

Western High School
Health Curriculum
Ms. Aisleen Pack

WSD Sex Ed Objectives:

- **Analyze characteristics of healthy and unhealthy relationships.**
 - *Predominantly in Unit #1 and filters throughout each specific unit*
 - *Marriage Matters Activity-Know, Trust/Rely, Commit, Touch*
 - *Parenthood Discussion*
 - *I Wish Teen Pregnancy Video*
- **Evaluate positive and negative influences on sexual decisions with an abstinence-BASED approach to instruction.**
 - *Marriage Matters Activity-Know, Trust/Rely, Commit, Touch*
 - *Cost of Pregnancy*
 - *Developing Compassion for HIV*
 - *Sexually Transmitted Diseases*
- **Evaluate the possible emotional, physical, and legal consequences of early sexual activity.**
 - *Marriage Matters Activity-Know, Trust/Rely, Commit, Touch*
 - *Emotional STD Article*
- **Accurately assess their risks for HIV, other STDs, and pregnancy.**
 - *Why Chose Abstinence Video*
- **Demonstrate effective skills for avoiding or escaping risky sexual situations.**
 - *Predicting the Weather- High Risk, Some Risk, Low Risk, No Risk*
 - *Risk Fluids*
 - *Refusal Skills*
- **Communicate with parents and other trusted adults regarding reproductive health, relationships, and sexual decisions.**
 - *I'd Like to Talk to You About Parent Conversation Sheet*
 - *CDC Video-Sexual Health: Discussing it with your provider*
- **Seek additional information, support, and services, as needed.**
 - *Mr. Easton Presentation*
 - *Kaitlyn Stein Presentation*
 - *Health Centers in Jackson County*

Abstinence-Based Curriculum Changes:

- *Kaitlyn Stein: 1 Day Presentation on Birth Control Methods*
 - *Barrier & Hormonal*
- *Correct Condom Use Demonstration*
- *Method of Avoiding Pregnancy Handout*
- *What do I Say to This? Handout*
- *I'd Like to Talk to You About Parent Conversation Assignment*

Method	Effectiveness	How to Use	Rx Needed	Pros	Cons
Oral Contraception 'The Pill'	95%	Take pill at the same time every day, as directed.	Yes	Can make periods more regular, lighter, and less painful. Can improve PMS symptoms. Can improve acne. Lower risks for ovarian cancer. Ability to get pregnant returns quickly after stopping pills.	No protection against STIs. Increase risk for breast cancer. Can lose effectiveness with antibiotics.
The Patch	95%	Apply to skin and change weekly	Yes	Can make periods more regular and less painful. Don't have to take a pill every day. Ability to get pregnant returns quickly after stopping.	No protection against STIs. Can irritate skin. May cause spotting in the first 1-2 months of use. May be visible depending on where you place it. Less effective if you weigh more than 198 pounds
The Ring	95%	Insert small ring into vagina. Change ring once a month.	Yes	Can make periods more regular and less painful. Don't have to take a pill every day. Doesn't require a fitting. Ability to get pregnant returns quickly after stopping.	No protection against STIs. Can increase vaginal discharge. May cause spotting in the first 1-2 months of use.
Depo-Provera 'The Shot'	99%	Receive a shot every 3 months from a medical provider.	Yes	Each shot last for 12 weeks. Don't have to take a pill every day. May decrease periods.	No protection against STIs. May cause spotting, weight gain, depression, changes in skin or hair, change in sex drive. Side effects may last up to 6 months after stopping shots. May cause delay in getting pregnant after use.
Intrauterine Device 'IUD'	99%	Medical provider places the IUD in the uterus.	Yes	May be left in place for 3 to 10 years depending on the type. Don't have to take a pill every day. May improve period cramping and bleeding. Ability to become pregnant returns quickly once removed.	No protection against STIs. Mild to moderate pain when placed. Cramping and spotting may occur in the first weeks. May cause heavier periods in some women.
Implant	99%	Medical provider places match stick sized flexible rod in the upper arm.	Yes	Lasts 3 years. Don't have to take a pill every day. The ability to become pregnant returns quickly once removed. Most women have fewer and lighter periods.	No protection against STIs. Certain medications may make the implant ineffective. Some women have heavier periods or spotting. May cause weight gain, headaches, darkening of skin around the insertion site.
Emergency Contraception 'The Morning After Pill'	58%-94%	Take the pill as directed soon as possible after unprotected sex. Only effective 72-120 hours after unprotected sex.	No, if older than 17	Available at pharmacies, some grocery/drug stores, health centers, or with health care providers. Can be taken up to 5 days after unprotected sex. Both men and women can purchase it.	No protection against STIs. Cannot be taken regularly as a birth control method. Effectiveness depends on the time it's taken. Costs between \$10-\$70. If younger than 17 you need a prescription. May cause spotting and/or changes in your periods.

