

Lesson Topic: Abstinence, Contraceptives and STIs**Objectives:**

- State that abstinence is the only 100% effective way to prevent pregnancy and STIs
- Describe the impact of correct and consistent use of a birth control method on how effective it is at preventing pregnancy
- Correctly recall that there is generally a gap between when a person may start to have vaginal sex and when they may wish to get pregnant, which makes using effective birth control important
- Define emergency contraception
- Describe at least two ways in which STIs, including HIV, can be transmitted
- Name at least one step they plan to take personally to reduce or eliminate their chances of contracting an STI
- Name at least one health center in the area to which they can go for STI testing and treatment that is affordable and confidential

Activities:

Video: Sex Education for Middle School Video 3 - Sex, Contraception and STIs (stop at 18:27)

<https://youtu.be/cml6eJNEyow>

Types of Birth Control

True or False

STIs

Local Resources

Exit ticket

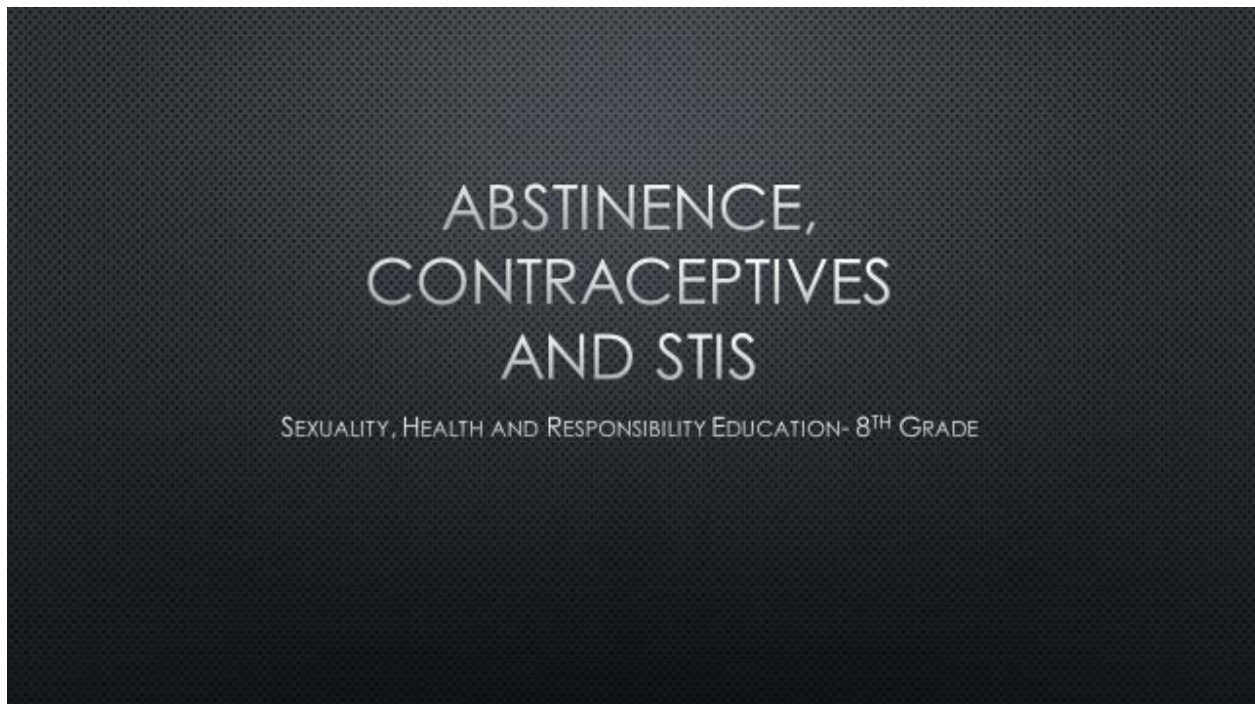
WCSD Definition of Abstinence

- ◇ **Sexual abstinence** is defined as refraining from all forms of sexual activity and genital contact such as vaginal, oral and anal sex.
- ◇ An abstinent person is someone who has either never had sex or someone who's had sex but who has decided not to continue having sex for a period of time.
- ◇ Abstinence is the only 100% effective way to prevent sexually transmitted HIV, other sexually transmitted diseases or infections and pregnancy.
 - ◇ SEX – when a person's genitals touch another person's genitals, mouth or anus.

