

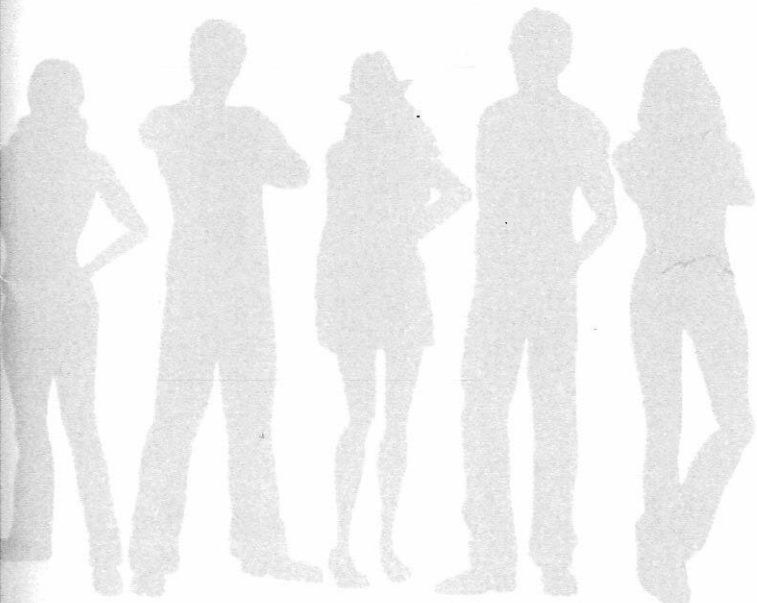
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CLASS: _____

Positive Prevention *Plus*



Sexual Health Education for America's Youth

High School and Community Settings



STUDENT WORKBOOK
2018 Edition

This curriculum includes the required lesson topics as outlined in the California's Education Code (EC) Section 51930-51939 pertaining to HIV/AIDS prevention education and comprehensive sexual health education.

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Group Agreements

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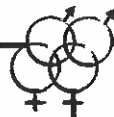
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8.

**I agree to follow
these Group Agreements
during our lessons on sexual health.**

SIGNATURE _____ DATE _____





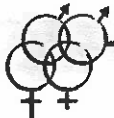
The Sexual Health of Teens

- 39.2%** The percent of U.S. teens who report ever having sexual intercourse.
- 20.7%** The percent of U.S. teens who are currently sexually active.
- 53.8%** The percent of U.S. teens who report using a condom during their last episode of sexual intercourse.
- 13.8%** The percent of U.S. teens who report using no method of birth control at last episode of sexual intercourse.
- 194,000** The number of U.S. teens who give birth each year.
- 10,000,000** The number of new STI cases each year in the U.S. among young adults ages 15-24.

How could teen sexual health be improved?

*https://www.cdc.gov/nchs/data/series/sr_23/sr23_031.pdf ** www.cdc.gov/teenpregnancy/about/index.htm ***www.hhs.gov/ash/oah/adolescent-health-topics/reproductive-health/stds.html





Understanding the Terms

Human sexuality is a combination of three distinct components.

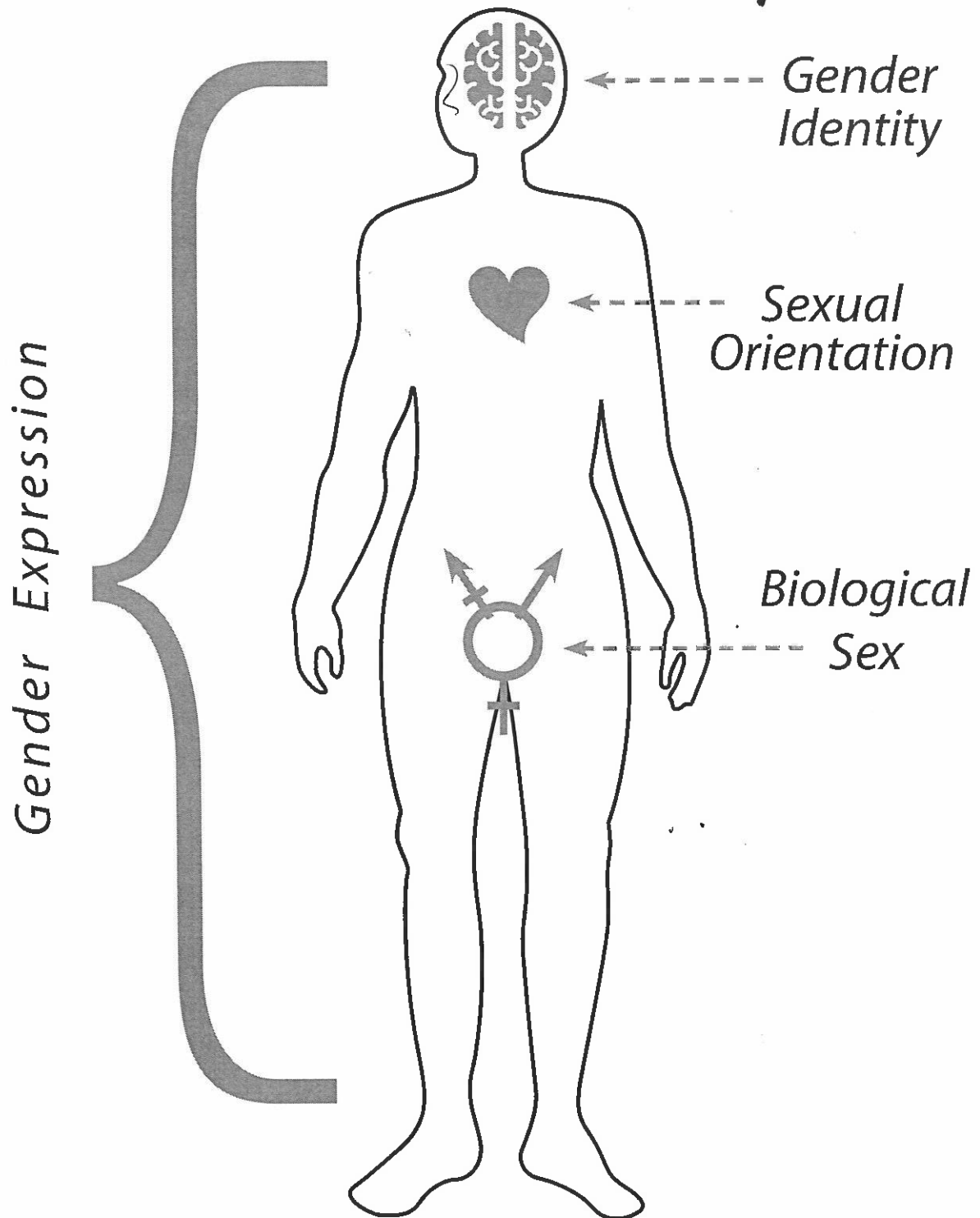
- **Biological Sex:** A term used to denote whether an individual is male or female, as determined by a physician or other medical professional at the time of birth. This designation is often made solely based upon an examination of an infant's genitals, but may also involve chromosomes and gonads (ovaries or testicles). Related term: *intersex*.
- **Gender:** Attitudes, feelings, characteristics, and behaviors that a given culture associates with being male or female and that are often labeled as "masculine" or "feminine." Related terms include: *gender role, gender non-conformity, gender identity, cisgender, transgender, gender expression, gender binary, gender expansive*.
- **Sexual Orientation:** A person's enduring romantic or sexual attraction to people of another and/or same gender. Common terms used to describe sexual orientation include, but are not limited to: *heterosexual, lesbian, gay, and bisexual*.

