

Puberty Review



- Your bodies are rapidly changing, once puberty starts you are on your way to being an adult physically
 - It takes your brain longer to mature, sometimes until age 25 or later
- Protecting your body and your brain is very important
 - Hormones, the chemicals your body makes, not only change how we look, but can change our feelings and emotions
- It is very important to bathe regularly, wear deodorant, brush your teeth and always practice self-control
- It is normal to be curious about each other
 - How we act on that curiosity is very important
 - You all deserve to feel safe both physically and mentally, at home and at school
- You will all go through puberty at different rates, but it is very important that you aim to be as healthy as possible
- Be careful where you look for information about health
 - Your teachers, parent/guardian, and other trusted resources are the best places for factual and accurate information

Thinking about the fact that your bodies are maturing -

















- Is it important to talk about relationships, reproduction and sexual issues?
- Where do teens get their information on sex and relationships?
 - TV, Movies, Friends, Parents, Internet, etc. ?
- Do your parents or caregivers talk about these issues with you?
- Is it embarrassing to talk to your parents?
- When does curiosity about others start?

What are the risks

- Any activity that involves a person's private area is considered sexual
- These activities can spread diseases, called *Sexually Transmitted Diseases* or STDs
- If young people become involved with sexual behaviors they are putting their health at risk
- We are going to talk about these behaviors in an honest, open way
- The exact behaviors that a person participates in can lead to specific health risks
- If oral sex occurs (mouth on the private parts of another person) STDs can be passed from one person to another
 - This may also lead to diseases of the throat and mouth
- If vaginal sex occurs (male penis inside of a female vagina), both STDs and Pregnancy are a significant risk
- The more people a person becomes involved with in their lifetime increases the risk to their health

The more sexual partners, the higher the risk...

Number of Sexual Partners	 SEXUAL EXPOSURE CHART  (if every person has only the same number of partners as you)	Number of People Exposed to
1		1
2		3
3		7
4		15
5		31
6		63
7		127
8		255
9		511
10		1023
11		2047
12		4095


With these risks in mind -

What is abstinence?



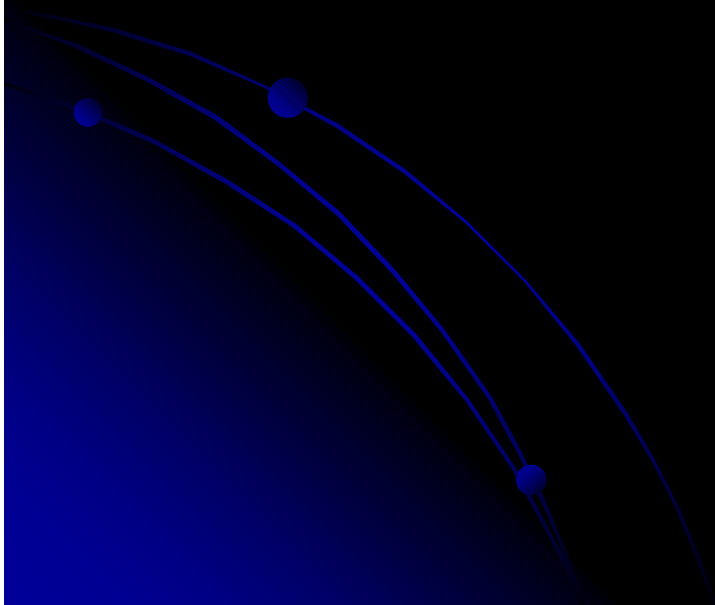
Why is being abstinent a good idea?

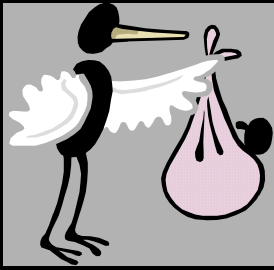
What are some safe activities that do not involve sex that a couple can do together?

- Go to the movies
- Go out to eat
- Hang out with friends
- Play video games
- Talk to each other
- Do homework together
- Hold hands
- Hug
- Look deeply into each other's eyes 
- Daydream about each other
- Any others?