Lesson Intro:

- SHARE is important for everyone in the class.
- The goal is for every one of you to feel that these classes relate to you and your life.
- This curriculum and resulting class discussions are intended to be respectful and inclusive of many perspectives and allow all students to see themselves and understand their own health and sexuality.
- The purpose of SHARE is to assist you in making informed choices and avoid behaviors that put you at risk.
- All questions are welcome. If you don't feel comfortable asking in class, I've provided paper for anonymous questions or you may talk with me later.

Lesson Topics: abstinence, contraceptives and STIs.



Slide 2: Video: Sex Education for Middle School Video 3 - Sex, Contraception and STIs (stop at 18:27)
<https://youtu.be/cml6eJNEyow>



Types of Birth Control/contraception

Slide 3



- Introduce the topic by explaining that birth control, sometimes referred to as contraception, is a way to prevent a pregnancy if a different sex people have vaginal sex. There are many different kinds of birth control that work by preventing the sperm and egg from joining in a variety of ways, if they are used consistently and correctly.
 - This means the method is used every time the way it was intended.

Slide 4:

“CONSISTENTLY AND CORRECTLY”

- **USED EVERY TIME WITHOUT FAIL!**
- **USED AS DIRECTED!**
 - **YES, READ THE DIRECTIONS ON THE PACKAGE!**

Slide 5:



- Explain, “There are many methods of birth control available to people who want to wait to have children until later in life or who may never want to have children.”
- There are three categories of contraception
 - **Protects Right Now**
 - **Protects for a Month** (short acting methods)
 - **Protects for a Few Years** (long acting methods)

Say, “All of these methods work a little differently but some protect right now, some protect for a short time, like one month, and some protect for a long-time, sometimes even a few years.”

Review the following 7 methods of birth control one at a time.

Abstinence:

Slide 6: WCCSD definition of abstinence- the only 100% effective way to prevent sexually transmitted HIV, other sexually transmitted diseases or infections and pregnancy.

WCSD DEFINITION OF **ABSTINENCE**

- *Sexual abstinence is defined as refraining from all forms of sexual activity and genital contact such as vaginal, oral and anal sex.*
- *An abstinent person is someone who has either never had sex or someone who's had sex but who has decided not to continue having sex for a period of time.*
- *Abstinence is the only 100% effective way to prevent sexually transmitted HIV, other sexually transmitted diseases or infections and pregnancy.*
 - Sex – when a person's genitals touch another person's genitals, mouth or anus.

- Abstaining from vaginal sex is the only 100% effective way to prevent pregnancy when done consistently and correctly. In fact, it is the method used by most 8th graders. Ask students what you mean by “when done consistently and correctly.” Affirm or correct their statements until you feel satisfied that they understand that abstinence only works when people use it every time. This means a penis not going inside another person's vagina. Tell them that most people are not abstinent forever but choosing to delay having sex until you are a bit older can be a very healthy choice.

External Condoms:

- External condoms (sometimes called male condoms) are worn on a penis. Anyone can buy them at the store (including 8th graders) and they are very effective at preventing pregnancy when used consistently (meaning every time a couple has vaginal sex) and correctly. They also have the added bonus of protecting against most sexually transmitted diseases or STDs.

Slide 7: Important Do's and Don'ts about condom use



Note to the Teacher: You will notice that we use the phrases “external and internal” condom. Explain that, while students may be familiar with the terms “male or female” condom, you are using these terms to reflect how the methods are used, rather than to assign a gender to them.

Internal Condoms:

- Internal condoms (sometimes referred to as female condoms) protect from unplanned pregnancy and STIs when worn consistently and correctly.
- They can be put in ahead of time (unlike the male condom)
 - Internal and external condoms cannot be used together.

The pill, patch and ring:

- The birth control pill, the patch and the ring all contain hormones that are very effective at preventing pregnancy. The patch and the ring work for a month at a time and then have to be replaced. The patch you replace once a week and the ring you replace once a month. The pill needs to be taken once a day, at the same time every day. A pack of pills lasts one month and then you need to start the next pack. These are called short-acting methods that you can get from a clinic/health care provider.

