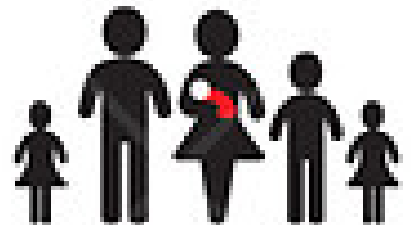


Flowing Wells Junior High School Family Life Curriculum

Bellwork

Think about all the ways we learn about relationships and sexuality. Name at least three sources of information, either people or other entities, and think about which are most and least reliable. Be ready to discuss with a partner.

If you finish early, write down any questions you have on a notecard.



Expected Behaviors in Sex Education Class

- **Maturity**
 - Respect each other.
 - Respect each others' questions.
 - Don't be silly or rude.
- **Terminology**
 - If not sure what the appropriate term is for something, please ask.
- **Questions?**
 - Raise your hand.
 - Use index cards and question box.

Adolescence and Puberty

Physical

**Bodily
transformations**

Emotional

**New feelings
and awareness**

Cognitive

**Changes in
thinking,
processing, &
learning**

Social

**Changes in how
we interact
with others**



Your objectives for decision making:

- Be able to identify healthy boundaries.
- Assess whether you are being pressured to do something.
- Pick the right response to pressure
- Use the decision-making process to make important decisions for yourself regarding sex.



Boundaries

Think about when you've heard the word "boundary" before? What are different types of boundaries?





WHEN TO SAY YES
HOW TO SAY NO
TO TAKE CONTROL
OF YOUR LIFE

Personal Boundaries

- Our boundaries are rules we set to define what we are comfortable with and what we are not.
- Think about the different people in your life. Do you have more than one set of boundaries for family, friends, and strangers?

BOUNDARIES

Consent

What does consent mean to you?

Age of sexual consent is the age at which a state says a person can agree to engage in sexual activity.

Arizona's age of consent is 18. This means that any person 17 years old or younger in our state, unless legally married, is considered incapable of agreeing to sexual behavior and therefore any sexual behavior they are engaged in is illegal.

Sexting

The sexting law applies to minors under the age of 18 who knowingly or intentionally use an electronic communication device (e.g., computer, phone, etc.) to transmit or display a sexually explicit depiction of a minor to one other person (who is a minor).



What's the big deal?

Are you willing to take these risks?

Legal Risks

Transmitting explicit photos can be a felony

- Child pornography
- Sexual exploitation of a minor
- Register as a sex offender

Social and Emotional Risks

- Shame
- Embarrassment
- Reputation



Three Types of Response Strategies

Passive:

Accepting or allowing what happens or what others do, without active response or resistance



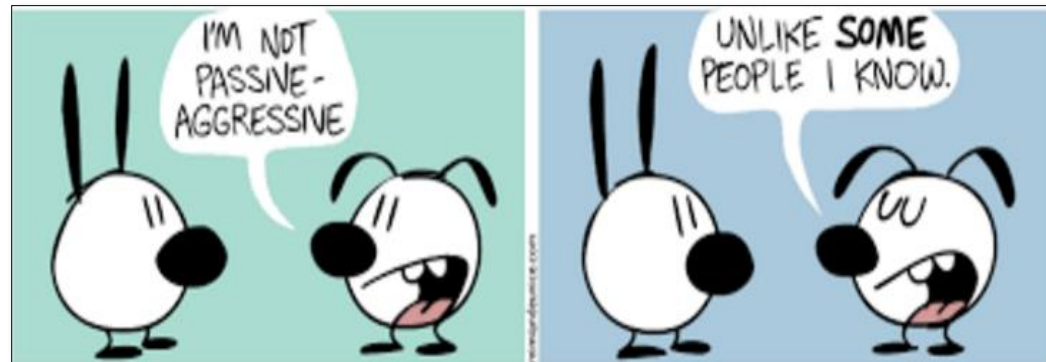
Aggressive:

Ready or likely to attack or confront



Assertive:

Showing a confident and self-assured personality



Example:

Your friend says, “Hey, do you want to go see this movie on Saturday.” You have no interest in that movie.

Passive response: “Um, well, I kind of don’t want to see that movie, but if you do I guess I’ll go.”

Aggressive response: “You really want to see THAT movie? What are you five-years-old?”

Assertive response: “I’m not really interested in that movie, but I’d see a different movie with you.”

Passive, Aggressive, or Assertive?

Directions: Imagine someone is pressuring you to have sex, and you want to wait. Think about which responses would be most affective in defining your boundaries. Which would best result in you being taken seriously?

Aggressive

1. I don't want to have sex with you! Grow Up!

Assertive

2. Having sex means taking risks, and I am not willing to risk my health or future like this.

Passive, Aggressive or Assertive?

Aggressive

3. If all you can think about is sex, there is something seriously wrong with you.

Assertive

4. I'm not ready to have sex right now, but I really like when we kiss a lot.

Passive

5. I guess we could hang out at your place—I mean, I'm really uncomfortable about your parents not being home, but if you really want to, I'll come with you.

Which response strategy works the best when protecting your personal boundaries? Why?



Boundaries

I have to set limits for my own wellness and even though I may say no to you it doesn't mean it's even about you

I'm just taking care of me

knowmyworth.com
photo © Sharon Pruitt

Being assertive is a good strategy to use when you are being pressured in any situation.

Passive, Aggressive or Assertive?

1. Amy and Jesse have been talking for a couple weeks now. They see each other at school every day but are not allowed to meet up during the weekend, so they usually text each other. Amy likes sending Jesse selfies of whatever she's doing but the last time she did Jesse asked her to send a nude. Amy was not comfortable doing this so she didn't text back. The next Monday at school, Jesse came up to her during passing period and asked why she didn't send the picture in front their friends. Amy, embarrassed, says, "My parents would totally kill me if I did that." Jesse called her wuss and broke up with her.

How do you think Jesse handled this? What could/should Jesse have done differently?

How do you think Amy handled this? What could/should Amy have done differently?

Passive, Aggressive or Assertive?

2. Max and Julia spend a lot of time together now that they're a couple. When they find some private time alone, they like to kiss a lot. Max really wants to do something more, and so the next time they're alone together, he tries to pull Julia's shirt up and reach for one of her breasts. She pulls it back down and says, "No," but keeps kissing Max. He tries again, and she says, "Max, no." Max remembers seeing in a movie that if you keep trying, sometimes the other person gives in – so he tries again. Julia pushes him off, stops kissing him, and says, "I'm going home" and leaves.

How do you think Max handled this? What could/should Max have done differently?

How do you think Julia handled this? What could/should Julia have done differently?

Making **SMART** Decisions

Slow down.

Take as much time as you need to make the decision that is right for you.

Make a list of options.

Look at every possible angle and option.

Analyze your choice.

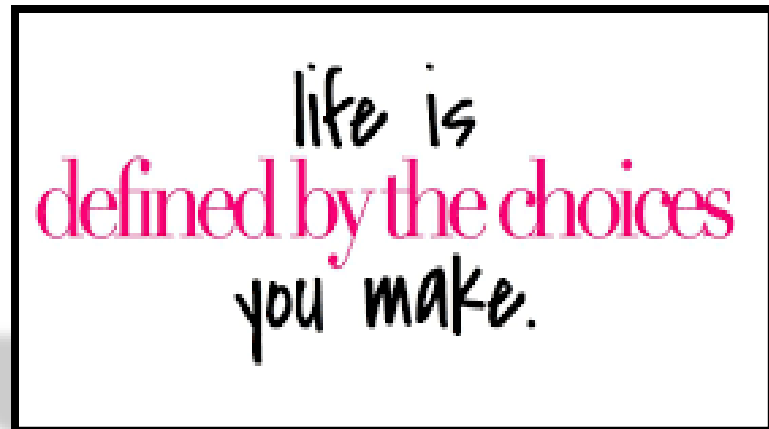
Be honest about the pros and cons.

