

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



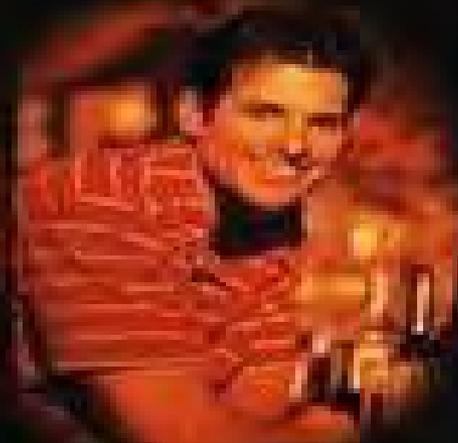
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10:00 PM



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

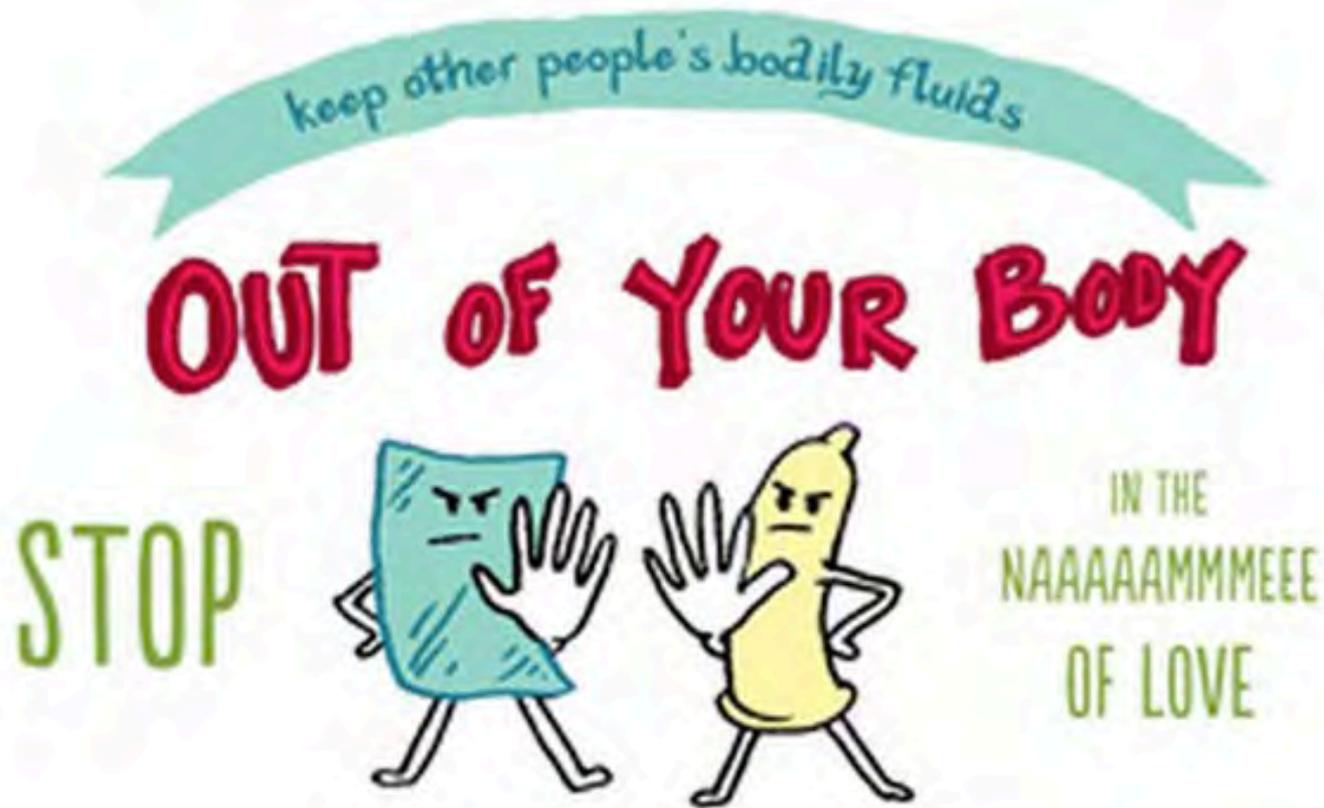
Education

Lesson 4- Contraceptives: Proper Use and Types

Birth Control

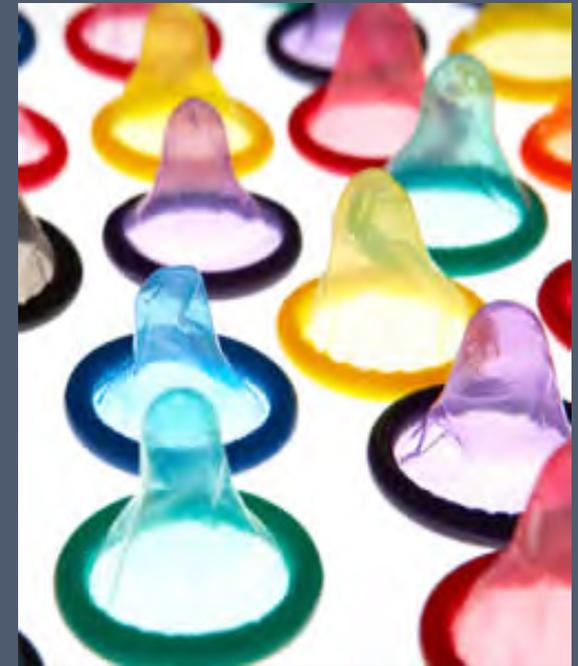
- Used before and/or during sex
- NOT effective against DISEASES
- ONLY CONDOMS CAN REDUCE THE RISK OF SOME DISEASES
- 56% of males used a condom in last sexual encounter
- 16.6% of females used the birth control pill before last sexual encounter
- 18.9% of NV high school students did not use any method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

