

SEXUAL ORIENTATION: MYTH OR FACT?

Name _____ Date _____

Instructions: Decide whether each of the statements is a myth or a fact and circle the corresponding response.

1. You can tell whether someone is heterosexual, lesbian or gay, or bisexual by the way they look or act.

MYTH

FACT

2. Most people know what their sexual orientation is by the time they are 13 years old.

MYTH

FACT

3. The way parents raise their children determines whether a child is heterosexual, lesbian or gay, or bisexual.

MYTH

FACT

4. If you try really hard, you can change your sexual orientation—regardless of whether you are heterosexual, lesbian or gay, or bisexual.

MYTH

FACT

5. In a same-sex relationship, one person always plays a “male” or “butch” role, and the other always plays a “female” or “femme” role.

MYTH

FACT

6. The majority of people in the world with HIV or AIDS are gay men.

MYTH

FACT

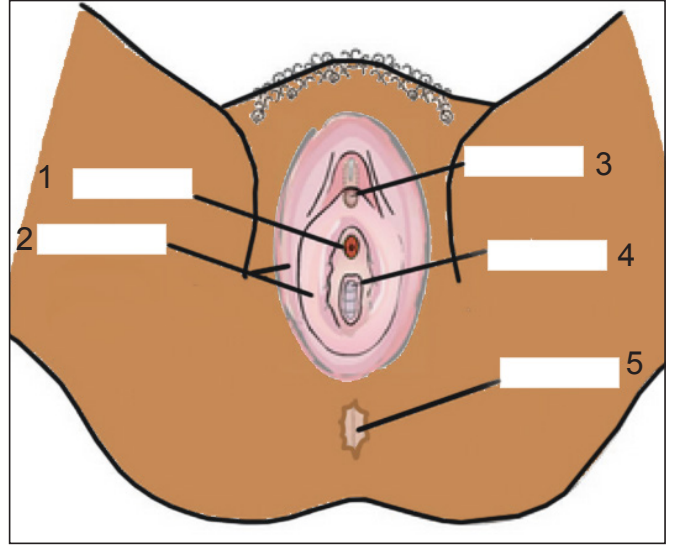
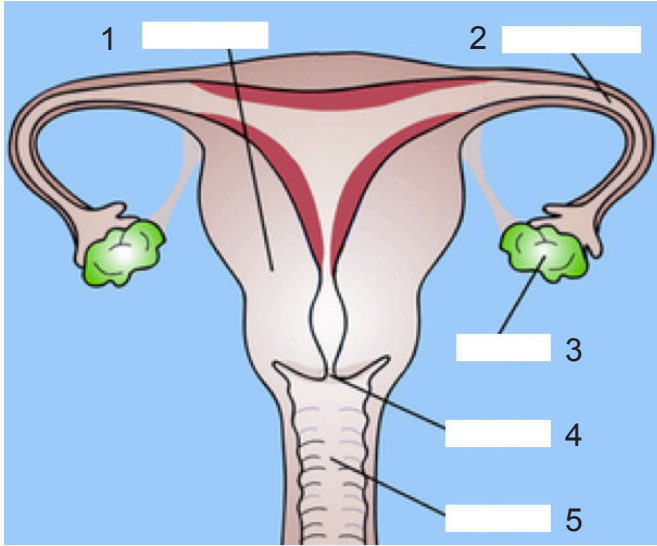
7. With the 2015 U.S. Supreme Court Decision on marriage equality, lesbian, gay, and bisexual people now have all the same legal rights as heterosexual people.

MYTH

FACT

Worksheet: The Female Reproductive and Sexual Systems Worksheet

Name: _____ Name: _____ Name: _____



(Images from www.kidshealth.org)

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

WORD BANK

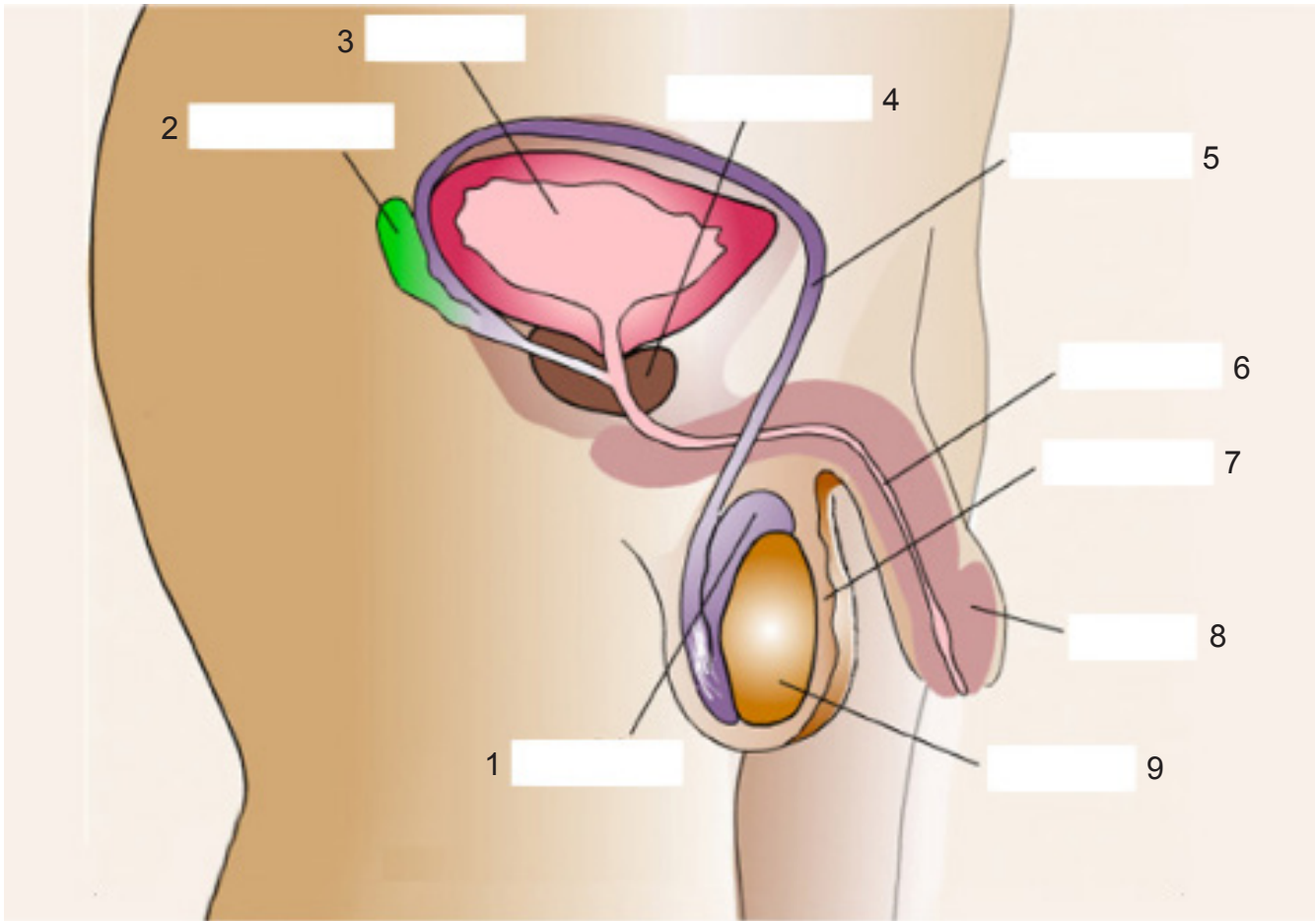
- Uterus
- Ovary
- Fallopian Tube
- Cervix
- Vagina

WORD BANK

- Vagina
- Clitoris
- Labia
- Urethra
- Anus

MALE SEXUAL AND REPRODUCTIVE SYSTEMS

Name: _____ Name: _____ Name: _____



(Image from www.kidshealth.org)

