



**LOVE, SEX AND
RELATIONSHIPS**

JUNE 2015

Sexual Health

Sexual health is a state of physical, emotional, mental and social wellbeing in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled. (WHO, 2006a)

- http://www.who.int/reproductivehealth/topics/sexual_health/sh_definitions/en/

Sensuality

Sexualization

Intimacy



Values

**Sexual
Health/
Reproduction**

**Sexual
Identity**

Holistic Sexuality

Physiological and psychological pleasure from one's own body and/or the bodies of others

Sensuality

The experience of emotional closeness to another human being and having the feeling returned

The use of sexuality to influence, manipulate, or control others

Sexualization

Intimacy

The biology of the body and the sexual and reproductive systems. Includes the care of the organs, the health consequences of sexual behaviors, and the biology of producing children.

Sexual Health & Reproduction

Sexual Identity

The sense of who one is as a sexual person, including a sense of maleness and femaleness, and to whom one is erotically and emotionally attracted





Speak from the Heart *Word Finder*

Put your *Feelings* into *Words*

Be a feelings detective:




Find the **word** that expresses the **feeling**. Put a star by any feelings that you have had today. Put a check by feelings that you have observed in others. Add new words in the blank spaces.





<p>Happy pleased proud confident calm sympathetic friendly loved understood fortunate excited</p>	<p>hopeful content optimistic appreciated</p> 	<p>left out unhappy sorrowful discouraged</p> 	<p>Sad blue lonely guilty ashamed embarrassed remorseful disappointed hopeless depressed miserable</p>
<p>Unsure nervous worried scared shy insecure suspicious surprised shocked mixed-up confused</p>	 <p>anxious stressed afraid uneasy</p>	 <p>impatient outraged offended aggravated</p>	<p>Mad annoyed disapproving fed-up jealous determined defiant disgusted frustrated angry furious</p>

PERSONAL RULES

- SETTING THEM
- DEFENDING THEM

Speak from the Heart *Word Finder*
Put your **Feelings** into *Words*

Be a feelings detective:  Find the word that expresses the feeling. Put a star by any feelings that you have had today. Put a check by feelings that you have observed in others. Add new words in the blank spaces.

Happy pleased proud confident calm sympathetic friendly loved understood fortunate excited	hopeful content optimistic appreciated 	left out unhappy sorrowful discouraged 	Sad blue lonely guilty ashamed embarrassed remorseful disappointed hopeless depressed miserable
Unsure nervous worried scared shy insecure suspicious surprised shocked mixed-up confused	 anxious stressed afraid uneasy	 impatient outraged offended aggravated	Mad annoyed disapproving fed-up jealous determined defiant disgusted frustrated angry furious

HEALTHY OR UNHEALTHY

You can be yourself

You feel energized

You feel worn out and tired

You have fun

You are constantly fighting

You spend time by yourself without the person

He/she respects your personal rules



Agree
Disagree

The best partner
is someone who is
also a good friend.

A person can fall
in love many
times

A person can
prove they are in
love by having
sexual intercourse

Jealousy is a sign
that someone
really loves you

Free and Informed Consent to Sex

- Knows exactly what the sexual behavior involves
- Able to choose the particular behavior, the partner, the time and place
- Understands real feelings about that choice
- Able to communicate those feelings
- Knows how prevent pregnancy and STI
- Knows what is legal
- Able to avoid harm

Technology and Sexuality

- What are your reactions to the ways in which teens are linking sex with technology
- Which examples did you find challenging as a parent or provider

Thoughts About Sexting AGREE DISAGREE

- Sexting is OK for people in love
- It's fine to receive a nude photo, not to send one
- Taking a nude picture of a person without their consent is wrong
- Sexting is risky
- If I received a nude picture of one of my friends, I would delete it immediately

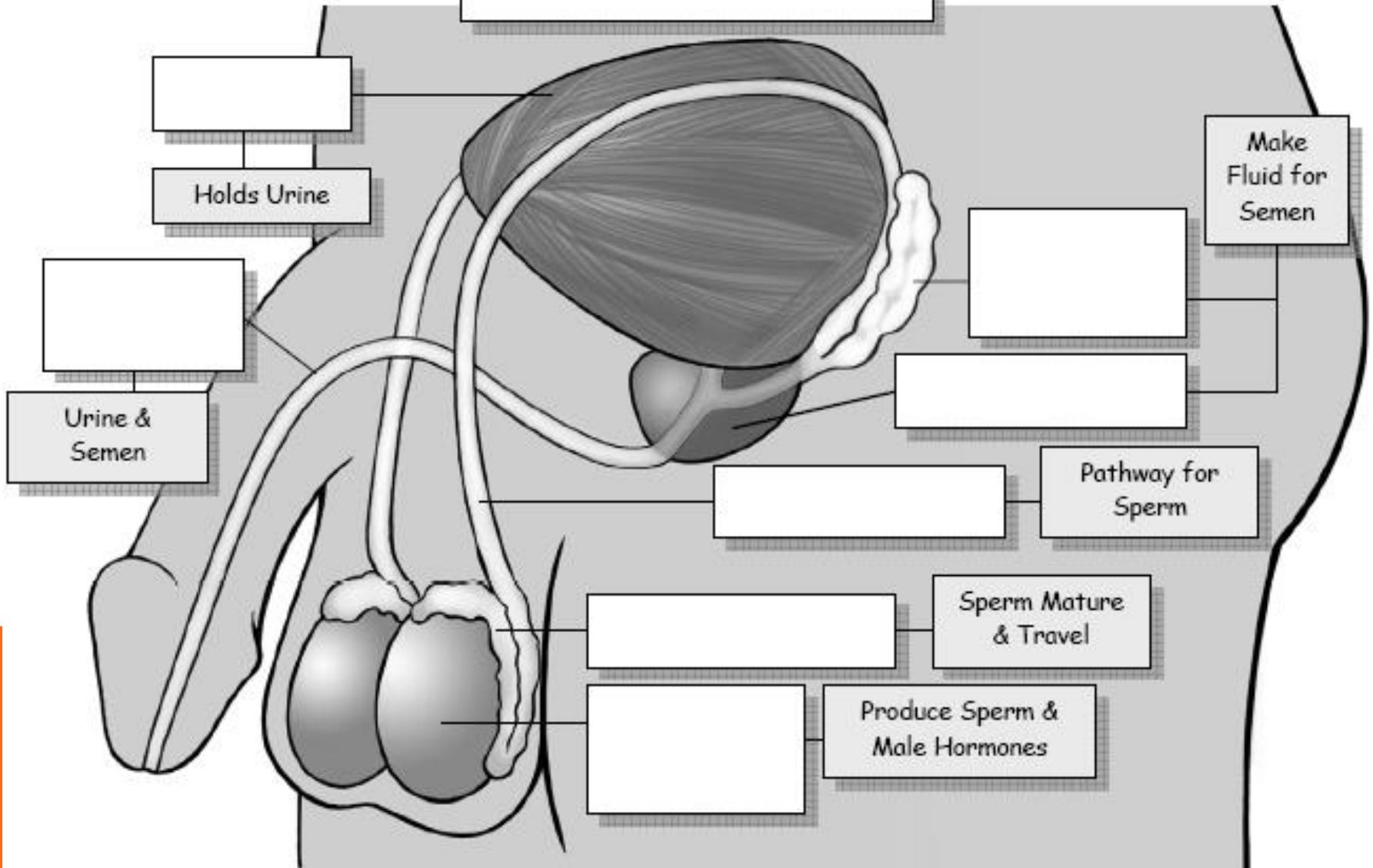
Myth or Fact

- Sexting is harmless flirting
- Once you create a digital image or post it online you cannot control it
- Minors caught texting can be charged with a legal offense
- 70% of teens come across pornography accidentally
- Bare breasts, buttocks and genitals are considered sexually explicit
- Being in possession of a nude picture of a minor can have legal, social and school based consequences

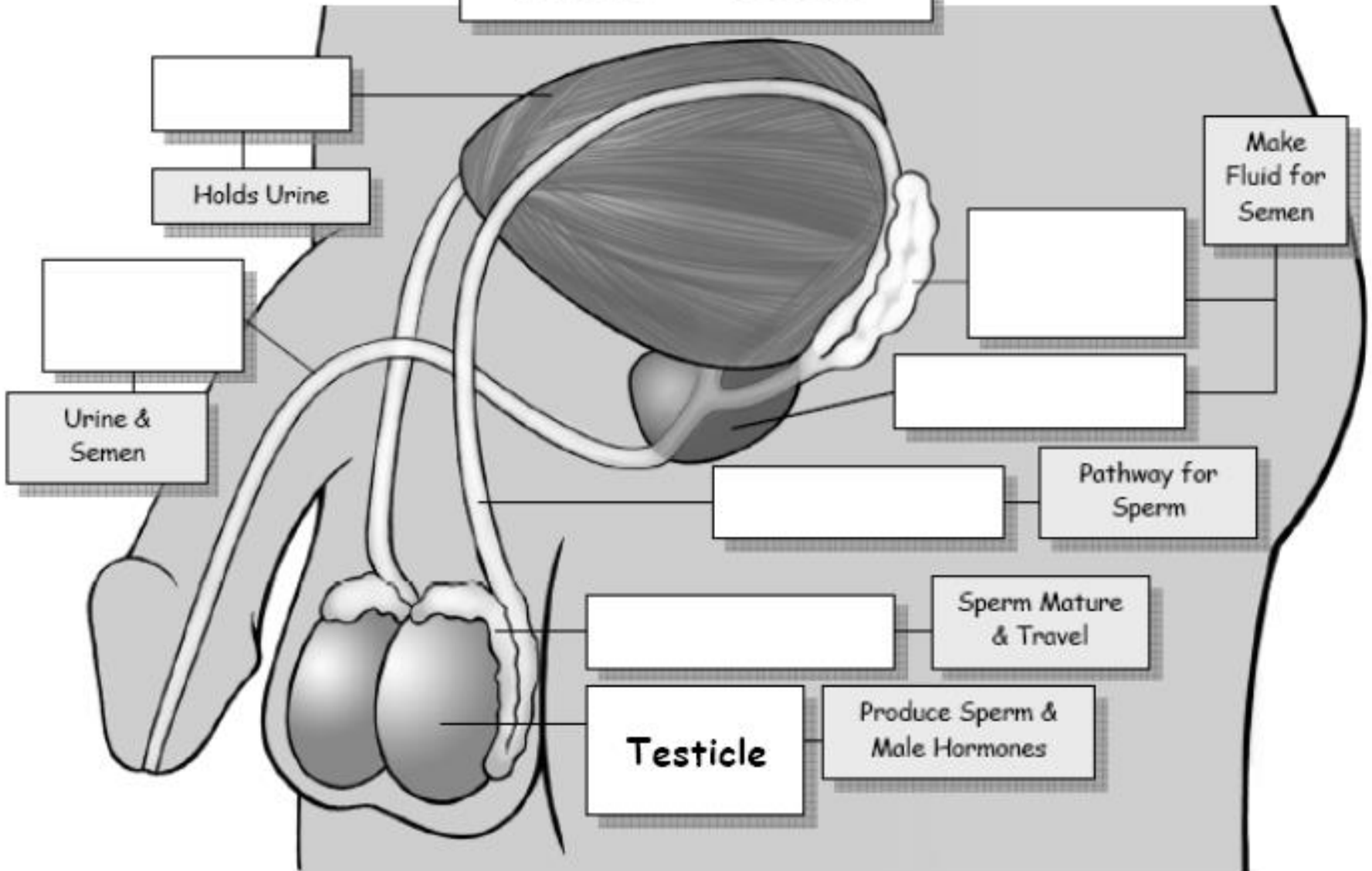
Scenarios

- Why did the people chose to sext?
- What will happen next?
- If the teens could go back in time and do it all again, would they have made the same decisions about sexting?