Biological sex, gender, and sexual orientation vary with each individual. It is important to respect differences and appreciate diversity.





The Many Dimensions of Human Sexuality



Adapted from: Cristina González, Vanessa Prell, Jack Rivas, and Jarrod Schwartz.





LGBTQ Bias and its Effects

Most LGBTQ students have experienced harassment and discrimination at school.

- Over 8 in 10 experience verbal harassment.
- Nearly two-thirds experience LGBTQ discrimination.
- Due to feeling unsafe, or uncomfortable, nearly a third miss at least one day of school per month.

Hostile school climates negatively affect LGBTQ students' educational outcomes and mental health.

- LGBTQ students who are victims are twice as likely to NOT go on to college.
- LGBTQ students have lower GPA's, lower self esteem, and higher levels of depression.

School staff often fail to intervene when they hear these remarks at school.

Associated problems include family rejection, homelessness, employment discrimination, homicide, and suicide.

Source: GLSEN School Climate Survey found at www.glsen.org





Getting Started Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- T F "Sexual orientation" and "gender identity" mean the same thing.
- T F It can be difficult to talk about sexual health, even though sexuality is a normal part of human development.
- T F According to national surveys, less than half of all US teens have ever had sex.
- T F Group agreements include respect for others and maintaining confidentiality.

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How committed are you to participating fully in this unit of study? Circle your answer below.

Not Committed

Very Committed

1 2 3 4 5 . .

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share your **Group Agreements**, **Lesson Wrap-Up**, and **Pre-Test** with your parent(s) or trusted adult and **ask them** in what grade they received sex education in school.

OPTIONAL: Interview a grandparent (or someone from that generation) about gender roles and norms when they were young and discuss how gender roles have changed.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





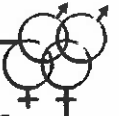
NAME _____

Positive Prevention *PLUS* Student Pre-Test

DIRECTIONS Read each statement and circle whether it is True (T) or False (F).

True	False	1. According to national surveys, less than half of all US teens have ever had sex.
True	False	2. The terms gender identity and sexual orientation mean the same thing.
True	False	3. Knowing your plans and goals for the future may help you make safe and healthy decisions now.
True	False	4. Love involves passion, commitment, and/or intimacy.
True	False	5. Intimacy with another person can only be achieved by having sexual intercourse.
True	False	6. Warning signs in a relationship include put-downs, dishonesty, and (threats of) physical harm.
True	False	7. Using PEP and PrEP can reduce the chances of becoming infected for a person exposed to HIV.
True	False	8. Planning if and when you have children is part of planning your life.
True	False	9. Latex condoms and spermicidal foam can be purchased only with a doctor's prescription.
True	False	10. Birth control comes in two forms: hormonal methods that prevent the release of an egg, and barrier methods that prevent the sperm from coming into contact with an egg.
True	False	11. In many states, a young person can safely surrender her/his newborn to a hospital or a fire department, no questions asked.
True	False	12. Being infected with HIV can cause emotional, social, and physical problems.
True	False	13. Antiretroviral therapy (ART) can keep an HIV-infected person healthy for many years, and greatly reduces the chance of transmitting the virus to their sexual partner(s).



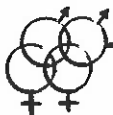


True	False	14. Families facing a serious medical problem may need help and support from their friends and neighbors.
True	False	15. Body fluids that can spread HIV include blood, semen, saliva, and urine.
True	False	16. HIV can enter a person's body only through the penis or vagina.
True	False	17. Sex trafficking involves forcing a minor to have sex for money and/or other benefits, and is illegal.
True	False	18. Partners must agree to the sexual behaviors they engage in ("yes means yes").
True	False	19. Assertive communication includes making eye contact, using a firm voice, and stating your limits and expectations.
True	False	20. In order to sell their products, some advertisers actually portray unhealthy or risky behaviors.
True	False	21. You can tell if a person is infected with HIV or STIs by looking at him or her.
True	False	22. To avoid an unplanned pregnancy, it is important to abstain from sexual activity, or to use birth control consistently and correctly.
True	False	23. There are clinics where you can get confidential, low-cost, or free HIV/STI and pregnancy tests.
True	False	24. Experiencing an unplanned pregnancy or becoming HIV/STI infected would have no impact on your overall life plans and goals.
True	False	25. Gender role, gender identity, and sexual orientation vary with each individual.

What are some things you would like to learn in this unit?

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

My Lifeline

80

60

40

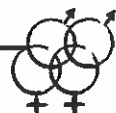
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“If you can see it, you can be it!”

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

Lesson 1 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- | | | |
|---|---|---|
| T | F | Knowing your plans and goals for the future may help you make safe and healthy decisions now. |
| T | F | Experiencing an unplanned pregnancy or becoming HIV infected will not have an impact on your overall plans and goals. |
| T | F | There is no use trying to plan your future since everything is beyond your control. |
| T | F | Visualizing yourself accomplishing a goal actually helps focus your brain on achieving that goal. |

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How clearly can you visualize your life plans and goals?
Circle your answer below.

*Not Clearly**Very Clearly*

1

2

3

4

5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share and discuss with your parent(s) or trusted adult your **Lesson Wrap-Up** and **Lifeline** worksheets and **ask them** what goals they would like to see you accomplish.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





Love and Intimacy





NAME _____

Healthy Relationships

DIRECTIONS Rate yourself on each characteristic by placing a "yes," "no," or "sometimes" next to each one.

Characteristics and Skills	Do I Have These?	1*	2**
<i>Intimacy</i>			
<i>Commitment</i>			
<i>Honesty</i>			
<i>Communication</i>			
<i>Understanding</i>			
<i>Empathy</i>			
<i>Flexibility</i>			
<i>Forgiveness</i>			
<i>Fun</i>			

1* = Ask a close friend to place a check mark if they think you have this skill or characteristic.

2* = Ask a trusted adult to place a check mark if they think you have this skill or characteristic.

On the back of this worksheet, write down several ways you could improve your own relationships with others.