Pregnancy Risk



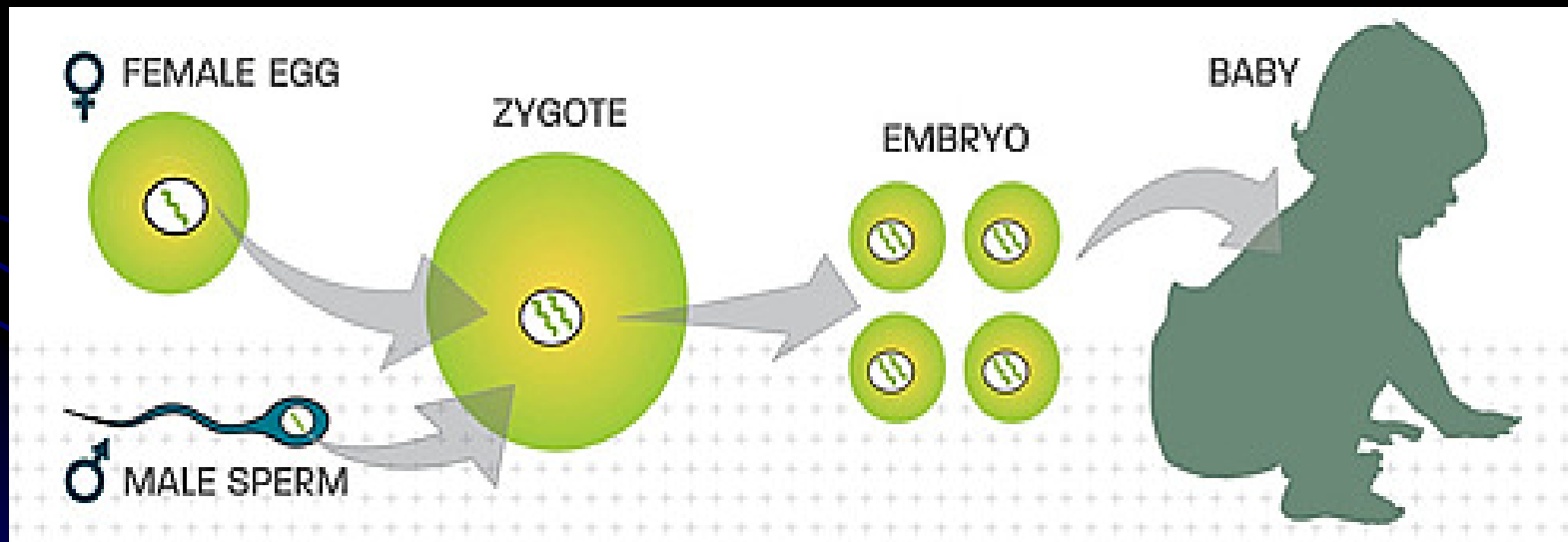


Bodies = Reproduction

- Once puberty kicks in your bodies are capable of reproduction
- Remember that:
 - Sexual reproduction – occurs when the DNA from a male and a female are needed to make another (most animals, including humans)
 - Asexual reproduction – occurs when the DNA from one is needed to make another (plants, some animals)
- Sexual intercourse is the method for how the male sperm unites with the female egg leading to reproduction

Reproduction (Pregnancy)

