well, what about _____?

If you don't want _____,
how about _____ instead?

OK, could we _____
instead?

If you still get a "NO"...

2 Accept it gracefully

OK.

Alright.

Oh, I understand.

OK, you must feel _____

OK, maybe another time.

OK, thanks anyway.

Alright, I hear you.

REMEMBER if the person has to say "no" to you more than twice, you're being aggressive, even if they use other words ("I don't want to." "Cut it out." "I don't feel like it.")

"I" Statements

"I" statement format:

"I feel _____ when you _____ because _____"

Regular: You never respond to my texts, you don't even care about me!

"I" statement: I feel hurt when you don't respond, because I feel like I'm not important to you.

**PRACTICE, PRACTICE,
PRACTICE!!!**

Communication

How to communicate with your partner
about your sexual boundaries and desires:

"I feel _____

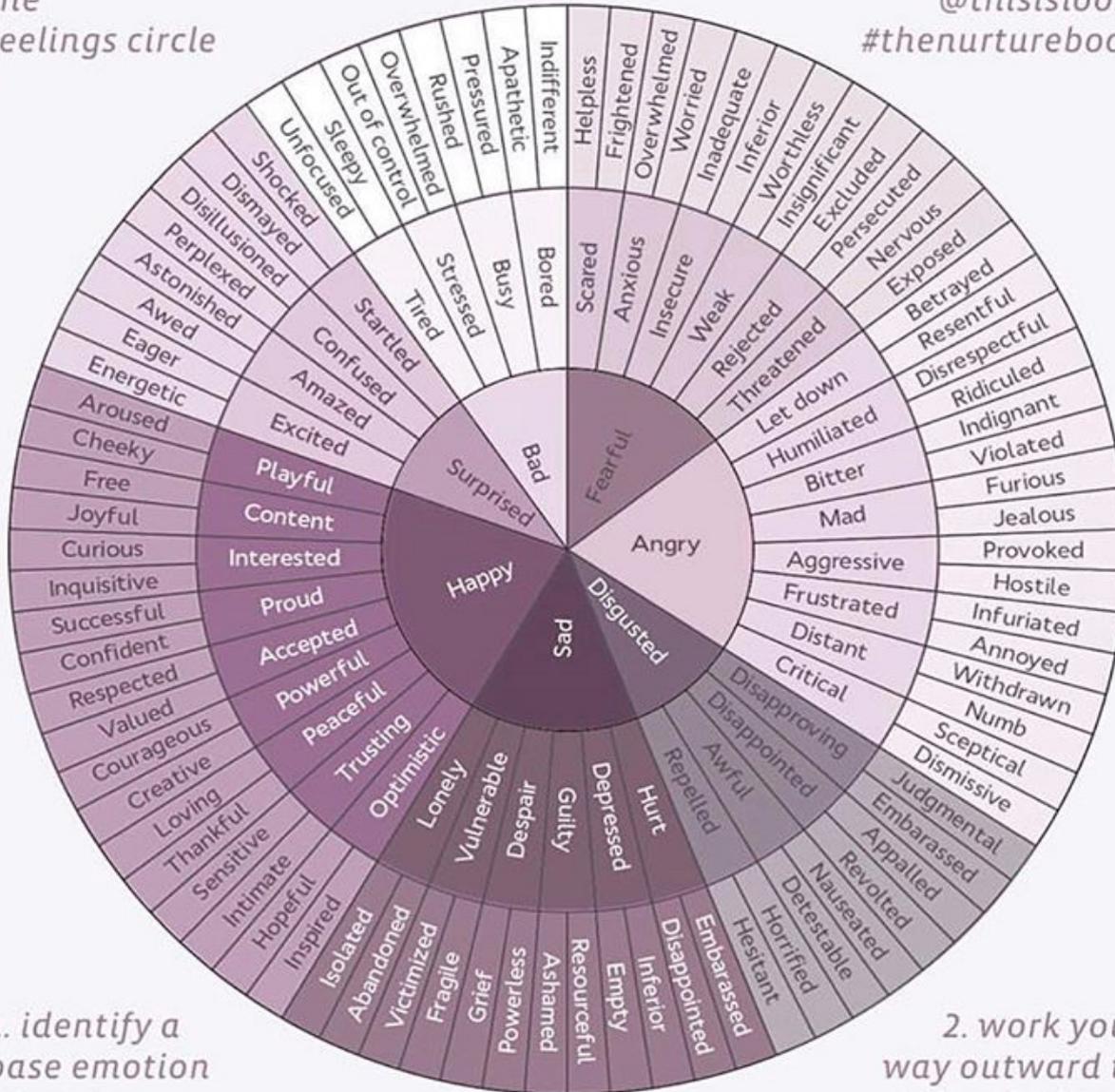
When you _____

Because _____

I wish/want _____."

the
feelings circle

@thisisloom
#thenurturebook



1. identify a
base emotion
at center.

2. work your
way outward to
refine feelings.



Final Thoughts

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**Don't have sex with someone just to make them happy.
Your own goals, plans and health should be your No. 1 Priority.**

**When one part of your brain is telling you to have sex, use a different part of
your brain to make intelligent decisions about your future.**

Make decisions that put your own health and life goals first.

Demand high standards (such as honesty and respect) in a partner.

Set your own standards.

You decide what you will do and what you won't do.

**You are beautiful. You are valuable. You are worthy.
You are your physical body, and you are so very much more.**