1. _____

4. _____

7. _____

2. _____

5. _____

8. _____

3. _____

6. _____

9. _____

WORD BANK

Seminal Vesicles

Bladder

Epididymis

Testicle

Penis

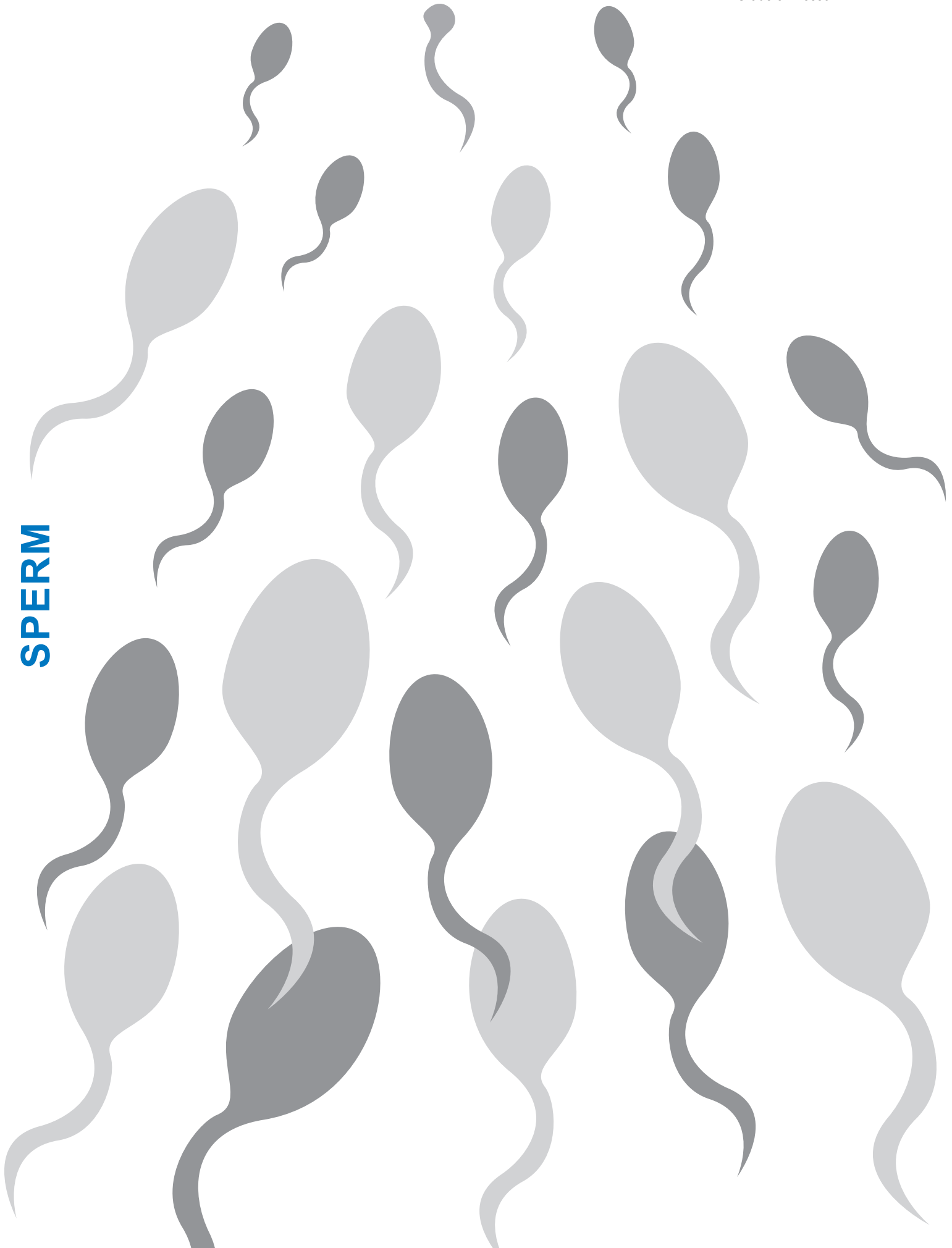
Scrotum

Urethra

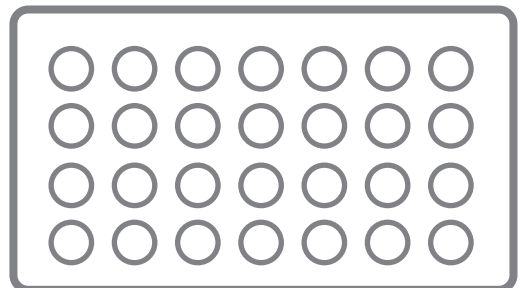
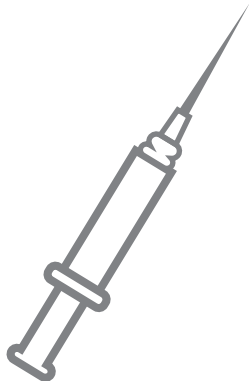
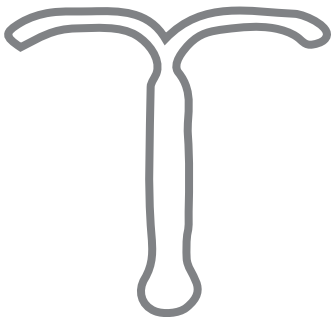
Vas Deferens

Prostate Gland

SPERM

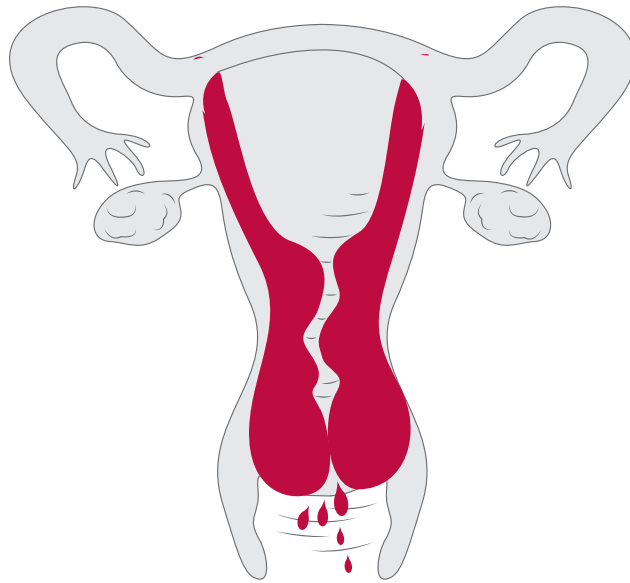


BIRTH CONTROL



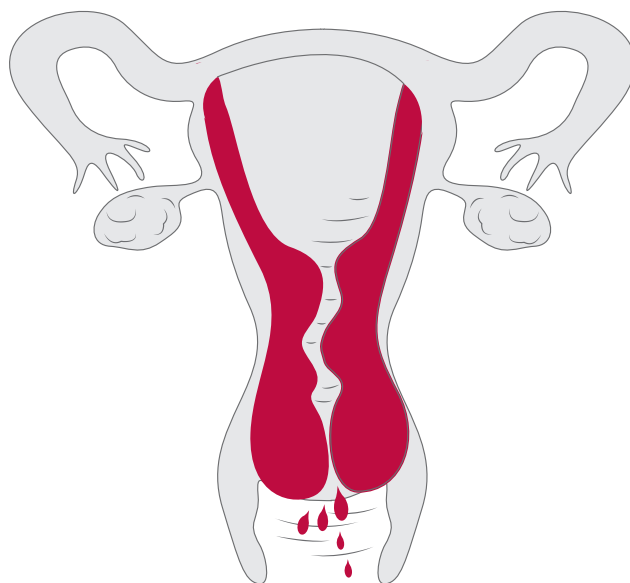
1

Menstrual period begins.