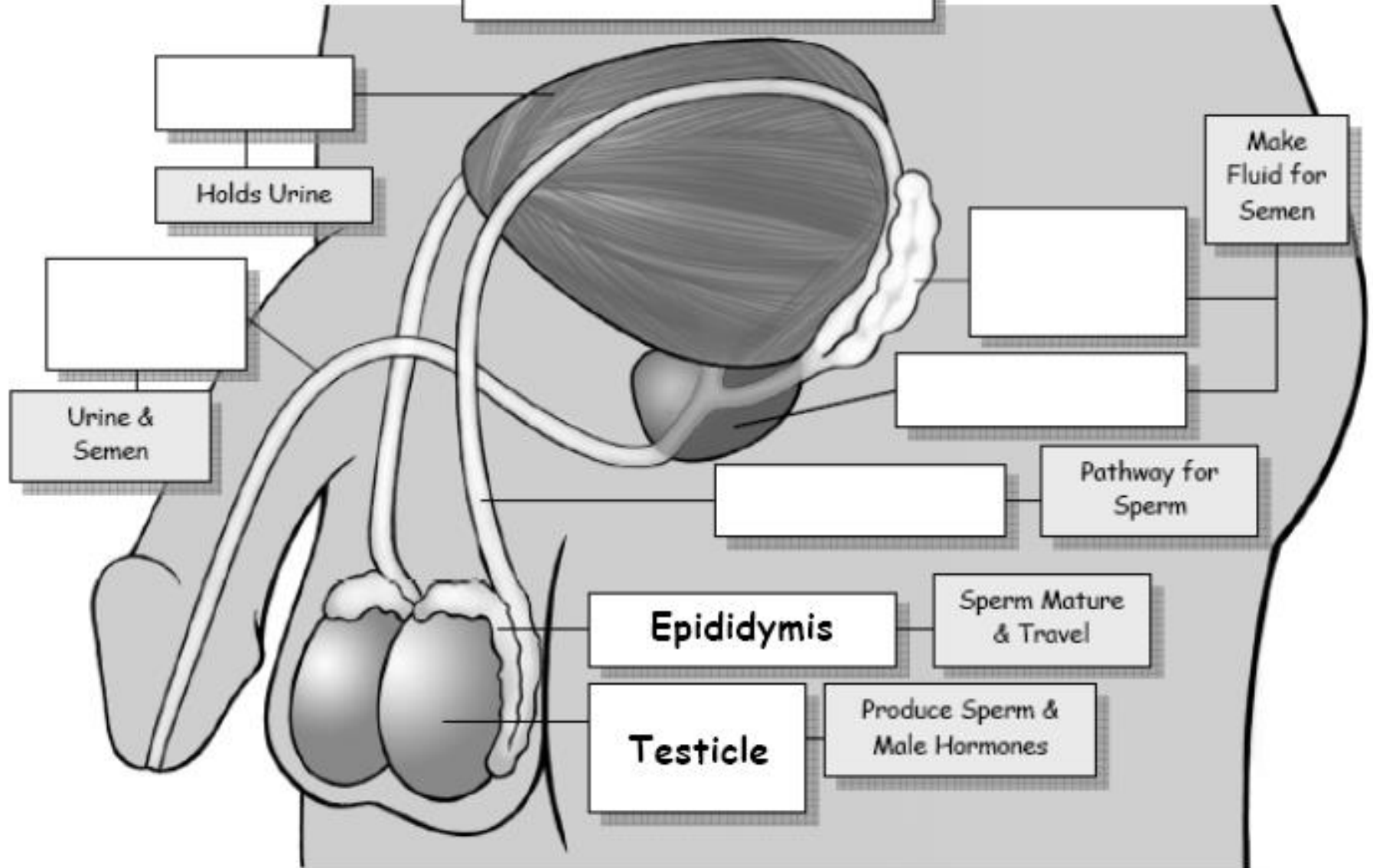
Male Inside



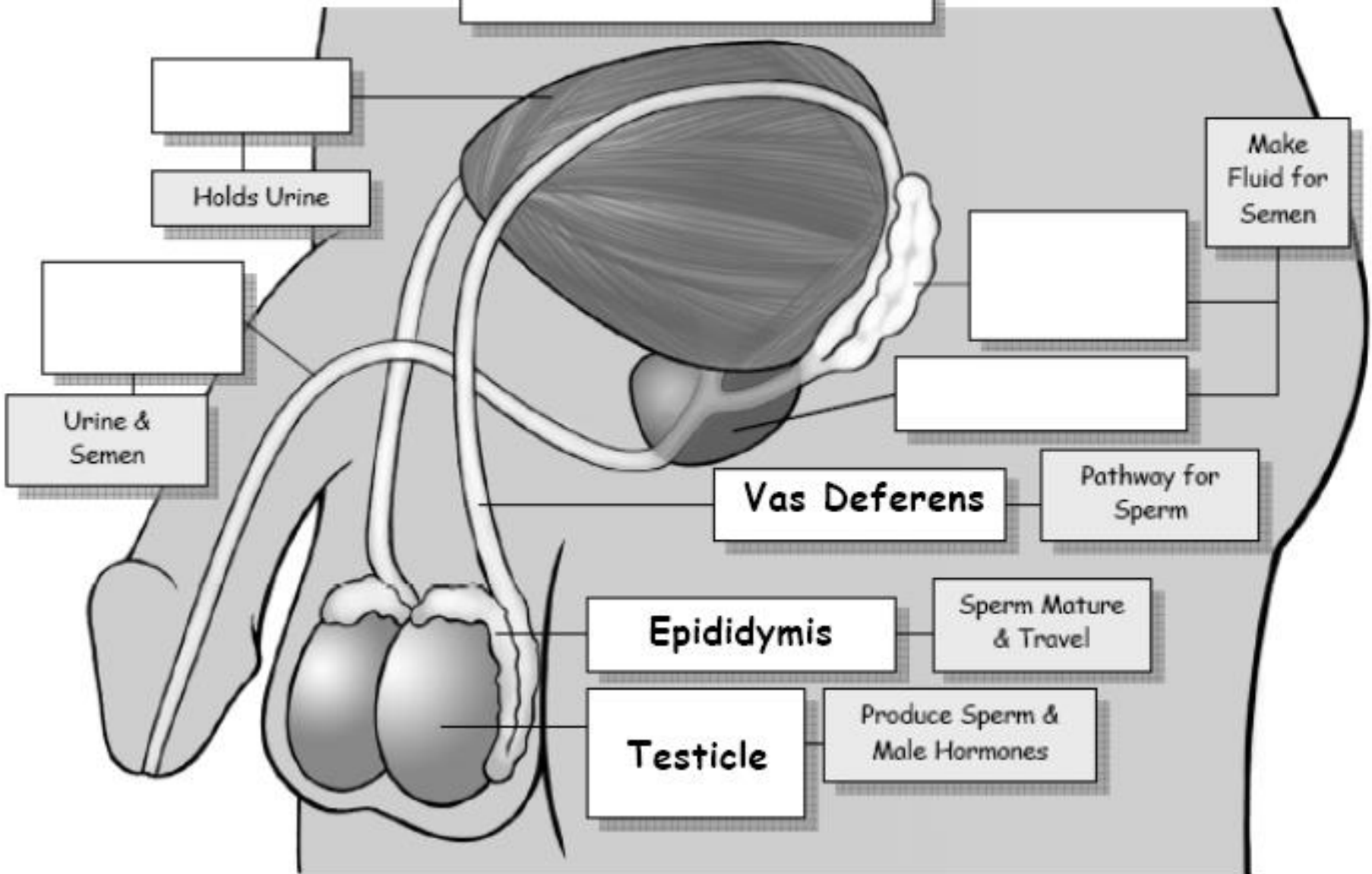
Male Inside



Male Inside



Male Inside



Male Inside

Bladder

Holds Urine

Urine & Semen

Make Fluid for Semen

Pathway for Sperm

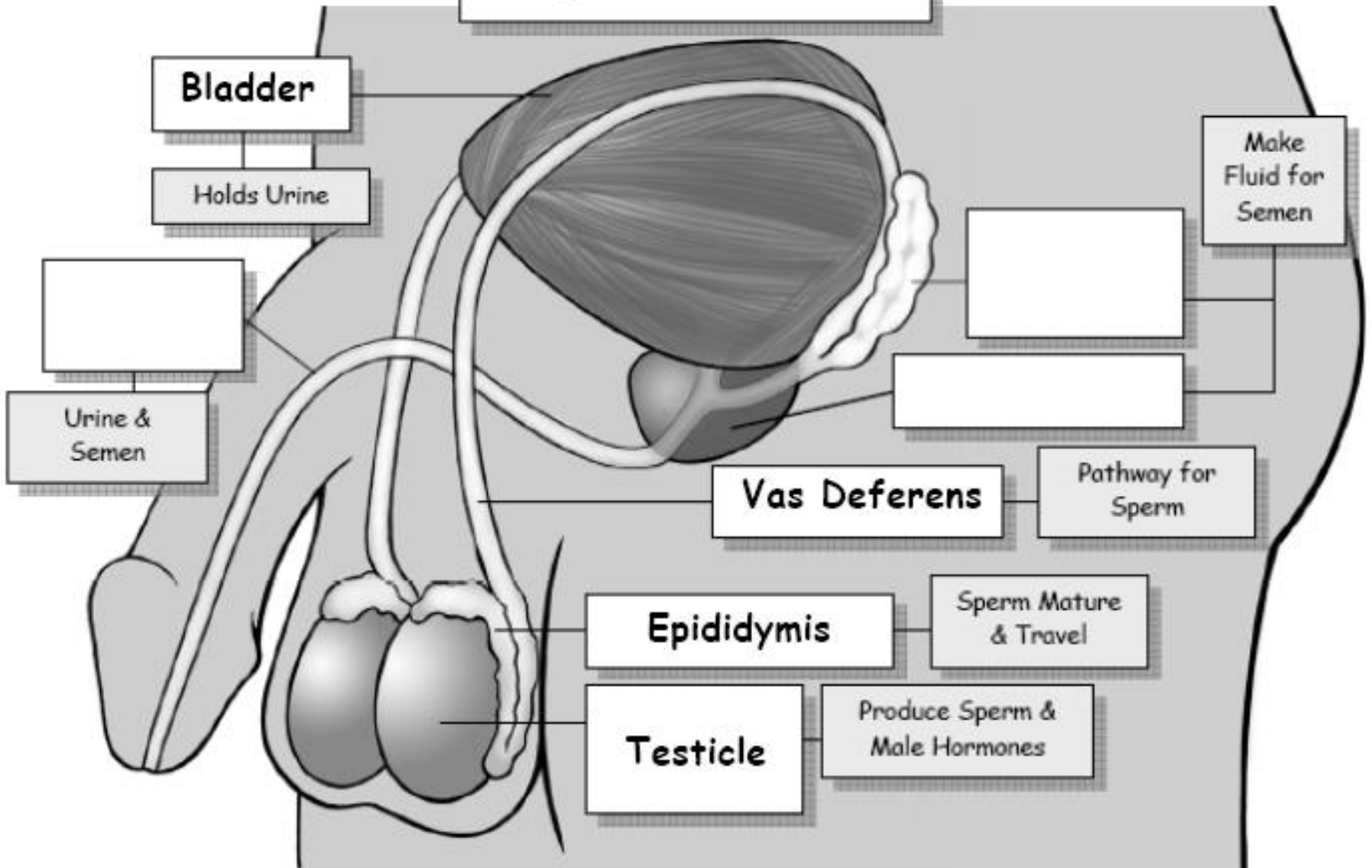
Vas Deferens

Sperm Mature & Travel

Epididymis

Testicle

Produce Sperm & Male Hormones



Male Inside

Bladder

Holds Urine

Urine & Semen

Seminal Vesicle

Make Fluid for Semen

Vas Deferens

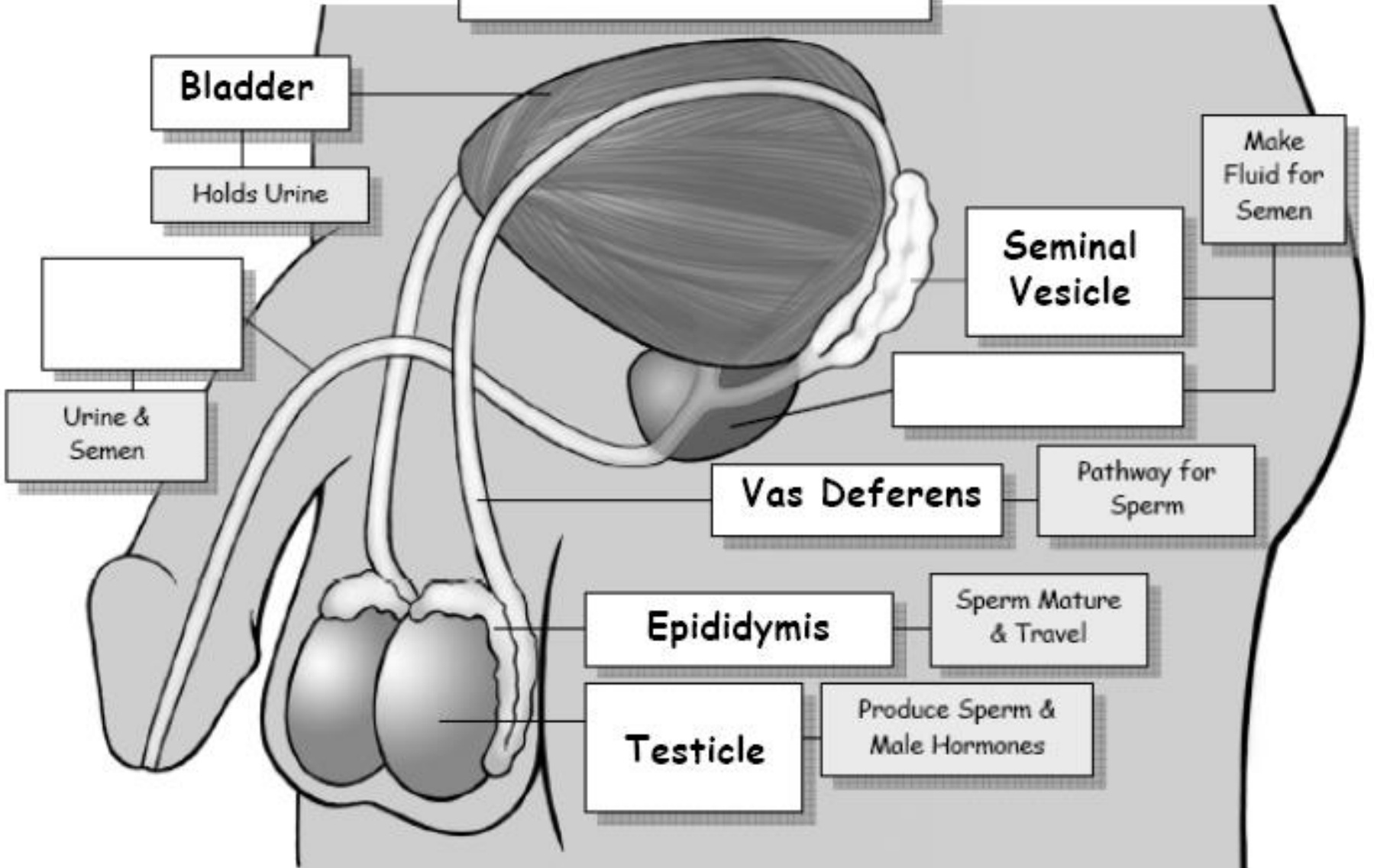
Pathway for Sperm

Epididymis

Sperm Mature & Travel