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



CONDOMS

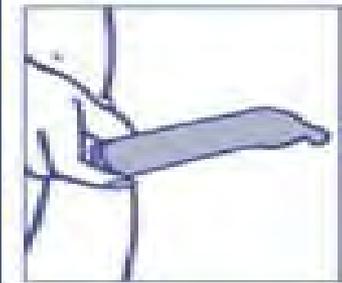
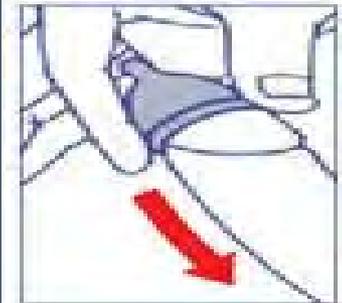
- ❑ Store in a cool dry place out of direct light
- ❑ Carry in a pocket alone-but for short duration
- ❑ Before use, make sure package is intact
- ❑ Check expiration date
- ❑ Effectiveness varies from 84-98%
- ❑ Average effectiveness for condoms is 89%
 - Remember, this means 11%, or 1 out of ten times,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

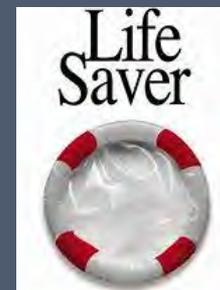
CONDOM-Got Lube?



- ❑ 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)