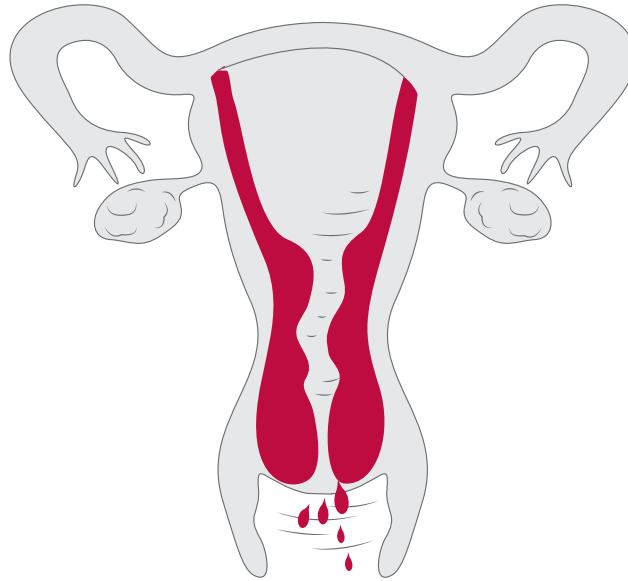
2

Menstrual period continues.



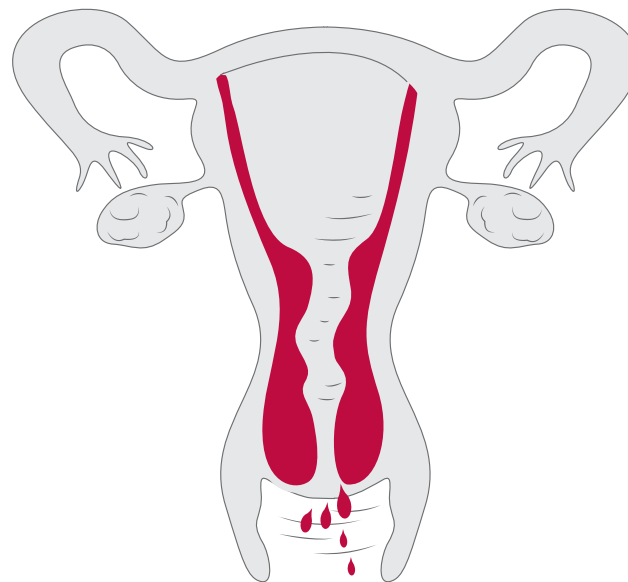
3

Menstrual period continues.



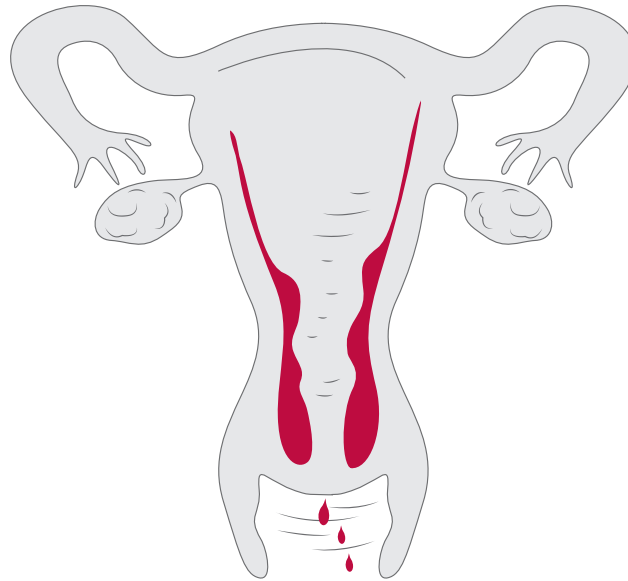
4

Menstrual period likely continues.



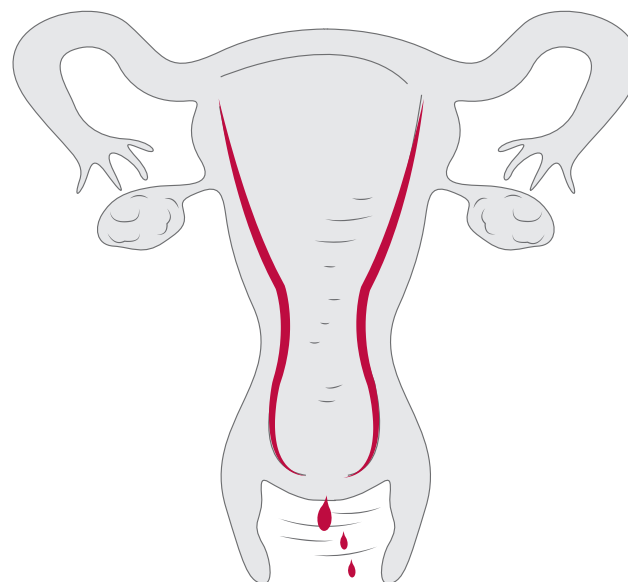
5

Menstrual period may continue/may be finishing.



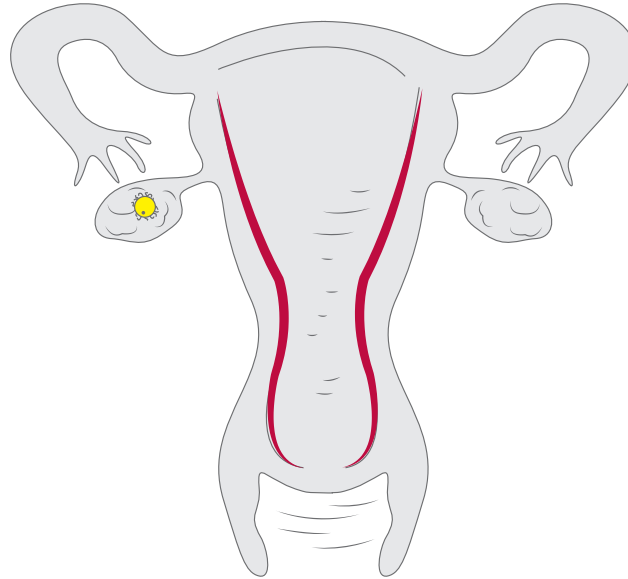
6

Menstrual period ending/ended and lining of uterus starting to grow again.

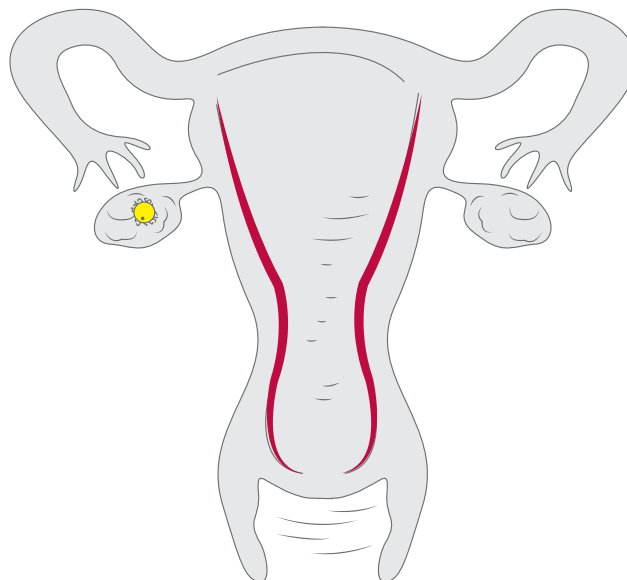




Menstrual period ending/ended and lining of uterus starting to grow again.

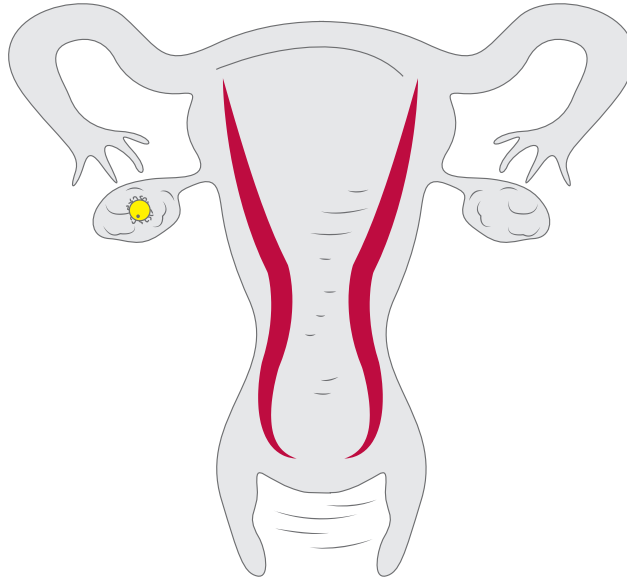


Lining of uterus continues to grow and one egg is preparing to be released.