Testicle

Produce Sperm & Male Hormones



Male Inside

Bladder

Holds Urine

Urine & Semen

Seminal Vesicle

Make Fluid for Semen

Prostate Gland

Vas Deferens

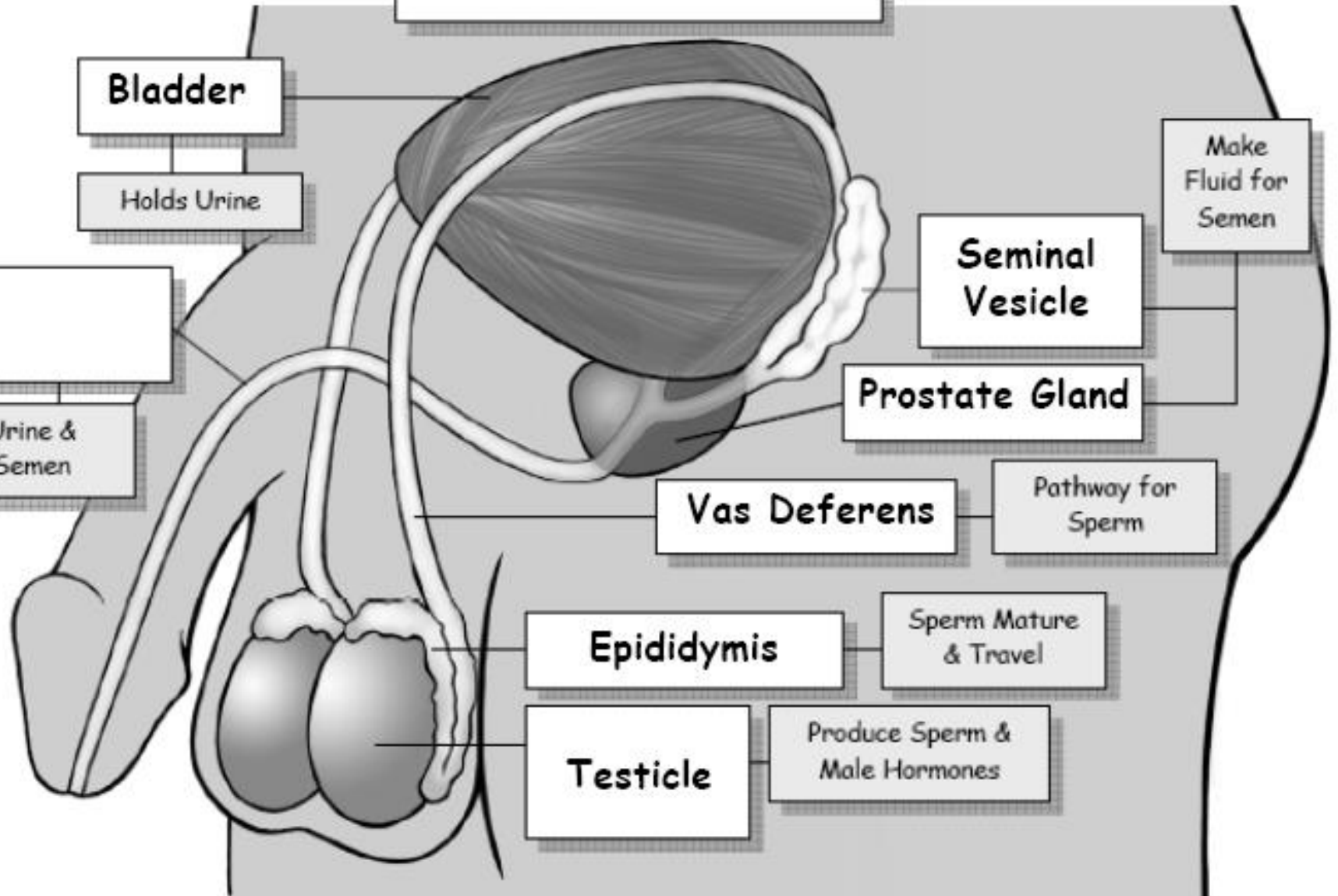
Pathway for Sperm

Epididymis

Sperm Mature & Travel

Testicle

Produce Sperm & Male Hormones



Male Inside

Bladder

Holds Urine

Urethra

Urine & Semen

Seminal Vesicle

Make Fluid for Semen

Prostate Gland

Vas Deferens

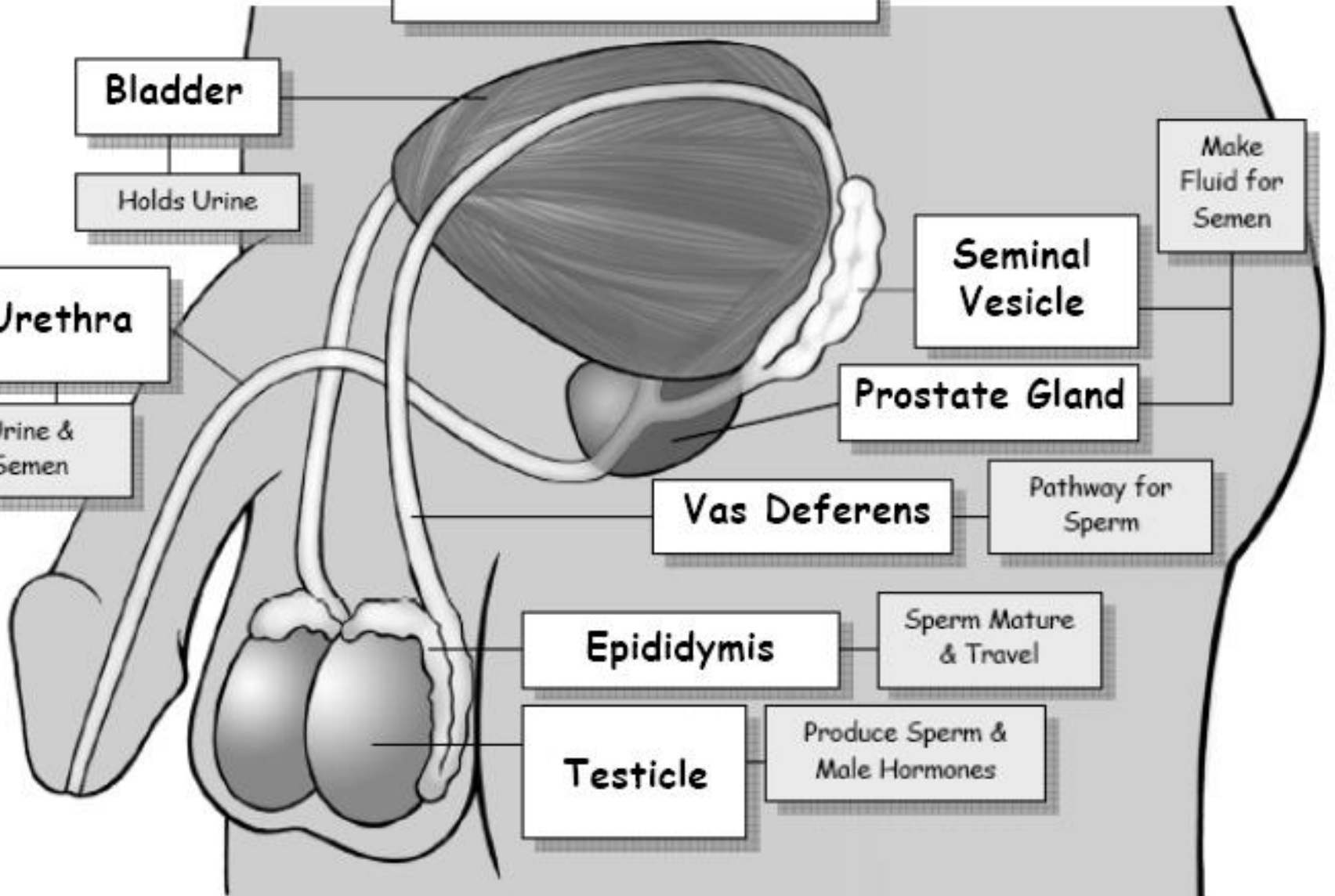
Pathway for Sperm

Epididymis

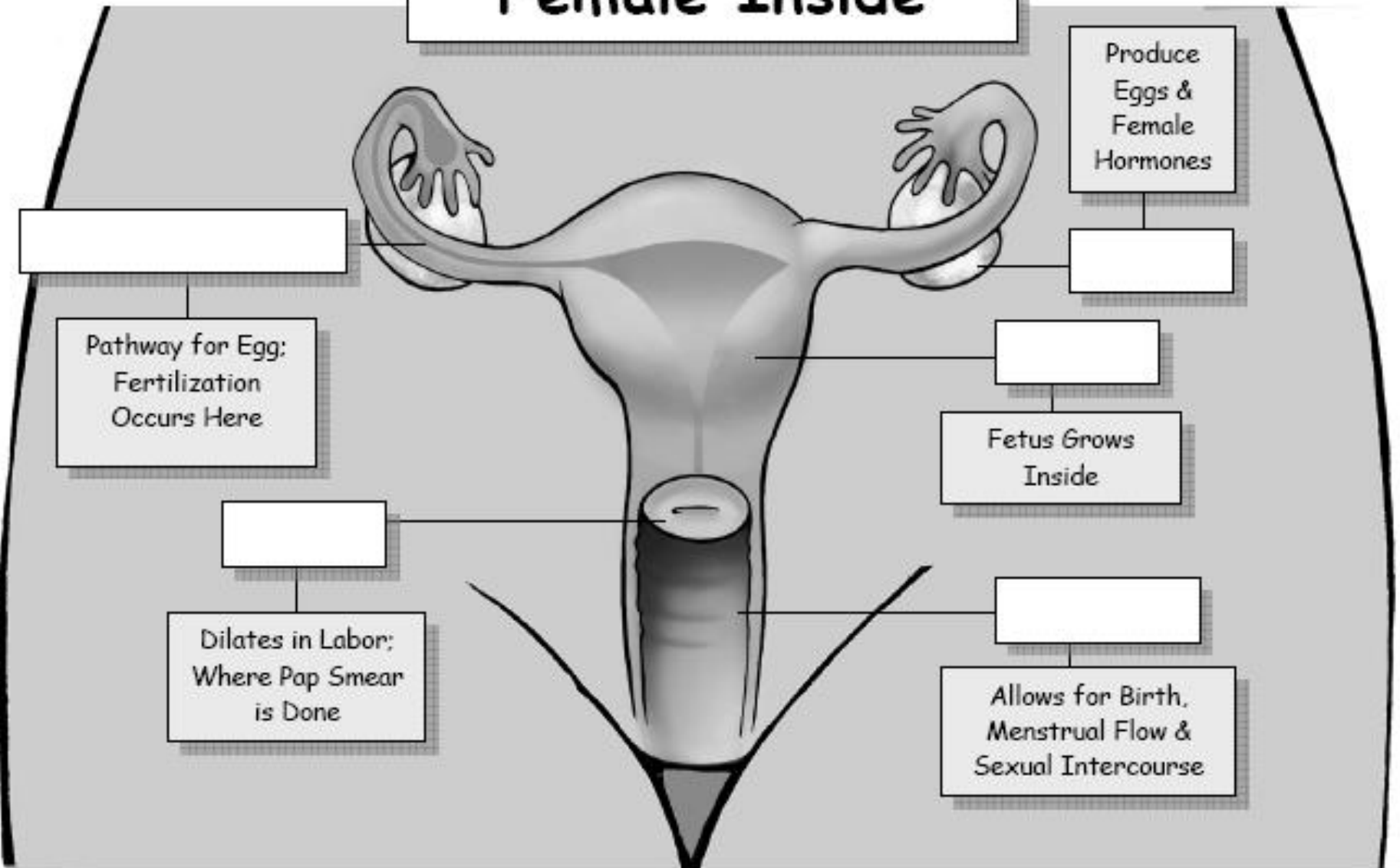
Sperm Mature & Travel

