

SHARE HS  
Lesson 3  
Making Healthy Choices and Abstinence

**INFORMATION TO KEEP** (includes updated data)

**PowerPoint Slide # and Topic**

**2:** Abstinence Definition (previously approved by committee)

**3:** Abstinence Data

**4:** Abstinence Advantages

**5-20:** Abstinence? Can you be abstinent and still do these activities?

**21:** Abstinence: Things that influence to having sex

**22-23:** Abstinence and Alcohol

**24:** Tips for sexual pressure

**25:** Non-Sexual Ways to Show Love

**26:** Are you ready to have sex?

**NEW INFORMATION**

**PowerPoint Slide # and Topic**

**TOPICS to OMIT**

**PowerPoint Slide # and Topic**

Role Play-Peer Pressure Activity

# S.H.A.R.E.

Sexuality

Health

And

Responsibility

Education

Lesson 3- Making Healthy Choices and Abstinence

# ABSTINENCE (defined)

◆ *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 HIV, other sexually transmitted diseases or infections and pregnancy.*

◆ SEX – when a person's genitals touch another person's genitals, mouth or anus.



# ABSTINENCE DATA

(per CDCs 2017 Youth Behavior Risk Survey)

## NEVADA DATA

- ◇ **64%** of students in grades 9-12 in 2017 reported that they never had sex.
  - ◇ 64% females, 63% males
- ◇ **26%** were sexually active in the three months prior
  - ◇ 27% females, 25% males
- ◇ **19%** of those sexually active did not use contraception during last sexual intercourse
  - ◇ 21. % females, 17% males

## UNITED STATES DATA

- ◇ **61%** of students in grades 9-12 in 2017 reported that they never had sex.
  - ◇ 62% females, 59% males
- ◇ **29%** were sexually active in the three months prior
  - ◇ 29% females, 29% males
- ◇ **14%** of those sexually active did not use contraception during last sexual
  - 17% females, 11% males

# ABSTINENCE

## ◆ **Advantages:**

- ◆ No Pregnancy Risk
- ◆ No Risk of Diseases (STDs, HIV, HPV)
- ◆ Maintain healthy relationships
- ◆ Grow in emotional maturity
- ◆ Follow their personal, moral, or religious beliefs and values
- ◆ Able to focus on school, extracurricular activities
- ◆ Accomplishing what you want

# ABSTINENCE?

CAN YOU BE  
ABSTINENT AND  
STILL DO THESE  
ACTIVITIES?



ABSTINENCE?

FANTASY

ABSTINENCE?

HOLDING  
HANDS



ABSTINENCE?

Self  
Masturbation

ABSTINENCE?

SOCIAL  
KISSING

ABSTINENCE?

HUGGING



ABSTINENCE?

French Kissing  
Making Out

ABSTINENCE?

Massage

Clothing on

# ABSTINENCE?

## Talking Dirty Sexting

In 2011, Nevada made it a crime for children (those younger than 18) to possess, transmit, or distribute sexual images of themselves or other children. In addition to criminal charges and punishment, sexting can have many other unpleasant consequences. Social media sites, email, and instant messaging mean that photos can quickly be made public without a thought to long-term consequences.



# ABSTINENCE?

## Body to Body Rubbing

Clothed – could still be considered abstaining

Without clothing – could still run risk of pregnancy or contraction of STIs

# ABSTINENCE?

## HAND TO GENITAL CONTACT

(also referred to as “digital sex”)

Questionable – Remember seminal fluids and semen on hands can cause pregnancy if they come in contact with labia.

# ABSTINENCE?

## Oral Sex With Protection

Based on our working definition of “sex” this is not an example of abstinence



# ABSTINENCE?

## Oral Sex Without Protection

Based on our working definition of “sex” this is not an example of abstinence

# ABSTINENCE?

## Vaginal Intercourse With a Condom

Based on our working definition of “sex” this is not an example of abstinence

ABSTINENCE?

# Vaginal Intercourse Without a Condom

Based on our working definition of “sex” this is not an example of abstinence



ABSTINENCE?

ANAL SEX

Based on our working definition of “sex” this is not an example of abstinence

# ABSTINENCE

## Things That Will Influence You

1. Peer pressure
2. Alcohol & other drugs-including marijuana
3. Hormones
4. Media
5. Low self-esteem
6. Giving in to not losing partner
7. Revenge or getting away (Parents/Friends)
8. Giving in to “I LOVE YOU!!” or “IF YOU LOVE ME!!”

# ABSTINENCE and Alcohol

- ◇ 1 in 7 – high school students have had unprotected sex
- ◇ 1 in 5 had alcohol prior to their last sexual encounter
- ◇ 1 in 10 have been unable to remember if they had sex the night before
- ◇ 9 in 10 have never been tested for HIV
- ◇ **TALK ABOUT DECISION MAKING WHILE YOU ARE SOBER!**



8:00 PM



10:00 PM



1:00 AM



8:00 PM



10:00 PM



1:00 AM

**Beer. Enough said.**



# Tips for sexual pressure

1. Say NO and don't give excuses.
2. Turn the tables.
  - ◊ Tell them how you feel.
  - ◊ Ask them why they are pressuring you.
3. Walk Away

# What are Non-Sexual Ways to Show Love? (see how many you can list)

- ◆ Be there when they need a friend
- ◆ Spend time together
- ◆ Go to the movies
- ◆ Make a special music playlist
- ◆ Talk about your feelings
- ◆ Take a walk together
- ◆ Go to a sporting event
- ◆ Share dreams with each other
- ◆ Go to a concert
- ◆ Snuggle up together
- ◆ Sit together in the park
- ◆ Go out for a meal
- ◆ Have a picnic
- ◆ Exercise together

# Are you ready to have sex?

◇ What is your motivation?

◇ Love?

◇ Commitment?

◇ Or?

Have you considered how it will change the relationship?