IUDs, the shot and implant

- Most IUDs, the shot and the implant contain hormones that are very effective at preventing pregnancy for anywhere between a few months (3 months for the shot) and many years (up to 10 for some IUDs). These are called long-acting methods that you can get from a clinic too.

Withdrawal:

- Withdrawal, often called pulling out, is when a penis is removed from a vagina before sperm are ejaculated to prevent pregnancy and while it is not as effective as some other methods, it is definitely better than not using anything. It is not, however, the same thing as abstinence.

Emergency Contraception: details added on PP slide

- Emergency contraception, often called Plan B, is medicine that is taken after unprotected vaginal sex to prevent pregnancy and the sooner it is taken after vaginal sex, the more effective it is.

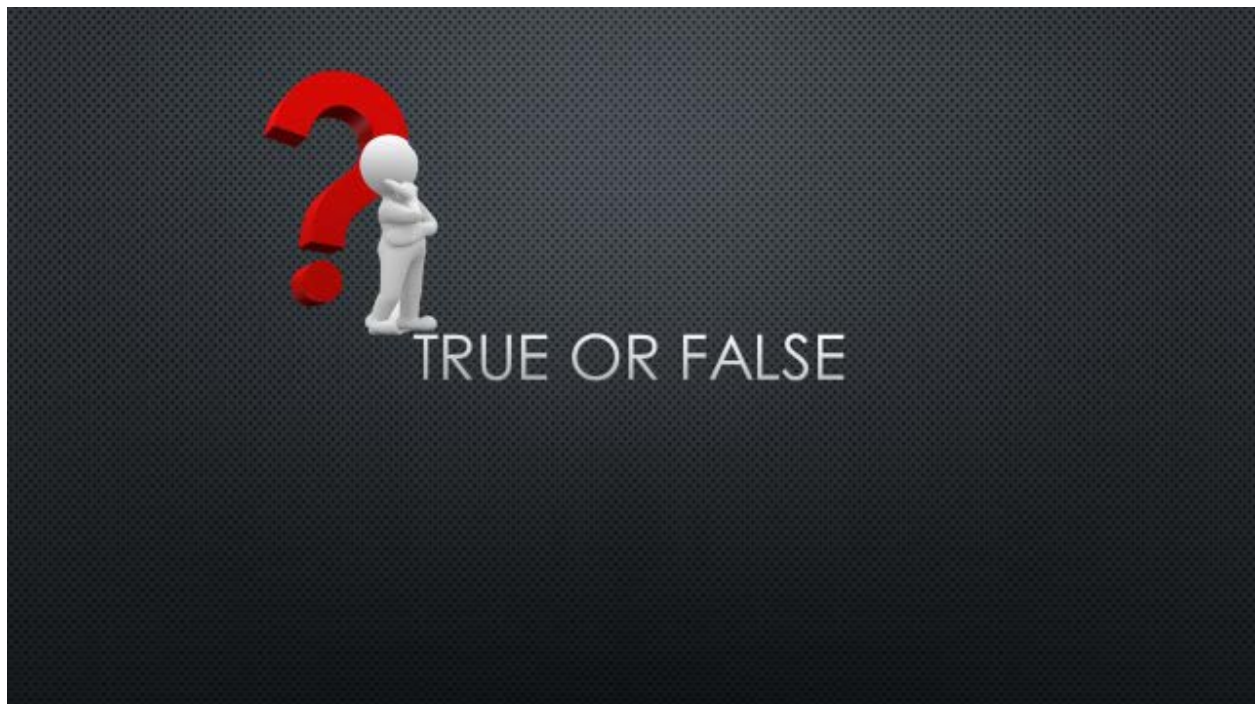
Dual Use:

- Dual use is when people who have vaginal sex want to get the most effective protection possible by using a condom in addition to another method (a condom and the pill, a condom and the IUD). This doubles their protection and helps protect them against both unintended pregnancy and sexually transmitted diseases. But this does not apply to using two condoms at the same time, which should not be done, as that can cause the latex to break.

Let's see what we know...

Slides 8-16: True or False Activity- has been changed to true or false

Walk students through slides. One statement will appear at a time.



ABSTINENCE

- ABSTINENCE, IF USED CONSISTENTLY AND CORRECTLY, IS 100% EFFECTIVE AT PREVENTING PREGNANCY.
 - TRUE!
- ABSTAINING FROM VAGINAL, ORAL, AND ANAL SEX CAN ALSO PROTECT AGAINST STIs.
 - TRUE!