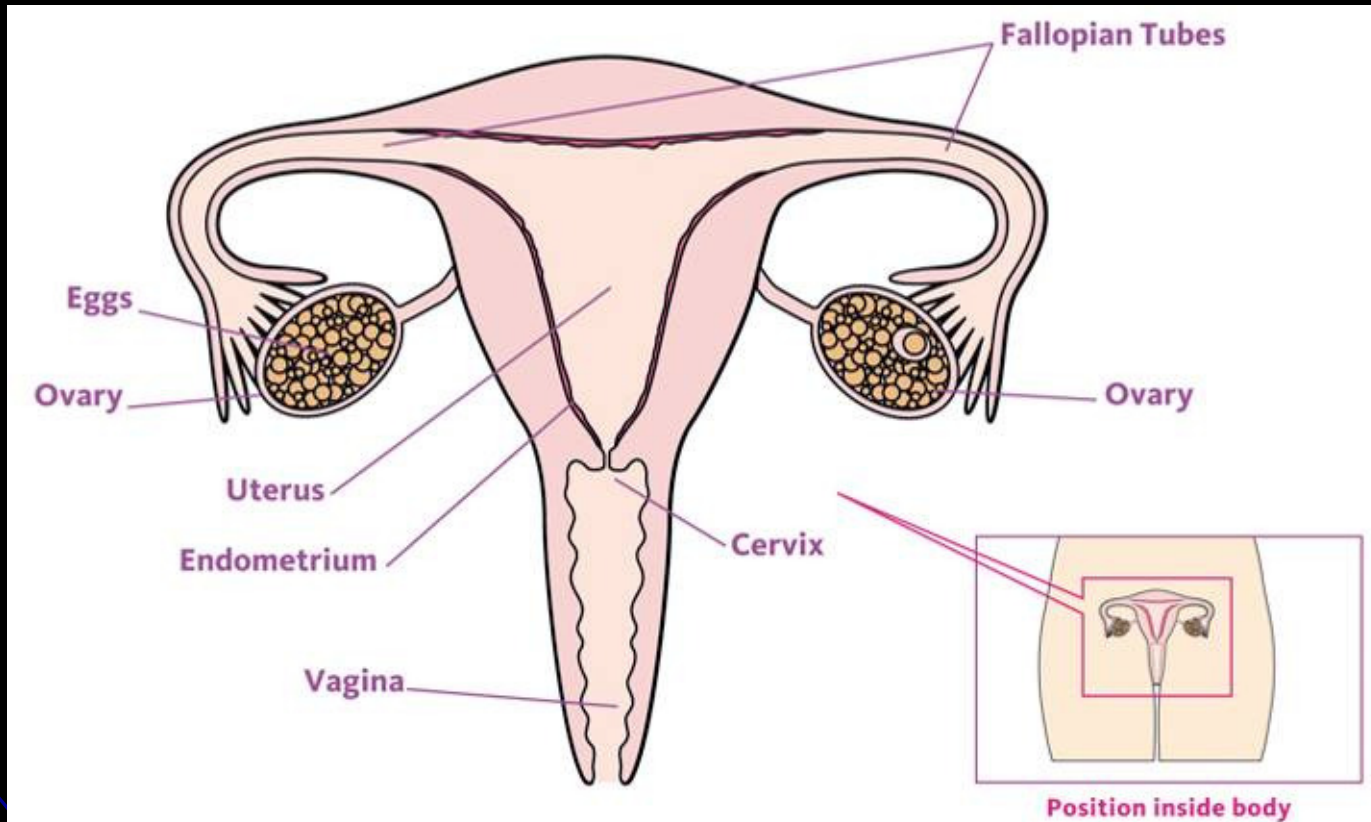
- If sperm has a way of getting inside the vagina, (sexual intercourse) pregnancy can occur



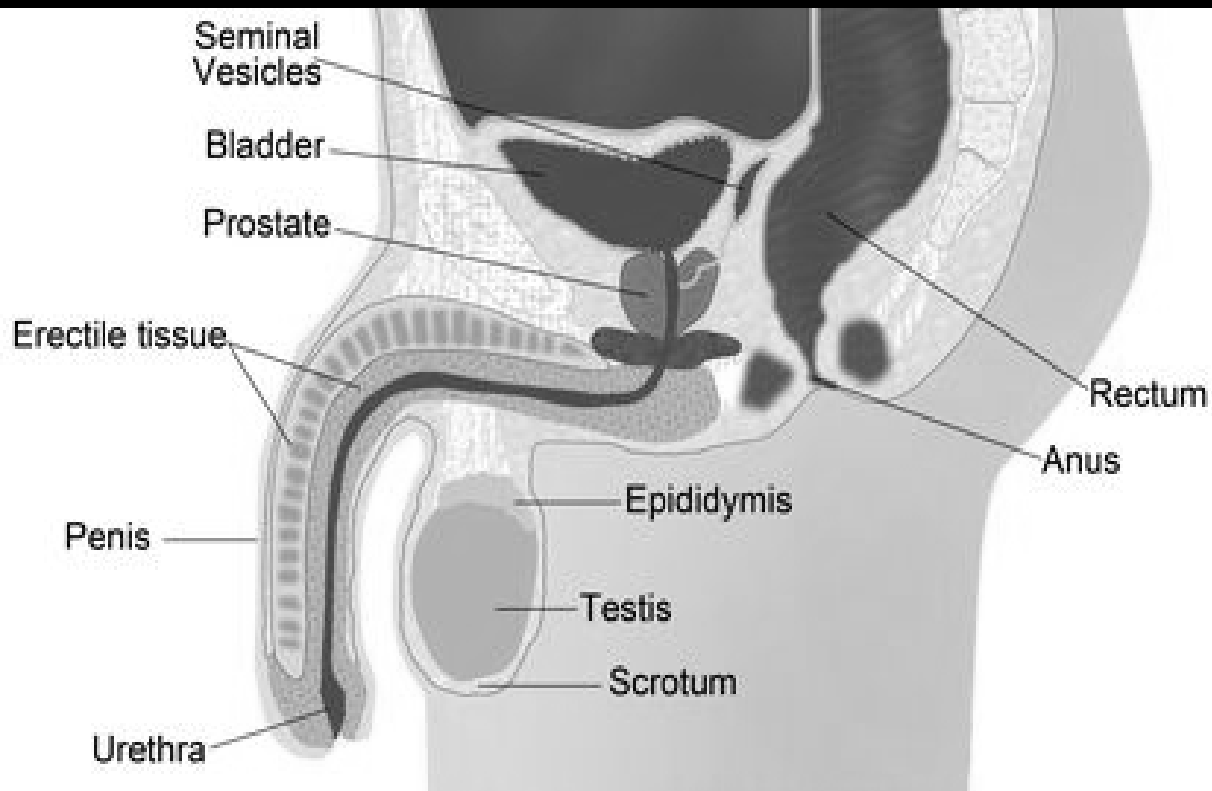
Sperm are so small that enough to populate the entire world would fit inside a marker cap.