Reach a decision.

Be sure your choice is smart and healthy and that you can stick to it.

Think and evaluate.

Revisit and reflect and stay true to yourself.



Abstinence – A Smart Choice

- **Abstinence is choosing not to have intimate, physical sexual relations.**
- **Abstinence is the only sure way to avoid unintended pregnancy, sexually transmitted infections (STIs) and sexually transmitted diseases (STDs).**
- **Choosing abstinence now gives your body and your brain time to mature so you can be a confident, happy adult.**



Pregnancy

- **What is it like being pregnant?**
- **What are the added responsibilities of having a child to raise?**

Signs & Symptoms of Pregnancy

- 25-30 lbs. weight gain
- Hips widen, ligaments soften
- Urgent urination
- Nausea/vomiting
- Enlarged breasts
- Heart rate increases 15-20 beats/minute
- Swelling
- Backache
- General discomfort
- Oily skin / increased acne
- More emotional/sensitive
- Bleeding gums due to increase of estrogen
- Heartburn
- Hemorrhoids
- Unusual cravings from chalk to pickles
- Areola darkens
- Tummy gets bigger, and bigger and bigger

Human Reproductive System

The human reproductive system is made up of organs that allow humans to produce offspring for the survival of the species, and pass on hereditary traits from one generation to the next.

There are major differences between the male and female reproductive systems.

These differences allow the combining of genetic material between two individuals.

Functions Female/Male Reproductive Systems

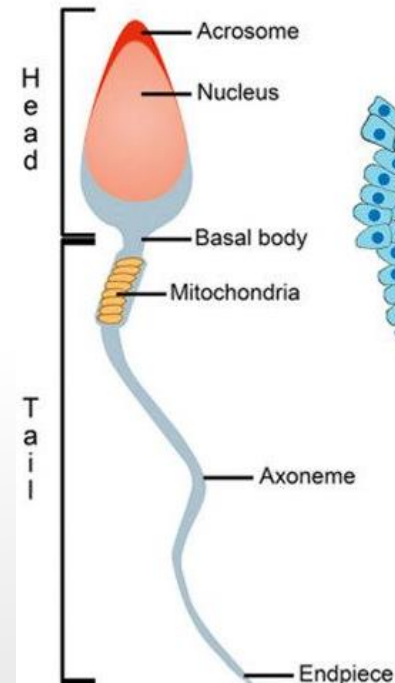
The **female** reproductive system has two functions:

1. To produce egg cells
2. To protect & nourish the offspring until birth

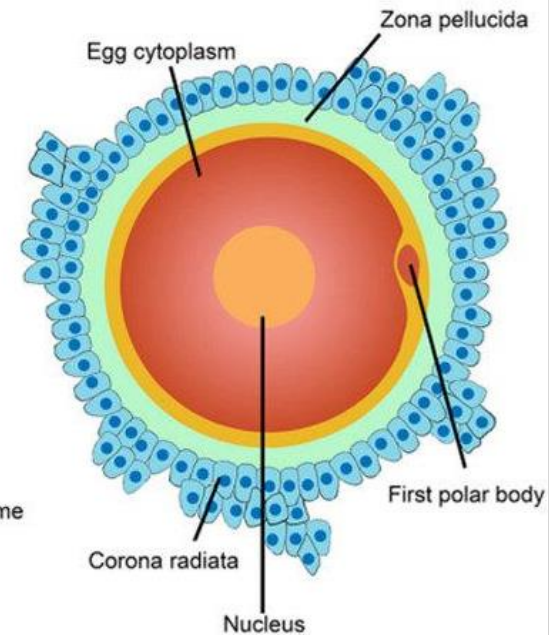
The **male** reproductive system has one function:

