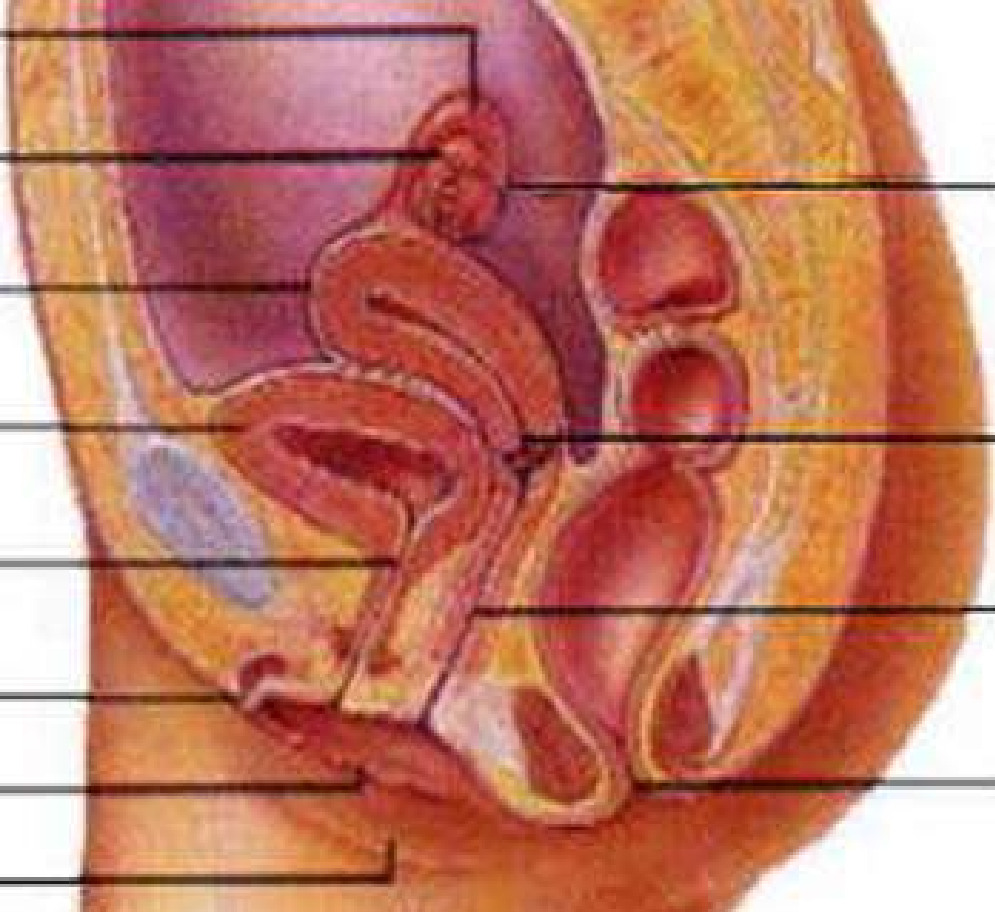


# Reducing The Risk Presentation



Sex Education



This anatomical diagram illustrates the female reproductive system in a sagittal section. The uterus is shown as a pear-shaped organ with a central cavity. The fallopian tube (oviduct) extends from the upper part of the uterus towards the ovary. The ovary is depicted as a bumpy, oval structure. The cervix is the lower part of the uterus that leads into the vagina. The urinary bladder is shown as a sac-like structure anterior to the uterus. The urethra is the tube that carries urine from the bladder to the outside of the body. The clitoris is a small, sensitive organ located at the top of the vulva. The labia minora are the inner lips of the vulva, and the labia majora are the outer lips. The anus is the opening at the end of the large intestine.

