



MY LIFE

Choices Today for a Healthy Tomorrow

8th Grade

*****Do NOT lose me!*****

NAME _____

Mission Statement

The mission of the Family Life Education Department is to provide a medically accurate and age appropriate human development and sexuality education that encourages parent/child communication, promotes abstinence and enables students to make responsible decisions regarding their health and sexuality.

Your Teacher:

- James Castiglione james.castiglione@nhcs.net

Family Life Education website:

<https://www.nhcs.net/divisions/instruction-and-academic-accountability/elem-secondary-education/family-life-education>



New Hanover County Schools

Engaging Students, Achieving Excellence

DR. TIM MARKLEY
Superintendent

Family Life Education Department

WELCOME TO **MY LIFE**

CHOICES TODAY FOR A HEALTHY TOMORROW

Dear Parent or Guardian,

Today your child began the Family Life Education course *My Life: Choices Today for a Healthy Tomorrow*

Your child will be in this class for ____ days in which they will receive a grade based on homework, classwork and extra credit. Each student is encouraged to talk with their parents about class discussions as it relates to your family values. The daily worksheets and homework will be a great starting point.

For more information please consult our website or contact the My Life teacher via email. This information is listed in this packet.

Thank you!

Parent's Signature: _____

Date _____

Fast Facts: 8-1

Did you know....

1. 56.2% of HS seniors have never had sex. THE MAJORITY have not!
2. Most middle school students think everyone in high school is having sex.
3. 1 in 4 sexually active teens will test positive for an STD.
4. Of the sexually active high school seniors, ¼ of them have had 4 or more partners.
5. Since 1991, the percent of sexually active teens continues to decline each year.
6. Nearly 40% of young women get pregnant at least once before they turn 20.
7. 70% of teens think it is **NOT** OK to have sex in high school.
8. Most sexually active teens wished they had waited longer. (regret - 63%)
9. 5% of 12 year olds are sexually active.
10. 10% of 13 year olds are sexually active.
11. 20% of 14 year olds are sexually active.
12. More than ¼ of sexually active 12-14 year olds have had multiple sex partners.
13. Less than ½ of all 12-14 year olds have never been on a date.
14. 12% of 12-14 year olds are dating someone three or more years older.
15. 47% of relationships with a partner who is 4 or more years older include sex.
16. ⅓ of 14 year olds report they had sex for the first time because of curiosity.
17. 1,000,000 teen girls get pregnant each year in the US.
18. Less than ⅓ of teen mothers complete high school.
19. Only 20% of the fathers marry the teen mothers of their first children.
20. 90% of teen mothers live in poverty.
21. Sexual content appears in more than ⅔ of all TV programs.
22. 80% of teens wish the media talked about the consequences of sex.
23. 85% of teens think sex should only take place in a committed relationship.
24. 85% of parents believe abstinence from sexual activity is best for teens..
25. Teens who drink or use drugs are 6x more likely to be sexually active.
26. Though the proportion of sexually active girls ages 15 to 19 has decreased, the proportion of sexually active girls age 14 and younger has increased.
27. More than half of teens think girls are as sexually aggressive as boys.
28. More than ⅔ of teen girls think they often receive the message that one of the most important things they can do is to attract boys and look sexy.

FREEDOMS OF ABSTINENCE

- Freedom to be more in control of your life.
- Freedom to enjoy being a teen.
- Freedom to focus on establishing and realizing your goals.
- Freedom to develop healthy relationships.
- Freedom to make dating fun and creative without worry and stress.
- Freedom to develop respect for self.
- Freedom to have greater trust in marriage.
- Freedom to give your future spouse the gift of knowing you waited for them.
- Freedom from sexually transmitted diseases.
- Freedom from unwanted pregnancy.
- Freedom from exploitation by others
- Freedom from guilt, doubt, disappointment, worry, and regret.
- Freedom from unspoken sexual expectations.

BRAINSTORM ACTIVITY: Sexual Decision Making

Reasons why...

Kids choose to have sex.

Reasons why...

Kids choose to WAIT!

Name: _____

Sexuality & Health Myths Quiz

Directions:

Teens have many misconceptions about sex and sexuality. Let's try to clear these up!