Have you considered your values and beliefs?

Have you talked about birth control?

Do you know everything to prevent pregnancy and STIs?

Have you talked to your partner about their sexual history?

Are you willing to accept all the consequences?

**And If you aren't comfortable talking to your partner about sex, you're probably NOT ready to have sex.**

SHARE HS  
Lesson 4  
Contraceptives: Proper Use and Types

**INFORMATION TO KEEP** (includes updated data)

**PowerPoint Slide # and Topic**

- 2:** Birth Control Facts
- 4-8:** Male Condoms-info
- 9-10:** Female Condoms-info
- 14:** Intra Uterine Device (IUD)
- 15:** Birth Control Pill
- 16:** Contraceptive Patch
- 17:** Vaginal Ring
- 18:** Contraceptive Injection
- 19-21:** Diaphragm and Cervical Cap
- 22:** Fertility Awareness
- 23:** Male/Female Sterilization
- 24:** Male Vasectomy
- 25:** Female Tubal Ligation
- 26:** Emergency Contraceptive Pill

**NEW INFORMATION**

**PowerPoint Slide # and Topic**

- 11:** Dental Dams-Dos and Don'ts
- 12:** Dental Dams-How to use
- 13:** Dental Dams- How to make from a condom
- 27:** If you have sex, use dual protection
- 28:** Effectiveness rates off different contraceptives