Method	Effectiveness	How to Use	Rx Needed	Pros	Cons
Abstinence	100%	Don't have sex or engage in any sexual activity	No	It is free! Cannot become pregnant or contract an STI. Helps build stronger relationships and positive sense of self.	None.
Male Condom	85%	Place condom on erect penis right before sex. Use a new condom every time you have sex.	No	Simple to use. Easy to get at multiple stores. Cost between \$50 to \$2 per condom. Reduces the risk of pregnancy and some STIs. Comes in multiple sizes.	Doesn't always protect from all STIs. Can break or slip off. Possible latex allergy.
Internal (female) condom	80%	Insert the female condom into the vagina before sex. Use a new female condom every time you have sex.	No	Easy to get. About \$4 each. Can reduce your risk of STIs. Good for those with latex allergies. Can be placed in the vagina up to 8 hours prior to sex. Can be used during menstruation.	Can be hard to insert. Can slip out of place. Can cause vaginal irritation.
Spermicide	70%	Place spermicide in vagina before sex, leave in for 6-8 hours after sex. New application needed every time you have sex.	No	Easy to get at multiple stores. Comes in many different forms (cream, gel, foam, film, sponge, inserts). About \$8 per package. Best if used with another method.	No protection against STIs. Can irritate vagina and/or penis. Can be messy or leaky.
Dental Dam	85%	Place over vulva or anus before oral sex. Use a new dental dam every time you have oral sex. Be sure to only use one side.	No	Protects against most STIs. Available at many stores or online. A condom can be cut to be transformed into a dental dam.	No protection from pregnancy.
Diaphragm	85%	A medical provider will fit you for a diaphragm and show you how to insert it. Insert it into the vagina, with a spermicide, before sex. Leave the diaphragm in place for at least 6 hours after sex.	Yes	Can last several years. One time cost \$15-\$75. Pocket/purse size.	No protection against STIs. Can be difficult to insert. Can be pushed out of place during sex. May need to be refitted. Can cause irritation or UTI.
Cervical Cap	80%	Insert into the vagina to cover the cervix before having sex. Leave the cervical cap in for 6 hours after sex. Use with spermicide	Yes	Small and easy to carry. Lasts one year. Partner won't feel it during sex. Can be left in for up to 48 hours.	No protection against STIs. Must be fitted by a physician. May cause inflammation. May be hard to insert. Can cause Toxic Shock Syndrome if left in longer than 48 hours. Can slip out of position
Withdrawal 'Pulling Out'	73%	Man pulls penis out of vagina before ejaculation	No	No cost. More effective when using other methods as well.	No protection against STIs. Requires a lot of control, difficult to do correctly and consistently.
Sterilization	~100%	Surgical procedure. For women, fallopian tubes are cut. For men, vasectomy is performed.	No, surgical	Almost 100% effective at preventing pregnancy.	No protection against STIs. Permanent. May be expensive.