1	You can always tell whether or not a person has had sex before.
2	A woman is not at risk of pregnancy unless a man ejaculates inside her vagina
3	A female does not risk pregnancy if she has unprotected sexual intercourse while she is on her period
4	Sperm cells only live 1-2 hours after ejaculation.
5	Once a person has had an STD and has been cured they are not at risk of contracting it again.
6	Anal intercourse is a risk free way for women to avoid pregnancy and STDs.
7	Abstinence is the only method of contraception that is 100% risk free.
8	Pregnancy can occur any time sexual intercourse occurs, under any circumstances, even if it is the first sexual experience.
9	Once a male is aroused and has an erection, he must ejaculate to avoid the risk of harmful physical side effects.
10	It is unhealthy for teens to abstain from sexual intercourse.
11	A person infected with an STD has a greater risk of contracting HIV.
12	A person can not get a STD from oral sex.
13	Having sexual intercourse with someone who has no symptoms of an STD means there is not risk of getting an STD or HIV
14	A girl can become pregnant if she has unprotected intercourse before she has her first menstrual period.

Names of Group Members: _____

CONSEQUENCES OF SEX: Teen Pregnancy Discussion Questions

1. Why do you think the United States has the highest teen pregnancy rate of the world's industrialized countries?
2. New Hanover County has one of the LOWEST teen pregnancy rates in North Carolina. Why do you think that is?
3. Why do you believe that female children of teen moms often repeat the process and become teen mothers themselves?
4. Who is impacted by teen pregnancy? Explain your answers.
5. What messages about sex do teens get from movies, netflix or TV shows like (Give 2 examples)? Be specific.
6. What suggestions do you have to lower the teen pregnancy rate? (at least 3 suggestions)

Names of Group Members: _____

COST OF BABY'S FIRST YEAR

Key:

365 days per year

52 weeks per year

12 months per year

(Round all costs to the nearest dollar:

For example, if an item costs \$10.96, round it to \$11.00)



BABY NEEDS	Cost/each	x	Qty	=	Total	NOTES
1. Onesies (8)	\$	X	8	=	\$	
2. Jackets (one winter/one spring)	\$	X	2	=	\$	
3. Shoes (2 pair)	\$	X	2	=	\$	
4. Pajamas (4 sets)	\$	X	4	=	\$	
5. Dressy outfits (2 sets)	\$	X	2	=	\$	
6. Pants (10 pair)	\$	X	10	=	\$	
7. Hats (2)	\$	X	2	=	\$	
8. Socks (10 pairs)	\$	x	10	=	\$	
9. Shirts (10)	\$	x	10	=	\$	
Infant car seat	\$	X	1	=	\$	
Stroller	\$	X	1	=	\$	
Crib	\$	X	1	=	\$	
Crib mattress	\$	X	1	=	\$	Some cribs don't come with a mattress.
Crib sheets (2 sets)	\$	X	2	=	\$	
Crib mattress pads	\$	X	2	=	\$	
Breathable crib liner	\$	X	1	=	\$	Used to cover mattress, in case a "poopy" diaper leaks.
Receiving blankets	\$	X	4	=	\$	
Changing table	\$	X	1	=	\$	
Bumbo infant seat	\$	X	1	=	\$	
Infant/Baby bathtub	\$	X	1	=	\$	
Baby towels	\$	X	3	=	\$	
Baby washcloths	\$	X	3	=	\$	
Baby shampoo	\$	X	6	=	\$	
Baby manicure set (to clip fingernails)	\$	X	1	=	\$	
Baby brush and comb set	\$	X	1	=	\$	
Baby swing	\$	X	1	=	\$	
Front baby carrier	\$	X	1	=	\$	for carrying baby "hands-free"
Diaper pail (used to put dirty diapers in)	\$	X	1	=	\$	
Diaper rash ointment (tube)	\$	X	4	=	\$	
Diaper bag	\$	X	1	=	\$	
Burp cloths	\$	X	6	=	\$	Many people use cloth diapers for this.
Baby bibs	\$	X	6	=	\$	
Bottles with nipples	\$	X	10	=	\$	