**TOPICS to OMIT**

**PowerPoint Slide # and Topic**



# S.H.A.R.E.

Sexuality

Health

And

Responsibility

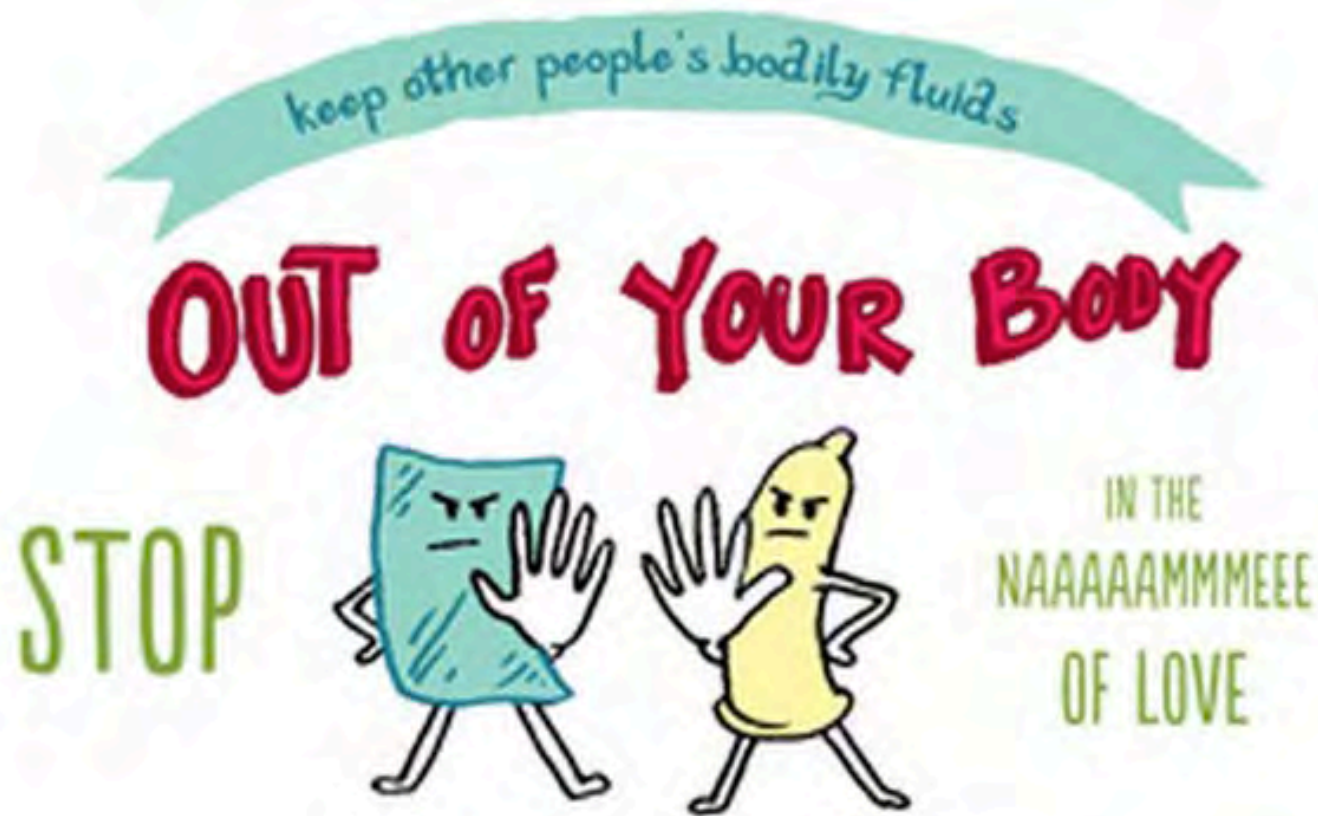
Education

Lesson 4- Contraceptives: Proper Use and Types

# Birth Control

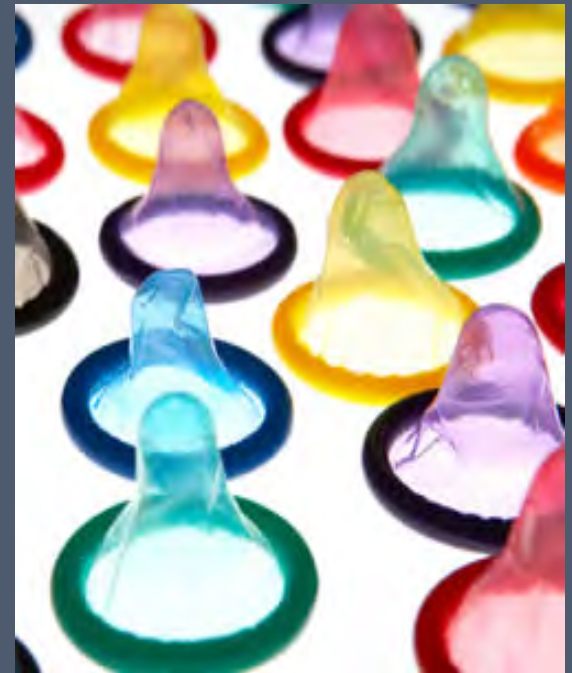
- ❑ Used before and/or during sex
- ❑ NOT effective against DISEASES
- ❑ ONLY CONDOMS CAN REDUCE THE RISK OF SOME DISEASES
- ❑ 56% of males used a condom in last sexual encounter
- ❑ 16.6% of females used the birth control pill before last sexual encounter
- ❑ 18.9% of NV high school students did not use any method to prevent pregnancy during their last sexual encounter.

# Male Condoms, Female Condoms and Dental Dams...Oh My!



# CONDOMS

- ❑ Store in a cool dry place out of direct light
- ❑ Carry in a pocket alone-but for short duration
- ❑ Before use, make sure package is intact
- ❑ Check expiration date
- ❑ Effectiveness varies from 84-98%
- ❑ Average effectiveness for condoms is 89%
  - Remember, this means 11%, or 1 out of ten times, pregnancy or STI transfer can still occur.

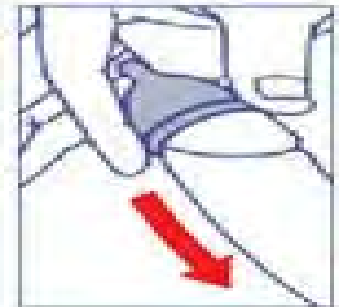
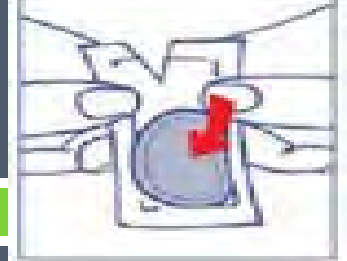




# CONDOMS

## How To Put on a Male Condom

1. Take out of package
2. Right Way- rolls easy. Rolled rim on outside
3. Pinch the entire reservoir at the tip of the condom shut
4. Roll down to base of the penis
5. Apply lubricant-water or silicone-based lubes only
6. After ejaculation HOLD ONTO RIM AND WITHDRAW
7. Remove the condom after ejaculation
8. Throw away in the garbage. Don't flush it.
9. **DO NOT REUSE!!!**



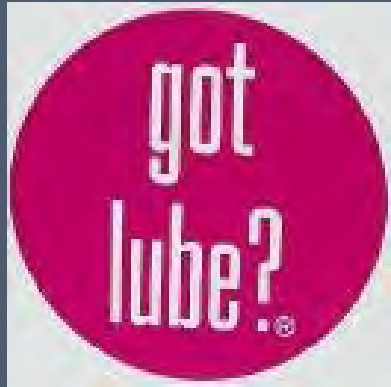
# CONDOMS

- ❑ BUYING CONDOMS:
- ❑ Choose latex
- ❑ In case of latex sensitivity
  - ❑ Polyurethane (plastic) or
  - ❑ Polyisoprene (synthetic version of latex)
- ❑ DO NOT USE LAMBSKIN CONDOMS
- ❑ Other features: reservoir tip, lubricated, spermicide coating

## LAMBSKIN CONDOMS

- Lambskin condoms are no longer recommended because of their lack of protection against STI.

# CONDOM-Got Lube?



- ❑ DO NOT USE OIL BASED LUBRICATION
- ❑ USE ONLY WATER BASED LUBRICATION
- ❑ Label should say “personal lubricant”, “water based”, or “compatible with latex condoms”

# CONDOM REVIEW

- ❑ NEVER USE 2 at the same time
- ❑ Read expiration
- ❑ Carry two - in case you have sex twice (not reusable) or one breaks
- ❑ Can use other water based products (lubricants)