EXTERNAL CONDOMS

- CONDOMS, IF USED **CONSISTENTLY AND CORRECTLY**, ARE 98% EFFECTIVE AT PREVENTING PREGNANCY
 - TRUE!
- YOU MUST BE 16 YEARS OLD TO PURCHASE CONDOMS
 - FALSE!

CONDOMS CAN BE LEGALLY BOUGHT FROM ANY STORE AT ANY AGE. WHILE THEY MAY BE PLACED BEHIND A COUNTER, ANYONE AT ANY AGE IS LEGALLY ALLOWED TO BUY CONDOMS.

INTERNAL CONDOMS

- INTERNAL CONDOMS PROTECT FROM UNPLANNED PREGNANCY AND STIs WHEN WORN CONSISTENTLY AND CORRECTLY.
 - TRUE!
- INTERNAL AND EXTERNAL CONDOMS CAN BE USED TOGETHER.
 - FALSE!- THEY CAN NOT BE USED TOGETHER
- INTERNAL CONDOMS CAN BE PUT IN AHEAD OF TIME (UNLIKE THE EXTERNAL CONDOM)
 - TRUE!

PILLS/PATCH/RING

- The pill, patch and ring can help reduce menstrual cramps and make menstrual periods shorter.
 - TRUE!
- The pill, patch and ring, if used consistently and correctly, are each 99% effective at preventing pregnancy.
 - TRUE!
- The pill, patch and ring, if used consistently and correctly, are also really effective at preventing STIs
 - FALSE-
 - the pill, patch and ring only provide protection from pregnancy but do not provide any protection against STIs So using a condom along with one of these methods will help increase the protection against pregnancy and protect against STIs.)

WITHDRAWAL

- WITHDRAWAL OR PULLING OUT, PREVENTS MOST STIs.
 - FALSE– 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.)
- WITHDRAWAL IS MORE EFFECTIVE AT PREVENTING PREGNANCY THAN DOING NOTHING IF SOMEONE HAS UNPROTECTED SEX.
 - TRUE!
- 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.
 - TRUE!

DUAL USE

- DUAL USE GENERALLY MEANS USING A CONDOM IN ADDITION TO ANOTHER METHOD OF BIRTH CONTROL FOR STI AND PREGNANCY PREVENTION.
 - TRUE!
- A PERSON WOULD NEED TO GET A HEALTH CARE PROVIDERS PERMISSION BEFORE THEY USED DUAL USE WITH THEIR PARTNER.
 - FALSE
 - DUAL USE IS SOMETHING TWO PEOPLE CAN DECIDE ON THEIR OWN IF THEY WANT TO INCREASE THEIR PROTECTION.

EMERGENCY CONTRACEPTION

- **ANYONE** OF ANY AGE CAN BUY EMERGENCY CONTRACEPTION FROM A DRUGSTORE LIKE TARGET, CVS, RITE AID OR WALGREENS.
 - TRUE!
- THE SOONER AFTER UNPROTECTED VAGINAL SEX A PERSON TAKES EMERGENCY CONTRACEPTION, THE MORE EFFECTIVE IT IS. IT MUST BE TAKEN WITHIN FIVE DAYS AFTER UNPROTECTED SEX.
 - TRUE! -WITHIN 24 HOURS OF UNPROTECTED SEX IS THE MOST EFFECTIVE
- EMERGENCY CONTRACEPTION WORKS BY FORMING A BARRIER IN THE FALLOPIAN TUBE WHICH PREVENTS SPERM FROM PASSING THROUGH.
 - FALSE!-
 - EMERGENCY CONTRACEPTION WORKS MOSTLY BY TELLING THE OVARIES TO NOT LET ANY EGGS OUT AND SOMETIMES BY PREVENTING THE EGG FROM BEING FERTILIZED.)

NEED TO KNOW... EMERGENCY CONTRACEPTION

- EMERGENCY CONTRACEPTIVE PILLS- MOST EFFECTIVE TAKEN ASAP
 - **WITHIN 24 HOURS AFTER UNPROTECTED SEX – 95% EFFECTIVE**
 - 48 HOURS AFTER UNPROTECTED SEX – 85% EFFECTIVE
 - 72 HOURS AFTER UNPROTECTED SEX – 58% EFFECTIVE
- COPPER IUD- CAN BE INSERTED (BY A HEALTH CARE PROVIDER) WITHIN 5 DAYS OF UNPROTECTED SEX.