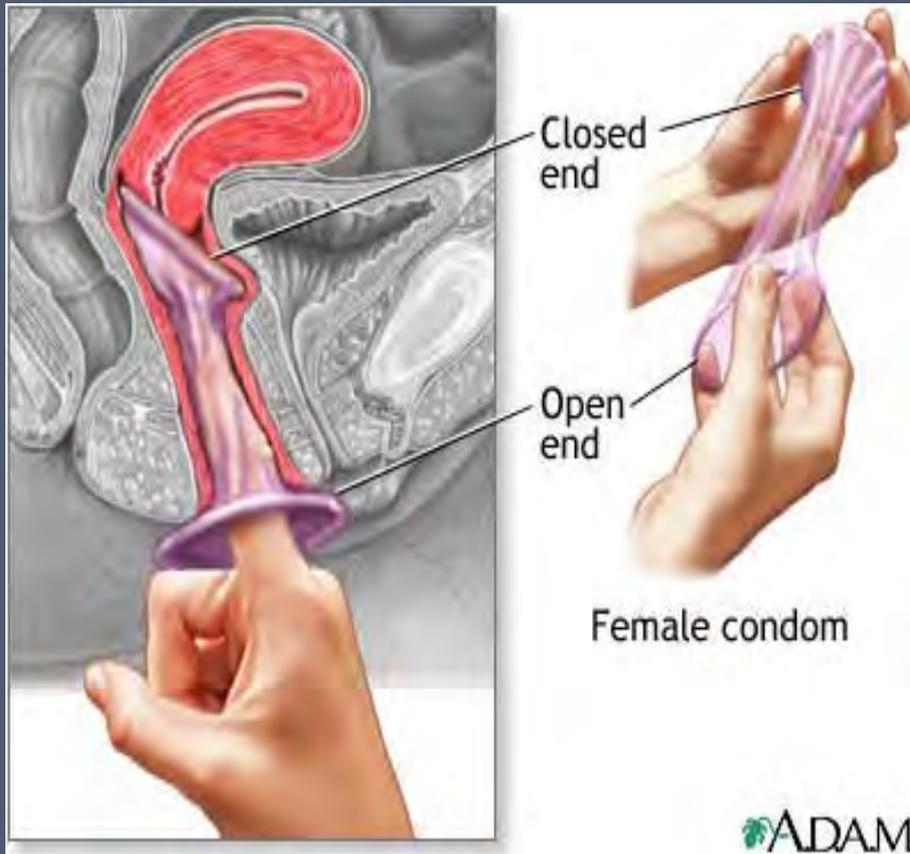


FEMALE CONDOM

- ❑ 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

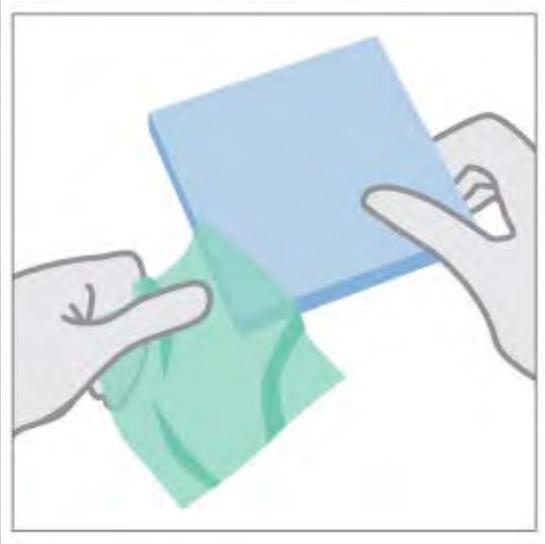
- ❑ **DO** use a new latex or polyurethane dental dam every time you have oral sex.
- ❑ **DO** read the package and check the expiration date.
- ❑ **DO** make sure there are no tears or defects.
- ❑ **DO** put on before starting oral sex and keep it on until finished.
- ❑ **DO** use water-based or silicone-based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

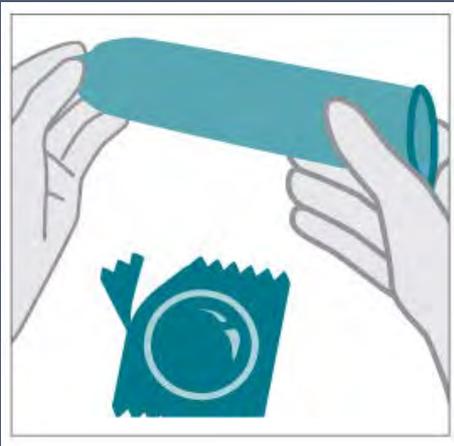


Place dental dam flat to cover vaginal opening or anus.

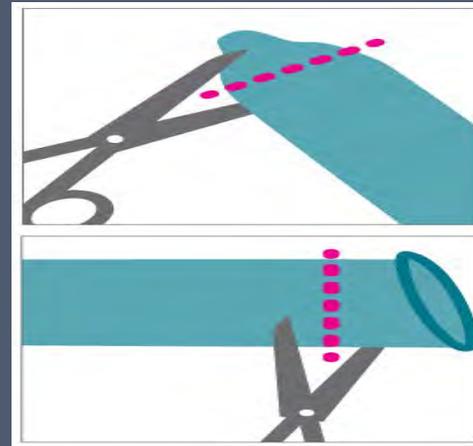


Throw away used dental dam in trash.

