



PROJECT LIFE

Creating lifelong connections for youth.

A partnership with and funded by VDSS.

Sexual Education

Youth will increase their knowledge about sex, sexual behaviors, and sexually transmitted diseases.

Risk Prevention

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Sexual Education

<i>Age Range</i>	14+
<i>Skill Focus</i>	Youth will increase their knowledge of facts about sex, sexual behaviors, and sexually transmitted diseases.
<i>Group Size</i>	5+
<i>Time Required</i>	55 minutes
<i>Materials Needed</i>	<ul style="list-style-type: none"> - <i>Sexual Education Myth v. Fact Statements</i> - Container (box or bag) to hold statements - Index cards - Markers - <i>Overview of Sexually Transmitted Diseases Handout</i>
<i>Adapted From</i>	<p>Life Planning Education; Advocates for Youth, Washington, DC; stayteen.org/myths; Trisha Dawe, http://www.ehow.com/info_7882981_std-education-activities.html STD Information - http://www.greattowait.com/STDs.html</p>

Leader's Notes:

STD Web Activity	10 minutes
Myths and Facts	20 minutes
STD Overview	25 minutes
Final Thoughts	5 minutes

STD Web Activity (10 minutes)

STD Web Instructions:

- Draw one inconspicuous red dot on a blank index card and privately instruct one student to remain seated and not partake in the activity.
- Pass out one card to each student, including the marked card.
- Instruct each student to write the numbers one through four vertically on the card and gather a different signature from each of four classmates, next to each of the numbers.
- The first student should still sit quietly at his desk.
- After all index cards are completed (with the one exception), ask students to look for a small red dot on their card.
- The student with the red dot will be the first to speak the names on her card, while you write all the names in a web formation on the board.
- Ask the students whose names appear on the first card to state the names on their own card, and so on until you have placed all names on the board.
- Relate the activity to the manner in which STDs are transmitted through sexual activity and how quickly they are able to spread.
- The student asked not to participate will be the only person without a hypothetical STD

Myths and Facts (20 minutes)

*Note: Prior to workshop, leader should print and cut out statements listed on **Sexual Education Myths v. Facts** document. Statements should be put in a box or bag.*

Inform the group they will play a game to learn what is fact and fiction about sexuality.

Instructions for the game:

- The group will be divided into 2 separate teams.
- A member from the first team will draw a statement from the container and say whether it is fact or fiction; the youth can consult with his/her team before answering the question.
- The second team will then draw a statement.
- The game continues until all statements have been read.
- Each correct answer gets 1 point.

Below is the cheat sheet for the activity. As the youth pulls a statement out of the container and responds myth or fact, the leader will read the corresponding statement below to determine if response is correct.

Abstinence is the only method of contraception that is 100% effective.

FACT. Abstaining from (not having) sexual intercourse of any kind is the only way to be absolutely sure of avoiding the risk of pregnancy or sexually transmitted diseases.

Only females can have sexually transmitted diseases without any symptoms.

MYTH. Some STDs, such as herpes, have obvious symptoms in men and women. Others, such as gonorrhea and chlamydia, typically show no symptoms in women and often show no symptoms in men, as well. HIV infection may occur in men and women with no symptoms of the disease for 10 years or more.

Once a person has had gonorrhea and been cured, she or he cannot get it again.

MYTH. A person can get gonorrhea as many times as she or he has oral, anal or vagina intercourse with an infected partner.

Condoms are not very effective in preventing pregnancy and STDs.

MYTH. Condoms are not 100%effective, but besides abstinence, they are the most effective way of preventing STDs. In addition, if used correctly, latex condoms will prevent pregnancy about 80% of the time.

All boys have wet dreams during puberty.

MYTH. Some boys do not have wet dreams at all, and that is normal for them. Wet dreams occur only as necessary to release excess sperm.

Males need to have sex to keep good health.

MYTH. Neither males nor females need to have sex to be healthy.

There is no known cure for herpes.