oviduct

ovary

uterus

urinary bladder

urethra

clitoris

labium minora

labium majora

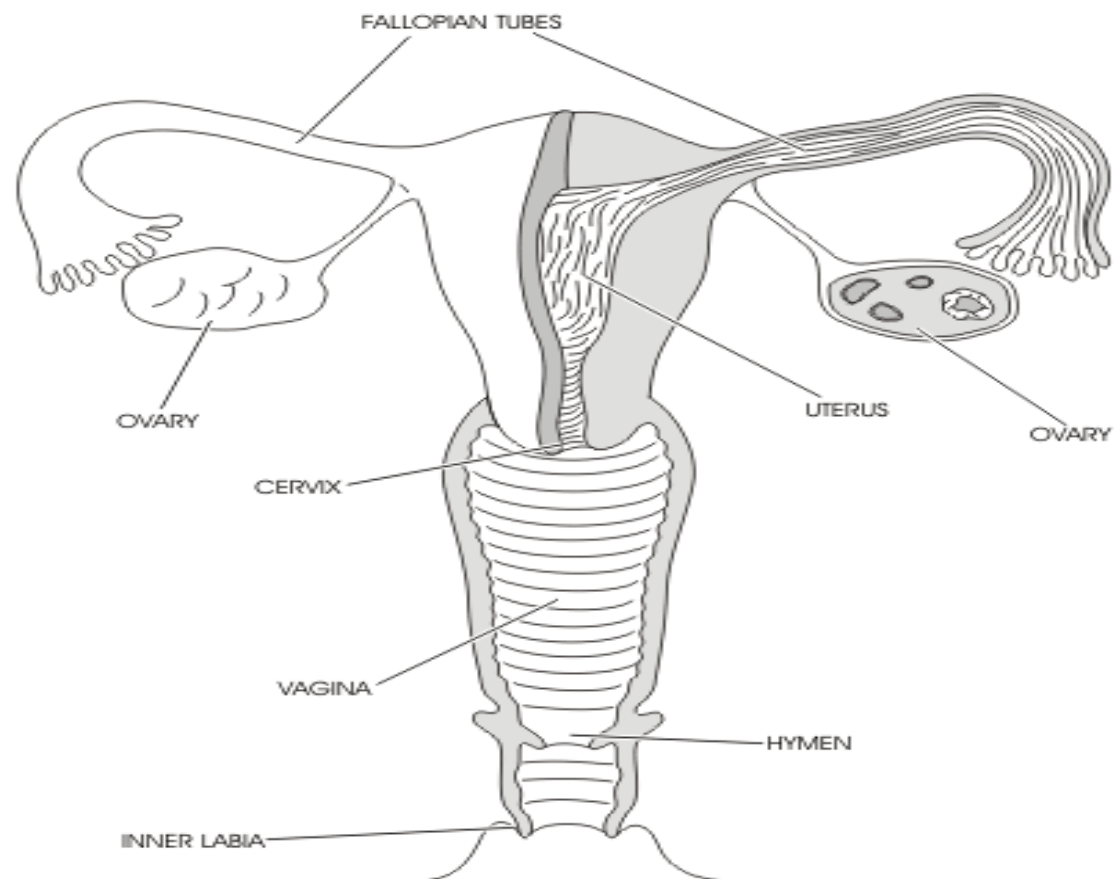
fimbria

cervix

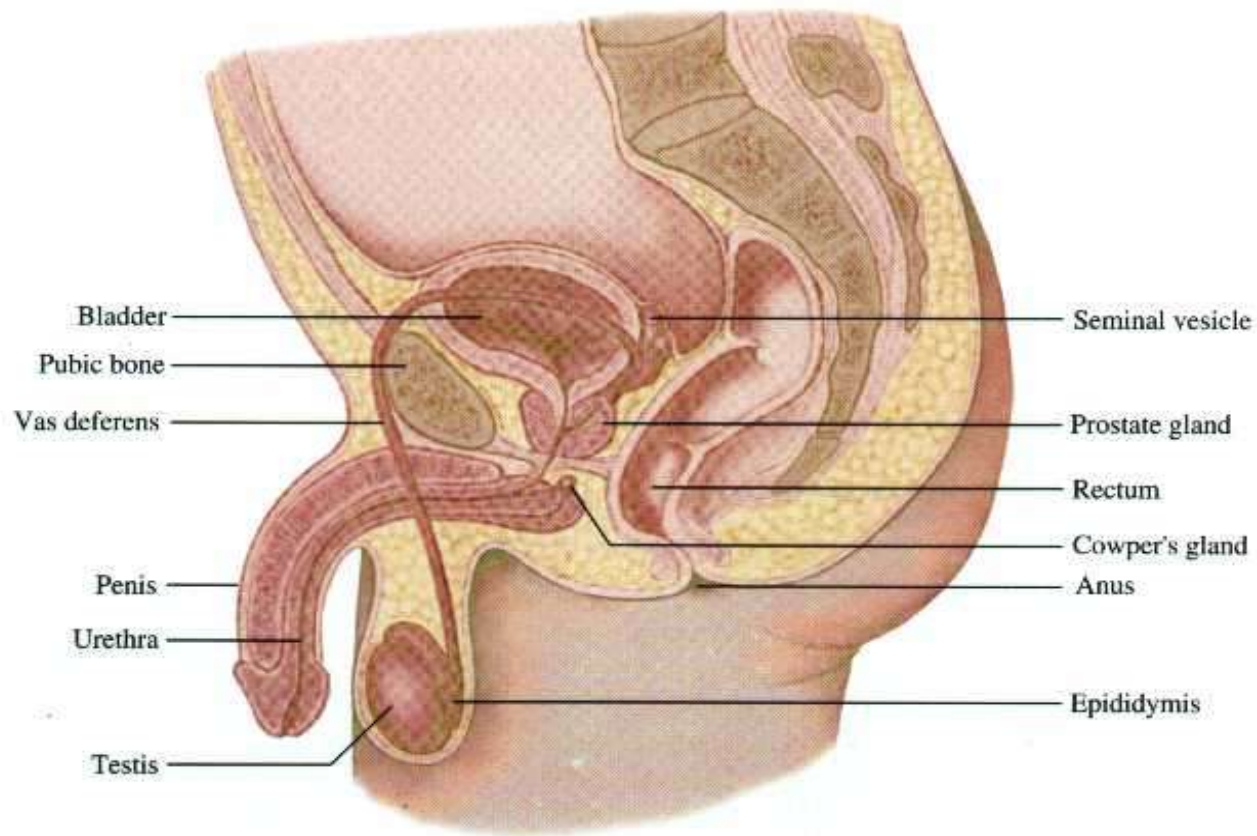
vagina

anus

## FEMALE REPRODUCTIVE ANATOMY (INTERNAL, FRONT VIEW)



# Male Reproductive Anatomy

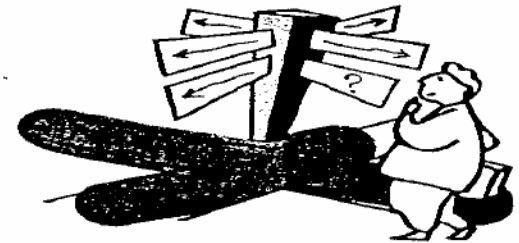


# ABSTINENCE

- ❖ Abstinence is an equal opportunity behavior.
- ❖ Anyone can make a conscious choice to not have sex.
- ❖ Abstinence is a thoughtful choice reflecting personal values.
- ❖ Abstinence is an expression of personal power and self confidence.
- ❖ Making decisions that are complex and challenging can make a person stronger.

# The Pros and Cons of "Abstinence"

"Should I have Sex?"