Testicle

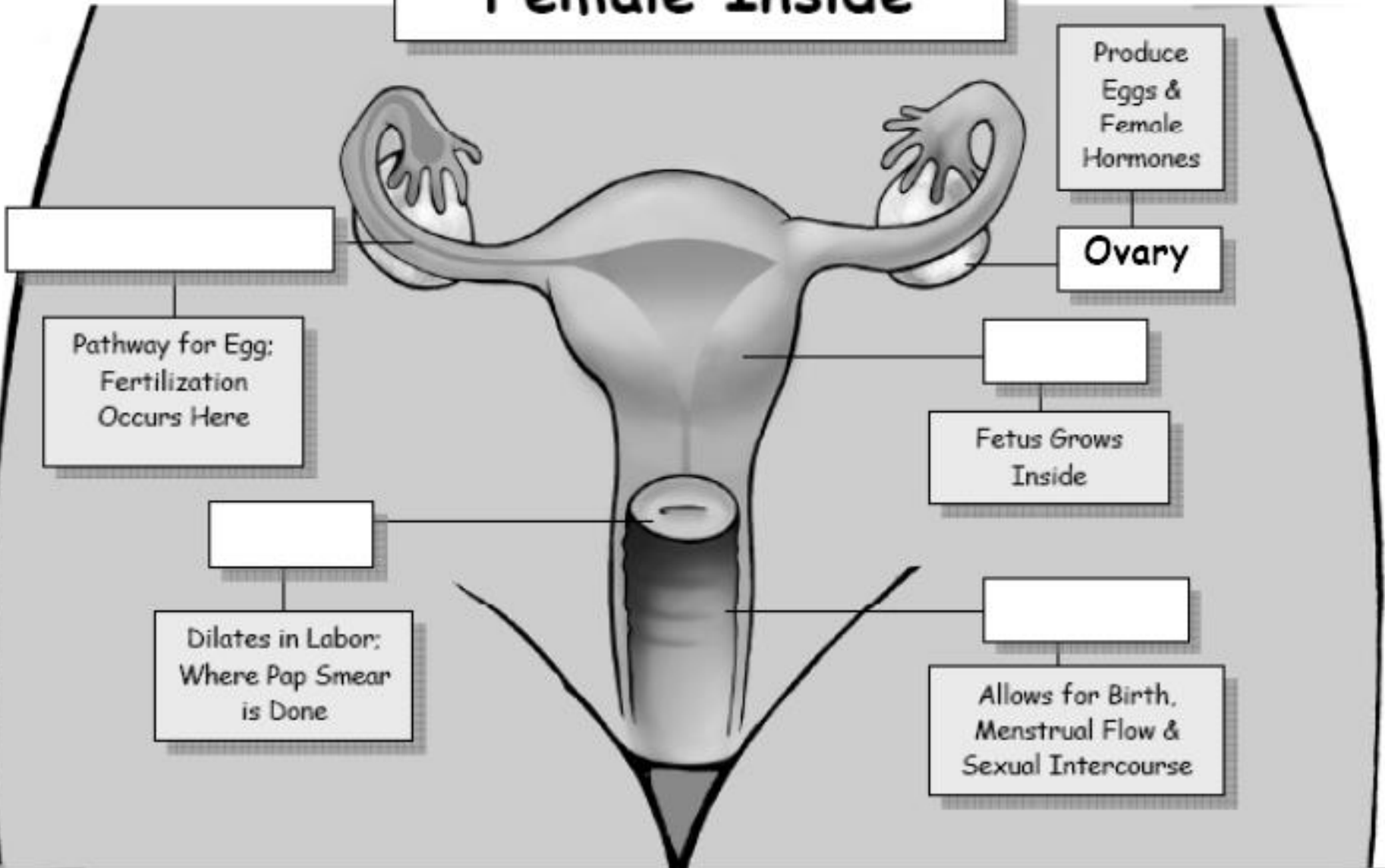
Produce Sperm & Male Hormones



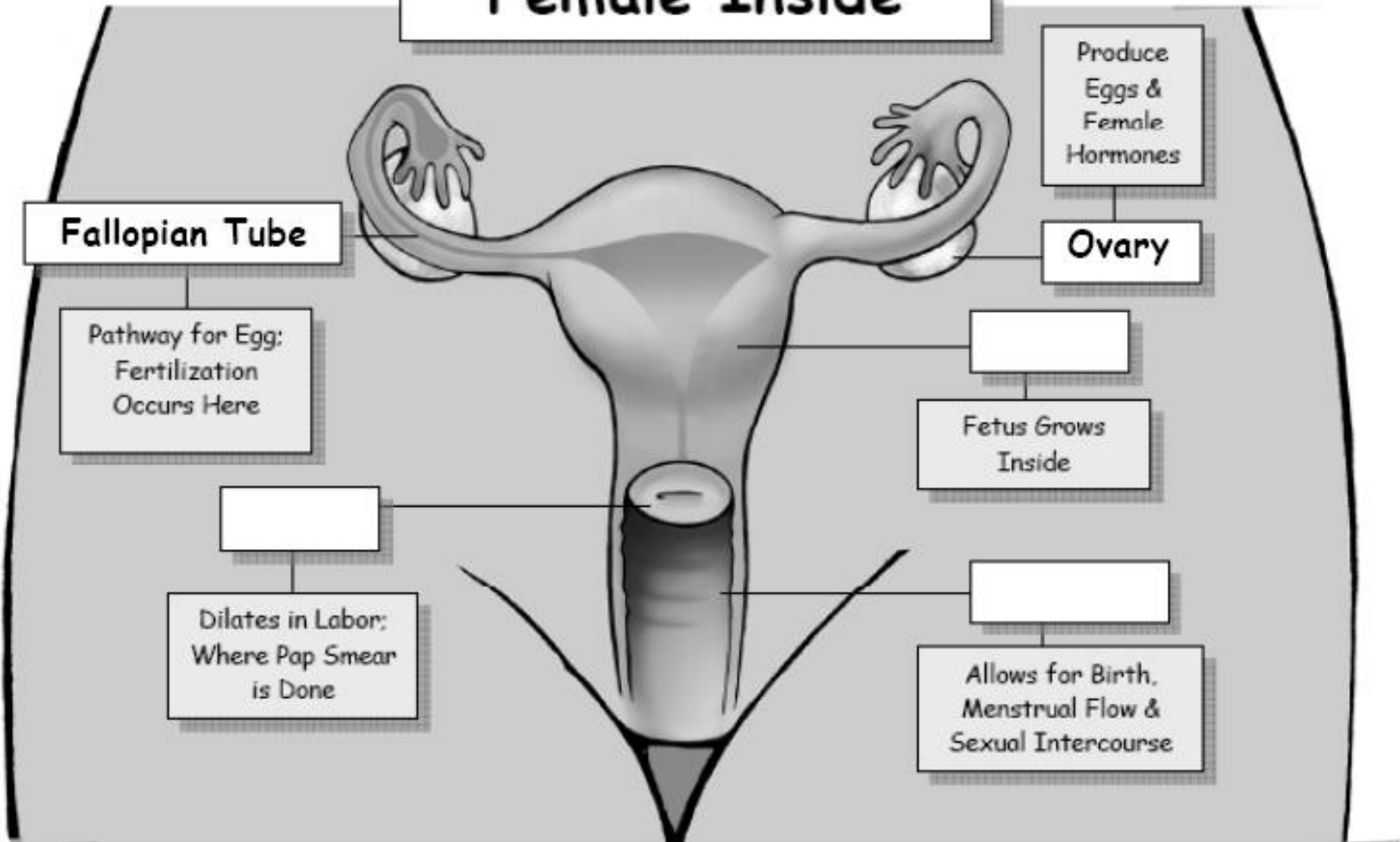
Female Inside



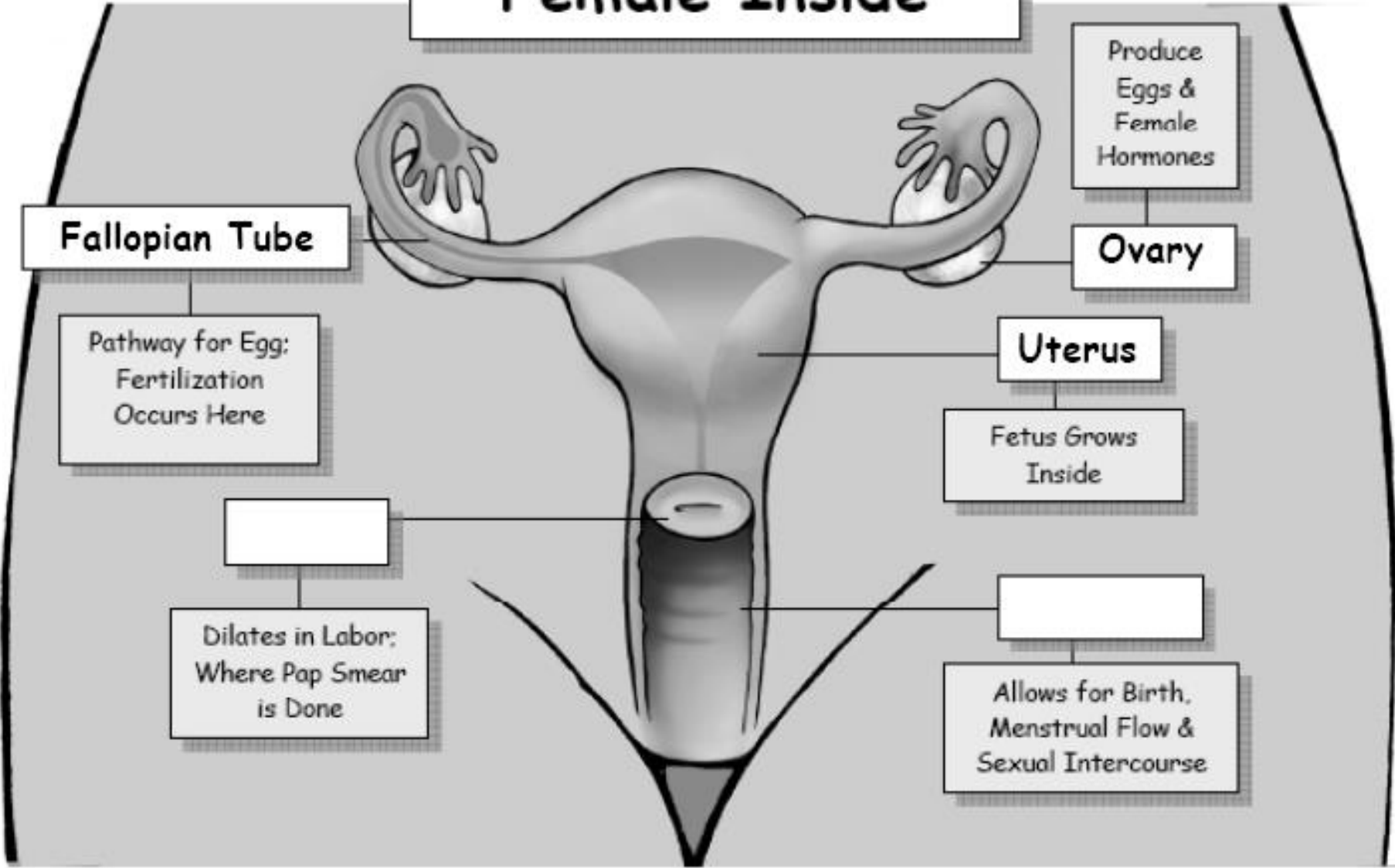
Female Inside



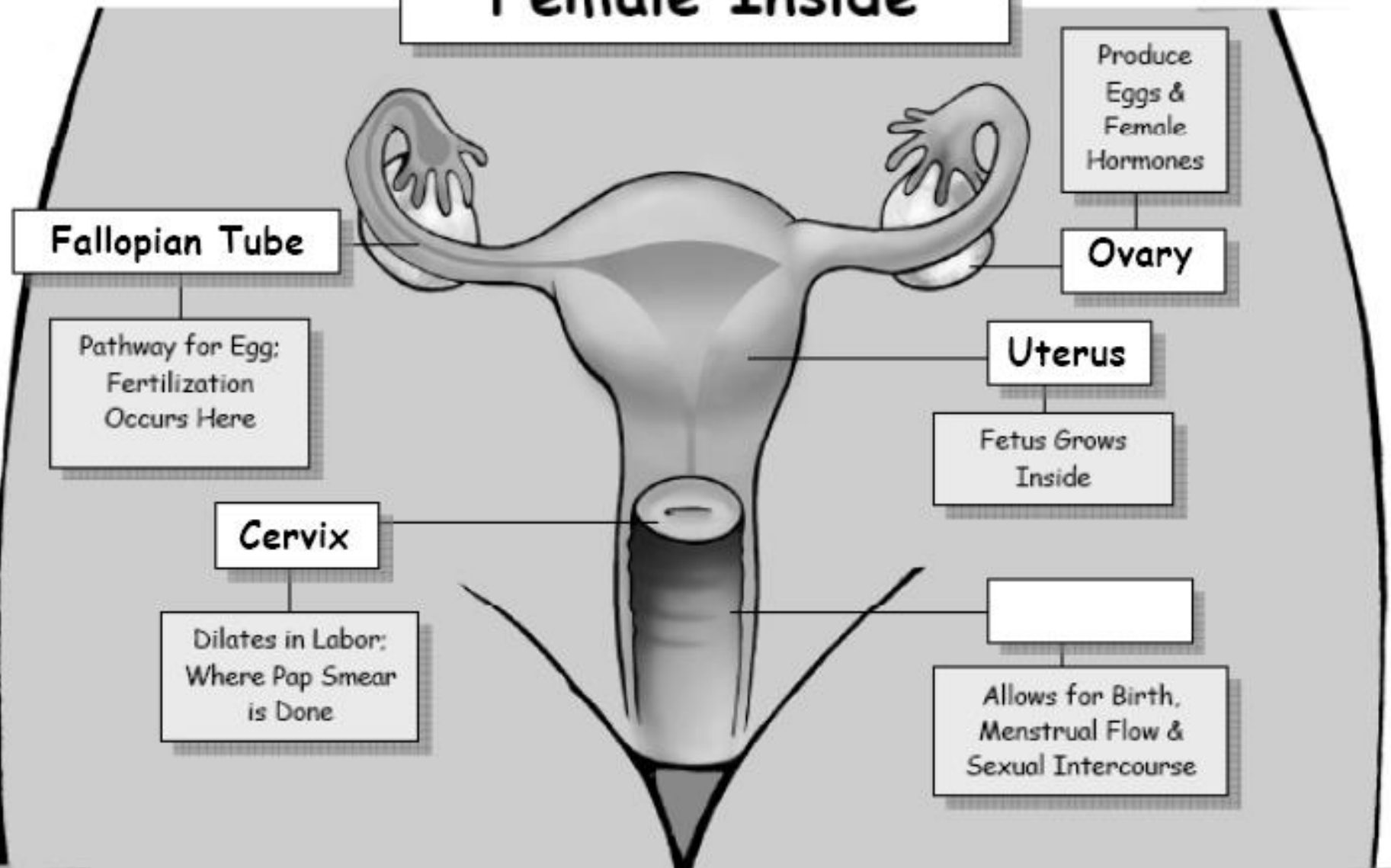
Female Inside



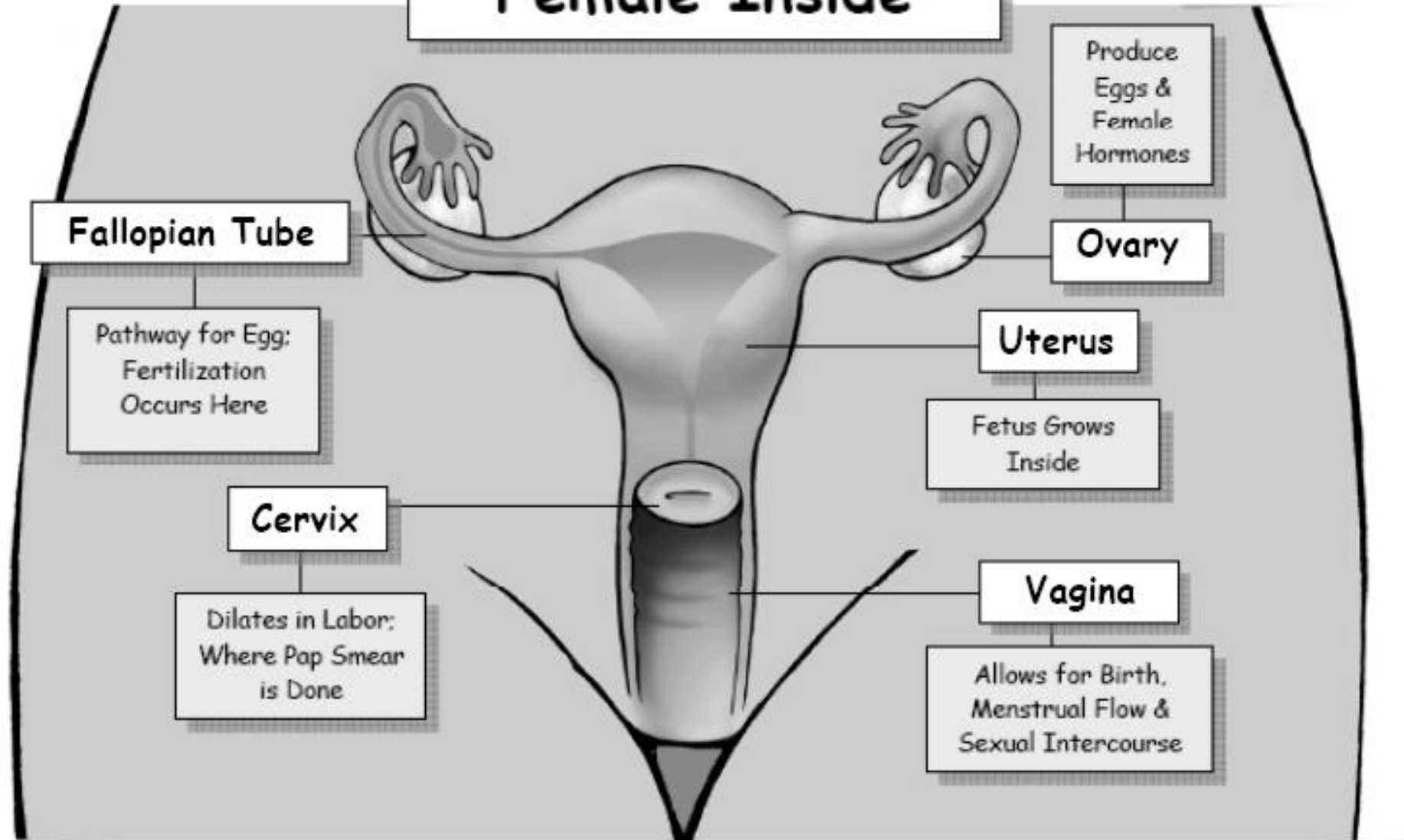
Female Inside



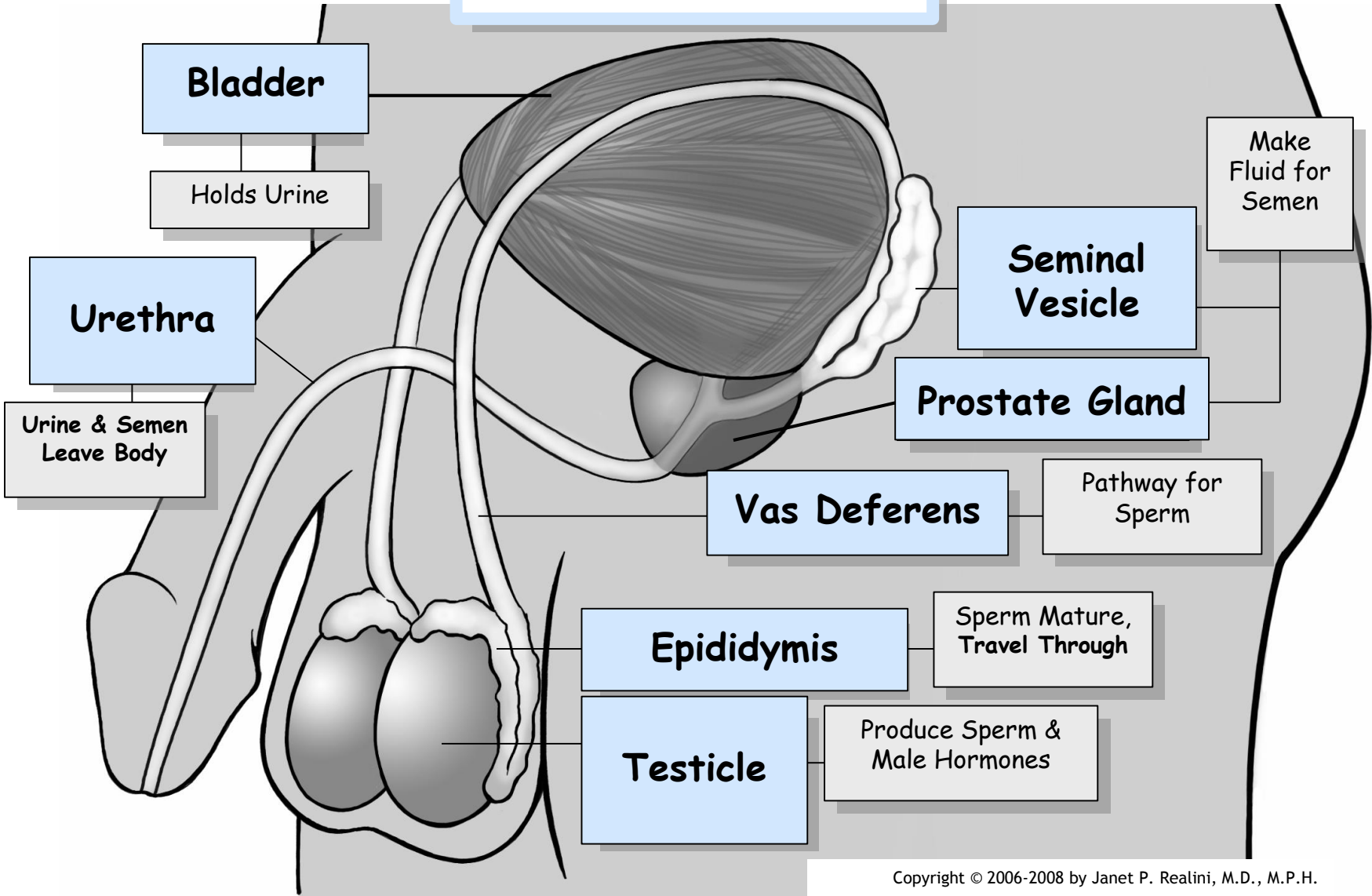
Female Inside



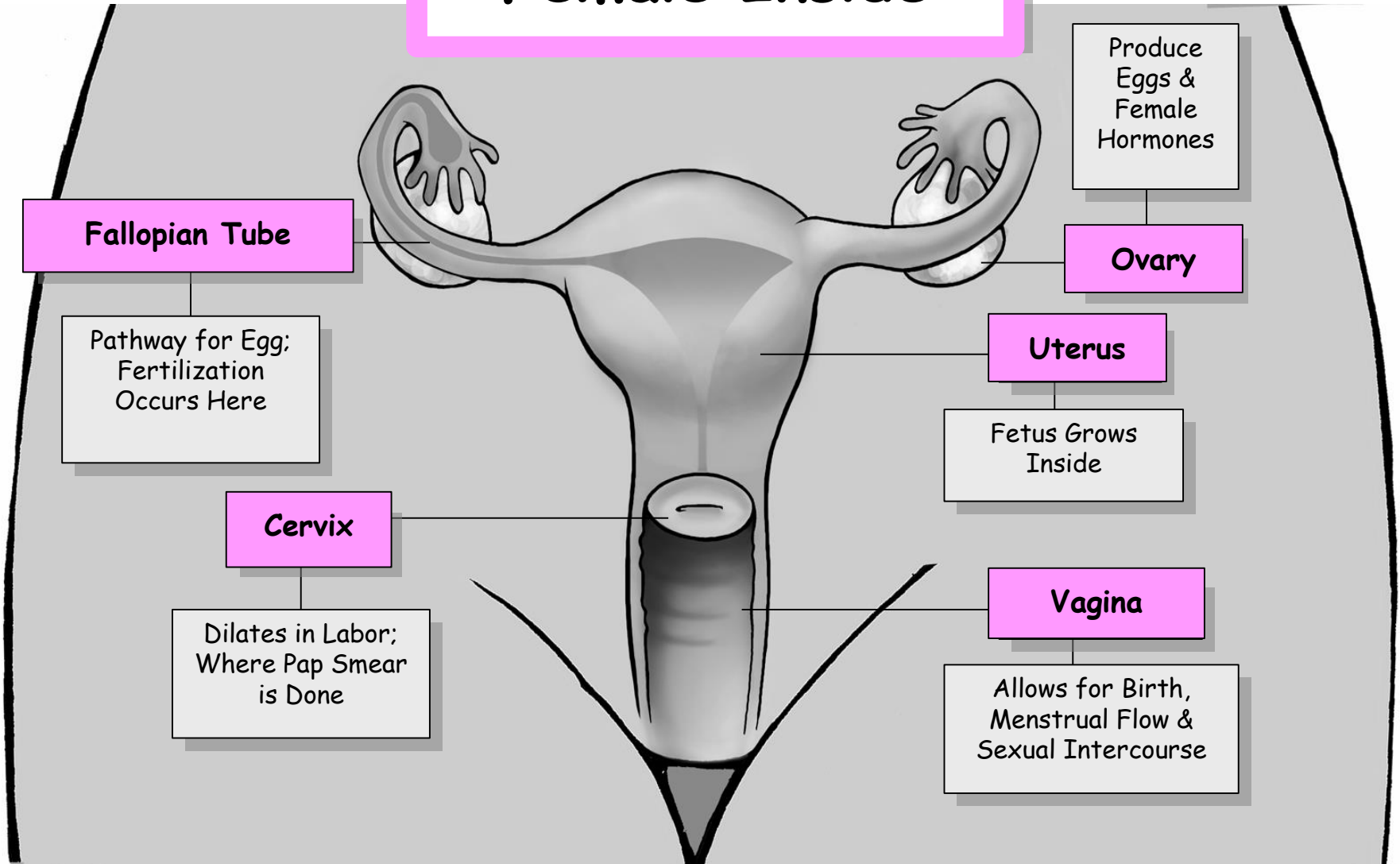
Female Inside

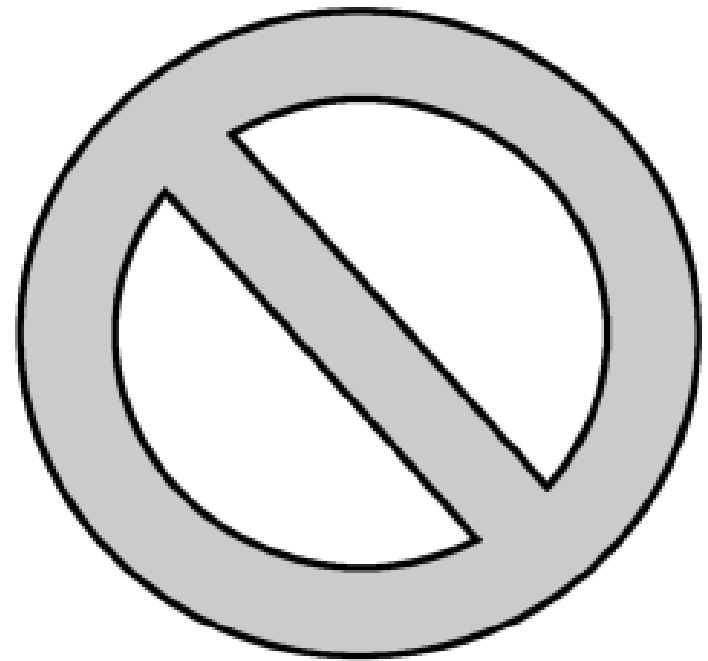


Male Inside



Female Inside





ABSTINENCE

ABSTINENCE



What is it?