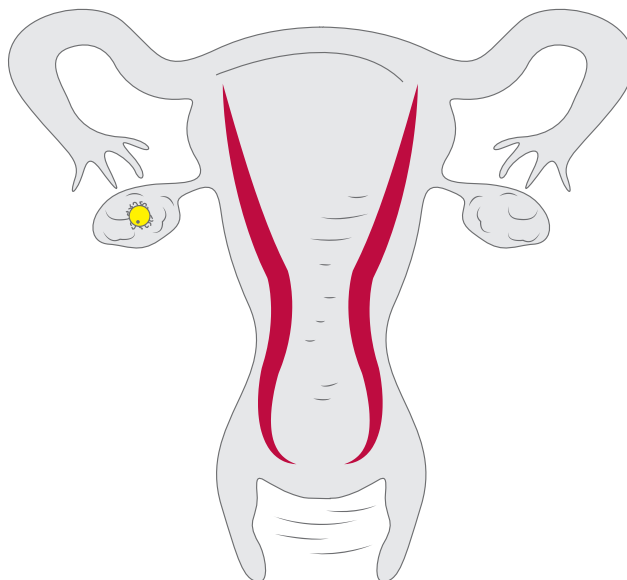
9

Lining of uterus continues to grow and one egg is preparing to be released.



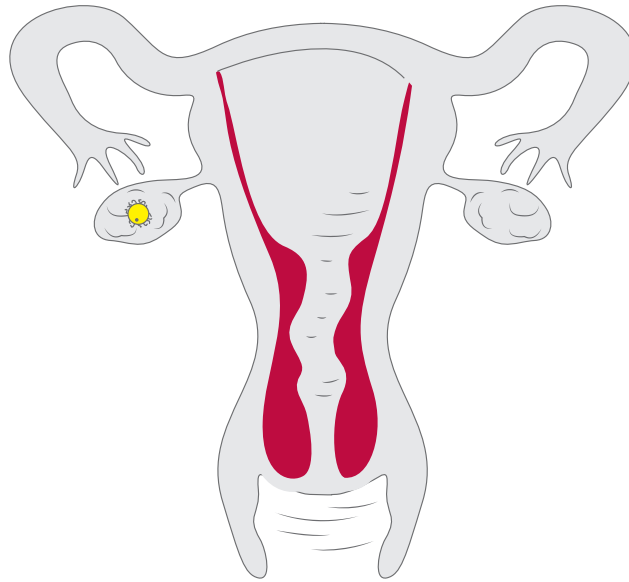
10

Lining of uterus continues to grow and one egg is preparing to be released.



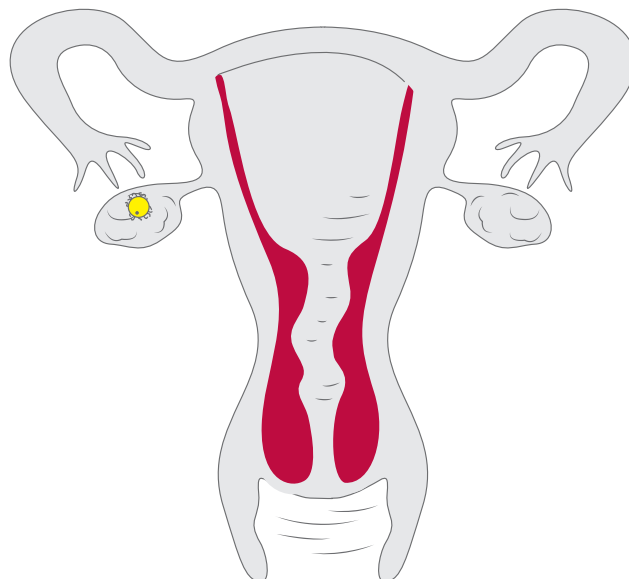
11

Lining of uterus continues to grow and one egg is preparing to be released.



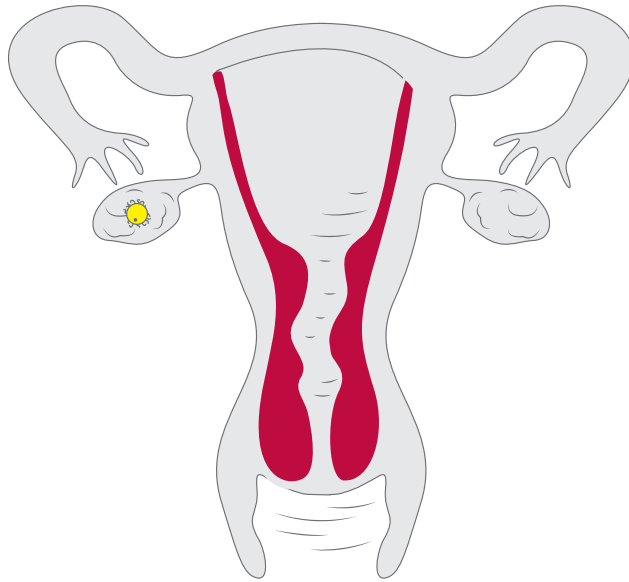
12

Lining of uterus continues to grow and one egg is preparing to be released.



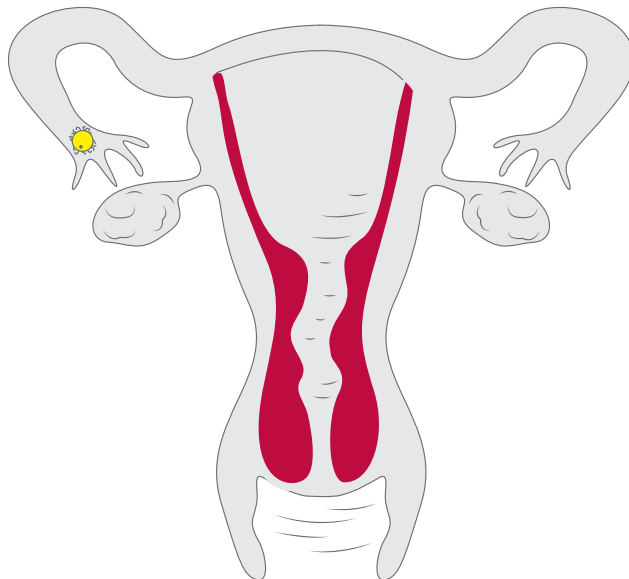
13

Lining of uterus continues to grow and one egg is preparing to be released.



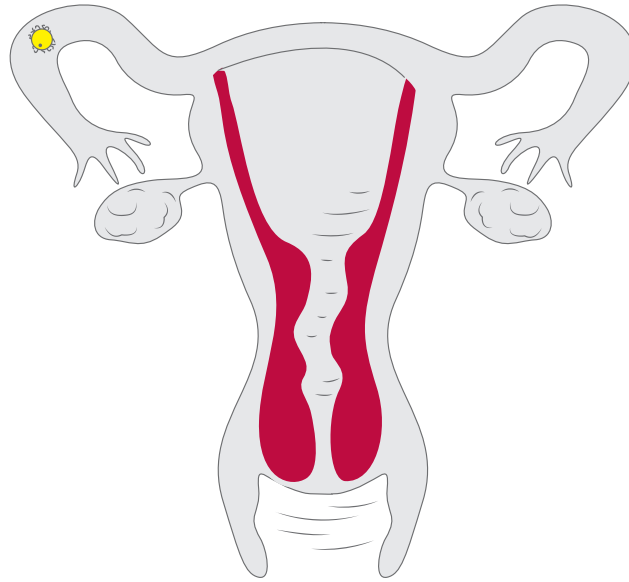
14

Ovulation is most likely to occur, meaning an egg is released from an ovary and starts to travel down a fallopian tube.