BABY NEEDS	Cost/each	x	Qty.	=	TOTAL	NOTES
Pacifiers (PK 6)	\$	X	1 PK	=	\$	
"Sippy" cups (PK 4)	\$	X	2 PKS	=	\$	
High chair	\$	X	1	=	\$	
Baby thermometer ("Thermoscan")	\$	X	1	=	\$	
Cool mist humidifier	\$	X	1	=	\$	For helping baby breathe WHEN they have a cold.
Baby monitor	\$	X	1	=	\$	Not necessary but VERY VERY nice to have.
Portable crib (pack-n-play)	\$	X	1	=	\$	You will need this for overnight stays away from home.
Disposable diapers (8 diapers per day)	\$0.15	X	2920	=	\$438.00	8 diapers x 365 days = 2920 diapers x .15 each = \$438.00
Wipes (3 wipes per change)	\$0.02	X	8760	=	\$175.20	3 wipes x 2920 diapers = 8760 wipes x .02 each = \$175.20
Formula (2 cans ~24 oz. powder per WK.)	\$ 40.00	X	52 weeks	=	\$2,080.00	\$20.00 per can x 2 per week x 52 weeks = \$2080.00
Baby food (3 jars per DAY for 6 months)	\$ 1.50	X	180 days	=	\$270.00	.50 x 3 per day x 180 days = \$270.00 (solid foods start at 6 months)
Cost of hospital birth (vaginal delivery)	\$ 3,500.00	X	1	=	\$3,500.00	Cesarean section deliveries can cost up to \$30,000.00
Doctor visits (Ave. 8 visits in first year)	\$ 140.00	X	8	=	\$1,120.00	
Prenatal doctor visit (ave. 9 visits)	\$ 140.00	X	9	=	\$1,260.00	
Infant Childcare(cost per week)	\$ 140.00	X	40 weeks	=	\$5,600.00	There are 40 weeks in one school year.
	\$	X		=	\$	
	\$	X		=	\$	
	\$	X		=	\$	
	\$	X		=	\$	
	\$	X		=	\$	
	\$	X		=	\$	

TOTAL					\$	(Add all costs to get the TOTAL)
EARNINGS (part-time job)	\$150.00/w	x	52 weeks	=	\$7,800.00	\$7.50/hour x 20 hours per week x 52 weeks = \$7,800.00
DIFFERENCE					\$	(TOTAL - EARNINGS = DIFFERENCE)

Discuss what you've learned from this project:

Sexually Transmitted Infections

Name	Cause	How Many People Affected In United States?	Symptoms	Outcome
These are NOT curable!!				
HIV/AIDS (Virus)	HIV causes AIDS Treatable NOT CURABLE HIV (virus) attacks immune system.	43,000 new cases each year 1.1 million have HIV in US. 30 million deaths worldwide since early 1980's. 40 million infected worldwide. 1/2 of all new HIV/AIDS cases are 15-24 yr. olds.	May test positive but not feel sick. Fever, night sweats, severe fatigue, swollen lymph glands & weight loss. Many people have HIV for YEARS before being diagnosed.	HIV infection destroys the immune system. This makes people susceptible to diseases and illness that people with a healthy immune system do not get. No one has ever died from AIDS... they die from other diseases because they have AIDS.
Herpes Simplex 2 aka: HSV-2	Herpes Simplex Virus Treatable NOT CURABLE Spread during vaginal, anal, or oral sex. Sometimes from genital touching.	1.6 million per year 45 million infected in US 4.2 million are teens 20% of Americans over the age of 12 has HSV-2.	Blister-like sores, usually on the part of body where the virus entered. Blisters burn, itch & are painful. Painful urination, flu-like aches, headaches & fever. Symptoms may show up 2-12 days after contact.	FOREVER! Symptoms usually decrease in severity over time. Can cause blindness, brain damage or death in babies who get it from their infected mother. Valtrex: treatment (<u>NOT</u> a cure)
HPV Human Papilloma Virus a.k.a Genital Warts	Human Papilloma Virus Treatable NOT usually CURABLE 100 different types of HPV. Not all cause "warts" Not all cause cervical cancer. (women)	MOST COMMON STD more than 3 million US cases per year 79 million currently infected. 11,000 women die of cervical cancer each year.	98% infected people have NO symptoms. 2% get soft gray/white warts in and around the genital area. Warts can spread to other parts of the body. Warts are usually painless but can burn or itch.	Some types of HPV can cause cervical cancer. 4000 women die of cervical cancer each year in US. Almost ALL cervical cancer cases are linked to HPV. 90% clear HPV in 5 years. GARDASIL: Vaccine for girls.
These are curable!!				
Chlamydia	Bacteria Treatable & CURABLE with antibiotics.	3,000,000 new cases per year	Most people have it and don't KNOW it. If get symptoms: painful urination, whitish discharge & fever.	Infertility caused by "silent" pelvic inflammatory disease. Damage is done & most won't find out until years later.
Gonorrhea	Bacteria Treatable & CURABLE Getting resistant to antibiotics.	More than 3 million US cases per year.	Like chlamydia. Most people don't feel sick. symptoms. Painful urination, penile or vaginal discharge, fever.	Infertility, PID, arthritis, heart damage, blindness & kidney infection.
Syphilis	Bacteria Treatable & CURABLE with antibiotics.	31,000 new cases per year	Stage 1: Chancere sore (gone in 1-5 wks) Stage 2: Low grade fever, sore throat, rash. Stage 3: Incurable at this stage.	Severe brain & organ damage. Heart disease, paralysis, insanity, liver and lung tumors & DEATH.