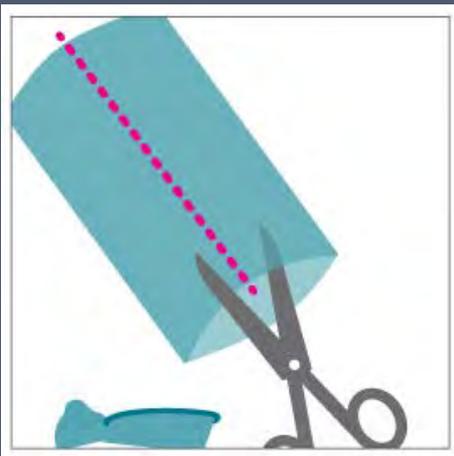
How to Make a Dental Dam From a Condom



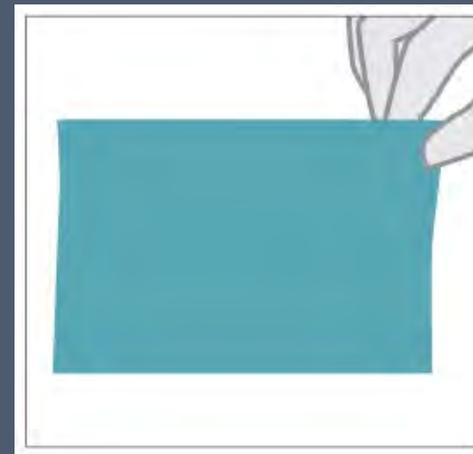
Carefully open package, remove condom, and unroll.



Clip tip and bottom off of condom.



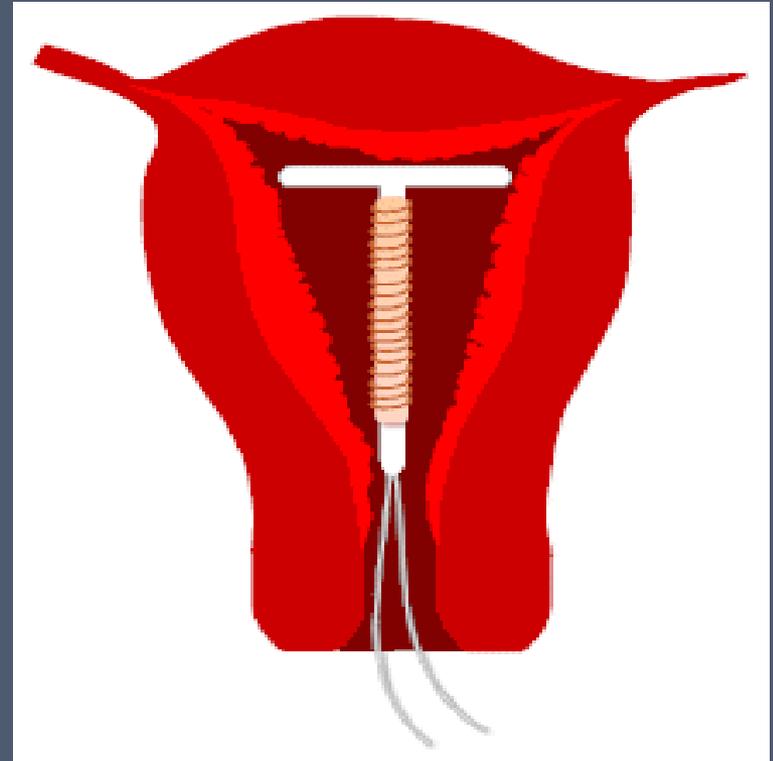
Cut down one side of condom.