Female's Reproductive System

- At the upper corners of the uterus, the fallopian tubes connect the uterus to the ovaries.
- The ovaries are two oval-shaped organs that lie to the upper right and left of the uterus. They produce, store, and release eggs into the fallopian tubes in the process called ovulation.
- Ova (eggs) are produced in the ovary of the female; they are about the size of a grain of sand but are the largest cell in the female body



Male's Reproductive System



- Sperm cells are made in the testes where it takes about 72 days for one sperm to grow.

- The sperm make up only about 5% of what a man ejaculates each time he ejaculates.

- This represents about 100 to 400 million of them each time!

- Therefore, they are very, very tiny, in fact a single sperm is the smallest cell in the male body.

- Over the course of a guy's life, he'll produce more than 12 trillion sperm.

Contraceptives: Risk Reduction for Pregnancy

- Contraceptives or Birth Control - are devices and medication that help lower the chance that a female will get pregnant
- 3 types:
 - Abstinence - No sex = No pregnancy
 - Barrier – Keep the sperm from getting to the egg
 - Male Condom, Female Condom, Vaginal Barriers
 - Hormonal – Keep the female from releasing an egg
 - Pill, Patch, Ring, Shot, IUD, Implant

These must be used correctly and consistently and even then sometimes these methods fail and a pregnancy occurs.

Do you think young people your age are responsible enough to use these methods correctly and consistently? Why or Why not?

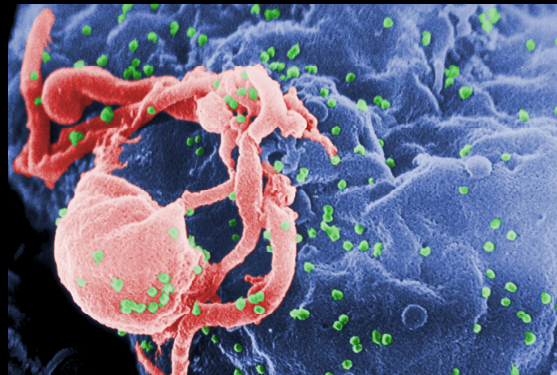
Contraceptive Methods

Method	# of Pregnancies per 100 people using this method	HIV/STD Prevention
No contraceptive	85	None
Spermicidal foam	28	None
Birth control pills	9	None
Male Condom	18	Most effective with HIV, less effective with other STD's
Female Condom	21	Most effective with HIV, less effective with other STD's
Diaphragm	12	None
Birth control patch & ring	9	None
Depo-Provera (shot)	6	None
Implanon	Less than 1	None
IUD	Less than 1	None
Abstinence	0	100%