Unit #5: Sexuality & HIV Prevention

Steps for Correct Condom Use

1. Discuss with your partner the physical, social, and emotional ramifications of having sexual intercourse.
2. If you choose to have sexual intercourse, wait until both people are of legal age and willingly agree with this decision.
3. If you choose to have sexual intercourse, discuss how you will reduce the risks of pregnancy and STIs. Condoms will reduce the risk of transmitting STIs; other forms of birth control do not offer this protection.
4. Decide to use a latex or polyurethane condom.
5. Obtain condoms and a water-based or silicone lubricant.
6. Make sure there are no holes or a tear in the condom wrapper and that it is not outdated.
7. Remove the condom from the package carefully so that it doesn't rip. Do not use your teeth, scissors, fingernails, or any other sharp object.
8. Do not unroll the condom before it is on the penis. Do not blow into it. Don't twist, bite, poke, or otherwise damage the condom. This will allow fluid to leak out, possibly infecting your partner.
9. Put a few drops of lubricant inside the condom.
10. Place the condom on the penis as soon as the penis is hard and before genital contact. Make sure the roll is on the outside, so the condom can roll down the penis.
11. Pinch the tip of the condom to remove the air and leave one-half inch extra space at the tip of the condom to catch the ejaculate if the condom has no nipple.
12. Roll the condom on all the way to the base of the penis. Smooth out the air bubbles as the condom unrolls.
13. Put lubricant on the outside of the condom.
14. Have sexual intercourse.
15. After having sexual intercourse, hold the condom at the rim and remove the penis from your partner before the penis becomes soft, soon after ejaculation.
16. Gently slide the condom off the penis. Don't tug to pull the condom off. It may tear.
17. Keep the used condom away from your partner's body, especially his or her genitals.
18. Prevent semen, vaginal secretions, or anal secretions from spilling onto your hands or body. Wash your hands or body parts if contact occurs.
19. Tie the condom in a knot to prevent spills. Wrap it in a tissue and dispose of it in a wastebasket, not in a toilet or where pets can get to it.
20. Wash your hands.



How to Use a Condom

Sexual abstinence is the only guaranteed way to prevent pregnancy and sexually transmitted infections, including HIV. If you have decided to abstain from sexual intercourse, you are making an excellent decision to keep yourself safe. If, in the future, you decide to have sex, correct and consistent use of a condom will help you to protect yourself and your partner against these risks. This tells you how to use a condom for maximum protection.

Know What Type of Condom to Buy

- Latex condoms prevent the passage of harmful germs. In case of latex allergies, select polyurethane condoms.
- Latex condoms with a reservoir (nipple) end are easier to use and less likely to break.
- Lubricated latex condoms are pre-lubricated with a water-based lubricant. Purchase a water-based lubricant to use with unlubricated condoms.
- Expiration dates should indicate the condoms are still fresh. Don't buy old, outdated condoms.
- Avoid the spermicide nonoxynol-9. It can cause irritations of the skin of the genitals that can increase the likelihood that HIV can enter the body.
- Avoid "sheepskin" or "natural membrane" condoms because they are not effective against STIs.

Special Points to Remember

- Whether you buy lubricated or unlubricated condoms, you may need or want to buy a lubricant. Only use silicone or water-based lubricants or water.
- Do not use oil-based lubricants, such as petroleum jelly, Vaseline, vegetable oil, body lotions, sun tan oils, or baby oil, because they damage latex condoms. If using polyurethane condoms, oil-based lubricants may be used.
- Never use a condom more than once.
- Store condoms in a cool, dry place. Don't freeze them.
- Don't unroll them prior to application.
- Female condoms are available if a male condom will not be used.
- Partners should not use both a male condom and a female condom together.
- Keep the lights on to be able to see how to use the condom correctly.

Putting on a Condom

- Make sure there are no holes or tears in the condom wrapper and that it is not outdated.
- Remove the condom from the package carefully so that it doesn't rip. Do not use your teeth, scissors, fingernails, or any other sharp object.
- Do not unroll the condom before it is on the penis. Do not blow into it. Don't twist, bite, poke, or otherwise damage the condom. This will allow fluid to leak out, possibly infecting or impregnating your partner.
- Put a few drops of lubricant inside the condom.
- Place the condom on the penis as soon as the penis is hard and before genital contact. Make sure the roll is on the outside, so the condom can roll down the penis.
- Pinch the tip of the condom to remove air and leave one-half inch extra space at the tip of the condom to catch the ejaculate if the condom has no nipple.
- Roll the condom on all the way to the base of the penis. Smooth out air bubbles as the condom unrolls.
- Put lubricant on the outside of the condom.

Removing a Condom

- After ejaculating, hold the condom at the base of the penis and withdraw the penis before it becomes soft.
- Don't let the penis go soft inside the partner. The condom may drop off, and protection is lost.
- Gently slide the condom off the penis. Don't tug to pull the condom off. It may tear.
- Keep the used condom away from the partner's genitals and other areas of the body as well.
- Don't allow semen or vaginal or anal secretions to spill on your hand or body. Wash hands or body parts if contact occurs.
- Tie the condom in a knot to prevent spills. Wrap it in tissue and dispose of it in a wastebasket, not in a toilet or where pets can get to it.
- Wash your hands.