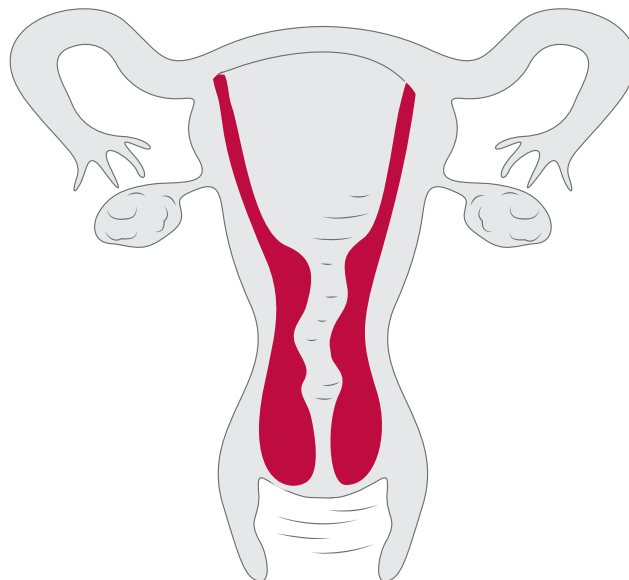
15

The egg, if it does not unite with a sperm by the end of Day 15, will dissolve and no longer be viable.



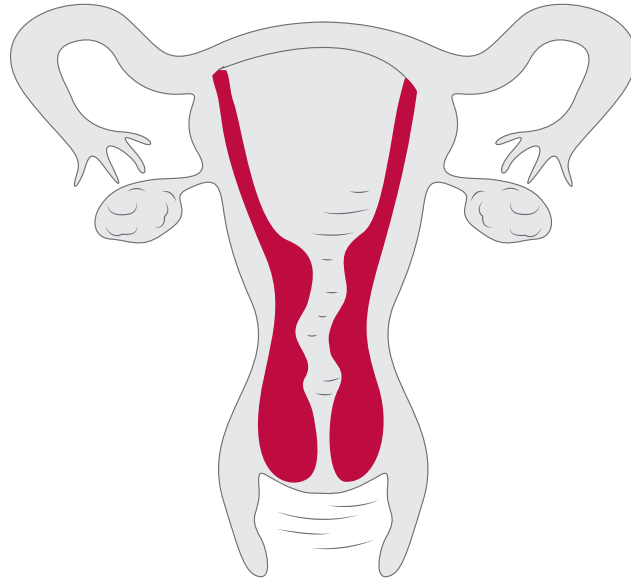
16

The egg has dissolved and will leave the body during the menstrual period.



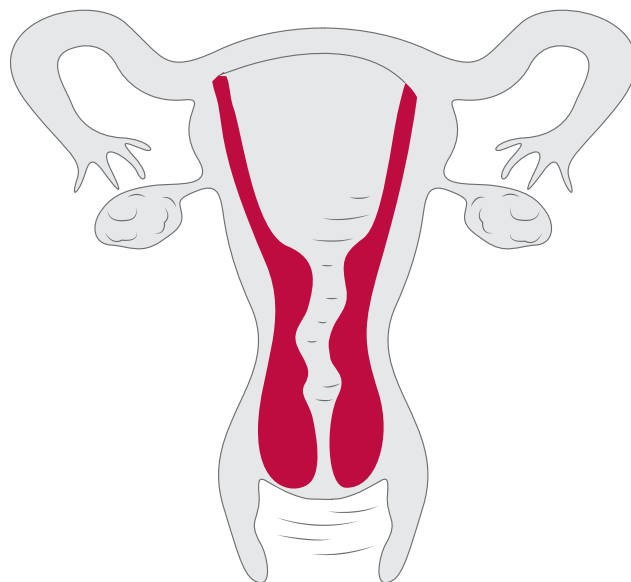
17

Lining of uterus continues to grow, just in case it's needed.



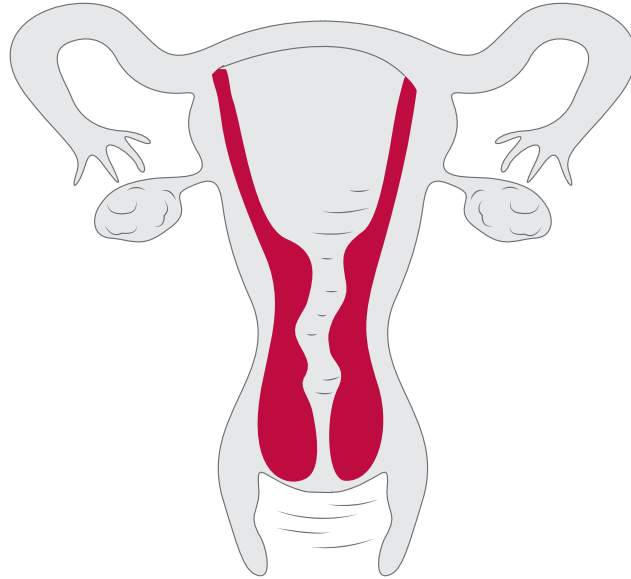
18

Lining of uterus continues to grow, just in case it's needed.



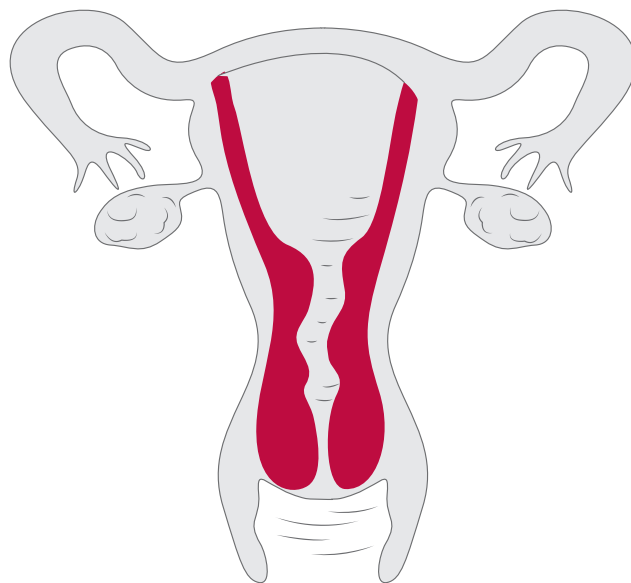
19

Lining of uterus continues to grow, just in case it's needed.



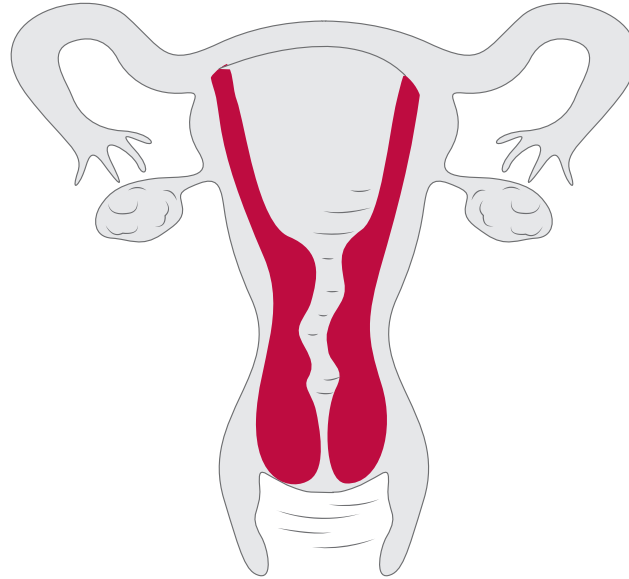
20

Lining of uterus continues to grow, just in case it's needed.