**Friendship/relationship skills can be learned
and improved through experience and practice!**

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

Lesson 2 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- T F Love involves passion, commitment, and/or intimacy.
- T F Going on a long walk or discussing a personal problem can build intimacy with another person.
- T F Intimacy with another person can only be achieved by having sexual intercourse.
- T F Characteristics of a healthy relationship include communication, forgiveness, flexibility, and understanding.

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How committed are you to building healthy relationships? Circle your answer below.

Not Committed

Very Committed

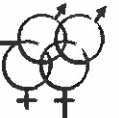
1 2 3 4 5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share and discuss with your parent(s) or a trusted adult your completed **Healthy Relationships** and **Lesson Wrap-Up** worksheets and **ask them** to describe a meaningful relationship they had when they were younger.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





Yes Means Yes!

- Affirmative consent must be given by sexual partners during the progression of sexual activity.
- The absence of NO can no longer be interpreted as YES.
- Consent given by an impaired (drunk, high) partner does not qualify as a YES.

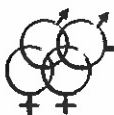
To report unwanted sex and assault:

- Tell your school counselor, school nurse, or social worker.
- Contact your local police or sheriff.

For additional support, contact:

- National Sexual Assault Hotline:
1 (800) 656-HOPE (4673)
- Go to hotline.rainn.org.





The Teen's Dating Bill of Rights

*Remember always that you have these rights and that you deserve them.
Believe in yourself and settle for nothing less.*

1. I have the right to trust myself above all others.
2. I have the right to be respected by anyone I date.
3. I have the right to refuse to date anyone.
4. I have the right to be safe on a date.
5. I have the right to be assertive on a date.
6. I have the right to pay my own way on a date.
7. I have the right to refuse sex or any other kind of physical intimacy with my date.
8. I have the right to disagree with my date.
9. I have the right to say "no."
10. I have the right to be happy with myself, with or without a partner in my life.
11. I have the right to know who I am dating.
12. I have the right to use my own transportation on a date.
13. I have the right to leave any dating situation when my instincts tell me to leave.
14. I have the right to protect myself against battery and sexual assault.
15. I have the right to a healthy dating relationship.
16. I have the right to be loved.
17. I have the right to be cared about.
18. I have the right to high self-esteem.
19. I have the right to speak up when my rights are being violated.
20. Write your own: _____

<http://www.safehome-ks.org/abuse/minors/tee/edu.dating/rights.htm>





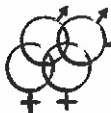
Relationship Violence

- Unhealthy relationships can start early and last a lifetime.
- Dating violence is a widespread issue that has serious long-term and short-term effects.
- Among high school students who dated, 21% of females and 10% of males experienced physical and/ or sexual dating violence.
- Among adult victims of rape, physical violence, and/ or stalking by an intimate partner, 22% of women and 15% of men first experienced some form of partner violence between 11 and 17 years of age.

Youth who are victims of relationship violence are more likely to experience symptoms of depression and anxiety, engage in unhealthy behaviors, like using tobacco, drugs, and alcohol, or exhibit antisocial behaviors and think about suicide.

(Source: www.cdc.gov/violenceprevention/pdf/teen-dating-violence-factsheet-a.pdf)





Ground Rules for Using Social Media

- Tell a trusted adult if anyone online requests personal information or a photograph.
- Share friendships made online with a trusted adult.
- Never agree to meet someone in person who you have only talked to online without asking a trusted adult for permission, and to go with you.
- Tell a trusted adult if anything online makes you feel uncomfortable or scared.
- Do not respond to messages that are mean or rude.
- Do not send rude or inappropriate messages.
- Understand that what you say or do online impacts yourself and others.

WARNING! If you are spending hours and hours each day on social media, you may be addicted! Seek help from a parent or counselor.





Internet Safety

- Do not visit pornographic websites.
- Do not participate in chat rooms where sexual or militant content is discussed.
- Do not start a relationship with a stranger online.
- Do not send or receive nude pictures of yourself or others.

Sexting

- Sexting is the sending of nude pictures of yourself or others by phone or internet.
- Sexting is against the law and punishable by a school suspension, a fine, or being charged with a felony for creating and distributing pornography.
- A conviction can result in being labeled a sex offender and not being able to apply for some jobs.





Sex Trafficking

- Sex trafficking is a form of human trafficking.
- It is the act of forcing, coercing, or transporting a person for the purpose of a commercial sex act.
- These crimes are primarily committed against women and children, including runaway teens..
- Sex trafficking can occur in houses of prostitution, massage parlors, strip clubs, and through online escort services and street prostitution.
- Sex trafficking is punishable by a prison sentence for up to five years (and up to eight years if the victim is a minor).
- To report sex-trafficking, call the National Human Trafficking Resource Center at 1 (888) 373-7888.





NAME _____

Protect Yourself

DIRECTIONS

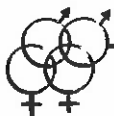
A healthy relationship is honest, equal, respectful, and responsible. Some people have identified the behaviors listed in the chart below as **warning signs** that a relationship is not honest, equal, respectful, and responsible. Check what you would probably do in each of the following situations.

Imagine Someone:	You Would Probably:			
	Do nothing	Discourage behavior	Seek help	End relationship
1. Makes negative comments about your clothes, body, or hair.				
2. Always decides where you will go together or what you should do.				
3. Puts you down in public.				
4. Asks you to send them nude pictures of yourself.				
5. Offers you alcohol or other drugs.				
6. Gets angry when you spend time with others.				
7. Asks you to help them bully another student.				
8. Hits you and then apologizes.				
9. Touches you inappropriately.				
10. Encourages you to join a chat room on a sex-related website.				

Adapted from *Unequal Partners*, 2nd Ed. Sue Montfort and Peggy Brick, Planned Parenthood of Greater Northern New Jersey, 2000.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

Lesson 3 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- | | | |
|---|---|--|
| T | F | The need for power and control can lead to relationship abuse. |
| T | F | Abusive relationships include put-downs, dishonesty, and (threats of) physical harm. |
| T | F | Texting a nude picture of yourself or someone else is against the law. |
| T | F | If a friend or partner treats you poorly, it is best to ignore it and just hope they change. |

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How committed are you to forming healthy non-abusive relationships? Circle your answer below.

Not Committed

Very Committed

1

2

3

4

5

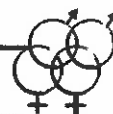
Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share/discuss with your parent(s) or a trusted adult your completed **Protect Yourself** and **Lesson Wrap-Up** worksheets and **ask them** what they would want you to do if your boyfriend or girlfriend treats you poorly.

SIGNATURE OF PARENT OR TRUSTED ADULT _____



NAME _____



What Would You Do?

DIRECTIONS Put a check in the box (or boxes) to indicate what you would do in the following situations.