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



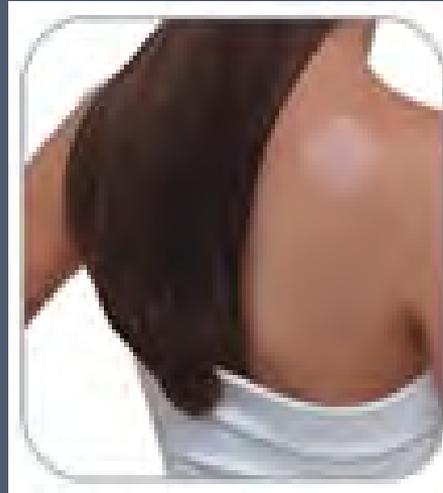
BIRTH CONTROL PILL

- ❑ 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, 4th week she gets her period



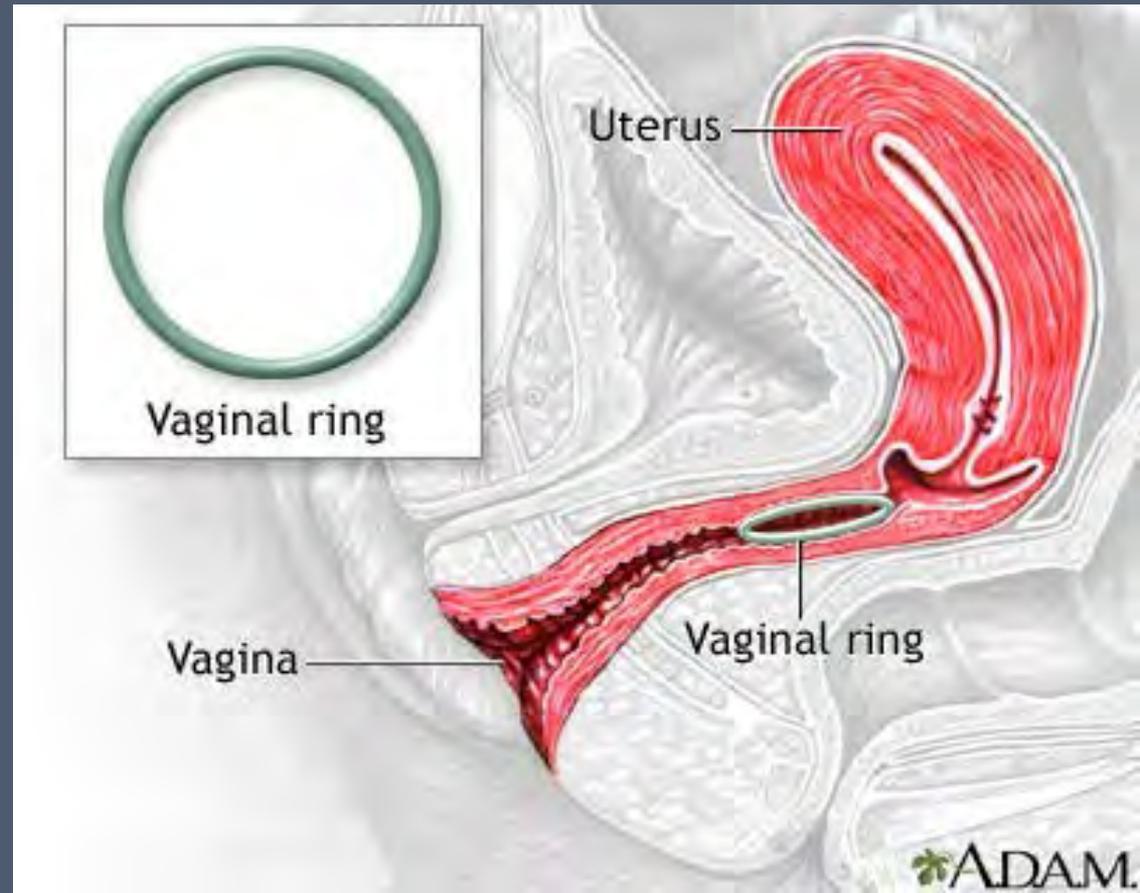
CONTRACEPTIVE PATCH

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



VAGINAL RING

- Hormone based
- By prescription
- Wear 3 weeks
- 4th 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.