Methods of Avoiding Pregnancy: Pros and Cons

Method	Pros	Cons
Abstinence	Most effective, inexpensive, protects against pregnancy and STIs, can be used at any time (even if you had sex in the past)	Doesn't work if individual has decided to have sexual intercourse.
Contraceptives		
Birth Control Patch ("The Patch")	Very effective, only need to change the patch once a week, can be hidden under clothing, doesn't require application during sex	Requires a prescription and a medical exam, not recommended for women who smoke, does not protect against STIs, may increase risk of blood clots
Birth Control Pill ("The Pill")	Very effective, doesn't require application during sex	Requires a prescription and a medical exam, not recommended for women who smoke, must remember to take pill at the same time daily, does not protect against STIs
Birth Control Ring ("The Ring")	Very effective, doesn't require application during sex	Requires a prescription and a medical exam, not recommended for women who smoke, does not protect against STIs, female must be comfortable touching her genitals
Birth Control Shot	Very effective, no need to remember a daily or weekly dose, doesn't require application during sex	Requires a prescription and a medical exam, not recommended for women who smoke, does not protect against STIs
Condom: Female Polyurethane & Male Latex or Polyurethane	Protects against pregnancy and STIs, doesn't require a prescription, male condom allows male to have control over pregnancy and STI prevention, female condom allows female control over STI prevention, available in many locations	Some people think it diminishes sensation during sex, must be applied immediately prior to sex

For additional information on contraceptives, read the following:

- Hatcher, et.al., *Contraceptive Technology*, 18th Ed, New York: Ardent Media; 2004.
- Food and Drug Administration:
www.fda.gov/fdac/features/1997/babyguide2.pdf

For current information on medications and side effects, visit the following Food and Drug Administration websites:

- Drug Information Pathfinder online at www.fda.gov/cder/Offices/OTCOM/DDI/pathfinder.htm.
- Index to Drug-Specific Information at www.fda.gov/cder/drug/DrugSafety/DrugIndex.htm





What Do I Say to This?



Set Limits...Then Act!

- Tell the person what you've decided and, if you want to, tell why.
- Make a specific request.
- If the person says "no," you could ask why or accept the answer and leave the situation
- Restate the decision.
- Try another way to solve the problem, but do not change your decision.
- Restate your decision and, if you choose, leave the door open.
- Leave the situation.



Refusal Skills

- Say "no" without laughing, looking away, or making excuses.
- Say "no" repeatedly.
- Restate "no" with increasing intensity by stating how you feel and describing the consequences.
- Suggest another activity that is realistic and appealing.
- Suggest another activity that gets you out of the situation.
- Move; leave the situation.





Name _____

If one partner says:

The other partner could say:

1	I'm protected. I'm on birth control.	
	I'm clean (disease-free); I don't have anything, so we can have sex without any worries.	
	I'm a virgin.	
	I can't feel a thing when I wear a condom. It's like wearing a raincoat in the shower.	
	By the time you put it on, I'm out of the mood.	

2	I won't be hard by the time I stop and put a condom on.	
	It destroys the romantic atmosphere.	
	Condoms are unnatural, fake, a total turnoff.	
	This is an insult! Do you think I'm diseased or something?	
	None of my other boyfriends used a condom. A real man isn't afraid.	

3	I love you! Would I give you an infection?	
	Just this once.	
	I don't have a condom with me.	
	You carry a condom with you? Were you planning this all along?	
	I won't have sex with you if you're going to use a condom.	

Name: _____

Hour: _____

5. Do you think there are things in today's world that encourage young people to have sex? If so, what?

6. Who do you think young people today should go to for help with sexual questions?

7. What are your expectations of me regarding relationships, abstinence, and decisions about sex?

8. Was it easy or difficult for us to have this conversation? What do you think makes it easy or difficult to talk about these issues?

We have discussed the questions on this handout,
"I'd Like to Talk to You About..."

_____ Signature of a Parent/Trusted Adult

_____ Relationship to the Student

_____ Signature of the Student