1. To produce and deposit sperm

SPERM



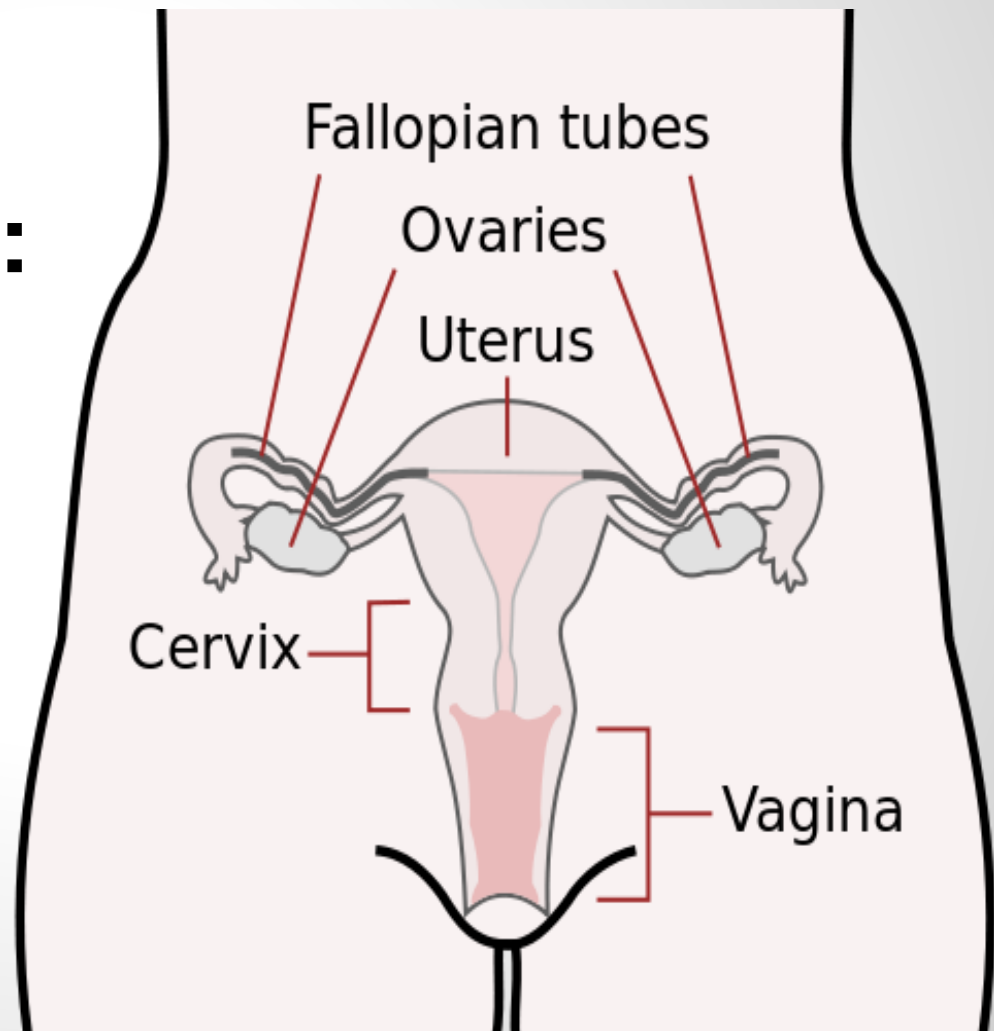
OVUM

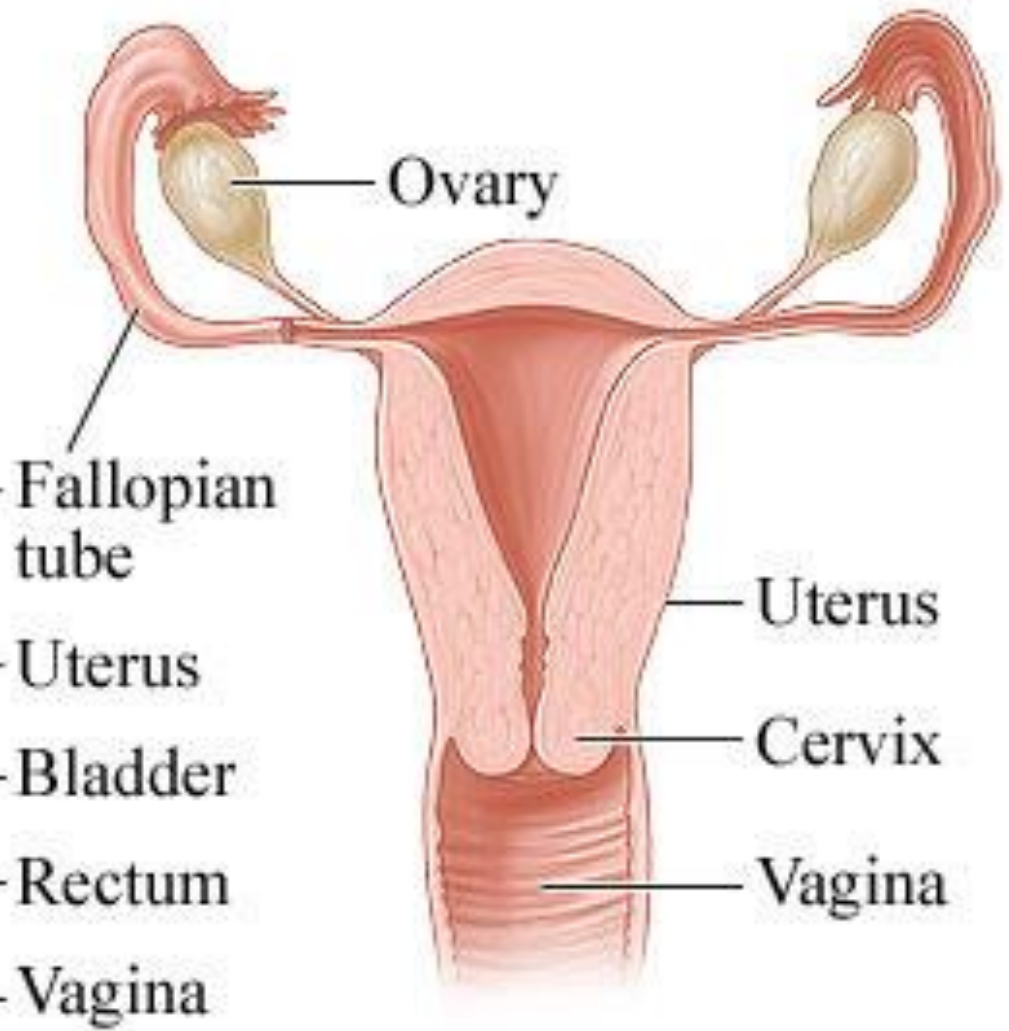
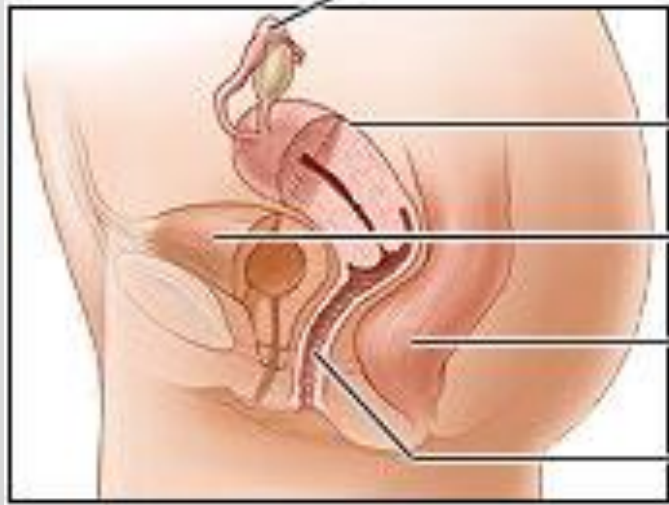


Female Reproductive System Structures

In the female, the reproductive organs include the:

- Ovaries
- Fallopian tubes
- Uterus
- Cervix
- Vagina
- Vulva

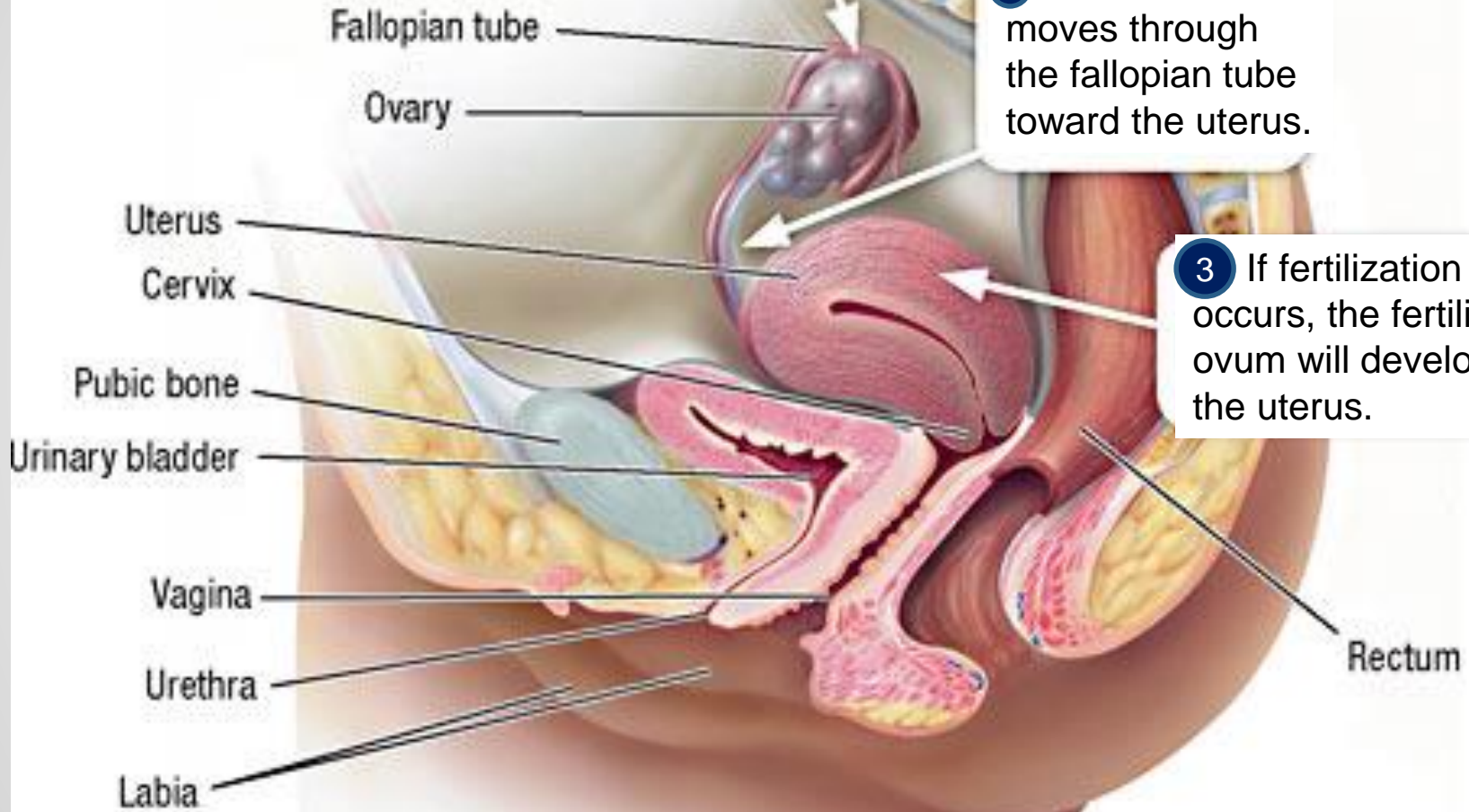




1 About once a month, one of the ovaries releases an ovum.

2 The ovum moves through the fallopian tube toward the uterus.

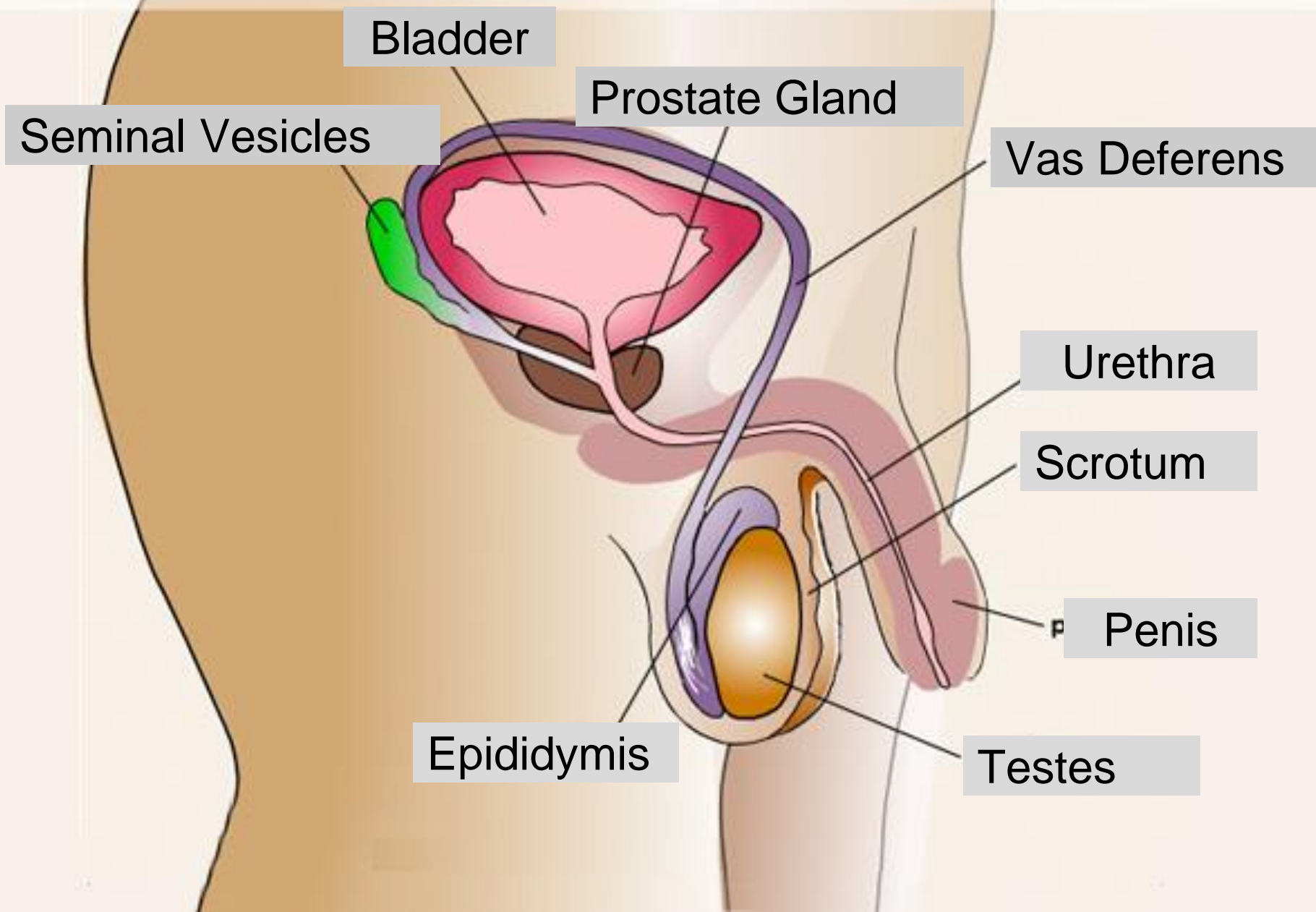
3 If fertilization occurs, the fertilized ovum will develop in the uterus.



Female Reproductive System

- **Ovaries**
 - Produce the egg cells and secrete female hormones
- **Fallopian tubes**
 - Collect egg released from the ovaries during ovulation and transport it to the uterus
- **Uterus**
 - A zygote will implant in the uterine wall & develop into a baby
- **Cervix**
 - Dilates & contracts to propel baby through the birth canal
- **Vagina**
 - Receives the penis during intercourse and allows passage of baby during birth
- **Vulva**
 - External structures that protect sexual organs and urinary opening from trauma and infection