Prescription

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

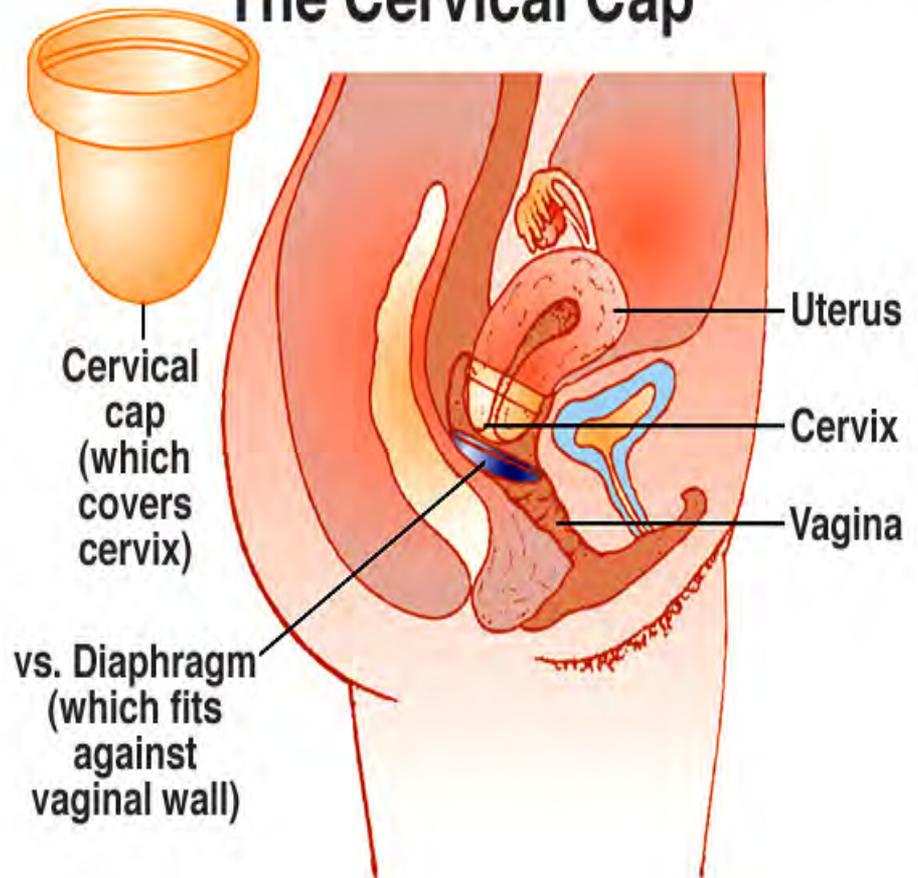
CERVICAL CAP

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.