What would you do if ...	Ignore the situation	Discourage behavior	Call the human trafficking hotline	Report to an adult
1. You notice that the neighbors have a young "housekeeper" who is very fearful to talk with people.				
2. Your friend asks you to go with them to "make some easy money" with their older cousin.				
3. You notice a man at the bus stop who tries to get young girls to go for a ride with him.				
4. Your little brother tells you about being asked to go to a hotel with a stranger.				
5. You notice that your older sister is having constant cell phone communication with multiple men.				
6. Your friend tells you about talking with a stranger online who now wants to meet them at a hotel.				

If you or someone you know is a victim of human trafficking:

- Tell your teacher, school nurse, or counselor.
- Call 911 or contact the police.
- Call the National Human Trafficking Hotline 1-888-373-7888.
- Call the National Runaway Hotline 1-800-RUNAWAY or go to: www.1800runaway.org.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

Lesson 4 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- | | | |
|---|---|--|
| T | F | Child sex trafficking is a form of child abuse. |
| T | F | Human trafficking includes both labor trafficking and sex trafficking. |
| T | F | Child sex traffickers often "groom" their victims by acting like their boyfriend, or like they really care about them. |
| T | F | Runaways and victims of sex trafficking can call 1-800-RUNAWAY for help. |

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How committed are you to reporting any human trafficking you become aware of? Circle your answer below.

Not Committed

Very Committed

1 2 3 4 5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share your **What would you do?** and **Lesson Wrap-Up** worksheets with your parent(s) or trusted adult and **ask them** what they know about human trafficking, including sex trafficking.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





Emergency Contraception

(The Morning After Pill or Plan B)

1. What Is Emergency Contraception?

- Just like regular birth control pills, emergency contraception can prevent pregnancy by preventing the release of an egg.








2. Worried You Might Be Pregnant?

- **If you've had unprotected sex** within the last 5 days, it's not too late. You can do something NOW to prevent pregnancy.
- **Emergency contraception** is often called the "morning after pill." It works best when started right away, and no later than 3-5 days after sex.
- The **Copper IUD** may also be used for emergency contraception when placed no later than 5 days after sex.
- **Act quickly. Don't wait.** Visit your pharmacy or public health clinic to get emergency contraception. In all states, people at any age can purchase some type of emergency contraceptive pills over-the-counter without parental consent and without a prescription.

3. Don't forget to ask about an HIV/STI test! Unprotected sex can also leave you with an unwanted STI infection.



BIRTH CONTROL GUIDE

FDA Approved Methods		# of pregnancies expected (per 100 women)*	Use	Some Risks or Side Effects*	
 Sterilization Surgery for Women		Less than 1	Onetime procedure. Permanent.	Pain Bleeding	Infection or other complications after surgery
	 Sterilization Implant for Women	Less than 1	Onetime procedure. Permanent. The FDA-recommended alternative is tubal ligation or LARC.	Pain/cramping Pelvic or back discomfort Vaginal bleeding	
	 Sterilization Surgery for Men	Less than 1	Onetime procedure. Permanent.	Pain Bleeding	Infection
 IUD Copper		Less than 1	May be used as emergency contraception if placed within 5 days of unprotected intercourse. Inserted by a healthcare provider. Lasts up to 10 years.	Cramps Heavier, longer periods	Spotting between periods
 IUD with Progestin		Less than 1	Inserted by a healthcare provider. Lasts up to 3-5 years, depending on the type.	Irregular bleeding No periods (amenorrhea) Abdominal/pelvic pain	
 Implantable Rod		Less than 1	Inserted by a healthcare provider. Lasts up to 3 years.	Menstrual Changes Weight gain Headache	Mood swings or depressed mood Acne
 Shot/Injection		6	Need a shot every 3 months.	Loss of bone density Irregular bleeding/ Bleeding between periods	Headaches Weight gain Nervousness Dizziness










Some Risks or Side Effects*
This chart does not list all of the risks and side effects for each product.

source: www.fda.gov/birthcontrol www.



BIRTH CONTROL GUIDE

FDA Approved Methods		# of pregnancies expected (per 100 women)*	Use	Some Risks or Side Effects* <small>This chart does not list all of the risks and side effects for each product.</small>	
	Oral Contraceptives "The Pill" (Combined Pill)	9	Must swallow a pill everyday.	Spotting / bleeding between periods Nausea	Breast tenderness Headache
	Oral Contraceptives "The Pill" (Extended/Continuous Use Combined Pill)	9	Must swallow a pill everyday.	Spotting / bleeding between periods Nausea	Breast tenderness Headache Amenorrhea
	Oral Contraceptives "The Mini Pill" (Progestin Only)	9	Must swallow a pill at the same time everyday.	Spotting / bleeding between periods Nausea	Breast tenderness Headache
	Patch	9	Put on a new patch each week for 3 weeks (21 total days). Don't put on a patch during the fourth week.	Spotting / bleeding between periods Nausea Stomach pain	Breast tenderness Headache Skin irritation
	Vaginal Contraceptive Ring	9	Put the ring into the vagina yourself. Keep the ring in your vagina for 3 weeks and then take it out for 1 week.	Vaginal discharge, discomfort in the vagina, and mild irritation Mood changes	Nausea Breast tenderness Headache
	Diaphragm with Spermicide	12	Must use every time you have sex.	Irritation Allergic reactions	Urinary tract infection
	Sponge with Spermicide	12-24	Must use every time you have sex.	Irritation	





← MORE EFFECTIVE

source: www.fda.gov/birthcontrol www.



BIRTH CONTROL GUIDE



FDA Approved Methods	# of pregnancies expected (per 100 women)*	Use	Some Risks or Side Effects* This chart does not list all of the risks and side effects for each product.
 Cervical Cap with Spermicide	17-23	Must use every time you have sex.	Irritation Allergic reactions Abnormal Pap test
 External Condom (on a penis)	18	Must use every time you have sex. Provides protection against some STDs.	Irritation Allergic reactions
 Internal Condom (in a vagina)	21	Must use every time you have sex. Provides protection against some STDs.	Discomfort or pain during insertion or sex. Burning sensation, rash or itching
 Spermicide alone	28	Must use every time you have sex.	Irritation Allergic reactions Urinary tract infection
Other contraceptives:			
Emergency Contraceptives (EC): May be used if you did not use birth control or if your regular birth control fails (such as a condom breaks). It should not be used as a regular form of birth control. Emergency contraception prevents about 55 - 85% of predicted pregnancies.			
Levonorgestrel 1.5mg (1 pill) Levonorgestrel .75mg (2 pill)	7 out of every 8 women who would have gotten pregnant will not become pregnant after taking this EC.	Swallow the pills as soon as possible within 3 days after having unprotected sex.	Vaginal discharge, discomfort in the vagina Mood changes Nausea Breast tenderness Headache
Ulipristal Acetate	6 or 7 out of every 10 women who would have gotten pregnant will not become pregnant after taking this EC.	Swallow the pills as soon as possible within 5 days after having unprotected sex.	Headache Abdominal Pain Tiredness

*For more information on the chance of getting pregnant while using a method or on the risks of a specific product, please check the product label or Trussell, J. (2011). "Contraceptive failure in the United States." Contraception 83(5):397-404.
source: www.fda.gov/birthcontrol www.