THE MALE REPRODUCTIVE SYSTEM



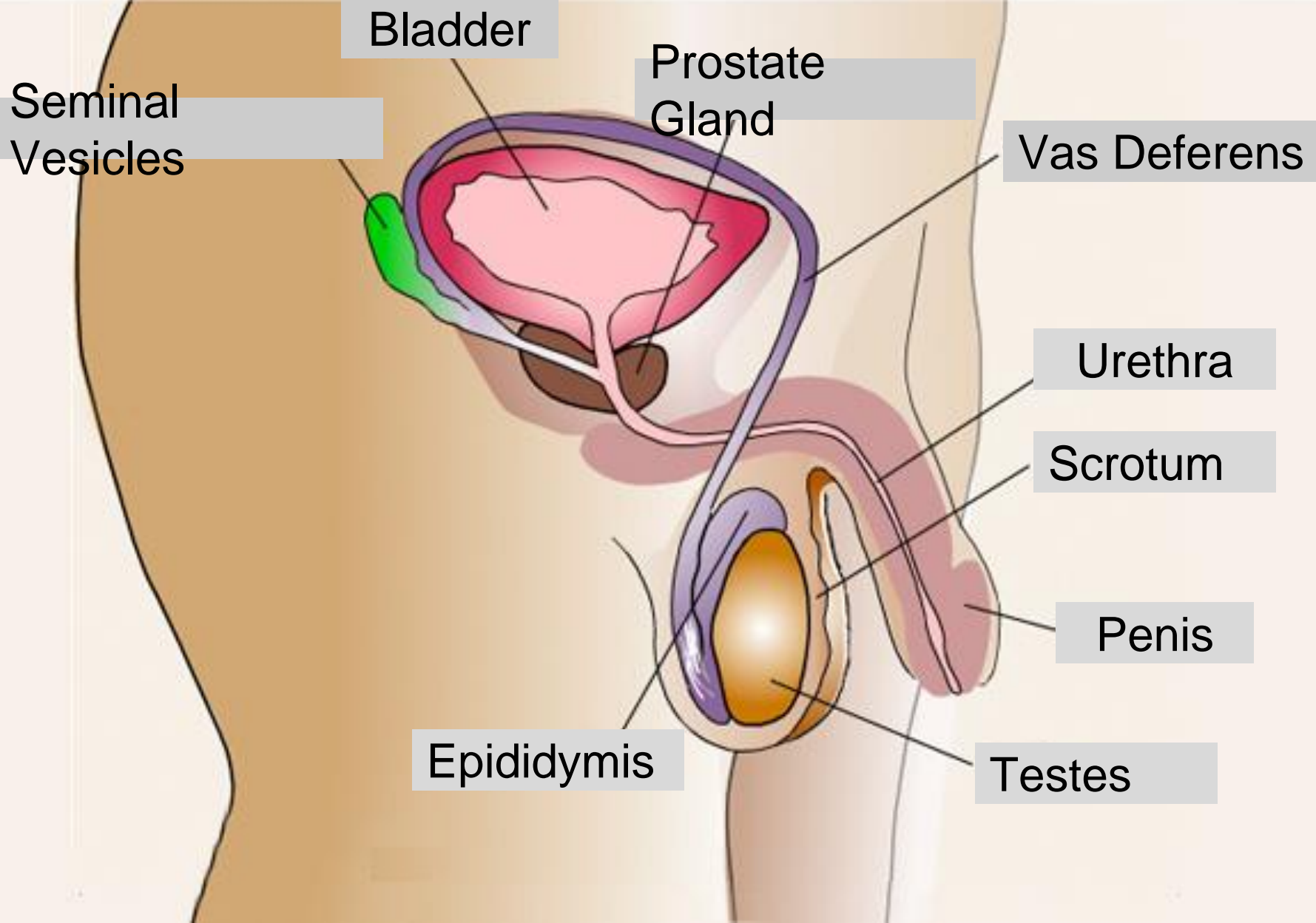
Male Reproductive System

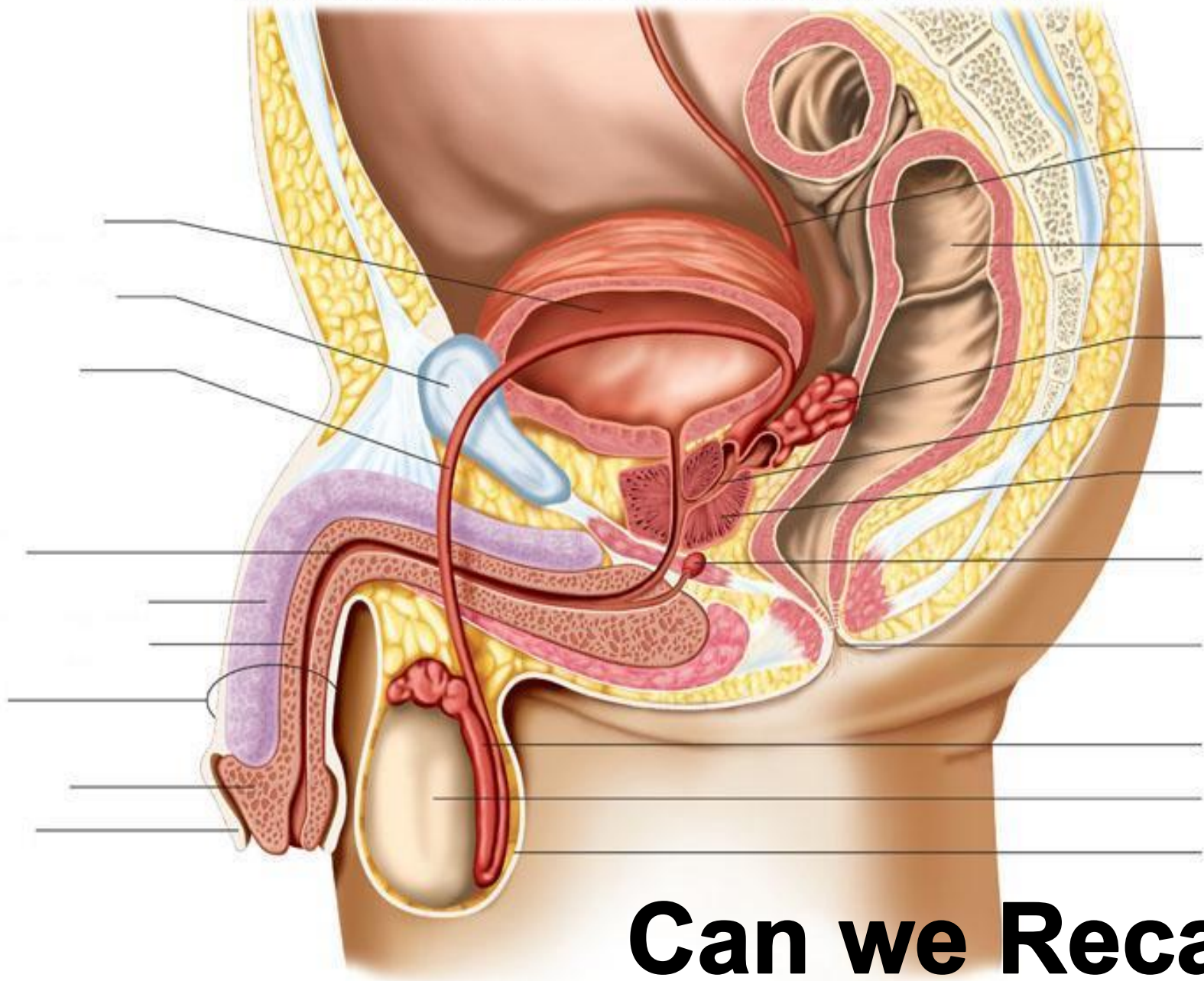
- **Scrotum**
 - Protects and keeps testes at a lower temperature
- **Testes**
 - Produces sperm and secrete male hormone testosterone
- **Epididymis**
 - Sperm mature here after leaving the testes
- **Vas Deferens**
 - Carry sperm from epididymis to urethra
- **Seminal Vesicles and Prostate Gland**
 - Secrete seminal fluid which nourish and protect sperm
- **Urethra**
 - Carries both urine and semen to penis (not at same time)
- **Penis**
 - Deposits semen (sperm + seminal fluid) into the vagina

Can we Recall?



THE MALE REPRODUCTIVE SYSTEM



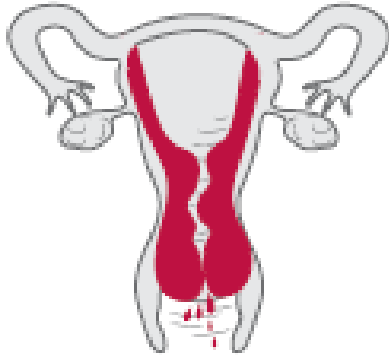


Can we Recall?