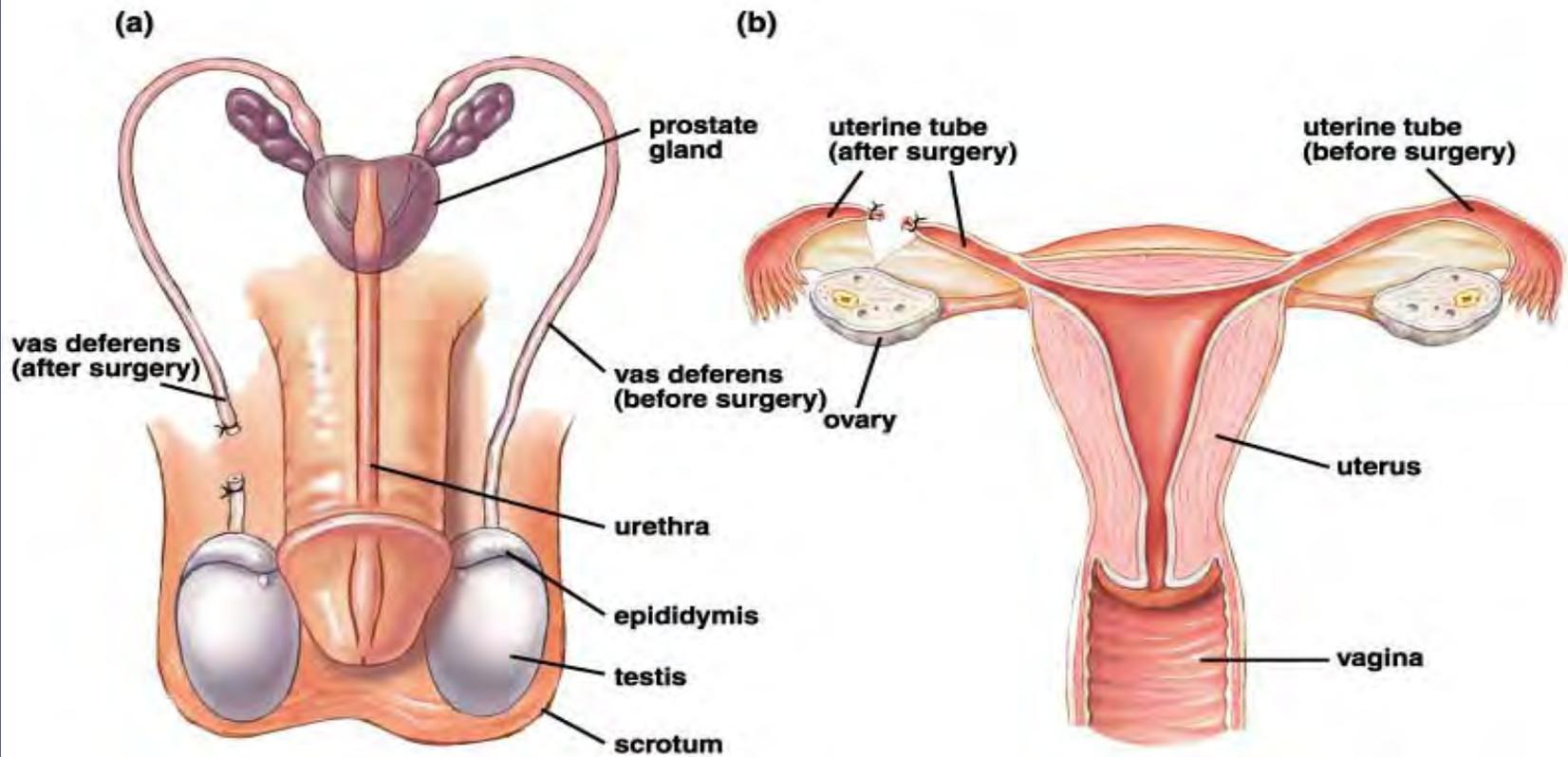
The Cervical Cap



FERTILITY AWARENESS

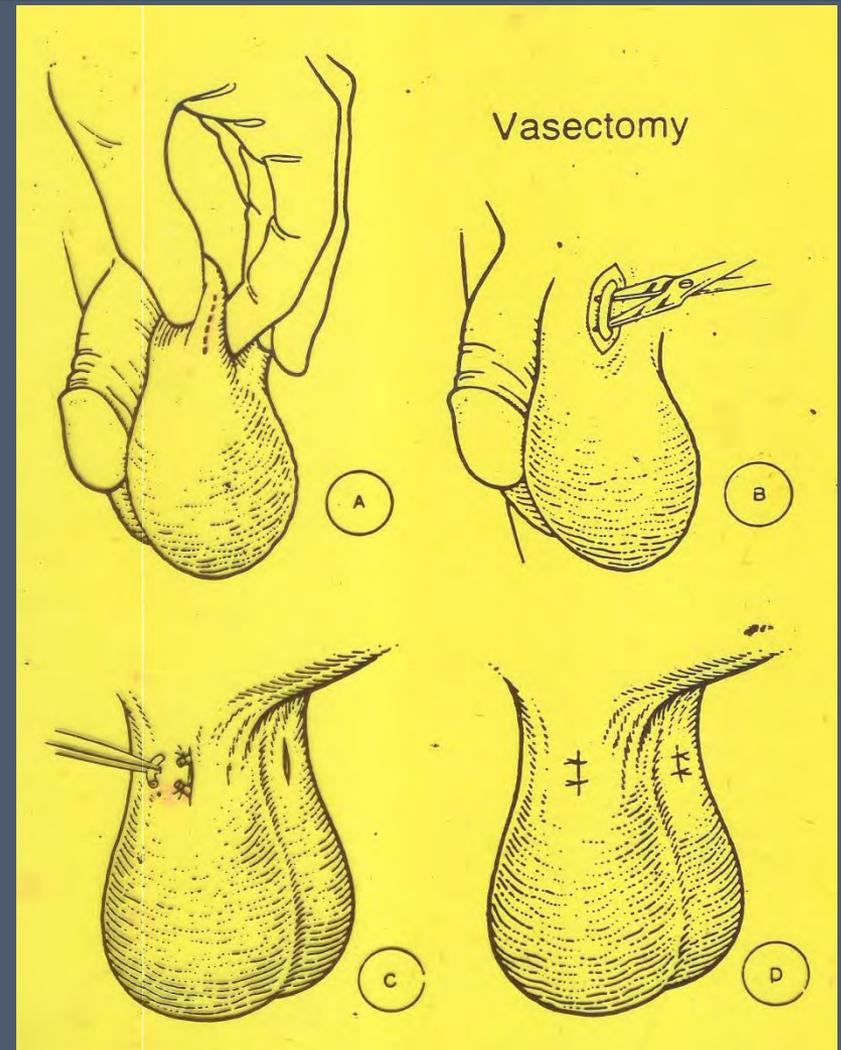
- Based on ovulation
- Five days before and 3 days after ovulation, sex is avoided
- 60-80% effectiveness rate
- Least effective contraceptive method of the options