NO

Refusal Skills  
Virginity  
Freedom from STD  
and/or Pregnancy

YES

Use Birth Control

- \*Buy it
- \*Reliability
- \*Usage
- \*Storage

No Birth Control

Pregnancy

Sexually Transmitted Disease

Adoption

- \*Emotional
- \*parents
- \*lifelong
- \*Physical

Abortion

- \*Money
- \*Emotions
- \*Parent(s)
- \*Peers
- \*Physical

Keep It

- \*Financial
- \*Social
- \*Emotional
- \*Career
- \*Physical

Treatment

- \*appointment
- \*Financial
- \*Physical
- \*Social

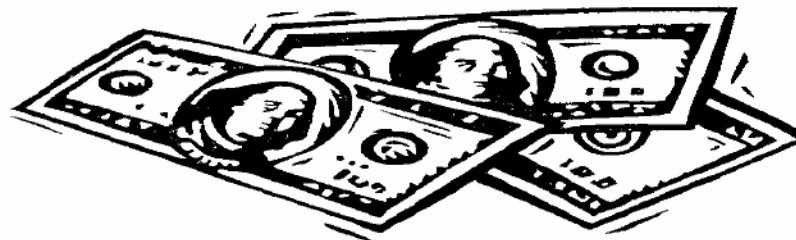
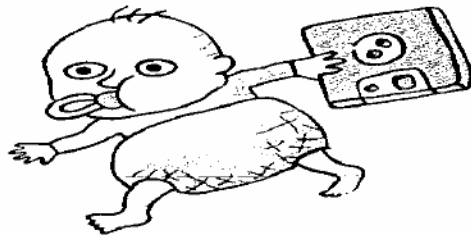
Sterility

- \*No children
- \*Emotional
- \*Financial
- \*Social

Death

Emotional Cost

- \*Loss of Virginity
- \*Loss of Self-Esteem
- \*Relationship Cost
- \*Shame/Guilt/Disappointment
- \*Reputation
- \*Loss of Trust w / Parents



**Guess what number goes in each blank.**

**83**

**63**

**53**

**62**

**87**

- 1) According to the 2011 Youth Risk Behavior Study, nationwide approximately \_\_\_\_\_% of 9th-12th graders have NOT had sex.**
  
- 2) In 2013, the MN Student Survey shows \_\_\_\_\_% of 9th grade females and \_\_\_\_\_% of 9th grade males have not had sex. Also, \_\_\_\_\_% 11th grade females and \_\_\_\_\_% 11th grade males have not had sex.**

# CDC Data (from ARC Speaker)

- According to the CDC, In the United States 46.8% of high school students grade 9-12 were sexually active.
- According to a Nationally Representative CDC Survey, MORE THAN ½ of adolescents age 15-19, 54% are still virgins!



# Research on Sexual Activity

- Research shows that the perception of students thinking that everyone's doing it is higher than the actual number
- Studies report that students who are sexually active, may also be more connected to other risk behaviors (alcohol and drug use) have trouble paying attention, concentrating and learning. In addition, the added stress of anxiety of a potential pregnancy, or having an STI may also make it difficult to concentrate or care in the classroom; and may also cause some students to withdraw, or drop out.

# ARE YOU READY FOR SEX?

Below are questions you should ask yourself before.

- Am I pressuring my partner?
- Who am I doing this for?
- Does it go along with my values of waiting until marriage?
- Do I only feel the desire to have sex when I am drunk or high?
- Am I having sex to keep my partner or to make him or her happy?
- What could I gain or lose from having sex?
- If the relationship breaks up, will I be glad I had sex with this person?
- Do my partner and I share the same feelings and attitudes about the meaning of sex and relationships?
- Am I ready to deal with a possible pregnancy or STI?
- Am I being pressured to do it?

# RELATIONSHIP STEPS

- 1. Meet-Talk-Exchange #'s: "Interest"
- 2. Talk-Share-Friendship: "Trust"
- 3. Date-Talk- "Trust/Respect"
- 4. Date 1:1-exclusive: "Commitment"
- 5. Feelings- "Trust/Respect"
- 6. Express Sexuality- "Hugs & Kisses"
- 7. "Sexual Intercourse"