Slide 17:

SEXUALLY TRANSMITTED INFECTIONS-STIS

We've reviewed some contraceptive methods and as we've learned some are effective in preventing STIS.

- We're going to look at little closer at two ways in which STIs, including HIV, can be transmitted.
- Name at least one step they plan to take personally to reduce or eliminate their chances of contracting at STI.
- Name at least one health center in the area to which they can go for STI testing and treatment that is affordable and confidential.

Slide 18:

SEXUALLY TRANSMITTED INFECTION (STI) OR SEXUALLY TRANSMITTED DISEASE (STD)

- THE TERMS ARE USED INTERCHANGEABLY
- MOST WOULD SAY AN STD DESCRIBES A CONDITION WITH VISIBLE SIGNS AND DESCRIBABLE SYMPTOMS- AN ITCH, DRIP, BUMP, FATIGUE,
- STI COVERS A BROADER SPECTRUM OF CONDITIONS BOTH WITH OR WITHOUT SYMPTOMS.

- STI-Sexually Transmitted Disease
- STD-Sexually Transmitted Disease
- Often times the acronyms, STI and STD are used interchangeably

Ask the students to remind you what an STI is. Probe for diseases that can be passed from one person to another through sexual contact. Remind students that to get an STI one person has to have one, STIs are not created spontaneously by doing something sexual with another person.

Explain that we will be using STI throughout this lesson

Slide 19:

WHAT ARE SEXUALLY TRANSMITTED INFECTIONS (STI)?

- STIs ARE INFECTIONS THAT ARE PASSED FROM ONE PERSON TO ANOTHER THROUGH SEXUAL CONTACT. THESE INCLUDE CHLAMYDIA, GONORRHEA, GENITAL HERPES, HUMAN PAPILLOMAVIRUS (HPV), SYPHILIS, AND HIV. MANY OF THESE STIs DO NOT SHOW SYMPTOMS FOR A LONG TIME. EVEN WITHOUT SYMPTOMS, THEY CAN STILL BE HARMFUL AND PASSED ON DURING SEX.
- LEFT UNTREATED, CAN HAVE LONG TERM EFFECTS ON YOUR BODY.
 - TROUBLE GETTING PREGNANT, NEUROLOGICAL DEFICITS (SYPHILIS)