- ⊕ **Not having sex**

How does it work?

- ⊕ **No sperm in vagina**

Advantages

- ⊕ **Free**
- ⊕ **100% effective (if used consistently & correctly)**

Disadvantages

- ⊕ **Any?**



Sex using
NO METHOD
("Wishing & Hoping")

Having Sex using **NO METHOD**



What is it?

- ⊕ You have sex & just hope pregnancy won't happen

How does it work?

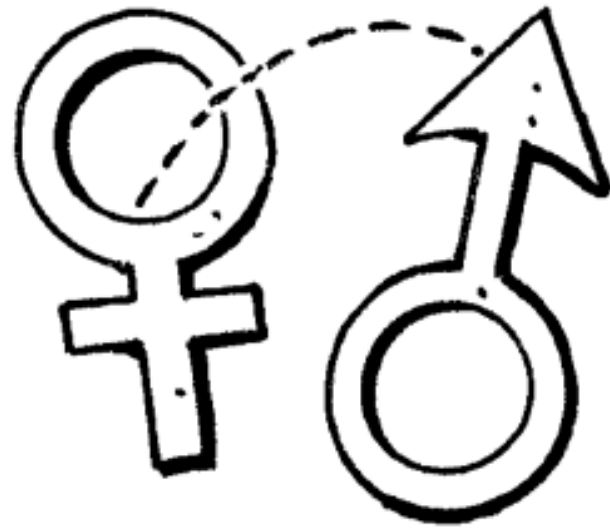
- ⊕ It doesn't work!

Advantages

- ⊕ OK if you are ready to be a parent

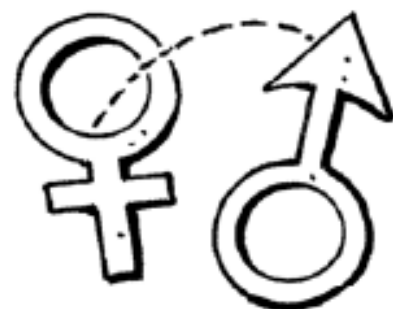
Disadvantages

- ⊕ Not being in control
- ⊕ Pregnancy is likely before you are ready