Menstrual Cycle

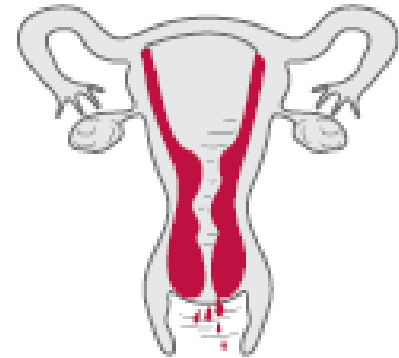
1

Menstrual period begins



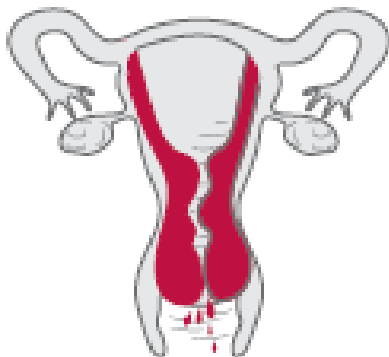
3

Menstrual period continues



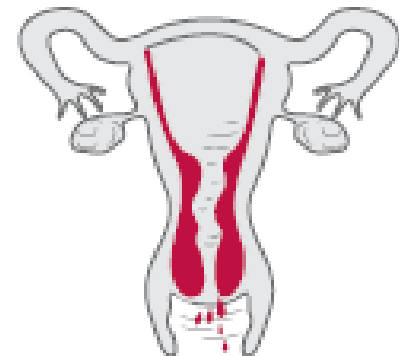
2

Menstrual period continues



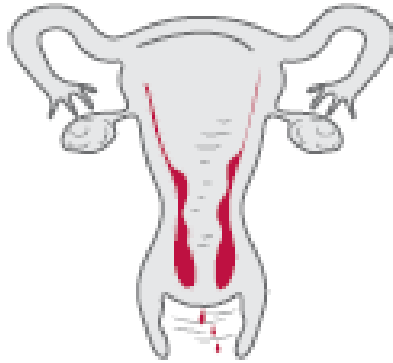
4

Menstrual period likely continues



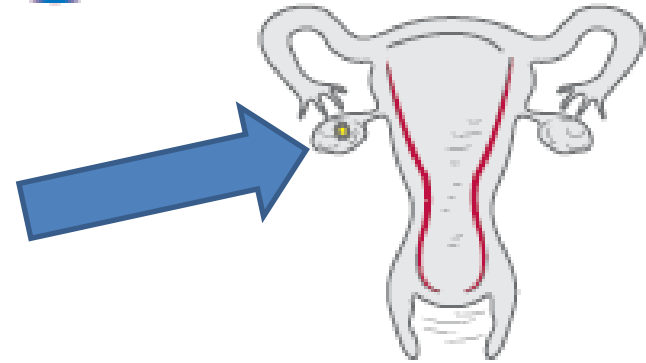
5

Menstrual period may continue/may be finishing



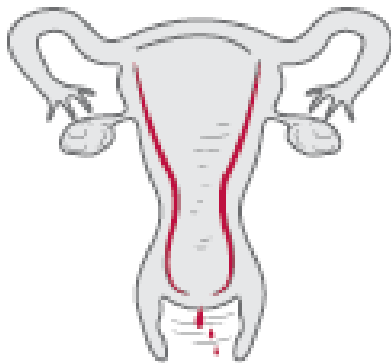
7

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



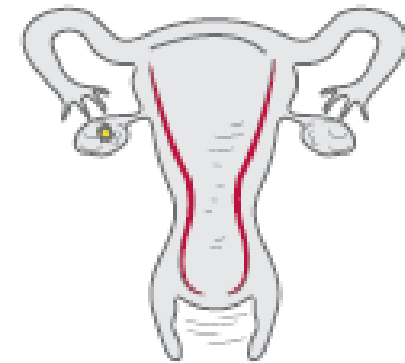
6

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



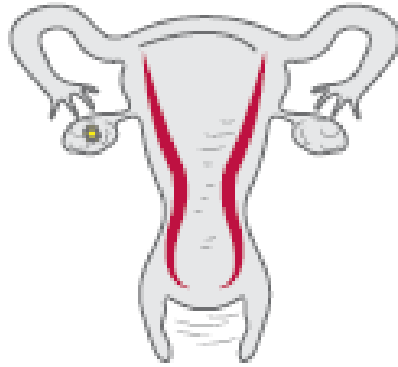
8

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



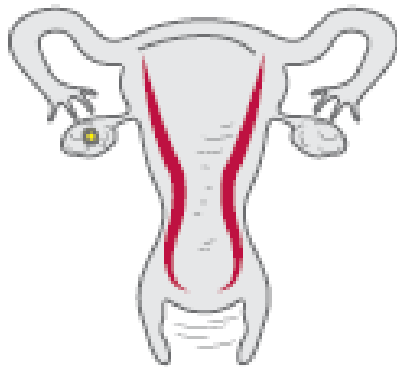
9

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



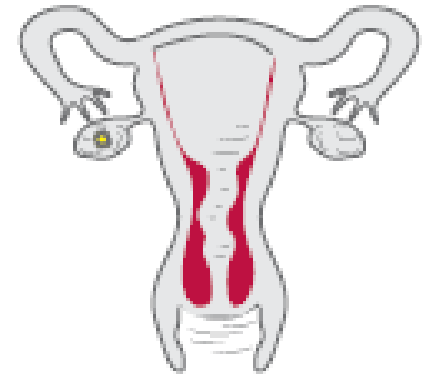
10

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

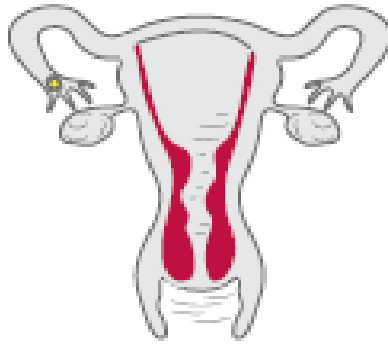


12

13

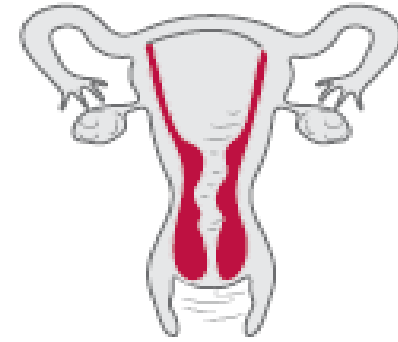
14

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



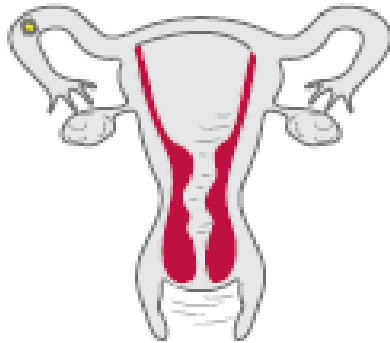
16

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



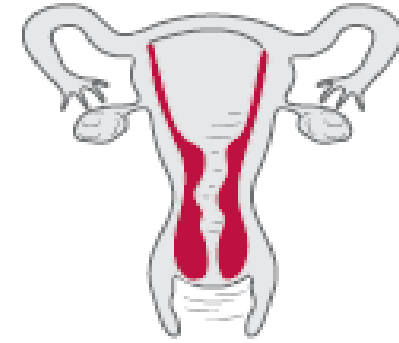
15

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



17

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



18

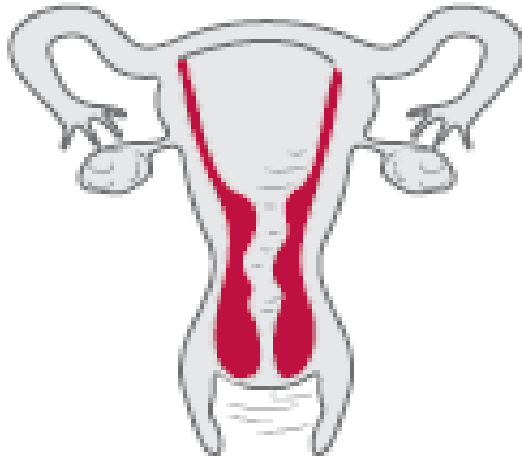
19

20

21

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

22



23

24

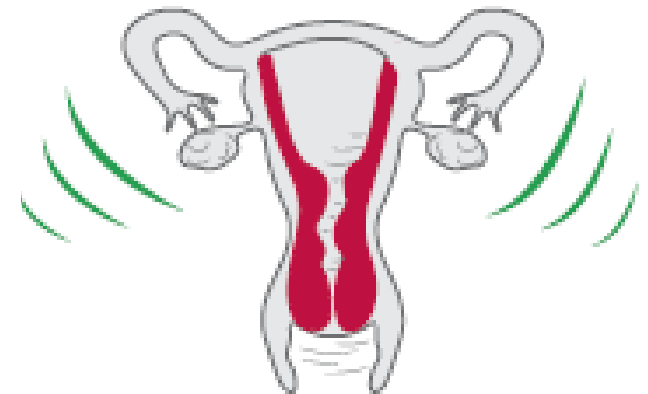
25

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

26

27

28



Pregnancy: Fact vs. Myth

- Jumping up & down after sex prevents pregnancy. **MYTH**
- Having sex in a pool can prevent pregnancy. **MYTH**
- Sex during menstruation prevents pregnancy. **MYTH**
- Women can't get pregnant their first time. **MYTH**
- Women can't get pregnant while breastfeeding. **MYTH**
- Urinating after intercourse prevents pregnancy. **MYTH**



JUST 38%
OF TEEN GIRLS WHO HAVE A CHILD BEFORE AGE 18 GET A **HIGH SCHOOL DIPLOMA**



the cost of raising a child



US \$245,340

Details:



Housing

30%



Food

16%



Transportation

14%



Clothing

6%



Health Care

8%



Child Care & Education

18%



Miscellaneous

8%

Note: U.S. average for middle-income husband-wife families.