Contraception Recap

- Nothing but abstinence is 100% effective against pregnancy or STDs
- Using condoms and birth control can reduce the risks associated with sex
- Contraception only works when a person uses it correctly, and even then sometimes it can fail
- You will continue to learn more about contraceptives throughout your health classes

STD risk



HIV under a microscope

STD Info

- STDs are diseases that are passed through sexual contact or in some cases intimate contact (kissing, skin to skin contact, needle sharing)
- STDs do not just happen, one person has to infect or pass it to another, if this happens both people would now be infected with an STD, this is how so many people can get infected
- Being abstinent, not having sex, and not sharing needles through drug use, is the best way to not have an STD

What are the odds?

- At least one in four Americans will contract an STD at some point in their lives.
 - It is estimated that 1 in 4 sexually active teens has an STD today!
- More than half of all STD's occur in people 25 years of age or younger.
- *Is the risk worth it?*

Where did STDs come from?

- STDs are diseases and infections that like to grow and live in certain parts of your body
- Some STDs can be passed to your mouth, your throat or your lips, this is why oral sex is not safe sex
- There are over 25 diseases that can be passed through sexual activity, we will be talking about 8 of them today

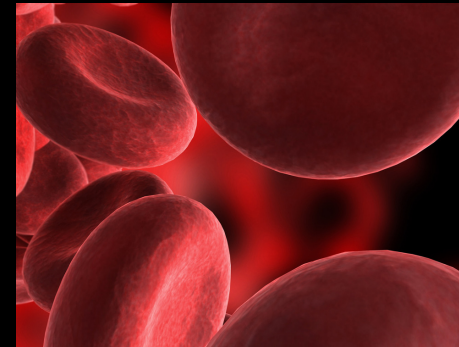
There are 2 common kinds of STDs

- Those we have a **CURE** for – Bacterial/Parasitical
 - Gonorrhea – can cause pain in the private parts, may cause discharge from penis or vagina, if left untreated can lead to long-term damage
 - Chlamydia – can cause pain in the private parts, may cause discharge from the penis or vagina, most people with Chlamydia do not know they have it but if left untreated can lead to long-term damage
 - Syphilis – can cause sores on the part of the body where contracted, may then lead to a rash on the skin, if left untreated it can cause damage to the brain and brain functions
 - Trichomoniasis – is caused by a parasite, most people will have no outward sign or symptom, may cause a greenish/yellow frothy discharge from the penis or vagina
- Those we **DO NOT** have a cure for – Viral
 - Herpes – can cause painful sores on the parts of the body where infected, a person is still considered contagious even if no sores are visible
 - HPV – Human Papilloma Virus, can cause warts on the parts of the body where infected and can also cause cancer, most often of the cervix or of the mouth or throat
 - HIV/AIDS – Human Immunodeficiency Virus, attacks the infected person's immune system, medication can help slow down the infection but HIV can become AIDS which is when a person may be unable to fight off many diseases, such as cancer and even the flu – AIDS is considered deadly
 - Hepatitis – this is a family of viruses that cause damage to the liver, Hep B & C can be passed through sexual intercourse

There are 2 ways STDs can get into your body

- Through another person's **body fluids**

- Semen (fluid in males)
- Vaginal Fluids (females)
- Blood
- Breast Milk (HIV)

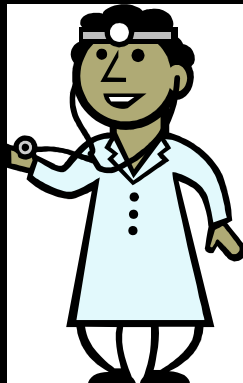


- Through **skin contact with another person**

- The disease lives in the skin of one person and passes to another person's skin through sexual contact

STD Recap

- If you have never been sexually active (*done anything involving private parts*) with another person you do not have to worry about STDs today
- Be aware that if you ever do decide to do anything sexual, STDs are a risk to your health
 - Condoms are the only STD reducing product but Abstinence is the best way to avoid STDs
- If you have ever done anything sexual with another person you may be at risk of having an STD
- STD testing is not perfect, some STDs will not have signs or symptoms (something that tells you that you are sick), just because someone looks okay on the outside does not mean they are STD free.
- You need to talk to your doctor, school nurse, or school counselor about being tested for these diseases