1/2 of all STDs are among 15-24 year olds.

Most people with an STD have it and DON'T KNOW IT!

Teen girls are more at risk for getting an STD (mucous membrane in vagina and Immature cervical cells).

What **YOU** need to know about **HIV/AIDS...**

FOUR Risky Fluids that Transmit HIV are:

**BLOOD, SEMEN,
VAGINAL FLUIDS, BREAST MILK**



STOP HIV/AIDS

save your self. save the world



Risky Behaviors

Sexual Intercourse (Vaginal, Oral, Anal)

Sharing Needles (IV Drug Use, Tattoos, Piercings)

Infected Mother to Baby (Pregnancy, Childbirth, Breast Feeding)

Blood to Blood Contact (Infected Person's Blood Enters Your Body)

Did you know?

- Since 2001 - new infections among 15-24 year old with HIV has increased.
- Since 2003 - 50,000 American have contracted HIV each year.



HIV/AIDS

Prevention is the KEY

1. Choose **ABSTINENCE**, to not engage in early sexual involvement and drugs/alcohol.
2. Get tested prior to sexual involvement.
3. If you do engage in sexual intercourse (vaginal, oral or anal sex), you **MUST** use a condom **EVERY** time.

Need More Information?

Center for Disease Control <https://www.cdc.gov/hiv/> (800) 232-4636
Wilmington Health Access for Teens <https://www.whatwilmington.org/> (910) 790-9949
NHC Health Department <https://health.nhcgov.com/> (910) 798-6500

REQUIRED INFORMATION LIST FOR BREAKING NEWS STORY:

1. Name of infection: _____

2. Is it known by any other other name? If so, what? _____

3. How is infection transmitted? (Be sure to include all the ways it is transmitted)

4. What are the symptoms of the infection? (ie. How will the listener know they have it?)

5. Can this infection cause long-term physical consequences?

6. Does everyone know they have it? If not, explain.

7. How many sexually active people get this infection each year in the United States?

8. Can young people contract this infection? If so, how many?

9. Who is most at risk at contracting this infection?

10. Is this infection treatable? If so, How?

11. Is this infection curable? If so, how?

12. What should someone do if they think they have this STI?

13. What additional information does the public to know about this STI?

14. If a person is sexually active, how can they reduce their risk for getting this infection?

15. How can a person eliminate their risk of getting this infection?

NAME: _____

STD Presentations Worksheet

Write 4 facts about each STD.

Chlamydia:

- 1.
- 2.
- 3.
- 4.

Gonorrhea

- 1.
- 2.
- 3.
- 4.

Herpes (HSV)

- 1.
- 2.
- 3.
- 4.

Human Papilloma Virus (HPV)

- 1.
- 2.
- 3.
- 4.

Syphilis

- 1.
- 2.
- 3.
- 4.

HIV/AIDS

- 1.
- 2.
- 3.
- 4.

EVERYDAY CONSENT

PEOPLE OFTEN THINK CONSENT IS ONLY IMPORTANT WHEN IT COMES TO SEX.

Really, consent is about always choosing to respect personal and emotional boundaries. By practicing consent in everyday situations, you show that you value the choices of others.