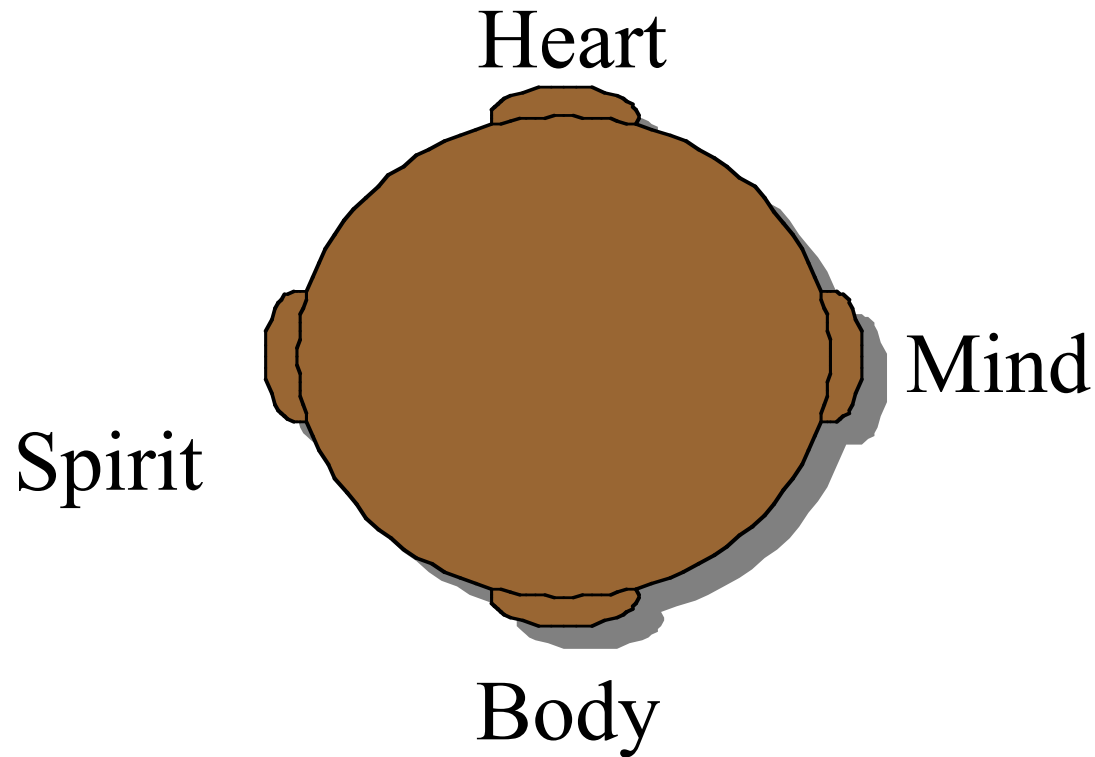
99 % of relationships fail  
when they do not follow  
those steps.

99% of relationships  
succeed when they follow  
the steps.



# SEXUALITY CIRCLE

Your sexuality involves all of you!



# Successful Relationship Elements: CPR's

- C: Communication that is strong and honest so there is no doubt about what you mean.
- P: Planning for your future to make it healthy and happy.
- R: Relationship Building: Respecting your partner and reassuring that you care about them.

CPR ACTIVITY: Number 1-7

# Are we in LOVE?



Rose Bush



Rose

## Love

“We”Centered

Trust and Honesty

Accepts Person

RESPONSIBLE

Few Fights

High Level of Communication  
 (“I feel....”)

Private Intimacy

Friendship that grows

Accepts



TIME WILL TELL

(Usually about 6-9 months)

## Infatuation

“Me” Centered

Jealousy/Suspicion

Tries to change person

IRRESPONSIBLE  
(i.e.: Birth Control and STD Prevention)

Many fights

Low level of Communication  
 (“You messages”)

Public Intimacy

Sexual and Hormone Based

Regrets





# SEX HAS CONSEQUENCES

- Nearly 4 in 10 women become pregnant at least once before age 20- almost one million each year.
- Nearly two-thirds of teens who have had sex wish they waited.
- 8 out of 10 teens say they feel pressure to have sex.
- Teens say parents influence their decision-making more than any other source.
- Nearly all teen pregnancies are unintended.
- The US has the highest teen pregnancy rate of all industrialized nations.

# Approximate Worldwide Sexual Behaviors:

- 340,000,000 - cases of curable STI's occur every year.
- 500,000 young people infected w/an STI every day
- 550,000 – pregnancies
- 360,000 – births
- 140, 000 - abortions
- 15,000 - cases of HIV infections
- 7,700 - deaths from AIDS
- 1,600 - deaths from childbirth complications
- 500 - deaths from STI's

Source: United Nations population Fund.



# Health benefits of postponing sex

- Abstinence is the only 100% effective method of preventing HIV, STI's, and unplanned pregnancies.
- Teenage girls who are sexually active have an increased risk of cervical cancer.
- Postponing sex allows you time to make decisions you can live with.