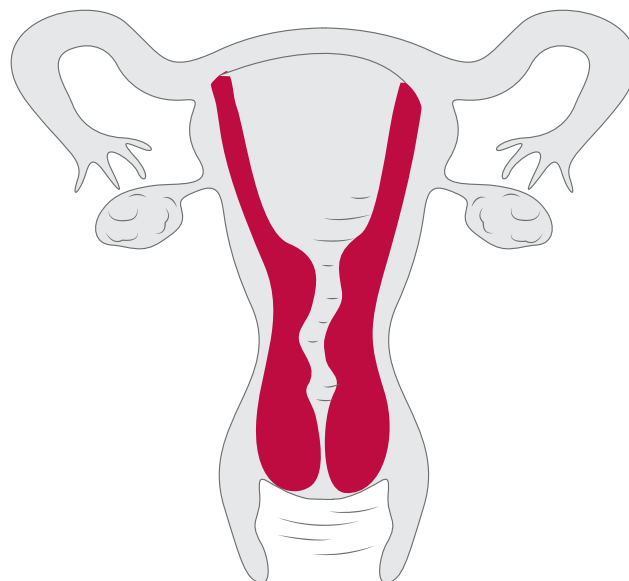
21

Lining of uterus continues to grow, just in case it's needed.



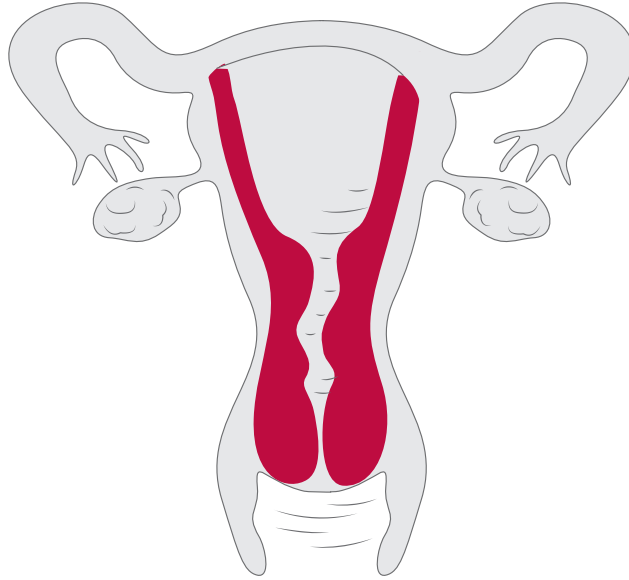
22

Lining of uterus continues to grow, just in case it's needed.



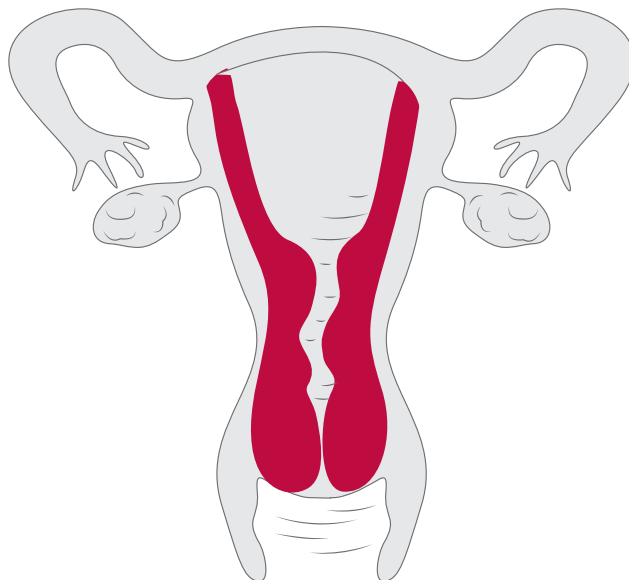
23

Lining of uterus continues to grow, just in case it's needed.



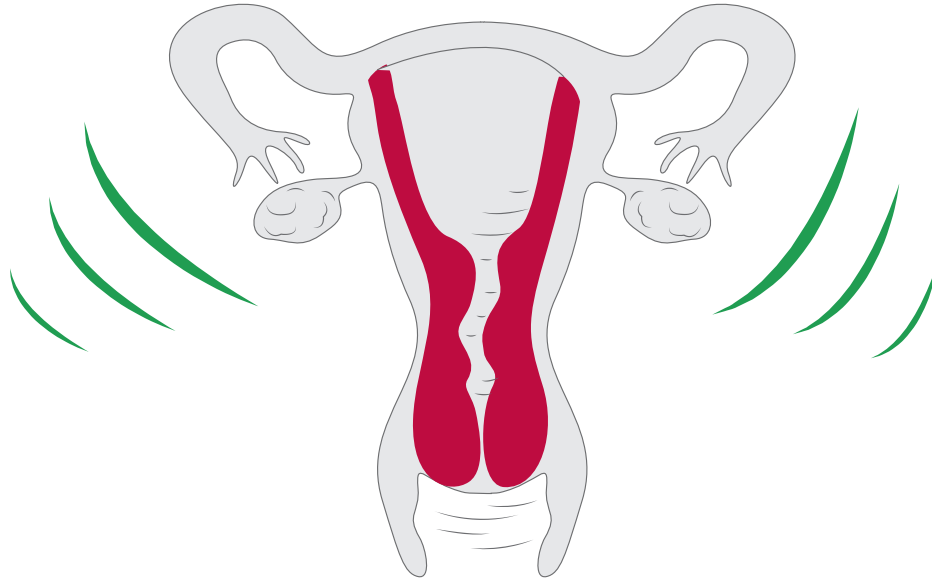
24

Lining of uterus continues to grow, just in case it's needed.



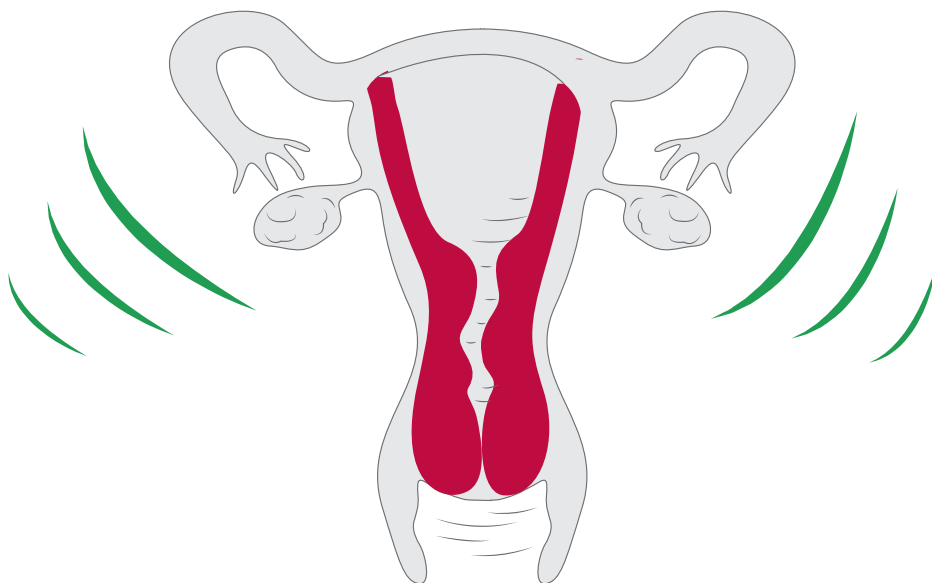
25

Lining of uterus continues to grow and hormones signal body to prepare for next menstrual period.



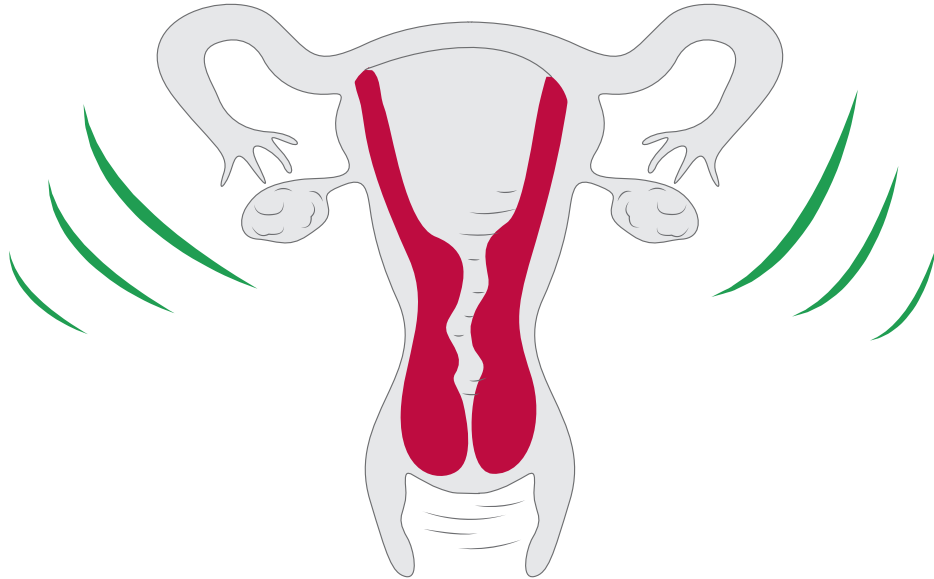
26

Lining of uterus continues to grow and hormones signal body to prepare for next menstrual period.