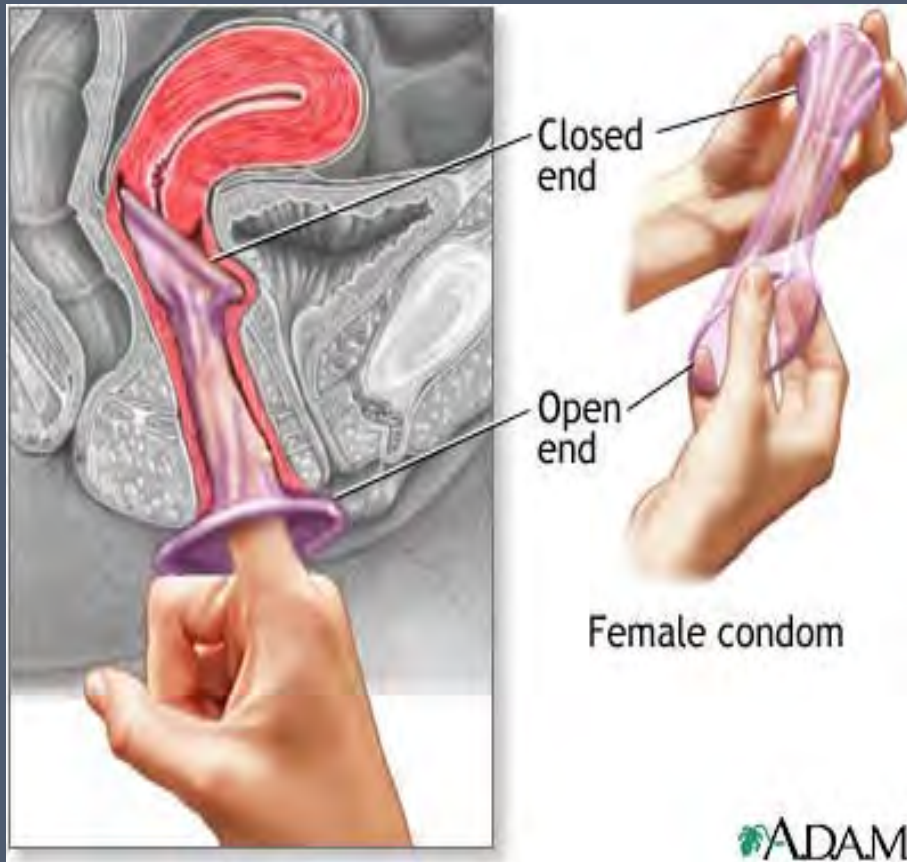


# FEMALE CONDOM

- ❑ Store in cool dry place out of direct light
- ❑ Check expiration date
- ❑ Read instructions
- ❑ Water based lubrication ONLY
- ❑ Take out and throw away IMMEDIATELY after ejaculation
- ❑ Do NOT use in tandem with male condom.
- ❑ Made from polyurethane
- ❑ 79% effective



# FEMALE CONDOM



- ❑ Inside ring fits over the cervix
- ❑ Outside ring fits up against the vulva
- ❑ Must be lubricated on the inside
- ❑ Difficult to keep in place

# DENTAL DAM

Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus during oral sex.

## Dental Dam Dos

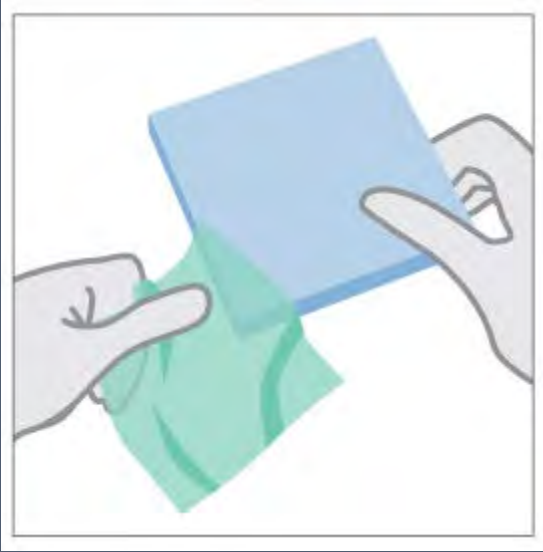
- ❑ **DO** use a new latex or polyurethane dental dam every time you have oral sex.
- ❑ **DO** read the package and check the expiration date.
- ❑ **DO** make sure there are no tears or defects.
- ❑ **DO** put on before starting oral sex and keep it on until finished.
- ❑ **DO** use water-based or silicone-based lubricant to prevent breakage.
- ❑ **DO** store dental dams in a cool, dry place.

## Dental Dam Don'ts

- ❑ **DON'T** reuse a dental dam.
- ❑ **DON'T** stretch a dental dam, as this can cause it to tear.
- ❑ **DON'T** use nonoxynol-9 (a spermicide), which can cause irritation.
- ❑ **DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the dental dam to break.
- ❑ **DON'T** flush dental dams down the toilet as they may clog it.

# DENTAL DAM

## □ How To Use a Dental Dam



Carefully open dental dam and remove from package.



Place dental dam flat to cover vaginal opening or anus.



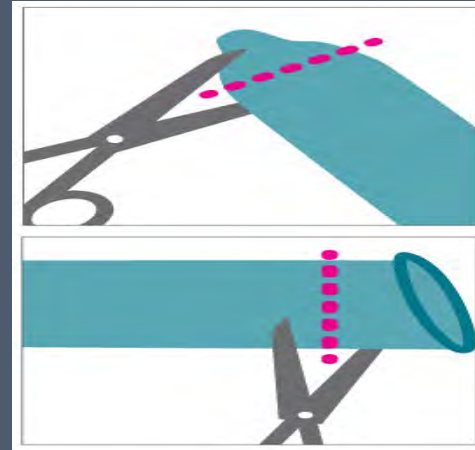
Throw away used dental dam in trash.



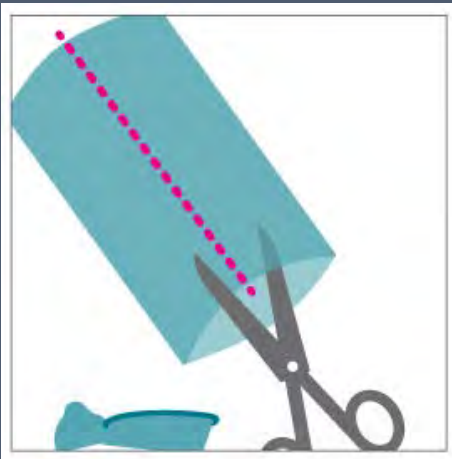
# How to Make a Dental Dam From a Condom



Carefully open package, remove condom, and unroll.



Clip tip and bottom off of condom.