FACT. Herpes is a virus that can cause painful sores on the mouth, genitals, or anus and other parts of the body. Once contracted, it cannot be cured. Women who have herpes must not deliver a child vaginally if any herpes lesions or sores are on the genitals or in the birth canal at the time of delivery, because the baby's sight may be affected.

Once a man gets aroused and has an erection, he must ejaculate to avoid harmful effects.

MYTH. There is no harm if a man does not ejaculate after he gets an erection; semen does not get "backed up" in his testicles and cause infection or disease. A man may feel some discomfort

and heaviness in his testicles if he is sexually excited for a long period of time without ejaculating. Some people call this condition “blue balls.” This feeling will disappear once he stops the sexually stimulating activity.

“Crack” cocaine is the only drug that affects an unborn baby’s health after the first 3-4 months of pregnancy.

MYTH. While crack cocaine certainly affects fetus’ health, there are other substances that are also harmful. Many newborns suffer brain damage as a result of Fetal Alcohol Syndrome acquired because their mothers drank alcohol during their pregnancies. Women who smoke while they are pregnant directly affect the health of their unborn child – smoking increases a woman’s risk of miscarriage and stillbirth and a baby’s risk of low birth weight.

Everyone is doing it!

MYTH. Don’t believe everything you hear...it may seem like everyone’s doing it , but in reality less than half (48%) of all high school students have ever had sex. People lie and exaggerate and can talk a good game when it comes to sex. But in the end, it doesn’t matter who’s telling the truth or not, the only truth that matters is what’s best for you.

Girls never pressure guys to have sex – pressure always comes from guys.

MYTH. Pressure can come from anyone, regardless of gender, sexual experience, or age. 1 in 5 guys say they’ve been pressured by a girl to go further sexually than they wanted to.

Drinking and drugs make sex more fun.

MYTH. If you’re drunk or high, it’s hard to make good decisions about sex. It might seem fun to have your inhibitions washed away by alcohol or drugs, but that also means you’re less likely to practice safe sex. People are also much more likely to be victims of rape and assault when substance use/abuse mixes with sexual activity.

You can’t get pregnant the first time you have sex.

MYTH. If you are ovulating it doesn’t matter if it’s the first time or the hundredth time you’ve had sex, you can still get pregnant. The only way to avoid the risk of pregnancy is to not have sex at all.

Girls can’t get pregnant during their period.

MYTH. There is a chance that you can get pregnant if you have sex during your period. Sperm can stay alive for several days, that means that even if the last time you had sex was 3 days ago during your period, you could now be ovulating and therefore you could get pregnant. Any time you have sex, you could get pregnant.

***A girl can't get pregnant/a guy can't get a girl pregnant if:
the girl is on top
you have sex in a hot tub or swimming pool
the guy pulls out before he ejaculates***

MYTH. You can get pregnant ANY TIME you have sex. If you choose to not have sex, regardless of when and how, know what you might be getting yourself into.

Girls can use a friend or sister's birth control pills – what's the difference, right?

MYTH. Prescriptions have specific names on them for a reason, because they're for specific people. You can't use someone else's birth control for a number of reasons, mainly because it's not prescribed to you.

Guys can use plastic wrap if they don't have a condom.

MYTH. Plastic wrap, baggies, etc are great for food storage, but are NOT viable alternatives to condoms. Condoms are specifically made to provide a good fit and good protection during sex and they are thoroughly tested for maximum effectiveness.

STD Overview (25 minutes)

Hand out the ***Overview of Sexually Transmitted Diseases*** document. The leader may also write the names of each STD on a slip of paper.

Have youth choose a STD that they will teach the group. Give youth time to review the information in the handout and then allow time for youth to tell others the information they learned about the STD.

Final Thoughts (5 minutes)

Recap everything you discussed today and reiterate the importance of practicing safe and healthy sexual behaviors. Leave a few minutes at the end of the presentation to answer any questions.

Note: An additional workshop option is to invite the local Health Department to attend workshop or provide an additional training for youth.

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