MALE/FEMALE STERILIZATION



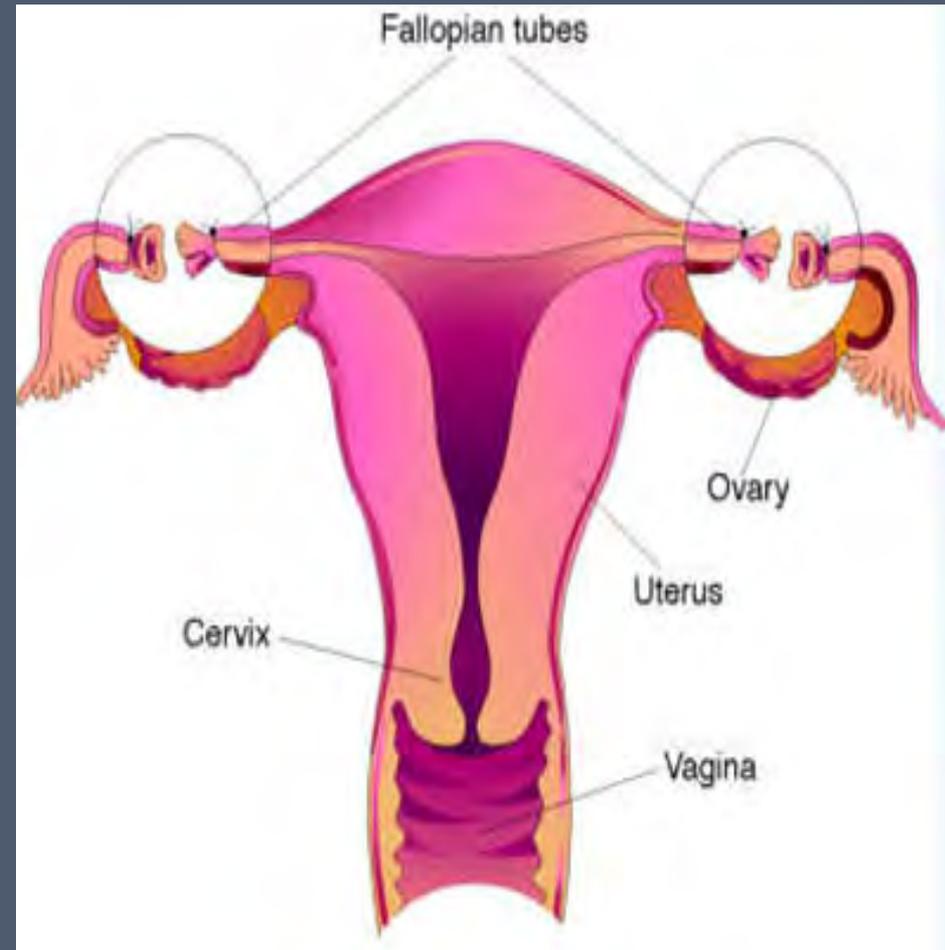
Male Vasectomy

- 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

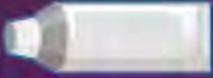


IUD

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?

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