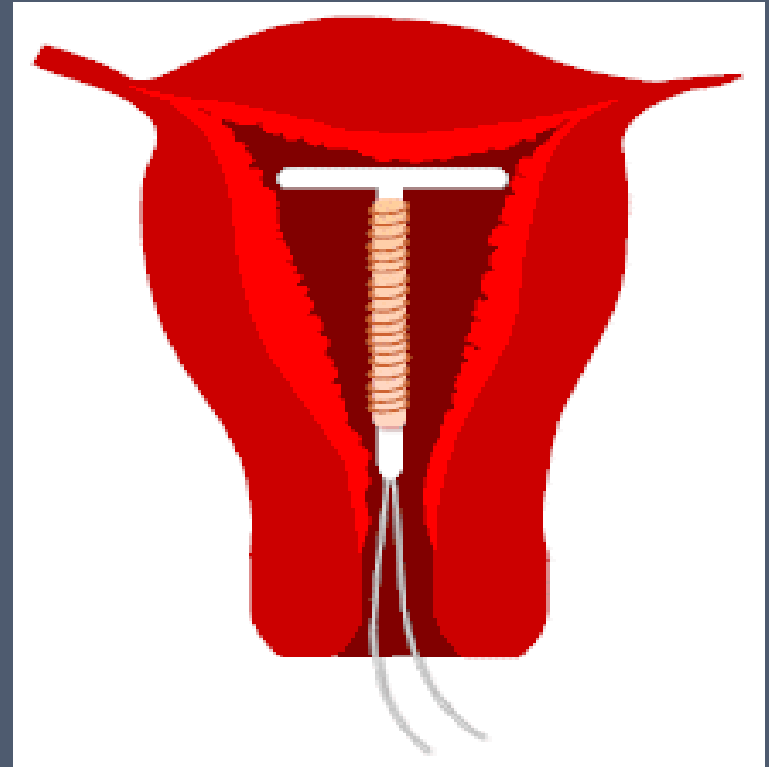
Cut down one side of condom.



Lay flat to cover vaginal opening or anus.

# IUD - Intra Uterine Device

- ❑ Some types contain hormones
- ❑ Can be worn up to 10 years
- ❑ Can't be felt during intercourse
- ❑ Not usually prescribed for teens
- ❑ 99% effective



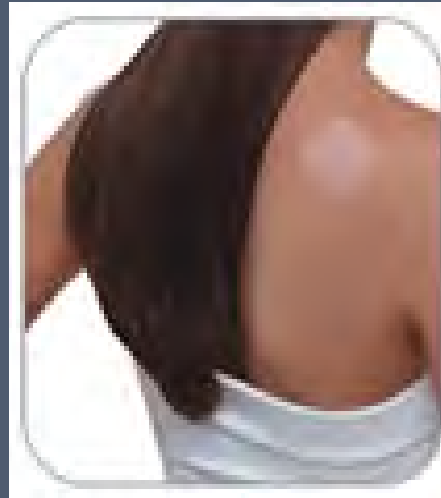
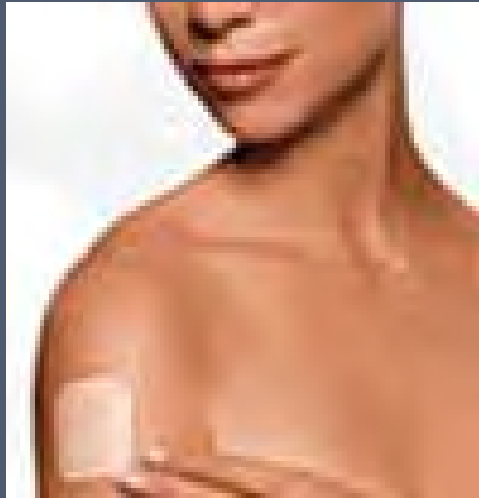
# BIRTH CONTROL PILL

- ❑ Hormonal method – Prescription required
- ❑ Stops ovulation
- ❑ Can be obtained at Teen Health Mall
- ❑ Take one each day at the same time
- ❑ Must take 1 FULL cycle
- ❑ Low side effects
- ❑ Cannot miss a day
- ❑ At least 98%-99% effective when used correctly
- ❑ 3 weeks of active pills, 4<sup>th</sup> week she gets her period



# CONTRACEPTIVE PATCH

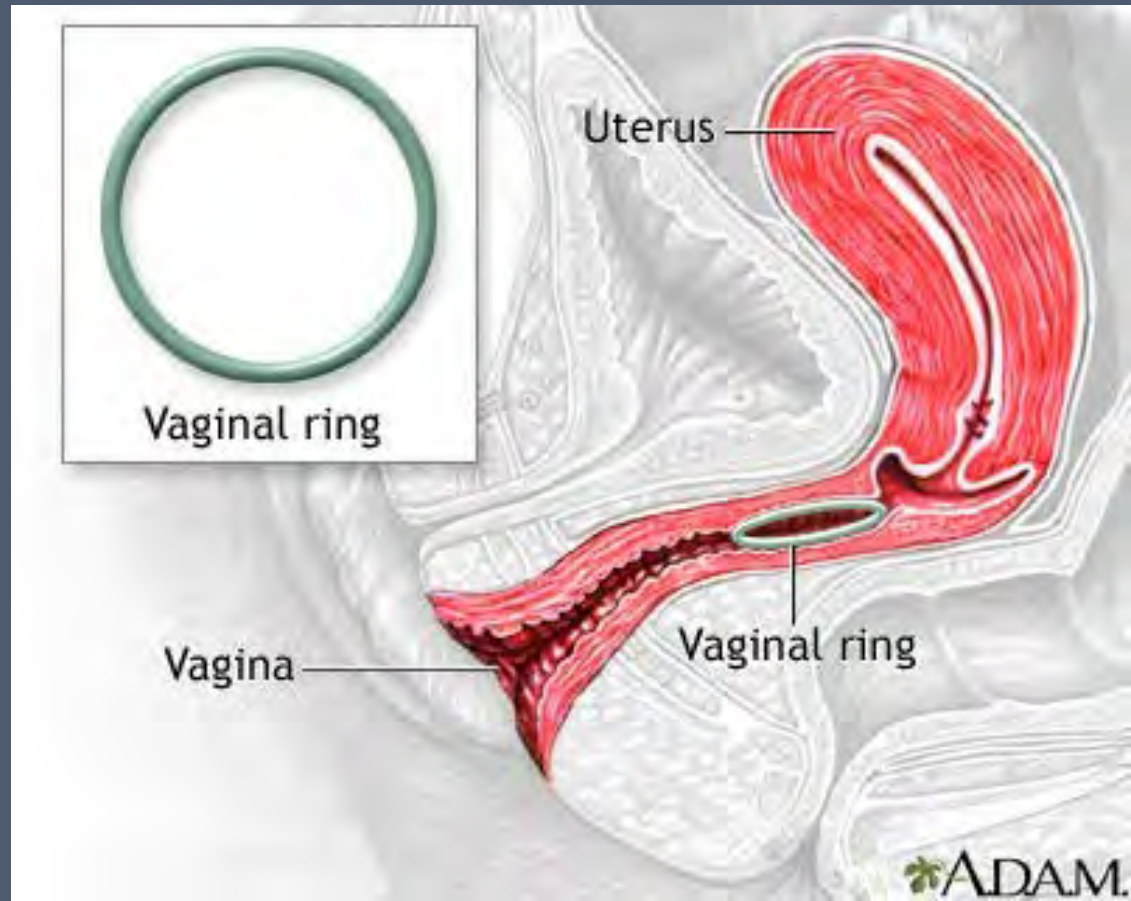
- ❑ Hormonal method - Prescription required
- ❑ Stops ovulation
- ❑ Three patches per month
- ❑ Wear each patch for 1 week, 4<sup>th</sup> week no patch
- ❑ 98%-99% effective