NAME _____



Lesson 5 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- | | | |
|---|---|---|
| T | F | Birth control comes in two forms: hormonal methods that prevent the release of an egg, and barrier methods that prevent the sperm from coming in contact with an egg. |
| T | F | Latex condoms and spermicidal foam or gel can be purchased only with a doctor's prescription. |
| T | F | In many states, teens can access free or low-cost reproductive health services. |
| T | F | Pregnancy should be planned for a time in your life when you are ready to be responsible for children. |

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How committed are you to either abstaining from sex or always correctly using birth control? Circle your answer below.

Not Committed

Very Committed

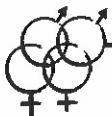
1 2 3 4 5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share/discuss with your parent(s) or a trusted adult your Lesson Wrap-Up worksheet from this lesson and ask them when they believe it is appropriate to start a family.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





Prenatal Care

Requires:

- A healthy diet
- No alcohol, tobacco secondhand smoke, or other drugs, including marijuana
- Moderate exercise
- Regular check-ups including screenings, counseling, and immunizations
- Attending childbirth classes

Also emphasize the importance of her partner (or other family members) role in supporting all aspects of prenatal care.





Responsible Parenting

Includes:

- Taking a parenting class
- Enrolling in home-based programs or new parent counseling sessions to improve your parenting skills
- Understanding child development
- Knowing how to discipline your child properly
- Controlling your own emotions (and violent tendencies)
- Modifying your own schedule to meet the needs of the child
- Finding good childcare
- Providing adequate food, clothing and a safe environment
- Providing regular health care





Alternatives to Keeping the Baby

The Safe Surrender (Safe Haven) Law

- Either birth parent can surrender the infant within 72 hours of its birth.
- Hospitals and fire departments are “safe surrender sites.” In some counties, so are police stations.
- The parent does not have to give out personal information; if the surrendering parent chooses to give his/her name, it will be *confidential* (kept in a private file).

Adoption

- The decision to place an infant for adoption is not easy.
- A young parent may be able to move forward with the adoption without the other birth parent’s consent.
- The adoptive family may be at the hospital while the baby is being born.
- The birth parent(s) may be able to know about the infant’s health and well-being after the adoption.

Terminating a Pregnancy (Abortion)

- In California, minors of any age can access abortion without parental notification or consent. Laws regarding abortion vary from state to state.
- Abortion is a very safe procedure if done with proper medical care.
- A pregnancy can be terminated through medication up to 10 weeks after the last menstrual period, or through other procedures to empty the uterus later in the pregnancy if necessary for health reasons.



NAME _____



Making Healthy Decisions

Step 1: What can a teen do if he or she has an unplanned pregnancy?

Step 2: List Possible Options

1. _____
2. _____
3. _____
4. _____

Step 3: Evaluate Each Option

1. _____
2. _____
3. _____
4. _____

Step 4: List Resources

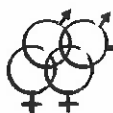
1. _____
2. _____
3. _____
4. _____

Step 5: Make the decision. What do you feel they ought to do?

Step 6:
Act on the decision, take responsibility
for it, and re-examine it.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

Lesson 6 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- | | | |
|---|---|--|
| T | F | Three alternatives to raising an infant include surrender, adoption, and abortion. |
| T | F | When making an important decision, it is critical to explore your options, and to consider the pros and cons of each option. |
| T | F | When making an important decision, it is not important to seek advice from a trusted adult. |
| T | F | The Safe Surrender Law allows a parent to safely give her/his newborn to a hospital or fire department, no questions asked. |

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How positive are you that you can use the decision-making model in this lesson when making important decisions in your life?
Circle your answer below.

Not Positive

Very Positive

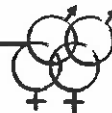
1 2 3 4 5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share/discuss with your parent(s) or a trusted adult your completed **Making Healthy Decisions** and **Lesson Wrap-Up** worksheets and ask **them** what were some important decisions they needed to make in their lives and ask how did they go about making those decisions.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





Lesson 7 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- T F All people who get HIV will die from the infection.
- T F Being infected with HIV can cause emotional, social, and physical problems.
- T F Families facing a serious medical problem may need help and support from their friends and neighbors.
- T F If a person is infected with HIV, it is always his or her own fault.

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How committed are you to not stereotyping and labeling other people? Circle your answer below.

Not Committed

Very Committed

1 2 3 4 5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Discuss/Review with your parent(s) or a trusted adult your Lesson Wrap-Up worksheets and **ask them** how would they **feel** if they found out that a friend or family member was infected with HIV, and what they would **do** if they found out that a friend or family member was infected with HIV.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