- ⊕ No protection from STDs



WITHDRAWAL ("Pulling Out")

WITHDRAWAL



What is it?

- ➔ **Male pulls out before he "comes"**

How does it work?

- ➔ **Sperm not placed in vagina**

Advantages

- ➔ **Free**

Disadvantages

- ➔ **Not as effective as other methods**
- ➔ **Requires lots of male self-control**
- ➔ **No STD protection**



CONDOMS

CONDOMS



What is it?

- Latex sheath
- Covers the penis during partner contact

How does it work?

- Barrier: sperm are not placed in vagina

Advantages

- Reduces risk of HIV and other STDs
- No prescription needed

Disadvantages

- May slip or break (1 to 3 times in 100)
- Must be used correctly, EVERY time!

CONDOMS: Other Things to Know

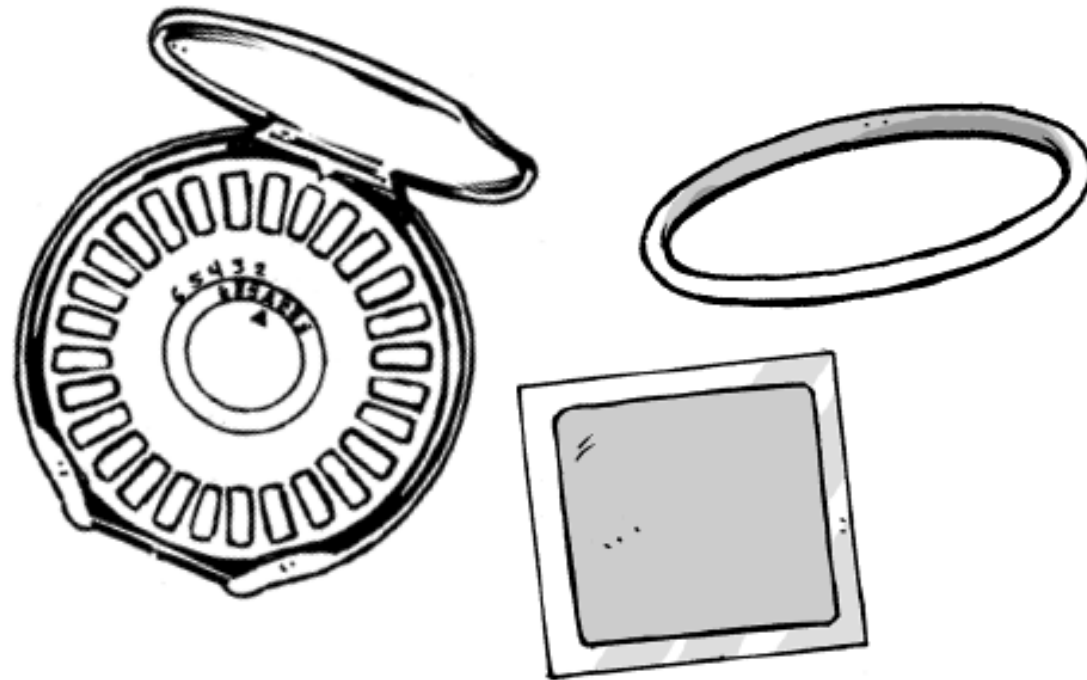


What Kind?

- ➔ LATEX (rubber) are most effective
- ➔ "Skin" condoms do NOT prevent STDs
- ➔ Polyurethane condoms can be used by those allergic to latex

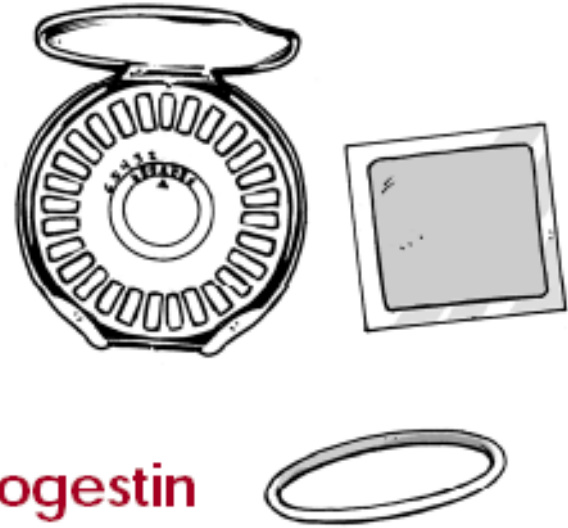
The Female Condom

- ➔ Made of polyurethane
- ➔ Worn in the vagina
- ➔ More expensive, not quite as effective



PILL, PATCH, RING

PILLS, PATCHES, and RINGS



What is it?