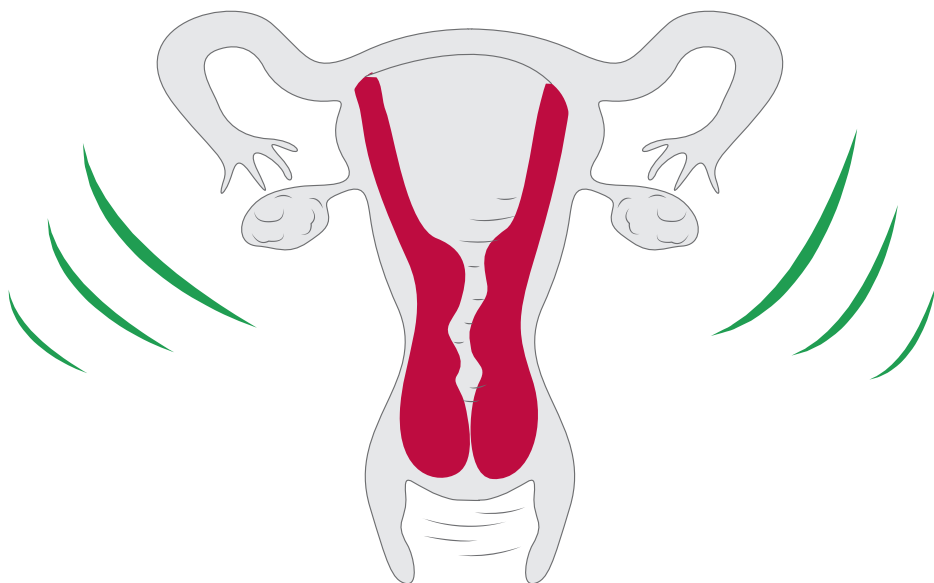
27

Lining of uterus continues to grow and hormones signal body to prepare for next menstrual period.



28

Lining of uterus continues to grow and hormones signal body to prepare for next menstrual period.



Exit Slip – Before You Go...

Name: _____

What are two things you learned about reproduction from today's class?

1.

2.

Exit Slip – Before You Go...

Name: _____

What are two things you learned about reproduction from today's class?

1.

2.

Exit Slip – Before You Go...

Name: _____

What are two things you learned about STIs from today's class?

1.

2.

Exit Slip – Before You Go...

Name: _____

What are two things you learned about STIs from today's class?

1.

2.

Protects Right Now

Protects for a Month (Short-Acting Methods)

Protects for a Few Years (Long-Acting Methods)

Abstinence

Statement 1 – Abstinence, if used consistently and correctly, is 100% effective at preventing pregnancy.

Statement 2 – Abstinence can help by delaying the possible consequences of sex, such as pregnancy or STI transmission.

Statement 3 – Abstinence never fails.

STATEMENT 3 IS NOT TRUE – The intention of being sexually abstinent can fail if, for example, a person is under the influence of drugs or alcohol and does not stay abstinent.

External Condoms



Statement 1 – Condoms can help make sex last longer.

Statement 2 – Condoms provide protection, so using two condoms at once is better.

Statement 3 – External condoms, if used *consistently* and *correctly*, are 98% effective at preventing pregnancy.

STATEMENT 2 IS NOT TRUE – Using two condoms at once can cause the condoms to slip off or break from friction. Instead use two different methods, condoms and a hormonal method, for added protection.

Internal Condoms



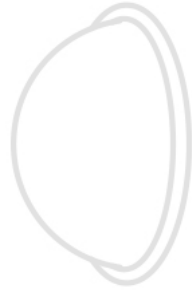
Statement 1 – Internal condoms protect against many STIs and HIV when inserted into the vagina or anus before any sexual contact and are 95% effective at preventing pregnancy if used *consistently* and *correctly*.

Statement 2 – Using spermicide with an internal condom increases protection against pregnancy; but using spermicide alone is only 72% effective at preventing pregnancy.

Statement 3 – Internal condoms can be purchased over-the-counter next to the external condoms.

STATEMENT 3 IS NOT TRUE – Internal condoms are now available by prescription only; however, they are covered by insurance so will be either no- or low-cost.

Other Barrier Methods



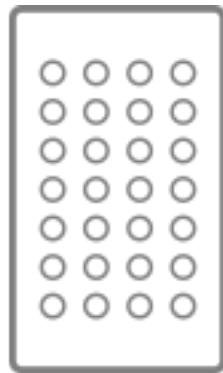
Statement 1 – Using spermicide, which kills or immobilizes sperm, does not increase the effectiveness of barrier methods.

Statement 2 – The diaphragm, cervical cap, and sponge prevent pregnancy by covering the cervix and acting as a barrier so that sperm cannot meet an egg.

Statement 3 – These barrier methods, if used *consistently and correctly*, are 91-94% effective at preventing pregnancy.

STATEMENT 1 IS NOT TRUE – Using spermicide with all barrier methods, including condoms, greatly **INCREASES** protection from pregnancy. Spermicide does not provide any protection against HIV or STIs.

Pills/Patch/Ring



Statement 1 – The pill, patch, and ring can help reduce menstrual cramps and make menstrual periods shorter.

Statement 2 – The pill, patch, and ring, if used *consistently* and *correctly*, are each 99% effective at preventing pregnancy.

Statement 3 – The pill, patch, and ring, if used consistently and correctly, are also effective at preventing STIs.

STATEMENT 3 IS NOT TRUE – The pill, patch, and ring **ONLY** provide protection from pregnancy but do not provide any protection against STIs. Using a condom along with one of these methods will help increase protection against both pregnancy and STIs.

IUDs/Shot /Implant



Statement 1 – You can get the IUD and implant at pharmacies like CVS, Rite Aid, or Walgreens.

Statement 2 – Many people who use the IUD, shot, or implant experience much shorter and lighter menstrual periods.

Statement 3 – The IUD, shot, and implant, if used *consistently and correctly*, are 99% effective at preventing pregnancy.

STATEMENT 1 IS NOT TRUE – The IUD and implant require that a person go to a health care provider like a doctor’s office or health clinic; however, the shot can actually be administered by a pharmacist at any licensed pharmacy.

Withdrawal

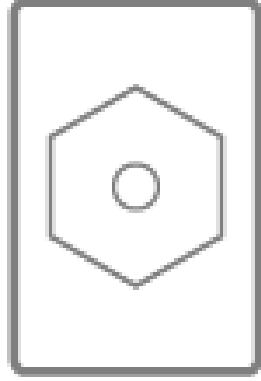
Statement 1 – Withdrawal, or “pulling out,” prevents most STIs.

Statement 2 – Withdrawal is more effective at preventing pregnancy than doing nothing if someone has unprotected sex.

Statement 3 – Pre-ejaculatory fluid, or “pre-cum,” which comes out of a penis when it is erect, may contain some sperm. Withdrawal cannot prevent this “pre-cum” from getting inside a vagina.

STATEMENT 1 IS NOT TRUE – Since withdrawal does not prevent skin-to-skin touching or fluid exchange, if one person is infected with an STI it can still be passed to their partner even if they used withdrawal perfectly.

Emergency Contraception



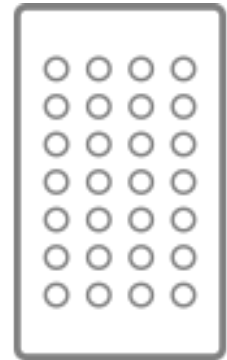
Statement 1 – Anyone of any age and gender can buy emergency contraception from a drugstore like CVS, Rite Aid, or Target.