# HPV: Human Pappilloma Virus

## Genital Warts (Viral)

- Most common form of viral STI in U.S. (chlamydia is the most common bacterial STI in the US)
- Close to one million cases every year in the U.S. and most of these found in teenagers
- One to eight months after infection, warts appear in clusters in contact area
- Itching and burning sensation around the warts
- You have the virus for life
- Linked with cervical cancer
- Treatment: warts can be removed but will probably appear again

# HPV VACCINE

- The vaccine Gardasil<sup>®</sup>, protects against 4 HPV types, which together cause 70% of cervical cancers & 90% of genital warts.
- The FDA licensed this vaccine for use in girls/women, ages 9-26. It is also recommended by for boys at age 11-12 years old. The vaccination of boys is also likely to benefit girls by reducing the spread of HPV viruses.
- The vaccine is given in a series of three shots over a six month period.

Lawmakers around the country are trying to make the HPV vaccine mandatory. This has caused a big controversy.



# Pap Smear

- A procedure to test for cervical cancer in women. A Pap smear involves collecting cells from your cervix checks for changes in the cells of your [cervix](#). A pap smear can tell if you have an infection, abnormal (unhealthy) cervical cells, or cervical cancer.
- A Pap Smear can save your life. It can find the earliest signs of [cervical cancer](#). If caught early, the chance of curing cervical cancer is very high. Pap smears also can find infections and abnormal cervical cells that can turn into cancer cells. Treatment can prevent most cases of cervical cancer from developing.
- It is important for all women to have Pap smears, along with [pelvic exams](#), as part of their routine health care. You need a Pap smear if you are 21 years or older.

# TEEN PREGNANCY

Number in your notes 1-10





# Teen Pregnancy Test

1. Most high school students are having sex.

True or False

# #1

## FALSE

Not everyone is doing it. Recent data shows that half of high school students report having had sexual intercourse while half report they are virgins.

2. What is the only 100% effective way to prevent a pregnancy?

- A. Birth Control Pills
- B. Condoms
- C. Spermicide
- D. Abstinence
- E. All of the above

# #2

## D. Abstinence

- The only 100% way to be sure you can prevent pregnancy. No contraceptive method is 100% effective except abstinence.

3. If you don't use any form of contraception when you have sex, what are your chances of becoming pregnant within one year?

A. 28%

C. 76%

B. 85%

D. 43%

#3

B. 85%

4. Do most teens who have sex  
wish they had waited?

Yes or No

#4

Yes. The poll conducted by National Campaign, 63% of teens who have had sexual intercourse said they wish they had waited.



5. How many girls become pregnant at least once before age 20?

A. 1 in 10

B. 3 in 10

C. 4 in 10

D. 7 in 10

#5

C. 4 in 10

- Almost one million a year.

6. What is the percentage of teen mothers that get their high school diploma?

A. 25%

B. 32%

C. 50%

D. 72%

# #6

## B. 32%

Less than one-third of  
teens who have children  
before age 18 ever get  
their high school diploma.

7. About 50% of the fathers marry the teen mothers of their first children.

True or False

# #7

## False

About 20% of the fathers marry the teen mothers of their first children. On average, the remaining 80% pay less than \$800 annually for child support—that is less than \$16 a week.

8. What percent of pregnancies among teens are accidental?

A. 25%

B. 45%

C. 65%

D. 85%

#8

D. 85%

- The vast majority- 85% unplanned and 79% to unmarried teens.



9. You can get a STI from having oral sex.

True or False

# #9

## True

- As well as other forms of sexual activity.

10. The daughters of teen mothers are more likely to become teen mothers themselves.

True or False

# #10

## True

- The daughter of teen mothers are 22% more likely to become teen mothers themselves. In addition, the children of teen mothers are at greater risk of abuse and neglect than children born to older parents

Sources cited on the  
web site:  
[www.teenpregnancy.org](http://www.teenpregnancy.org)

# DATA:

- The majority of teens who have babies will have 90% of their life script written for them. (you can practically guess what their future will be like)

# MOST WILL:

- Drop out of school.
- Never be able to earn a decent living.
- Be on welfare most of their life.
- Be abandoned by the fathers of their babies.
- Contribute disproportionately to cases of child abuse and delinquency.