ASK FOR CONSENT WHEN TOUCHING

- It's important to ask for consent before hugging, tickling, or other kinds of touch.
- Ask sincerely so others understand it's okay to say no.
- For people who have experienced sexual abuse, any unexpected touch can be scary and traumatic. Others may just prefer more personal space.

For example: "Is it okay if I put my arm around you?" or, "Want to hug or wave goodbye?"

RESPECT PRIVACY

- Everyone has boundaries. Some people like to keep things about themselves private, while others are more open.
- If someone shares personal information with you, it's important to ask what their boundaries are.

For example: "My cousin was assaulted and is afraid they will never feel okay again. Is it okay if I tell them that you're a survivor, too? It's all right if you're not comfortable with that."

ASK PERMISSION

- Just like everyone has different boundaries about touch, everyone has different levels of comfort about sharing things online, like photos.
- It is important to always ask before posting or tagging photos of someone on social media.

For example: "This is a great photo of all of us! Is it okay if I share it online, or should I take another one without the kids in it? I know you don't often post photos of them."



SEX AND CONSENT

- Sex without consent isn't sex. It's sexual assault.
- Consent must be freely given. A person must understand what they are agreeing to, and they can change their mind at any time.
- Consent needs to be clear and enthusiastic. The absence of "no" or silence does not mean "yes."
- Past consent does not mean current or future consent.
- When drugs and alcohol are involved, clear consent is not possible. A person who is intoxicated or impaired cannot give consent.

HOW TO HANDLE THE "NO"

- Whenever you're asking for someone's consent, they could say "no."
- Accept the answer and move on. Don't pressure someone to change their mind.
- It's okay to feel disappointed with a "no" answer. But always remember that respecting boundaries is the right thing to do.

Who's Responsible When It Comes to Consent?*

In Greenton's small, tight-knit community, there is a lot of school spirit and pride, especially around its sports teams and athletes. Many people who live in the community attend the high school sports games even if they don't have children who attend the school.

One Saturday evening after the Greenton High School Warriors won a big baseball game and advanced to the playoffs, many of the players were out celebrating at a teammate's house. It was a wild party, tons of food and alcohol, great music and no parents. Two guys on the team, Jackson and Philip, were drinking and talking to Bethany, a girl from school. Bethany seemed like she was having a lot of fun talking with Jackson and Philip, but eventually the alcohol she'd been drinking started to catch up to her. Bethany started to feel lightheaded and dizzy. Jackson and Philip told her that they would get her home safely. Bethany felt a little nervous about getting a ride home from these guys but figured it was the quickest way home since she wasn't feeling great. Tasha, one of Bethany's friends, saw her stumbling and leaving with the guys and tried to stop her, suggesting she find a safer way home. Jackson and Philip insisted they'd take her right home. Tasha went back to the party.

Once they got outside, Jackson and Philip helped Bethany into their friend's car and then a few of their other friends hopped in as well. Bethany passed out soon after they left. Jackson suggested they go to his house since his parents wouldn't be home. Bethany was still passed out once they got to Jackson's house, and she didn't realize when the guys took her inside. She came to for a while, and Philip started kissing her. She shook her head from side to side indicating she wanted him to stop, but she wasn't able to communicate given the amount of alcohol she drank and how sick she felt. Bethany passed out again, and Philip continued to kiss her and removed her shirt and pants. Philip began to have vaginal sex with Bethany while most of his friends looked on, cheering and laughing. Kyle, one of Philip's friends, told him to back off and that what he was doing wasn't cool. Everyone else started laughing at Kyle telling him he must be a homo. Kyle got quiet. Jackson started taking pictures with his phone. After Philip was done having sex with Bethany, they drove her back to the party and left her

there. Jackson texted the pictures he took to some friends and posted them to social media sites. Before the evening ended, nearly the whole town knew what had happened since so many students at the school saw the pictures and reposted and forwarded them.

The next day, Bethany woke up confused and in pain, but didn't remember anything from the previous night. About a day later, Bethany's family learned more about what happened from the texts and photos buzzing around town, and together they decided to report the rape to the police. By this time, even school officials heard about the incident through social media. In fact, Coach Anderson, the baseball coach, even began to try to cover up some of the evidence that was going around. He really wanted to make sure that his team would still be in the playoffs.