STI/HIV/AIDS Definitions

S

T

I

H

I

V

A

I

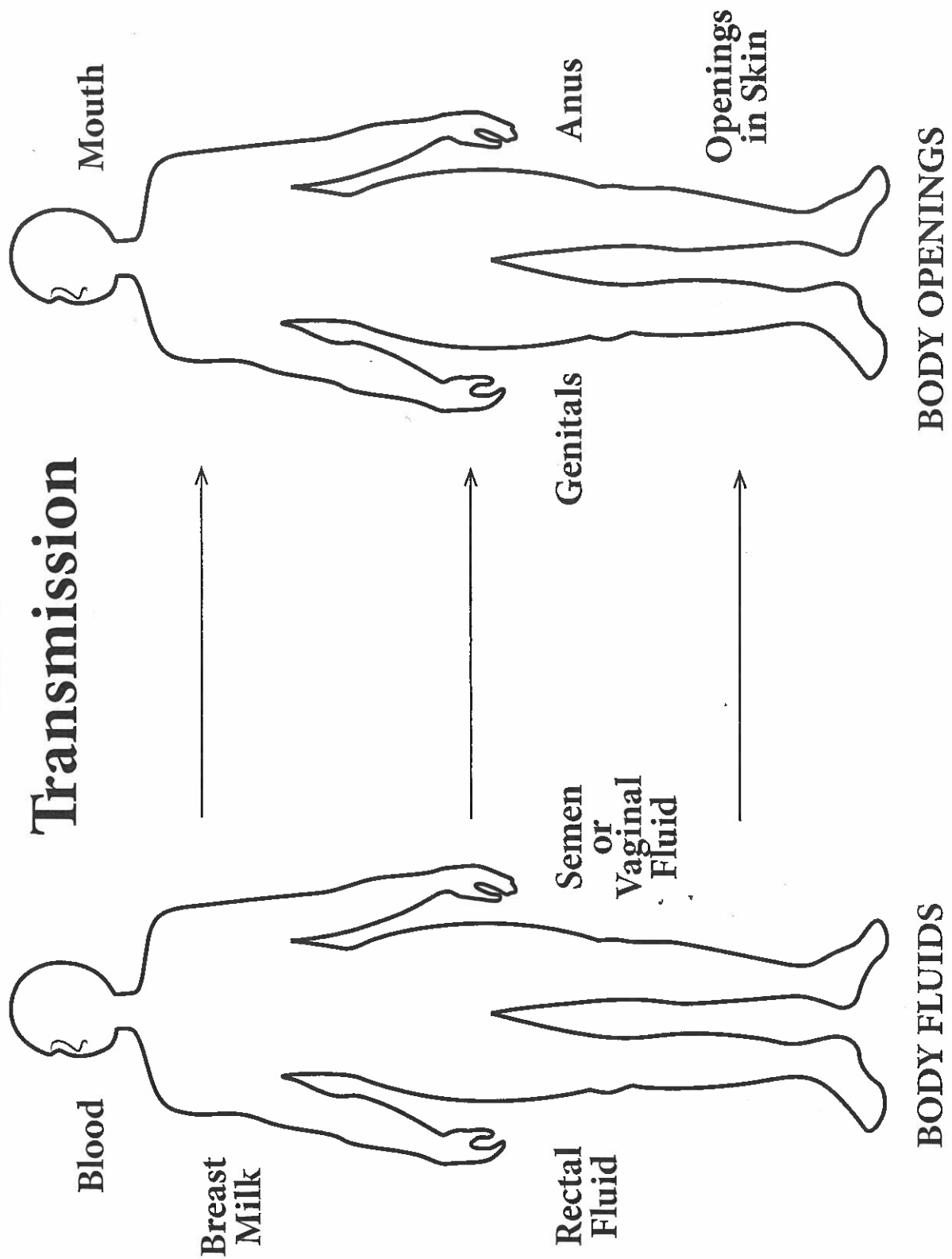
D

S

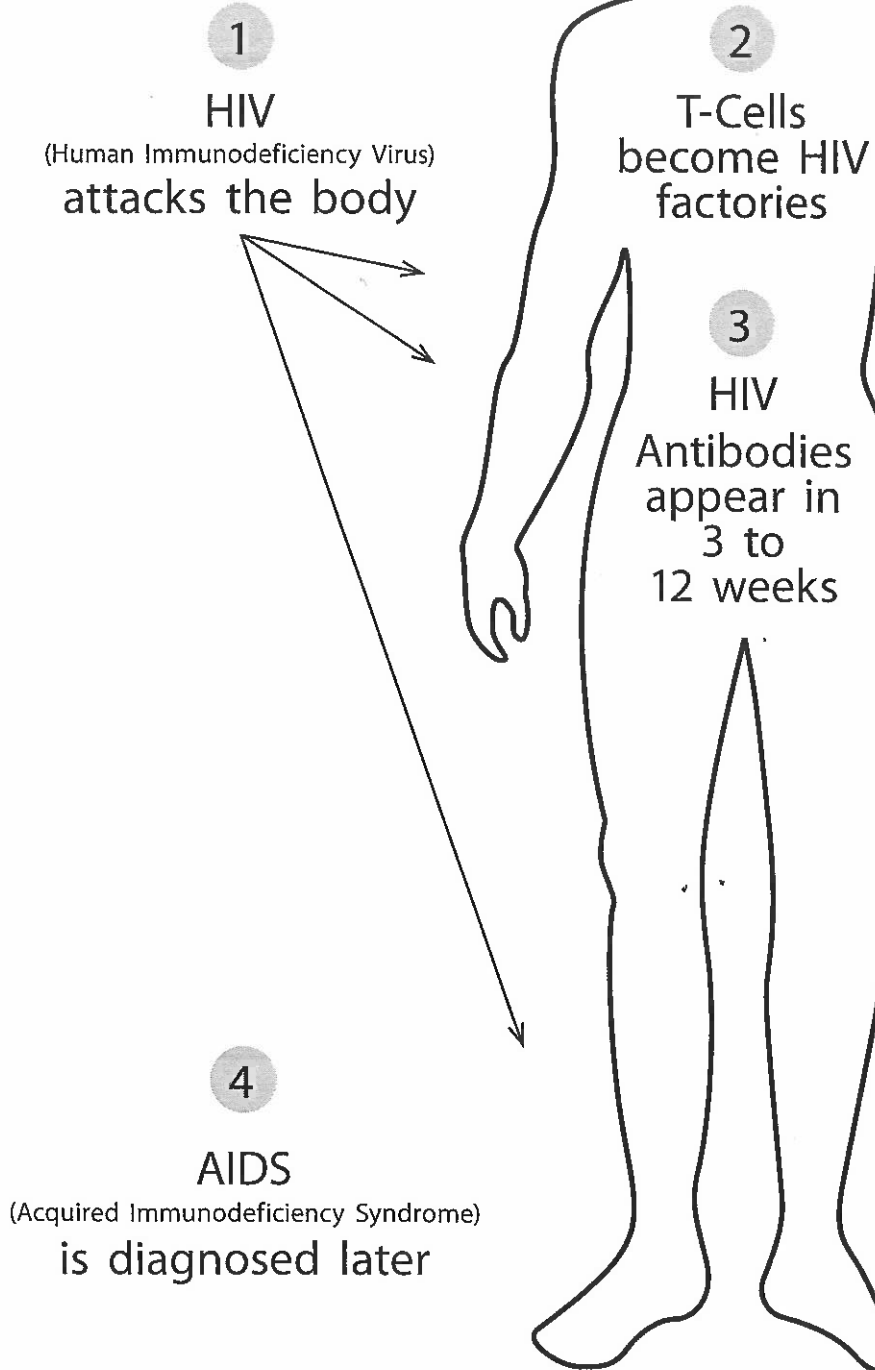
SIGNATURE OF PARENT OR TRUSTED ADULT _____



HIV Transmission



HIV Disease and AIDS





Antiretroviral Therapy (ART)

- HIV is a type of virus called a **retrovirus**.
- The treatment for HIV/AIDS infection is called **Antiretroviral Therapy (ART)**.
- Antiretroviral drugs can also be given to prevent someone from acquiring HIV after being exposed to it. This is called post-exposure prophylaxis (**PEP**).
- ART is a long-term treatment to keep an infected person healthy for many years, and greatly reduces that person's chance of transmitting HIV to his or her partner(s) if taken consistently and correctly. Pre-exposure prophylaxis, or **PrEP**, is a way for people who do not have HIV but who are at substantial risk of getting it to prevent HIV infection by taking a pill every day.