<https://www.cdc.gov/std/general/default.htm>

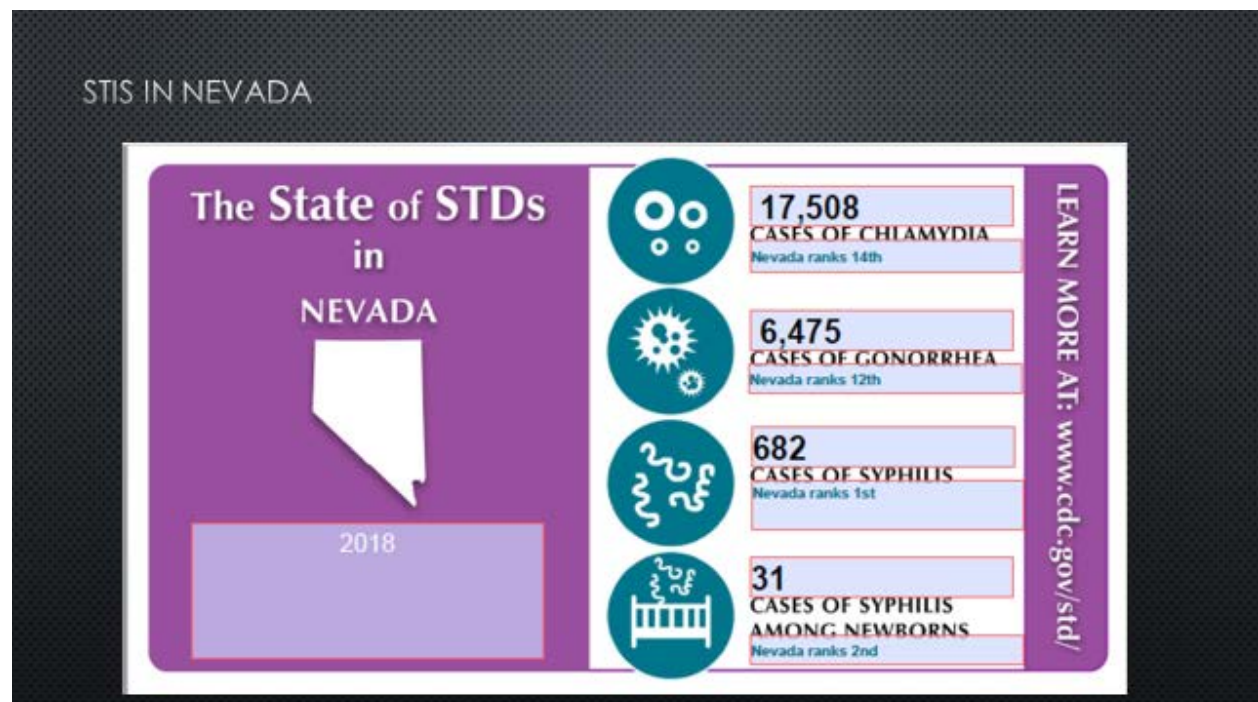
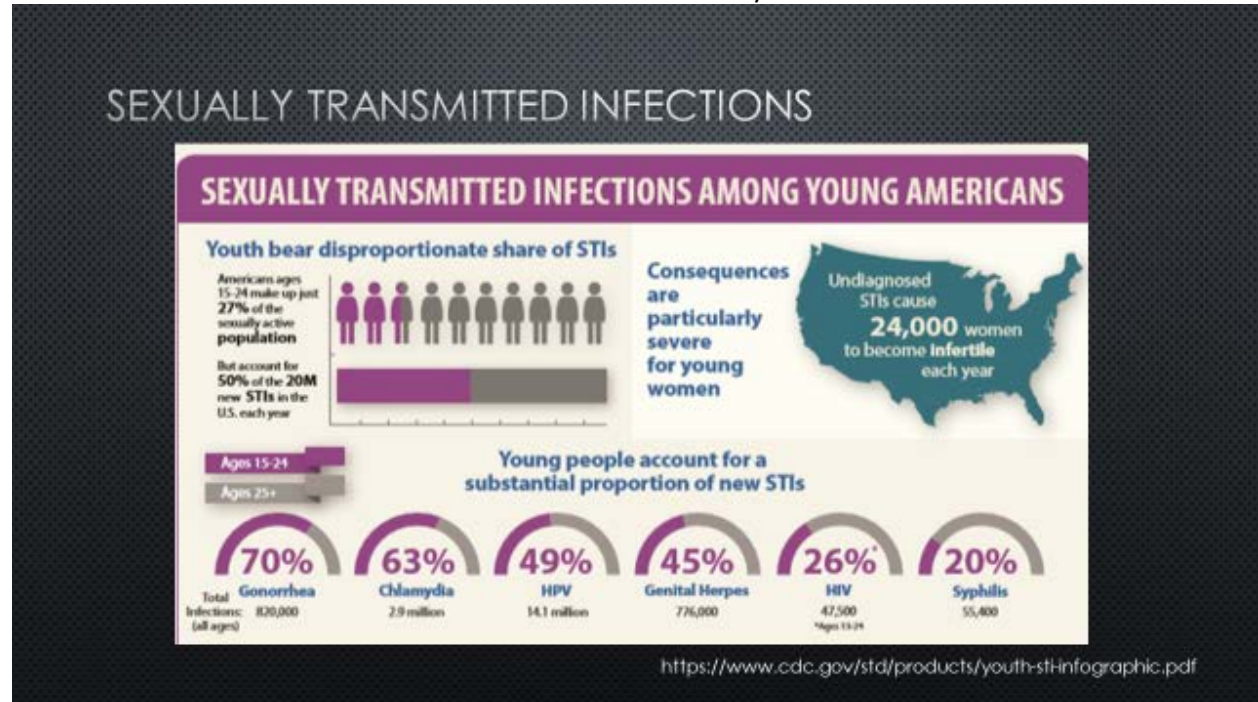
Slide 20: How are STIs spread?