There was mixed public reaction. Many people wanted to reach out in support of Bethany, however, many people in the community simply said that Bethany was "asking for it." After all, she got drunk and left a party with a bunch of guys. What else did she think was going to happen? Further, some community members were angry that Bethany's actions were now casting a negative light on the town and baseball team, ruining their chances to play in the playoffs.

Eventually Jackson and Philip were brought to trial, found delinquent (the juvenile equivalent of guilty)—Philip for rape and Jackson for the dissemination of child pornography. Both are serving time in juvenile detention centers. Bethany doesn't feel safe going to school, cries a lot, has difficulty sleeping and has been ostracized by many of her friends as a result of this.

Rank the six characters below. Number 1 would be the person most responsible and number 6 would be the person who is the least responsible.

_____Bethany

_____Kyle

_____Jackson

_____Tasha

_____Philip

_____Coach Anderson

Sexual Harassment:

ANY unwelcome sexual behavior that makes someone feel uncomfortable or unsafe.

What to do if you've been harassed?

1. Tell the harasser to stop.
2. Talk to a friend.
3. Write down what happened.
4. Tell an adult
5. File a report with an administrator, SRO or online:

<https://www.nhcs.net/divisions/student-support-services/bullying-information>

HOW to Report

Who can help?

Any school personnel including bus drivers or SROs or any trusted adult.

Is there a form?

Yes, go to www.nhcs.net and click on the DIVISIONS tab. Click STUDENT SUPPORT SERVICES. On the left hand tab click BULLYING INFORMATION or ask a school employee to print one for you. A form is also included on the next page.

When will the investigation begin?

Investigations are initiated within 72 hours of being reported, or 3 school days.

Can I make an anonymous report?

Yes, however, provide as much information as you can about the victim, offender or witnesses.

Teen Sex Trafficking

When someone compels a minor to commit a commercial sexual act, such as stripping, pornography or prostitution.

Recruiting Methods

1. Scouting

Searching for young people to target.

2. Manipulating

Relating to young people and often times seem "too good to be true."

3. Trapping

Trick or control young people into staying in the lifestyle.

AGE

COMMON AGES
victims enter trafficking

Where Do Traffickers Find Their Victims?

SOCIAL NETWORK

HOME NEIGHBORHOOD

CLUBS OR BARS

INTERNET

SCHOOL

Protect Your Friends . . .

- ★ Pay attention to changes in mood/behavior.
- ★ Don't ignore if they start to isolate themselves.
- ★ Educate peers about sex trafficking.
- ★ Talk about the issue and make sure your friends know they can come to you if they have problems.
- ★ Don't be afraid to share your opinion if you think your friends are getting into a bad situation.
- ★ Report your concerns to trusted adults.
- ★ **JUST ASK** if you think something is wrong!

NCREST



Glossary for Grade 8:

Abstinence: Refraining from all things that can be harmful to your health.

Abstinence Until Marriage: Abstinence from sexual behavior until you are in an adult mutually monogamous, lifetime commitment or marriage.

Adolescence: Transitional period between childhood and adulthood during which puberty (sexual maturity) occurs.

Adoption: To take a child into one's own family and raise as their own.

AIDS: (Acquired Immune Deficiency Syndrome) A disease caused by HIV (Human Immunodeficiency Virus) which damages the immune system. The fatal stage is sometimes called "full-blown AIDS."

Anal Sex: When the penis is used to touch or enter the anus of another person's body; a high-risk behavior for contracting STDs and HIV/AIDS.

Anus: Opening from which bowel movements leave the body.

Birth canal: Another term for the vagina; the exit passage for the baby during delivery.

Body fluids: Liquids of the body, including blood, semen, vaginal secretions, urine, lymph, feces, sweat, tears and breast milk.

Cervix: The narrow, lower end of the uterus that opens into the vagina. It is sometimes called the "neck" of the uterus because of its shape.

Chlamydia: Bacterial STD which inflames linings of reproductive organs, often causing sterility if not treated.

Cilia: The tiny hair-like projections on the inside of the fallopian tubes. The sweeping motion of the cilia move the egg through the fallopian tube to the uterus.

Circumcision: Surgical removal of the foreskin of the penis. Some males have been circumcised and some have not.

Commitment: Long-term physical and emotional bond between two people with a strong desire to maintain the relationship.