None of these medicines or condoms are 100% effective, but using them together provides the greatest chance of avoiding an HIV infection.

(Source: <http://www.cdc.gov/actagainststids/campaigns/hivtreatmentworks/stayincare/treatment.html>)

(Source: <http://www.cdc.gov/hiv/prevention/research/prep/>)





Pre-exposure Prophylaxis (PrEP)

- Pre-exposure prophylaxis, or PrEP, is a way for people who do not have HIV, but who are at substantial risk of getting it, to prevent HIV infection by taking a pill every day.
- When taken consistently, PrEP has been shown to reduce the risk of HIV infection in people who are at high risk by more than 90%.
- But people who use PrEP must commit to taking the drug every day and seeing their health care provider for follow-up every three months.
- PrEP does not protect against other STIs and doesn't negate need for condoms for prevention of HIV transmission. Condom usage is important to prevent all STI transmission.

None of these medicines or condoms are 100% effective, but using them together provides the greatest chance of avoiding an HIV infection.

(Source: <http://www.cdc.gov/hiv/prevention/research/prep/>)





Lesson 8 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- T F The AIDS epidemic impacts men, women, and teens.
- T F The Human Immunodeficiency Virus (HIV) prevents the body from being able to fight off infections.
- T F Body fluids which can spread HIV include blood, semen, vaginal fluids, and urine.
- T F The goal of antiretroviral therapy (ART) is to extend the infected person's life by keeping his or her HIV viral load low.

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How committed are you to avoiding behaviors that spread HIV? Circle your answer below.

Not Committed

Very Committed

1

2

3

4

5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share/discuss your Lesson Wrap-Up worksheet from this lesson with your parent(s) or trusted adult and ask them how old they were when they first heard about the AIDS epidemic, and what they heard.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

STI Worksheet

DIRECTIONS For each of the following Sexually Transmitted Infections, check whether it is caused by a virus, bacteria, or something else ("other"), and whether it can be cured with a medication. Then answer the questions at the bottom of the page.

STI Check:	Virus	Bacteria	Other	Curable?
Gonorrhea				
Syphilis				
Chlamydia				
Human Papillomavirus (HPV)				
Human Immunodeficiency Virus (HIV)				
Hepatitis B				
Herpes				
Pubic Lice				
Trichomoniasis				
Zika				

1. What do all the incurable STIs seem to have in common?

2. Identify a local clinic where a person can get an STI test:

Clinic Name: _____

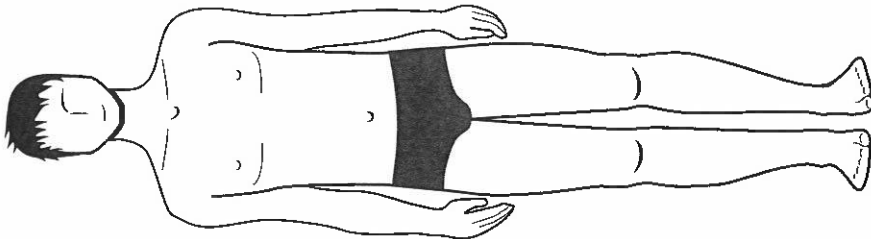
Address: _____

Telephone Number: _____

STI Clinic Hours: _____

SIGNATURE OF PARENT OR TRUSTED ADULT _____

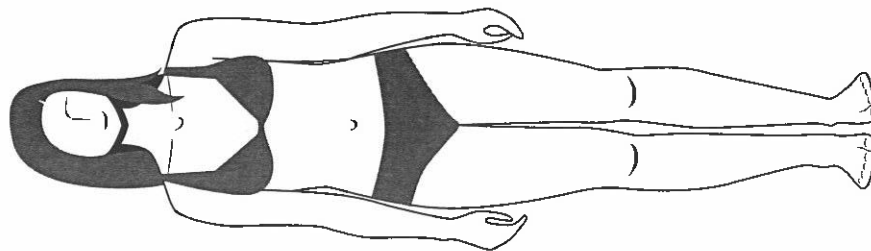




- A drip or drainage from penis
- Burning or itching in genital area
- Painful or swollen testicles

Signs and Symptoms of STIs

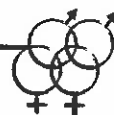
Sexually Transmitted Infections



Anyone:

- Sore, blister, bump or rash in genital, anal area or oral area that may be painless or painful
- Burning or pain when urinating
- Swelling or redness in throat
- Fever, chills, aches
- Swelling of lymph nodes near genitals, or swelling of genitals
- Needing to urinate frequently
- Vaginal discharge or odor
- Deep pain in pelvis or vagina
- Burning or itching of the vagina
- Bleeding from the vagina at times other than regular menstrual flow
- Abdominal (stomach) pain, lower back pain, pain during sex

THE MOST COMMON SYMPTOM IS NOTHING





STI WARNING!

Many sexually transmitted infections
go undetected.

A person who is sexually active should ...

- *They should get a check-up for STIs (sexually transmitted infections).*
- *If they are infected, get treated.*
- *They should notify their sex partner(s) who may be unaware of their infection.*
- *Reduce the risk of further infection.**

* Note: The Department of Health has staff who can:

1. Notify your partner(s) of their risk status confidentially (without revealing your name).
2. Provide counseling for you and your partner(s)



STI Summary Grid (page 1 of 3)