HOW ARE STIs SPREAD?

- YOU CAN GET AN STI BY HAVING VAGINAL, ANAL OR ORAL SEX WITH SOMEONE WHO HAS AN STI.
- ANYONE WHO IS SEXUALLY ACTIVE CAN GET AN STI.
- YOU DON'T EVEN HAVE TO HAVE ANAL OR VAGINAL SEX TO GET AN STI.
 - THIS IS BECAUSE SOME STIs, LIKE HERPES AND HPV, ARE SPREAD BY SKIN-TO-SKIN CONTACT.

Slides 21-22: STD data

Note that young people between the ages of 15-24 make up just 24% of the sexually active population, but account for 50% of the 20 million new STIs in the US each year.



Slide 23: Bacterial and Viral STIs

STIS

BACTERIAL (CURABLE)	VIRAL (TREATABLE)
✓ CHLAMYDIA	▪ GENITAL HERPES (HSV)
✓ GONORRHEA	▪ GENITAL WARTS (HPV)
✓ SYPHILIS	✓ HEPATITIS B (HBV)
	✓ HIV
	✓ HEPATITIS C (HCV)

✓ Reportable to the Health District-
means the health district collects data
on these STIs


<https://www.washoecounty.us/health/faq/cchs/teen-health-mall/index.php>

Curable with antibiotics.

Treatable-treat the symptoms, but disease is not curable and will have for a lifetime.

Slide 24: How to find out if your partner has had an STI?

HOW COULD YOU FIND OUT IF YOUR PARTNER HAS AN STI?



Ask them and suggest getting tested together before engaging in any sexual activity.

Slide 25: Ways to Reduce or Eliminate Your Risk

WAYS TO REDUCE OR ELIMINATE YOUR RISK...

Before abstinence or safer sex comes...

Let's Talk!



Abstinence means different things to different people and partners need to communicate that



Knowing your partners disease status



Safer sex is a negotiation between partners


Slide 26: Where to go for testing and local resources

WHERE TO GO FOR TESTING

GETTESTED

NATIONAL HIV, STD, AND HEPATITIS TESTING

FIND FREE, FAST, AND CONFIDENTIAL TESTING NEAR YOU



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People.™

Slides 27-28: Whom students can talk to and where to go for services

WHO TO TALK TO...

- PARENT OR GUARDIAN
- TRUSTED ADULT
- FAITH BASED LEADER
- TEACHER
- SCHOOL COUNSELOR
- SCHOOL NURSE
- HEALTH CLINIC
- HEALTH CARE PROVIDER

Leave the Local Resources up so they can get a photo

LOCAL RESOURCES- PLEASE TAKE A PICTURE FOR FUTURE REFERENCE

- **WASHOE COUNTY HEALTH DISTRICT:**
 - TEEN HEALTH MALL/CLINIC 775-328-2470
- **NORTHERN NEVADA HOPES:** 775-786-4673
- **PLANNED PARENTHOOD OF NORTHERN NEVADA:** 775-688-5555
- **CRISIS CALL CENTER:** TEXT "LISTEN" TO 839863
- **SUICIDE PREVENTION LIFELINE:** 1-800-273-8255
- **LGBTQ+ FRIENDLY SERVICES:**
[HTTPS://WWW.NNHOPES.ORG/PATIENTS/SERVICES/LGBTQ/](https://www.nnhopes.org/patients/services/lgbtq/)

Slide 24: Exit Ticket

EXIT TICKET

- LIST 3 WAYS AN STI CAN BE SPREAD FROM ONE PERSON TO ANOTHER.
- IF YOU WERE TO FIND OUT YOU HAD AN STI, WHAT COULD YOU DO TO MAKE SURE YOU DON'T PASS IT TO SOMEONE ELSE?
- EXPLAIN WHY THE FOLLOWING THREE STRATEGIES CAN BE THE MOST EFFECTIVE WAY TO PROTECT YOURSELF OR SOMEONE ELSE FROM GETTING AN STI.
 - ABSTINENCE
 - USING CONDOMS/BARRIER METHODS CORRECTLY EACH TIME YOU HAVE SEX
 - GETTING TESTED FOR STIs (AND MAKING SURE YOUR PARTNER DOES TOO) BEFORE YOU HAVE SEX TOGETHER.