Conception: (also called fertilization) The uniting of the sperm and ovum (egg cell).

Condoms: A latex barrier used during sexual activity to reduce but not eliminate the risk of pregnancy or contracting STDs.

Consent: Permission for something to happen (sexual contact).

Ejaculation: The release of semen (seminal fluid) from the penis.

Epididymis: The place where sperm mature and are stored.

Erection: When the penis increases in size and becomes upright and stiff. Erection is necessary for sexual intercourse to occur.

Fallopian tubes: The narrow tubes that are the passageways from the ovaries to the uterus and the place where the male's sperm can fertilize the female's ovum (egg cell).

Fertilization: (see conception) The moment an egg cell (ovum) and a sperm cell unite. Generally fertilization takes place in the fallopian tubes.

Fetus: The term used to refer to the unborn child from the ninth week of pregnancy until birth.

Foreskin: The fold of skin which covers the head (glans) of the penis. All males are born with foreskin.

Genitals: External sex organs. Penis and scrotum in the male; labia and vaginal opening in the female.

Genital Herpes: See Herpes Simplex II

Genital Warts (Human Papilloma Virus HPV): A viral STD associated with cervical cancer in females and unsightly warty growths on the genitals of both sexes. Warts can be treated but HPV cannot be cured.

Glans: The sensitive end or head of the penis.

Gonorrhea: Bacterial STD which can cause sterility, blindness and arthritis if not treated. Females usually have no symptoms.

Herpes Simplex II (HSV II): Also known as genital herpes. Viral STD which is treatable but not curable. Herpes can cause recurring blisters, miscarriages and stillbirths and may be related to cervical cancer in females.

HPV: See Human Papilloma Virus

HIV: Human immunodeficiency virus, the virus that can cause AIDS. HIV attacks T-helper cells of the immune system.

Human Papilloma Virus HPV: A viral STD associated with cervical cancer in females and unsightly warty growths on the genitals of both sexes. Warts can be treated but HPV cannot be cured.

Hymen: The thin connective membrane covering all or part of the opening of the vagina. Most, but not all baby girls are born with a hymen.

Injection drug user: (IV drug user) A person who uses a needle to pierce the skin for the purpose of injecting drugs. These drugs can be mainlined into a blood vessel or injected just beneath the skin. Both are high-risk behaviors for HIV/AIDS.

Labia: Soft, folds of tissue that surround the other female sex organs.

Menarche: First menstruation.

Menstruation: The cyclic discharge of the uterine lining when pregnancy does not occur.

Menopause: When a woman stops releasing egg cells and stops menstruating. The average age of menopause is between 40-55 years. Pregnancy cannot occur after menopause without medical intervention.

Monogamy: Having one sexual partner only.

Nipples: The protrusion at the center of the breast; in females, the milk ducts open here.

Nocturnal emission: An involuntary ejaculation occurring during sleep; frequently called a "wet dream".

Oral sex: Touching the mouth, lips or tongue to another person's genitals, a risky sexual behavior for contracting STDs.

Ovaries: The glands which produce and store the female's eggs (ova) and sex hormones.

Ovulation: The release of a mature ovum from the follicle of an ovary. This process happens approximately once a month from the onset of puberty.

Ovum: The egg cell produced in the ovary of a female; it is a single cell about the size of a grain of sand. (Ova is the plural)

Penis: The male sexual organ through which urine and semen leave the body; used for sexual intercourse.

Pituitary gland: Located in the center of the brain. It is where puberty begins by secreting growth hormones and controls production of sex hormones in the ovaries and testes.

Primary sex characteristics: The reproductive system or the sex organs.

Prostate gland: A gland that secretes a clear fluid which makes up about one third of the fluid in an ejaculation. The fluid from the prostate provides nourishment to the sperm cells on their journey through the female reproductive tract.

Puberty: The stage during which secondary sex characteristics develop and the reproductive system becomes functional. The time you change from a child to an adult.

Pubic hair: The hair around the external sex organs.

Rape: Forced sexual of any kind (oral, anal or vaginal).

Renewed Abstinence: is a decision someone makes to stop having sex and wait until marriage before having sex again.

Scrotum: The pouch or sac of skin which contains the testes.

Secondary sex characteristics: The external sign of maleness or femaleness (e.g., body hair, breasts, muscle development, etc.)