Sexual Rights

~Everyone deserves to have a choice
when it comes to sexual intercourse~

Sexual Coercion, Rape, Statutory
Rape



Sexual Coercion

- When a young person is tricked or manipulated into having sex when they really didn't want to
 - Through force or threats
 - Through use of drugs or alcohol
 - Through emotional manipulation
- This can be in the form of gifts, compliments, guilt trips, put downs, threats
 - It can make the person feel like they "owe" sex
- For example,
 - "If you don't have sex with me, I'll tell everyone that you did"
 - "If you loved me you would do it"

Know the law

Rape is:

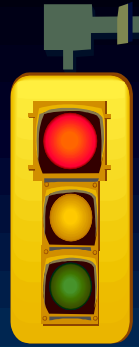
- If a person is **forced** to have sexual intercourse or if the person is **unable to consent**
- Forced, unwanted sexual intercourse with a person you know, or “**acquaintance rape**”, is still rape
- A social or dating relationship which began prior to the rape is **not a defense** against charges of rape
- Consent to sexual activity must be explicit either verbally or by overt action. If a person **says "no,"** subsequent sexual contact with that person may constitute crime
- Is **incapable of giving consent** or is prevented from resisting due to physical or mental incapacity, which includes, but is not limited to, the influence of drugs or alcohol



Legal Age of Consent

- The legal age of consent in NC is 16, so once a person is 16 they can engage in sexual activity with as old of a person as they want to, however when someone chooses to have sex with a person younger than them the following law applies
- Statutory rape or sexual offense of person age 13, 14, or 15 is intercourse with someone age 13, 14, or 15 when the actor is **(1) at least six years older and (2) between four and six years older.**
 - So if you are 15 and having sex with a 19 year old, the 19 year old is considered a rapist in the eyes of the law depending on the exact birthdates of the people involved
 - They would have to register as a sex offender

Danger



- What are some signs of a dangerous situation that could affect someone's right to choose?
- Have you ever been in or heard of a situation that has made someone your age feel uncomfortable?
- What could we do to be safer?

What to do if you have been just been sexually assaulted...

- **Your teachers, your school nurse, your principal, your parents, your friends, your siblings, can all be a support for you in your time of need. Please follow the steps below if you have been sexually assaulted.**
- **1) Do not shower/clean yourself.**
 - Your first reaction will be to clean yourself off but in doing so, will remove evidence that can help convict your attacker.
- **2) Do not change clothes.**
 - If you need, take a clean set of clothes with you and go directly to the hospital or the police.
- **3) Seek medical help**
 - This is most important because of possible diseases that can be transmitted from your attacker.
- **4) The hospital will report this crime to the police and the police will interview you.**
 - You must stay strong and do your best to recall everything possible.
 - **NOTE:** Many rapists will threaten your life if you report them. They are trying to command power over you. After all, that is why they forced themselves on you to begin with, to command power. They are cowards. If they were not, you would not be alive reading this now.
- **5) Retain counsel to represent you.**
- **6) Seek professional counseling.**

It can happen to children too

- Children can be sexually abused or assaulted just like adults can
- **It is never the child's fault**
- The child may feel guilty or afraid so they may not tell anyone about it
- If this has happened to you and you have never told an adult before please speak with your school counselor or another adult who you trust
- This happens to kids all over the world every day, ***let's do our best to protect ourselves and the people we care about***

Recap

- Your bodies are capable of reproducing
- Be careful about what activities you are doing with other people
- If you choose to have sexual intercourse or to engage in sexual activity you may be at risk for STDs or a pregnancy
- Everyone deserves to choose
- Be careful of anything that may affect your ability to choose like drugs/alcohol
- Protect those around you
- Becoming a parent before you are a responsible adult can make it very difficult to achieve your goals & dreams
 - It could also affect the goals and dreams of your children
- Abstinence is the best choice for STD and pregnancy prevention

Resources

- To be tested for STDs
- Your doctor can test you for STDs
 - Your doctor will usually charge you for the visit
- Local health clinics such as the Health Department can test you for STDs
 - There is no charge at health clinics or Health Departments
- To receive Birth Control
- Your doctor can prescribe birth control for you following an exam
 - There would be a fee for the medicine and for the office visit
- Local health clinics or the Health Department may offer free Birth Control to teenagers following a free exam