Teen Parenthood Demands



• **Mother's Health Risks**

- premature labor
- prolonged labor
- anemia or toxemia
- higher death rate
- STI's



57% of teen mothers in one study wanted to go to college, but they lacked the resources to make it a reality.



75% of unmarried teen mothers go on welfare within 5 years of the birth of their first child.



64% of children born to an unmarried teenage high-school dropout live in poverty.



Teen mothers are seven times more likely to commit suicide than non-mothers.

Sources: parentdish.com | marchofdimes.com | practicenotes.org

Brainstorm and Discussion

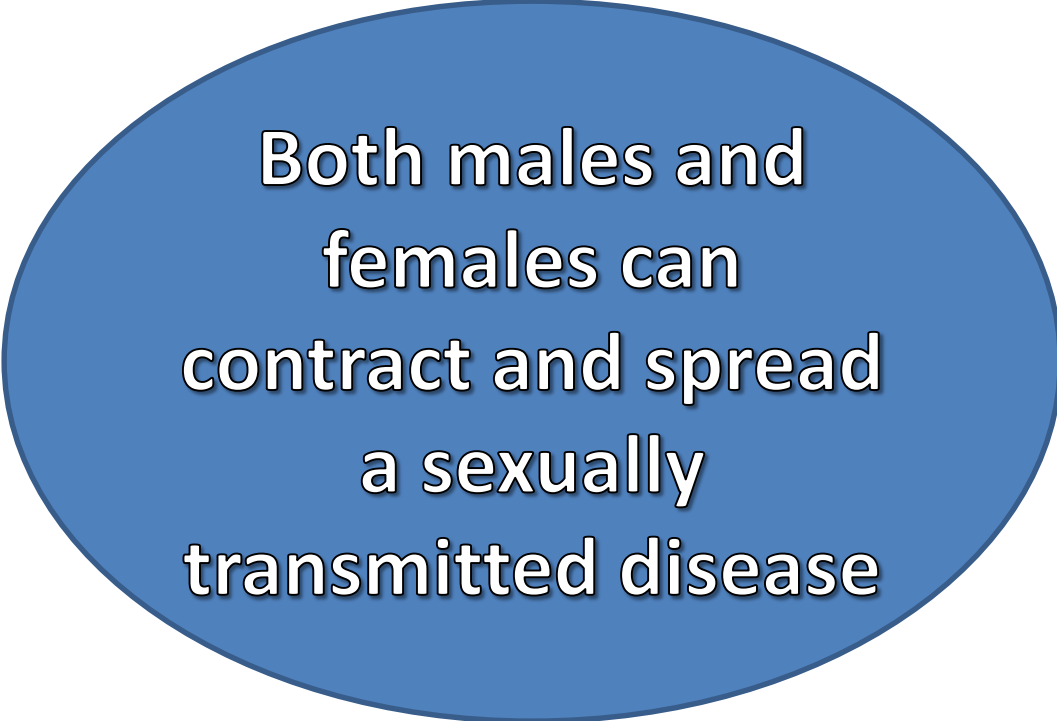
- **Finances – what kind of job could you get right now?**
- **Time – add a child to your daily schedule**
- **Costs – baby supplies are expensive!**
- **Health Risks**
- **Medical Care**
- **Extra risk to the mother and baby from teenage pregnancies**

2 **SEXUALLY ACTIVE**
1 **YOUNG PEOPLE**
3 **WILL GET AN STD BY THE**
4 **AGE OF 25**
5 **MOST WILL NOT KNOW IT**

- Infections that are passed from one person to another during sexual contact.
- Caused by bacteria, viruses, parasites.

Most Common STDs

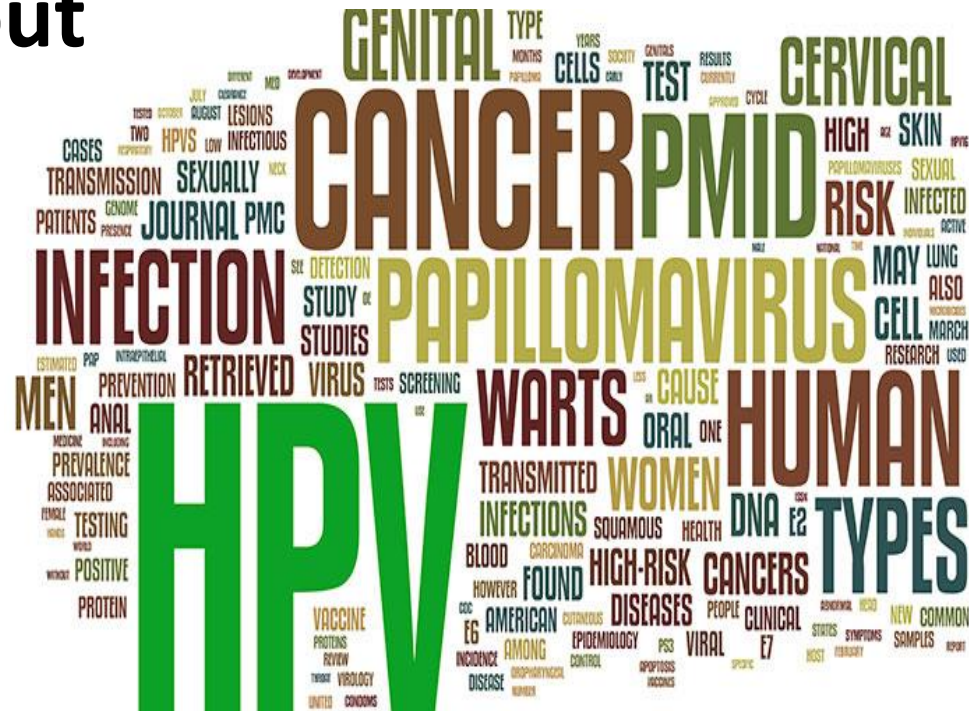
- **Human Papillomavirus Infection (HPV)**
- **Genital Herpes**
- **Chlamydia**
- **Gonorrhea**
- **Syphilis**
- **HIV/AIDS**



Both males and females can contract and spread a sexually transmitted disease

Human Papillomavirus

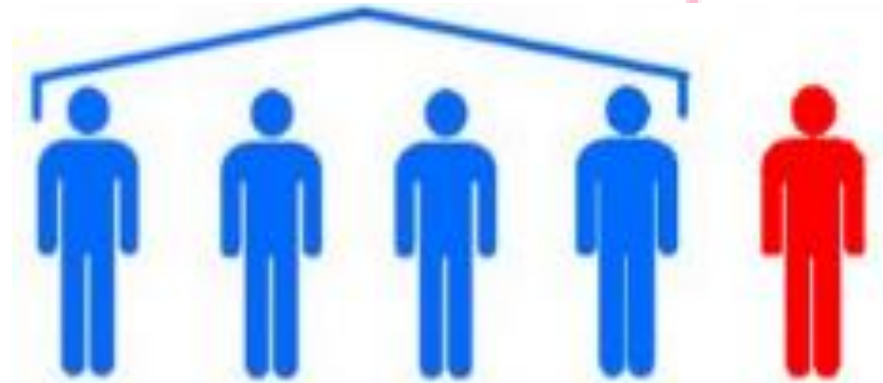
- HPV--a group of more than 150 related viruses
- Can cause cancer of the cervix, mouth, throat, and rectum
- HPV can cause genital warts
- Treatment can help, but HPV cannot be cured
- HPV often includes no symptoms at all



Genital Herpes

- **Genital Herpes usually appear as one or more painful blisters or sores around the genitals**
- **Treatment can help, but this STD cannot be cured or eliminated**

Approximately, 1 in 5
Americans is infected with
Genital Herpes



Chlamydia

- Affects men and women
- Symptoms include genital pain, painful urination, and discharge from the vagina or penis
- Treatment includes antibiotics for the infected person and their sexual partner