- ⊕ 2 hormones: estrogen and progesterin
- ⊕ PILL swallowed once a day
- ⊕ PATCH worn on skin for 1 week
- ⊕ RING worn in vagina for 3 weeks

How does it work?

- ⊕ Hormones in bloodstream "turn off" the ovaries
- ⊕ Egg is not released from ovary

PILLS, PATCHES, RINGS

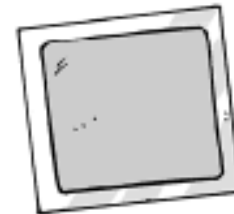
Other Things to Know

Advantages

- ⊕ Very effective
- ⊕ Serious side effects are rare
- ⊕ Reduce the risk of 2 cancers, anemia
- ⊕ Helps cramps, acne

Disadvantages

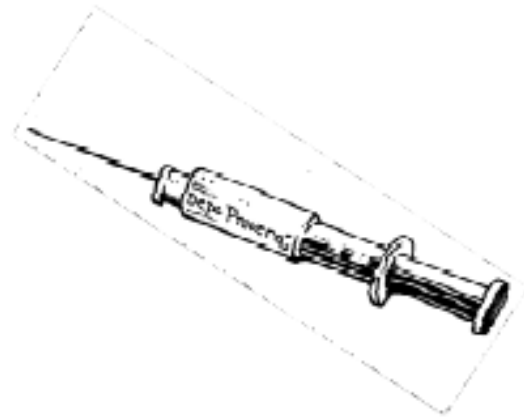
- ⊕ No protection from STDs
- ⊕ Prescription needed
- ⊕ Some females have side effects
 - ⊕ Usually NOT weight gain





SHOT

SHOT



What is it?

- ⊕ Injection given every 3 months
- ⊕ A large dose of progestin hormone

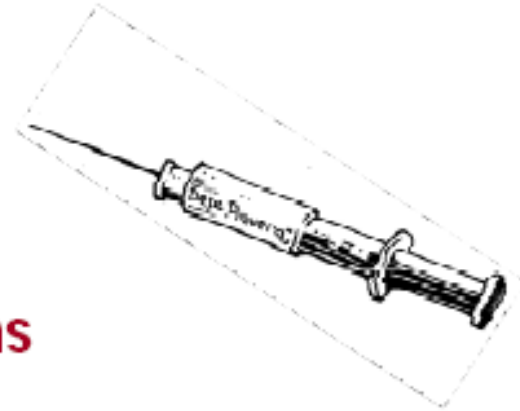
How does it work?

- ⊕ Hormone in the bloodstream "turns off" the ovaries
- ⊕ Egg is not released from ovary

SHOT: Other Things to Know

Advantages

- ➔ **Very effective**
- ➔ **One shot lasts 3 months**



Disadvantages

- ➔ **No protection from STDs**
- ➔ **Prescription needed**
- ➔ **Some females have side effects**
 - ➔ **Irregular bleeding, weight gain**



IMPLANT

IMPLANT



What is it?

- ⊕ Flexible plastic rod (matchstick size)
- ⊕ Placed under the skin of the female's arm
- ⊕ Releases progestin hormone over 3 years
 - ⊕ Can be removed earlier, if desired

How does it work?

- ⊕ Hormone in the bloodstream stops the ovary from releasing an egg

IMPLANT

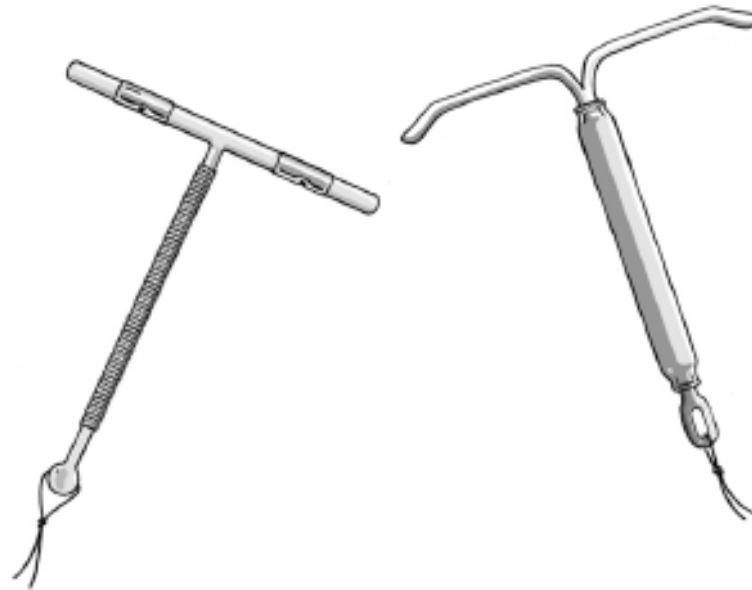


Advantages

- ➔ **Extremely effective**

Disadvantages

- ➔ **Requires a prescription and minor surgery**
- ➔ **No STD protection**
- ➔ **Irregular bleeding is common**



INTRAUTERINE DEVICE (IUD)

IUD



What is it?

- ⊕ Plastic "T" with copper or progestin
- ⊕ Placed in the uterus by a medical provider

How does it work?

- ⊕ Prevents fertilization of the egg by sperm

Advantages

- ⊕ Extremely effective
- ⊕ Works for 5 or 10 years

Disadvantages

- ⊕ Requires an office procedure
- ⊕ No STD protection



WHAT ARE SEXUALLY TRANSMITTED DISEASES?

More than 50% of people will be diagnosed with at least one STD during their lifetime.

Although it is most common for symptoms of sexually transmitted diseases to appear in the genital area, many STDs affect a person's entire body.

There are over 25 different types of STI/STDs.



BIG DECISIONS NS

LESSON 4

SEXUALLY TRANSMITTED DISEASES **Including HIV/AIDS**

PowerPoint Presentation for Classroom Use

Copyright © 2006 - 2009 by Janet P. Reolini, M.D., M.P.H.

BIG DECISIONS

KEY MESSAGES

- ➔ Having sex is a **BIG DECISION**
- ➔ **ABSTINENCE** is the healthiest choice
- ➔ Teens who have sex must:
 - ➔ use **CONDOMS** and **BIRTH CONTROL**
Correctly, EVERY time!

STUDENT HANDOUT for ACTIVITIES 4.2 and 4.3:
CHLAMYDIA and GONORRHEA

What Kind of Bug?

Bacteria

Curable?

Yes

How Common?

VERY Common,
especially
Chlamydia

Chlamydia & Gonorrhea

Effects on Baby?

Eye Infection
Pneumonia

Symptoms in Males?

- Drip (discharge) from penis
- Hurts to pee
- Many have NO SYMPTOMS

Symptoms in Females?

- Drip (discharge) from vagina
- Pain in lower abdomen
- Many have NO SYMPTOMS

What Can it Lead To?

- Painful Infection
- Hard to get pregnant

STUDENT HANDOUT for ACTIVITIES 4.2 and 4.3:
TRICHOMONAS

What Kind of Bug?

Parasite

Curable?

Yes

How Common?

VERY Common

Effects on Baby?

Born too soon
(premature)

Trichomonas

Symptoms in Males?

Usually NO SYMPTOMS

Symptoms in Females?

- Drip (discharge) from vagina
- Itching, Odor
- May have NO SYMPTOMS

What Can it Lead To?

Irritation makes it EASIER
to get HIV, if exposed

STUDENT HANDOUT for ACTIVITIES 4.2 and 4.3:
SYPHILIS

What Kind of Bug?

Bacteria

Curable?

Yes

How Common?

Less Common
(but still important)

Effects on Baby?

Birth Defects;
Death

Syphilis

Symptoms in Males?

- Sores
- Rash
- May have NO SYMPTOMS

Symptoms in Females?

- Sores
- Rash
- May have NO SYMPTOMS

What Can it Lead To?

- Brain, Heart Disease
- Death
- Easier to get HIV, if exposed

STUDENT HANDOUT for ACTIVITIES 4.2 and 4.3:
HIV Infection and AIDS

What Kind of Bug?

Virus

Curable?

No
(but Treatable)

How Common?

Less Common
(but very important)

Effects on Baby?

Baby can be infected

HIV
(Human Immunodeficiency Virus)

Symptoms in Males?

Most have NO SYMPTOMS

Symptoms in Females?

Most have NO SYMPTOMS

What Can it Lead To?

- AIDS: Body can't fight infection
- Death

STUDENT HANDOUT for ACTIVITIES 4.2 and 4.3:
Genital Herpes

What Kind of Bug?

Virus

Curable?

No
(but Treatable)

How Common?

VERY Common

Effects on Baby?

Birth Defects;
Death

Herpes

Symptoms in Males?

- Blisters, raw areas
- Many have NO SYMPTOMS

Symptoms in Females?

- Blisters, raw areas
- Many have NO SYMPTOMS

What Can it Lead To?

- Pain and blisters can come back in outbreaks

STUDENT HANDOUT for ACTIVITIES 4.2 and 4.3:
HPV (Human Papillomavirus)

What Kind of Bug?

Virus

Curable?

No
(but Treatable)

How Common?

VERY Common

Effects on Baby?

Rarely, baby can
get throat warts

HPV

(Human Papillomavirus)

Symptoms in Males?

- Warts, bumps
- Many have NO SYMPTOMS

Symptoms in Females?

- Warts, bumps
- Many have NO SYMPTOMS

What Can it Lead To?

- Some kinds of HPV can lead to
cancer (of the cervix)

Reduce Your Risk of HIV and other STDs

How?

1. Abstinence
2. Condoms - correctly, EVERY time!
3. Few partners
4. No high-risk partners
5. One long-term (uninfected) partner
6. Be faithful to one another
7. Get vaccinated (females)

BIG DECISIONS

KEY MESSAGES

- ➔ Having sex is a **BIG DECISION**
- ➔ **ABSTINENCE** is the healthiest choice
- ➔ Teens who have sex must:
 - ➔ use **CONDOMS** and **BIRTH CONTROL**
Correctly, EVERY time!