# VAGINAL RING

- Hormone based
- By prescription
- Wear 3 weeks
- 4<sup>th</sup> week she will get her period



# CONTRACEPTIVE INJECTION

- ❑ Hormone based
- ❑ Prescription
- ❑ Effective for 3 months
- ❑ May cause weight gain or moodiness in some women
- ❑ 99% effectiveness



# DIAPHRAGM, CERVICAL CAP

- Spermicidal Cream **MUST** be used with Cervical Cap or Diaphragm



# DIAPHRAGM



Barrier method:  
The diaphragm fits  
over the cervical  
opening, preventing  
sperm from entering  
the uterus.

ADAM.

## Prescription

- Use with spermicide
- Wash, dry, store and reuse

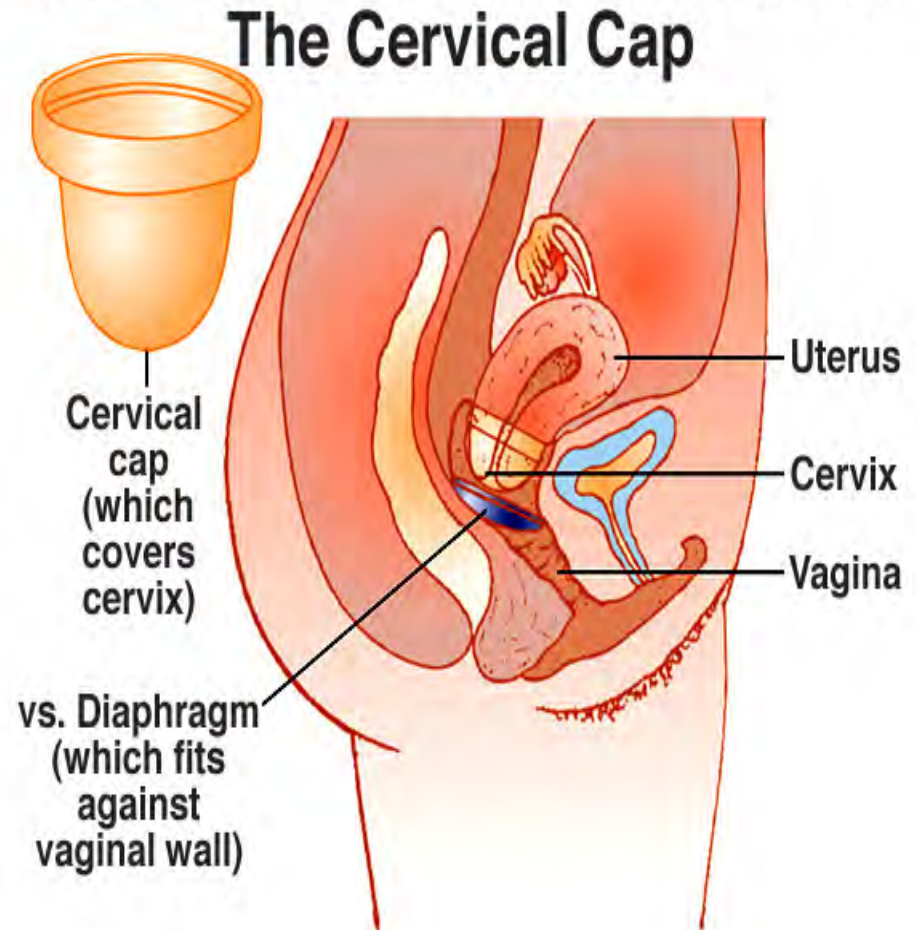


# CERVICAL CAP

## Prescription

- Use with spermicidal jelly
- Remove, wash, dry
- Store and reuse

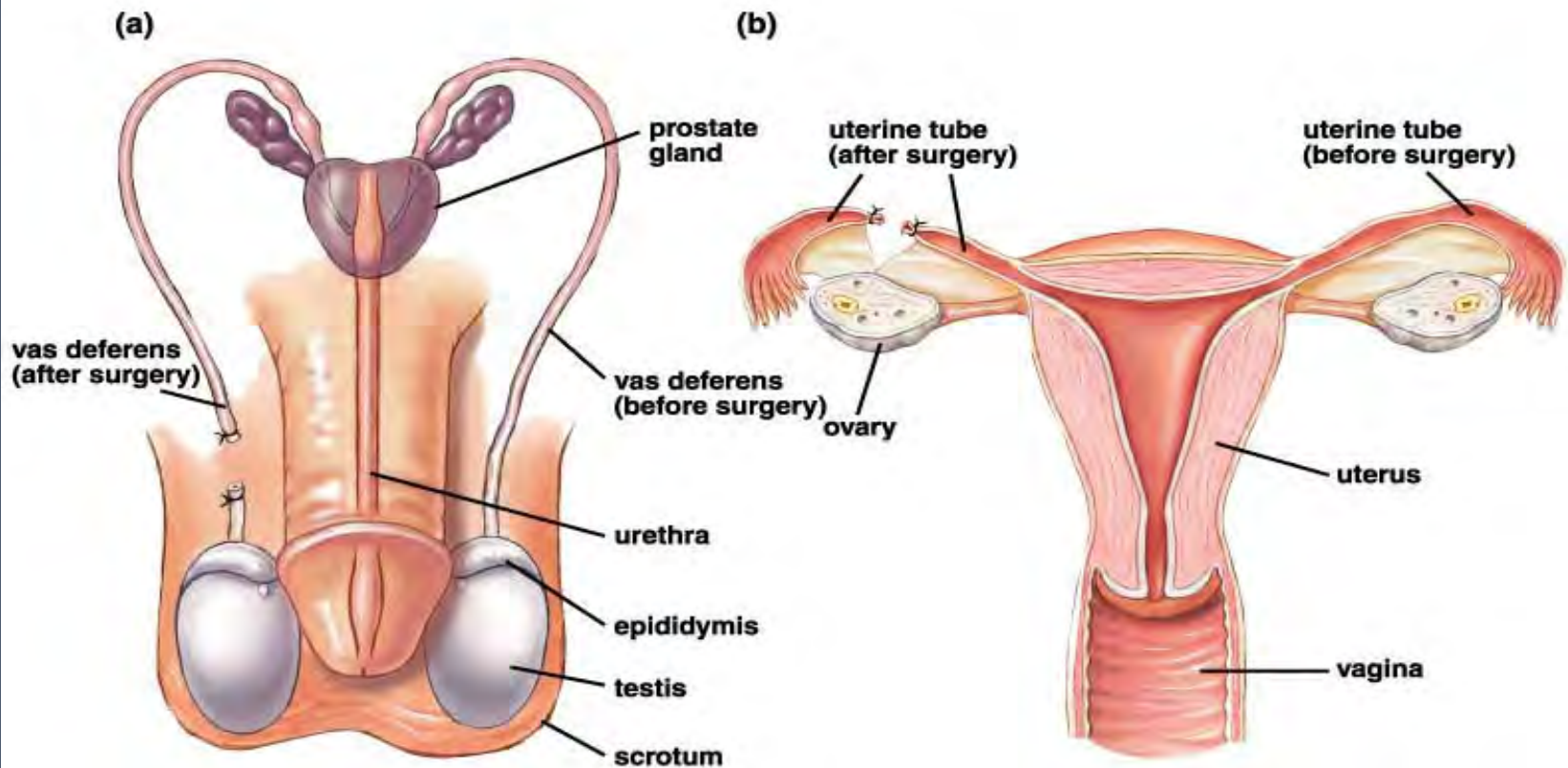
Hyde/DeLamater *Understanding Human Sexuality*, 6e. Copyright © 1997. The McGraw-Hill Companies, Inc. All Rights Reserved.



# FERTILITY AWARENESS

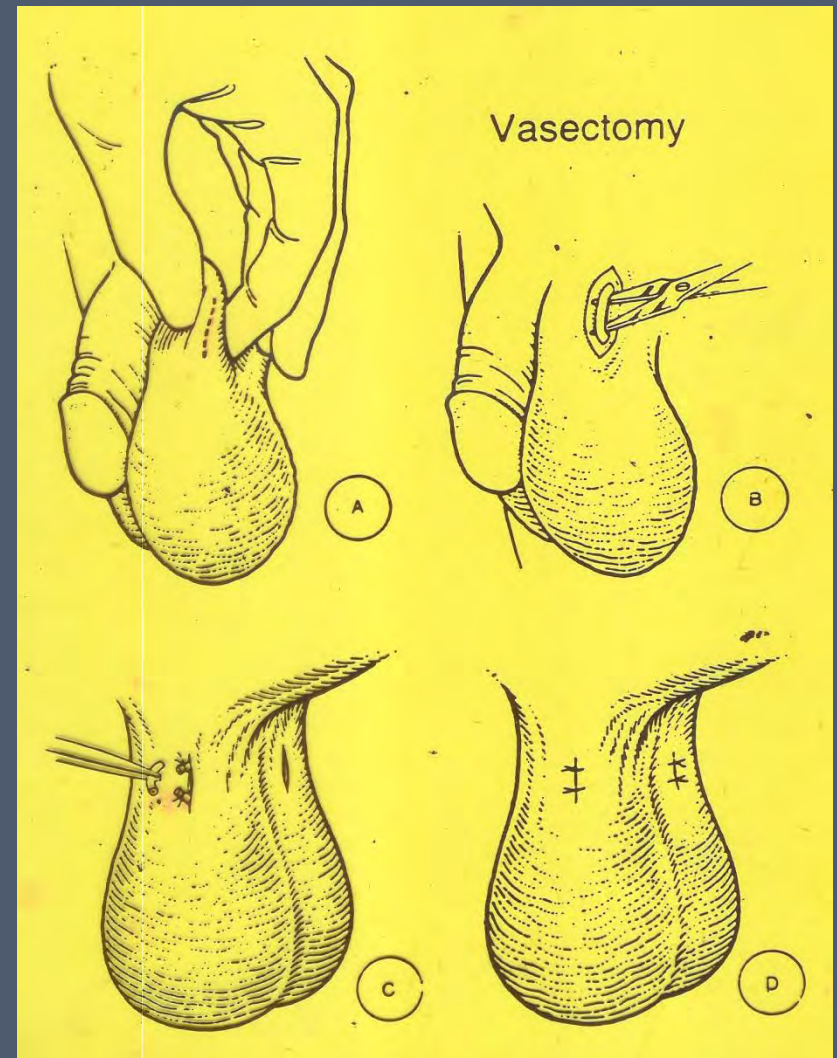
- ❑ Based on ovulation
- ❑ Five days before and 3 days after ovulation, sex is avoided
- ❑ 60-80% effectiveness rate
- ❑ Least effective contraceptive method of the options