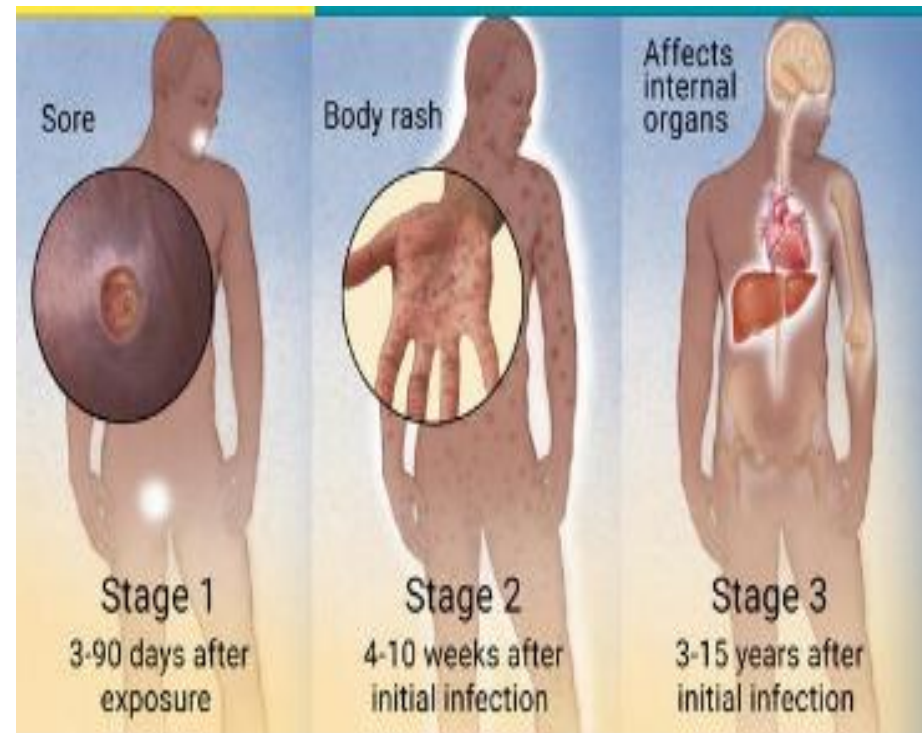
Gonorrhea

- **Gonorrhea symptoms include abdominal pain, painful urination, discharge from the penis or vagina.**
- **In some cases, people have been diagnosed with the STD without having any symptoms**



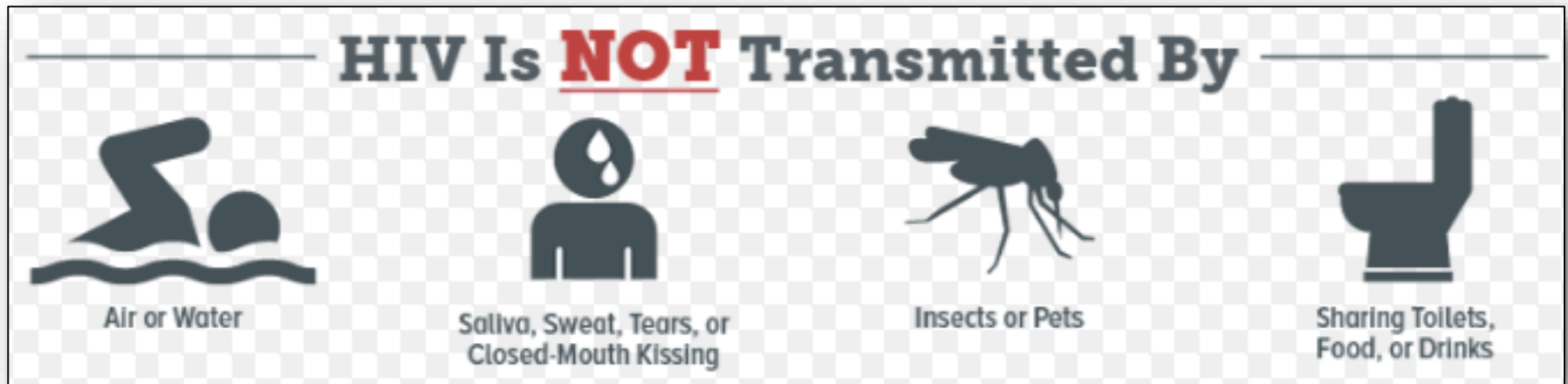
Syphilis

- Syphilis is spread through sexual contact as well as through prolonged kissing or close bodily contact
- Starts as a painless sore on the genitals, rectum, or mouth. The disease then transitions into a rash, followed by damage to the brain, nerves, eyes, heart.
- Treatment includes antibiotics for the infected person and their sexual partners.



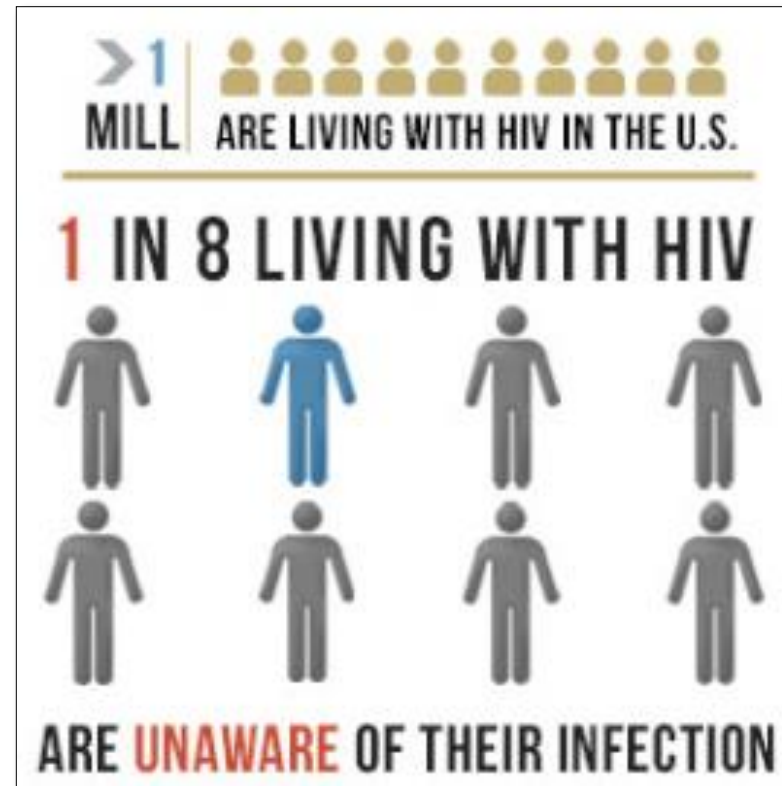
Human Immunodeficiency Virus (HIV)

- HIV attacks the body's immune system, which helps fight disease and infection
- Symptoms include fever, sore throat, and fatigue
- Treatment can help, but HIV cannot be cured
- If left untreated, HIV can lead to AIDS



Acquired Immunodeficiency Syndrome

- AIDS refers to a set of symptoms and illnesses that occur at the final stages of the HIV infection.
- HIV/AIDS is spread through sexual contact as well as through bodily fluids, including blood.
- Symptoms include drastic weight loss, fever, night sweats, and inability to fight infections.
- No cure exists for HIV/AIDS.



Abstinence – A Smart Choice

- **Abstinence is choosing not to have intimate, physical sexual relations.**
- **Abstinence is the only sure way to avoid unintended pregnancy, sexually transmitted infections (STIs) and sexually transmitted diseases (STDs).**
- **Choosing abstinence now gives your body and your brain time to mature so you can be a confident, happy adult.**



Think About This...

What are the most important things to consider before making the decision to become sexually active?



Note: This is not to be turned in to the teacher or shared with others.