Statement 2 – The sooner after unprotected vaginal sex a person takes emergency contraception (EC), the more effective it is. Most types of EC must be taken within five days after unprotected sex.

Statement 3 – Emergency contraception works by forming a barrier in the fallopian tube which prevents sperm from passing through.

STATEMENT 3 IS NOT TRUE – Emergency contraception works mostly by telling the ovaries to not release any eggs and sometimes by preventing the egg from being fertilized.

Dual Use



Statement 1 – Dual use generally means using a condom in addition to another method of birth control for STI and pregnancy prevention.

Statement 2 – A person would need to get a doctor’s permission before practicing dual use with their partner.

Statement 3 – A person of any age and gender is legally allowed to buy condoms at a drugstore like CVS, Rite Aid, or Target.

STATEMENT 2 IS NOT TRUE – Dual use is something two people can decide on their own if they want to increase their protection.

Why Would Someone Choose to Become A Young Parent?

Instructions: In the space below, please list as many reasons why you think a teenager who discovers they are pregnant might choose to become a young parent, and why you think they might choose not to.

Reasons a Teen Might Choose to Become a Young Parent	Reasons a Teen Might Choose NOT to Become a Young Parent

Why Would Someone Choose to Place A Baby for Adoption?

Instructions: In the space below, please list as many reasons why you think a teenager who discovers they are pregnant might choose to place a baby for adoption, and why you think they might choose not to.

Reasons a Teen Might Choose to Place a Baby for Adoption	Reasons a Teen Might Choose NOT to Place a Baby for Adoption

Why Would Someone Choose to End A Pregnancy?

Instructions: In the space below, please list as many reasons why you think a teenager who discovers they are pregnant might choose to have an abortion, and why you think they might choose not to.

Reasons a Teen Might Choose to Have an Abortion	Reasons a Teen Might Choose NOT to Have an Abortion

Pregnancy Website Hunt!

Name: _____ Date: _____

Instructions: Answer the questions below, using any of the following three websites. Be sure to include the link to where you found the information!

- www.plannedparenthood.org/teens
- www.plannedparenthood.org/learn/pregnancy/prenatal-care
- <http://sexetc.org>

1. How does a person take a pregnancy test?

Link where I found this information:

2. What are some suggestions for how a young person or couple should tell their parent(s) or caregiver(s) about the pregnancy?

Link where I found this information:

3. What tends to happen during a prenatal care visit?

Link where I found this information:

4. One new thing I learned about pregnancy is:

Link where I found this information:

Exit Slip – Before You Go...

Name: _____

1. Who is one person you could turn to if you or someone you knew were abused or assaulted?

2. Explain why *enthusiastic consent* is important in a relationship.

Exit Slip – Before You Go...

Name: _____

1. Who is one person you could turn to if you or someone you knew were abused or assaulted?

3. Explain why *enthusiastic consent* is important in a relationship.

The Making SMART Choices Model

Name: _____ Date: _____

Whenever we have a decision to make, we need to think before we act if we want to make a SMART decision. But how do we go about doing this? In this model, each letter in the word “SMART” stands for one step toward making smart decisions.

S – SLOW DOWN

You have the right to take as much time as you need to make a good decision that is right for you.

M – MAKE A LIST OF YOUR OPTIONS

Looking at every possible choice will help you know that you’ve really thought everything through.

A – ANALYZE YOUR CHOICES

Be honest with yourself and think about the pros and cons of each option. Make sure to weigh your options because not all will have equal value.

R – REACH A DECISION

Pick the best choice and consider what will help you STICK to your decision.

T – THINK AND EVALUATE

Depending on the choice you make, you may need to check in from time to time and see how things are going.

From Goldfarb, E. and Schroeder, E. (2004), Making SMART Choices about Sex: A Curriculum for Young People. Rochester, NY: Metrix Marketing.

Making SMART Choices Scenario #1

Your boyfriend or girlfriend invites you and two other couples over on a night when their parents are out. You are all in one main room together and each couple is kissing. At some point you hear someone say, "I think we all need some more privacy," and soon both of the other couples disappear. Your boyfriend or girlfriend looks at you and says, "Now that we're alone, maybe we can finally take things to the next level."

Adapted with permission from a lesson in Goldfarb, E. and Schroeder, E. (2004), Making SMART Choices about Sex: A Curriculum for Young People. Rochester, NY: Metrix Marketing.

Making SMART Choices Scenario #2

You are out with your boyfriend or girlfriend and your conversation moves to the topic of sex. Neither of you has ever had any kind of sex before and this is the first time you are talking about it. Your boyfriend or girlfriend says, “I really want to know what it feels like, don’t you? What if we do it just once just to see what it feels like, and then we don’t have to do it again if we don’t want to?”

Adapted with permission from a lesson in Goldfarb, E. and Schroeder, E. (2004), Making SMART Choices about Sex: A Curriculum for Young People. Rochester, NY: Metrix Marketing.

Making SMART Choices Scenario #3

You and your boyfriend or girlfriend have been together for six months. No one else you know has ever lasted that long in a relationship. You are in love and feel you were meant to be together. You agreed a few months ago that you were both too young to have sex and decided, together, to wait. In a few days there's a Valentine's Day dance at school and you plan to go together. That night, your boyfriend or girlfriend says, "Let's skip the dance. I know a place where we can go and be alone together."

Adapted with permission from a lesson in Goldfarb, E. and Schroeder, E. (2004), Making SMART Choices about Sex: A Curriculum for Young People. Rochester, NY: Metrix Marketing.

ASSERTIVE COMMUNICATION #1

Instructions: Partner A really wants something from Partner B. Partner B, however, doesn't want to do what Partner A wants to do. Work with your group to come up with an assertive next line in this dialogue. When instructed to, pass the sheet to the next group and await further instructions. **Please only fill in one line. Do NOT complete the entire form.**

Partner A: **"I saw Sam and Kayla earlier. They said they've decided to have sex. I know you and I said we'd wait, but if they're going to do it, wouldn't it be okay for us to?"**

Partner B

Partner A

Partner B

Partner A

Partner B

ASSERTIVE COMMUNICATION #2

Instructions: Partner A really wants something from Partner B. Partner B, however, doesn't want to do what Partner A wants to do. Work with your group to come up with an assertive next line in this dialogue. When instructed to, pass the sheet to the next group and await further instructions. **Please only fill in one line. Do NOT complete the entire form.**

Partner A: **“Why don't we just have oral sex? You can't get STIs from it.”**

Partner B

Partner A

Partner B

Partner A

Partner B

ASSERTIVE COMMUNICATION #3

Instructions: Partner A really wants something from Partner B. Partner B, however, doesn't want to do what Partner A wants to do. Work with your group to come up with an assertive next line in this dialogue. When instructed to, pass the sheet to the next group and await further instructions. **Please only fill in one line. Do NOT complete the entire form.**

Partner A: **"It's our first time having sex, we don't need to use condoms."**

Partner B

Partner A

Partner B

Partner A

Partner B

ASSERTIVE COMMUNICATION #4

Instructions: Partner A really wants something from Partner B. Partner B, however, doesn't want to do what Partner A wants to do. Work with your group to come up with an assertive next line in this dialogue. When instructed to, pass the sheet to the next group and await further instructions. **Please only fill in one line. Do NOT complete the entire form.**

Partner A: **"If you're not willing to hav sex with me, then I'll just go find someone else who will."**

Partner B

Partner A

Partner B

Partner A

Partner B

ASSERTIVE COMMUNICATION #5

Instructions: Partner A really wants something from Partner B. Partner B, however, doesn't want to do what Partner A wants to do. Work with your group to come up with an assertive next line in this dialogue. When instructed to, pass the sheet to the next group and await further instructions. **Please only fill in one line. Do NOT complete the entire form.**

Partner A: **"I don't want to use condoms when we have sex. It's like you're saying I'm dirty or something!"**

Partner B

Partner A

Partner B

Partner A

Partner B