Semen: The fluid (containing sperm cells) expelled from the body during ejaculation. It contains up to a billion sperm cells in a fluid that contains nutrients for the sperm.

Seminal vesicles: Glands that produce the fluid (semen) to carry the sperm out of the male's body.

Sex (gender): State of being male or female; in today's terms, often refers to sexual intercourse.

Sexual abstinence: choosing not to participate in sexual activity.

Sexual intercourse: Sexual union of a male and female when the penis is inserted into the vagina and usually includes the transfer of semen from the male, which can result in fertilization of an egg cell with a sperm cell.

Signs/symptoms: An observable indication or feeling of an illness or condition.

Sperm: The male sex cells which are capable of fertilizing an egg.

STI (Sexually Transmitted Infection): A more recent term, often being used in place of STD.

STD (Sexually Transmitted Disease): Disease passed through close, intimate physical contact, from one infected person to another.

Syphilis: A bacterial STD that starts with a chancre sore and if untreated can cause death, mental illness and heart disease and can destroy tissue anywhere in the body.

Testes: The glands in which the sperm cells and the male hormone, testosterone, are produced; located in the scrotum. (testis is the singular form)

Testicles: see testes.

Urethra: The tube that runs through the penis through which urine and semen leave the body. The female urethra runs from the bladder to the urethral opening, just in front of the vaginal opening.

Uterus: The pear-shaped hollow organ in the female's body where baby's grow and develop.

Vagina: The tunnel-like structure through which menstrual blood, babies and vaginal discharge leave the female body; it receives the penis during sexual intercourse.

Vaginal discharge: Fluid secreted from the vagina. Occurs approximately one to two years before first menstruation and continues throughout adult life; natural way of cleaning the inside of the vagina.

Vas deferens: The tube through which sperm travel, after leaving the epididymis, on their way to the urethra.

Virgin: Person who has not had sexual intercourse.

Womb: Another term for the uterus.

RESOURCES-

A comprehensive list of websites, etc, you can refer to for more information and to get your questions answered.

Dating/Relationships

loveisrespect.org
sharedhope.org
loveisnotabuse.com
mencanstoprape.org
rainn.org

STDs/STIs

cdc.gov

Reproductive Health Info

stayteen.org
advocatesforyouth.org
BeingGirl.com (youtube)
teenhealth.org
iwannaknow.org
sexetc.org
shiftnc.org
thenationalcampaign.org

Your ?'s Answered

**BrdsNBZ: text 'NC Teen' to
66746
goaskalice.columbia.edu**

Tracking Apps

Apps for tracking a female's menstrual cycle

Clue, Eve, Period Tracker, Flo,
Glow, Period Tracker

Go Local

**Coastal Horizons:
910.343.0145
coastalhorizons.org**

**Wilmington Health Access for Teens:
whatswhat.org 910-790-9949**



There are WHAT clinics onsite
at Ashley, Hoggard, Laney and
New Hanover High Schools!



"Give a **child** a **fish**, and you feed them for a day.

Teach a child to fish, and you feed them for a life time."



Adapted by the Family Life
Educators of New Hanover
County Schools.

Discrimination, Bullying, and Harassment Student Reporting Form

Directions: If you feel that you have been bullied and would like help, please fill out the form below. If you need more space, attach another piece of paper. When you are done, turn this form into the front office of your school. An administrator or counselor will contact you within two school days.

Your name _____

Your teacher's name _____ Your grade _____

Your phone number _____ - _____ Your email _____

Today's date _____ \ _____ \ _____ When did the bullying occur? _____ \ _____ \ _____

Please put an "x"one or both boxes:

- ☐ I felt bullied
☐ I saw someone else be bullied

Describe what happened when you or someone you know felt bullied:

Who was involved in the bullying?

What did you do? Was anyone with you?

Were you threatened in any way? ☐ Yes ☐ No
If yes, please explain what was said, written, typed, or texted.

Did an adult see the bullying or did you tell an adult about the bullying? ☐ Yes ☐ No
If yes, who saw it or who did you tell?

Student Signature _____

For signature confirmation, please enter your name as indicated in school records and email from the email account you have on file with NHCS.

Date received in front office _____ \ _____ \ _____

Signature of personnel receiving form _____

Date formal investigation initiated _____ \ _____ \ _____