# MALE/FEMALE STERILIZATION



# Male Vasectomy

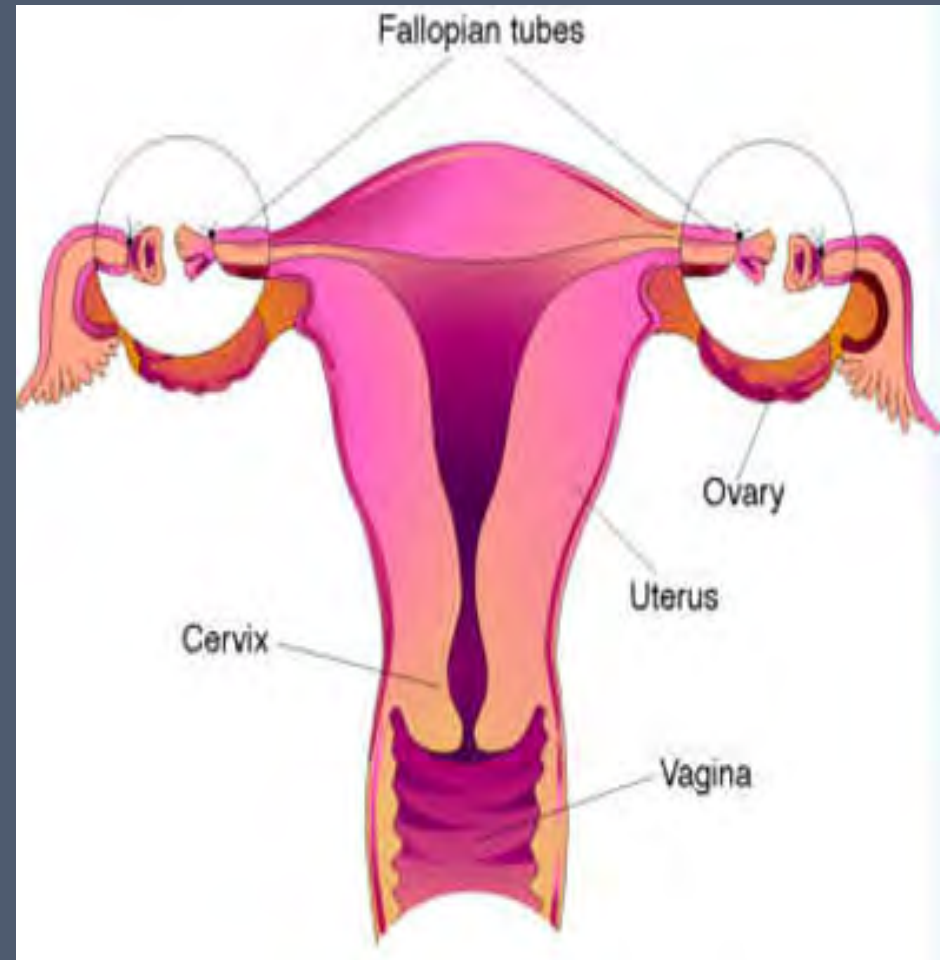
- Done as out-patient surgery, under local anesthesia
- Sperm may be present during next 20 ejaculations
- Sexual functioning remains the same, but semen does not contain sperm
- Over 99% effective





# FEMALE-TUBAL LIGATION

- ❑ Closes the pathway from sperm to egg
- ❑ She continues to ovulate, menstruate
- ❑ Sexual functioning remains the same
- ❑ Over 99% effective



# Emergency Contraceptive Pill

- ❑ Also called EC, Plan B or the Morning After Pill
- ❑ Most effective if taken within 72 hrs. of sex, but can be taken up to 5 days after sex, yet is less effective
- ❑ About 89% Successful
- ❑ Hormonal
- ❑ Stops Ovulation &/or Changes the Lining of Uterus
- ❑ Could cause-nausea, breast tenderness, irregular bleeding
- ❑ Available over the counter
- ❑ DO NOT TAKE IF YOU CANNOT TAKE HORMONAL CONTRACEPTIVES

# If you do have sex, use DUAL PROTECTION.

Even if you or your partner is using another type of birth control, agree to use a condom every time you have sex, to reduce the risk to both of you for HIV and most other STDs.



Condom



Birth Control Pill



Patch



Ring



Implant



Injection









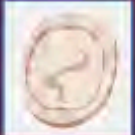






IUD

## Remember!

- ⦿ Use a condom and birth control.
- ⦿ Condoms must be used correctly and used every time you have sex.
- ⦿ Sometimes you or your partner might not know if one of you has an STD.

# How Well Does Birth Control Work?

<div>Most Effective</div> <div></div> <div>Less Effective</div>	<div></div> <div>Sterilization</div>	<div></div> <div>Implant</div>	<div></div> <div>IUD</div>	<div>99% effective</div>	
	<div></div> <div>Shot</div>	<div></div> <div>Pill</div>	<div></div> <div>Ring</div>	<div></div> <div>Patch</div>	<div>92–97% effective depending on the method</div>
	<div></div> <div>Diaphragm</div>	<div></div> <div>Condoms (Internal/External)</div>	<div></div> <div>Sponge</div>	<div></div> <div>Cervical Cap</div>	<div>78–82% effective depending on the method</div>
	<div></div> <div>Spermicide</div>	<div></div> <div>Fertility Awareness</div>	<div>Withdrawal</div>		<div>71–76% effective depending on the method</div>