Teen pregnancy is associated with lower levels of the 3 E's.

- 1) Education (less)
- 2) Employment (less in well paying jobs)
- 3) Enjoyment (less of later life).



# Teen moms experience more health risks during pregnancy than older moms .

- **Anemia**= low red blood cell count, low hemoglobin causes like iron deficiency, ulcers, etc...
- **Toxemia**= pregnancy induced hypertension (high blood pressure)
- **Premature delivery**
- **Mortality**
- **Cervical trauma**
- Source: NIDA: Addiction Research Foundation Library Publishers



# Infants born to teen mothers are at a greater risk of:

- Prematurity
- Fragile health
- Need for intensive care
- Cerebral palsy
- Epilepsy
- Mental impairments



• Source: NIDA: Addiction Research Foundation Library Publishers

# Facts on alcohol and teen pregnancy:

- Many girls lose their virginity while drunk.
- In a study of unplanned pregnancies in 14-21 year olds, 1/3rd of the girls who had gotten pregnant had been drinking when they had sex.
- Boys who start drinking at a young age are 40% more likely to have sex at a young age and girls are more susceptible at 80%.

# REFUSAL SKILLS:

1. **SAY NO: “NO”**
2. **REPEAT THE REFUSAL: “I SAID NO”**
3. **SUGGEST AN ALTERNATIVE: “LETS GO TO A MOVIE”**
4. **USE BODY LANGUAGE THAT SAYS “NO”**
5. **BUILD THE RELATIONSHIP (IF APPROPRIATE). “ I STILL LIKE YOU A LOT AND THINK YOU’RE A GREAT PERSON.”**

Jack & Jill Role Play #2: A 2<sup>nd</sup> Chance

# DELAY TACTICS

Purpose: A way of communicating that is an effective alternative to directly saying no and that can buy time until we can think about how to communicate what we really want.

- ❖ Make a delay statement. (stall, make excuse, question, change subject)
- ❖ Take a delay action. (act distracted, change what your doing)
- ❖ Create Space. (Use body language, be serious)
- ❖ End the situation quickly. (leave)
- ❖ Build the relationship (if appropriate, I statements, be honest)

# TEEN DATING VIOLENCE

- If you are a female dating right now, there is a 50-50 chance you'll suffer some form of abuse by a dating partner.
- Average age dating violence begins is 15
- One in 10 teen girls and one in 11 teen boys admits to having experienced physical violence in a dating relationship in the past year.
- 75% of boys who abuse their girlfriend are from homes where abuse occurred
- 68% of young women reporting rape were raped in dating relationships
- 1 out of 3 women murdered in the US are killed by a husband or boyfriend.
- 1 in 10 teens reported being hit or physically hurt on purpose by a boyfriend or girlfriend at least once in the 12 months prior to the survey
- Nearly half of all teens in relationships say they know friends who have been verbally abused.

# WARNING SIGNS that a dating partner may eventually become abusive include:

- Extreme jealousy, monitors your every move
- Blaming others for problems
- Never able to admit wrongdoings
- Cruelty to animals
- Rigid beliefs about sex-roles
- Controlling : makes all decisions and keeps you from seeing friends/family
- Name calling, put-downs, make you feel bad about yourself
- Threats
- Violent behavior: slams doors, hits, punching walls,etc.
- Tries to make up by saying they are sorry, they love you, it will NEVER happen again and/or buying you flowers, jewelry



# How do I get help??

- Realize you are Not alone
- Recognize signs & symptoms
- See a counselor
- Call a hotline: Alexandra House 24 hour crisis Line: (763)780-2330





## The Sexual decisions YOU make today.....will affect your FUTURE!

- 3,000 teens will get pregnant today!
- Every 10 seconds, a teen will get an STI.
- 68% of teens stated that they choose to be virgins.
- 32% of condoms used within the last 16 days broke during use.
- 75% of women who have chlamydia don't know they have it while it is destroying their bodies.
- The younger a person is who chooses to engage in sexual behavior, the higher their risk of cancer. (Cervical, uterine, etc.)

Abstinence is a healthy  
choice that you have the  
right to practice!