STI	Transmission	Signs/Symptoms	Health Consequences	Testing/Treatment
Chlamydia (bacteria)	<ul style="list-style-type: none"> Chlamydia bacteria in sexual fluids or discharge passed from an infected person to an uninfected person by vaginal or anal sex. Transmission may occur through oral sex (penis in mouth) with an infected person. Transmission may occur from mother to infant during birth. 	<p>Usually NO signs or symptoms!</p> <p>Women may experience: Unusual vaginal discharge, frequent or painful urination, pain in lower abdomen, bleeding between menstrual periods or after intercourse.</p> <p>Men may experience: Discharge from penis, frequent or painful urination, burning at the tip of the penis.</p>	<p>Untreated or incompletely treated Chlamydia, can lead to:</p> <ul style="list-style-type: none"> Pelvic Inflammatory Disease (PID) Tubal pregnancy Infertility Eye and lung infections in newborns Increases risk for HIV transmission by 3-5 times 	<p>Chlamydia is detected through a urine test or swab of vaginal, cervical, oral, penile, or rectal discharge.</p> <p>Curable with antibiotics</p>
Gonorrhea (bacteria)	<ul style="list-style-type: none"> Gonorrhea bacteria in sexual fluids or discharge passed from an infected person to another by vaginal or anal sex. Transmission through oral sex (penis in mouth) with an infected person is not uncommon. Transmission may occur from mother to infant during birth. 	<p>Usually NO signs or symptoms!</p> <p>Women may experience: Unusual vaginal discharge, frequent or painful urination, pain in lower abdomen, bleeding between menstrual periods or after intercourse.</p> <p>Men may experience: Discharge from penis, frequent or painful urination, burning at the tip of the penis.</p>	<ul style="list-style-type: none"> Untreated or incompletely treated Gonorrhea, can lead to Pelvic Inflammatory Disease (PID) Tubal pregnancy Infertility Eye and lung infections in newborns Increases risk for HIV transmission by 2-5 times 	<p>Gonorrhea is detected through a urine test or swab of vaginal, cervical, oral, penile, or rectal discharge.</p> <p>Curable with antibiotics</p>
Hepatitis B Virus (HBV)	<ul style="list-style-type: none"> Hepatitis B virus in blood, semen or vaginal fluids is passed from an infected person to an uninfected person during vaginal or anal sex. Hepatitis B is also transmitted by sharing infected needles or drug equipment. Transmission may occur from mother to infant during birth. 	<p>Common symptoms and signs include: nausea, fever, loss of appetite, dark "brownish" urine, abdominal discomfort, jaundice (yellow eyes and skin), and enlarged liver. Over time these problems go away; however, some people have HBV for life.</p>	<p>About 6% of people infected with Hepatitis B are infectious for life and are likely to become severely ill with liver damage or liver cancer, resulting in death.</p> <p>90% of infants affected at birth are affected for life. There are detection and treatment methods available for the infant. It is not curable later in life.</p>	<p>Hepatitis B is detected through a blood test.</p> <p>Hepatitis B is NOT curable, but the immune system usually gets rid of the virus.</p> <p>There is a vaccine for HBV.</p>
Hepatitis A	<p>Oral-anal sexual activity with an infected person.</p>	<p>May include: fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, clay colored stool, joint pain, and yellowing of the skin or eyes.</p>	<p>Individual might feel sick for a few months before getting better.</p>	<p>The Hepatitis A test is a blood test.</p> <p>There is no treatment for Hepatitis A. The Hepatitis A vaccine can safely and effectively reduce risk of transmission.</p>

Source: www.cdc.gov/std/default.htm



STI Summary Grid (page 2 of 3)

STI	Transmission	Signs/Symptoms	Health Consequences	Testing/Treatment
Herpes Simplex Viruses (HSV) Estimated 45-60 million people in the US are infected with HSV-2	<ul style="list-style-type: none"> HSV-1 and HSV-2 can both be transmitted by direct contact with infectious skin, mucous membrane, blisters, or sores during anal, vaginal and oral sex. You can get Herpes even when there are no sores present. Transmission may occur from mother to infant during birth. 	Painful blisters or sores on the genitals, rectum, or mouth that break, crust over, and heal in 2-4 weeks. These sores usually will re-appear periodically for several years. Women may have sores on the cervix that are painless.	Herpes is a life-long infection. People infected with Herpes may have outbreaks for the rest of their lives. Herpes encephalitis is a rare consequence and can be fatal to newborns. <ul style="list-style-type: none"> Increases risk of HIV transmission by 3-6 times. 	HSV is commonly diagnosed by visual exam and a culture. Blood tests are sometimes available, but are costly. Herpes is NOT curable Medication can reduce the duration and number of outbreaks and may reduce the chance of transmission.
Human Immunodeficiency Virus (HIV) 39,500 new cases every year in the USA Estimated 1.1 million people in US living with HIV infection	<ul style="list-style-type: none"> HIV is in blood, semen, and vaginal fluids. HIV can be passed from an infected person to another mainly during vaginal and anal sex. Though extremely rare, HIV can be transmitted via oral sex. HIV can be and by sharing needles and drug equipment. Transmission may occur during pregnancy, childbirth, and breast-feeding 	A person can have HIV for many years before developing symptoms or other serious complications.	HIV disease is characterized by a gradual deterioration of immune functions that may lead to opportunistic infections or AIDS, which may cause death.	<ul style="list-style-type: none"> HIV antibodies can be detected through a blood test, oral swab or a urine test. HIV is NOT curable. Medication is available to treat HIV symptoms and slow the progression of HIV disease.
Human Papilloma viruses (HPV) Estimated 20 million people in the US are infected	<ul style="list-style-type: none"> Approximately 40 strains of HPV are transmitted sexually. Transmission occurs by direct skin to skin contact with infected genital area, or contact with actual genital warts — usually during vaginal or anal sex. Though extremely rare, it also can be transmitted via oral sex. You can get HPV even if visible warts are not present. 	Most people (9 of 10) with HPV do not have visible warts. If warts are present, they appear most commonly on the genital or anal area. <ul style="list-style-type: none"> Males — penis, scrotum, anus Females — vulva, cervix, vagina, anus 	HPV can cause a variety of cancers such as cervical, vulva, penis, anus, and cancers of the throat. <ul style="list-style-type: none"> Regular Pap testing (to detect cervical cancer in the early stages) is recommended beginning at age 21. 	<ul style="list-style-type: none"> Genital warts can be removed, but the virus is still present, and warts often will grow back. HPV vaccines are recommended for everyone 11-12 years old to prevent strains of HPV that can cause some cancers. Some vaccines help prevent genital warts.
Pubic Lice External Parasites commonly called "crabs"	Close physical contact or using the clothing, bedding or towels of an infected person.	Intense itching in genital or anal region, and/or where there is body hair.	Discomfort and infection of others. Is not transferred during birth.	<ul style="list-style-type: none"> Pubic Lice is detected by visual examination. Curable with over-the-counter shampoos & creams as well as washing all clothing and bedding. Is not transferred during birth.
Trichomoniasis (protozoa)	Trichomoniasis is passed in sexual fluids or discharge from an infected person to an uninfected person by vaginal sex. The parasite can also be transmitted from one vagina to another vagina.	Women experience signs and symptoms more often than men. Women may experience: Frothy, smelly, yellow-green vaginal discharge, itching, burning or pain in vagina. Men may experience: Discharge from penis.	Untreated or incompletely treated Trichomoniasis can lead to pre-term births for infected pregnant women. <ul style="list-style-type: none"> Increases risk of HIV transmission by 3-5 times. 	<ul style="list-style-type: none"> Trichomoniasis is detected with a swab of vagina or penis. Curable with antibiotics

Source: www.cdc.gov/std/default.htm



STI Summary Grid (page 3 of 3)

STI	Transmission	Signs/Symptoms	Health Consequences	Testing/Treatment
Syphilis (bacteria) 74,702 New cases in 2015	Syphilis is transmitted from person to person by direct contact with a syphilitic sore, known as a chancre. Chancres can occur on or around the external genitals, in the vagina, around the anus, or in the rectum, or in or around the mouth. Pregnant women with syphilis can transmit the infection to their unborn child.	The appearance of a single chancre marks the first stage of syphilis, but there may be multiple sores. The chancre is usually (but not always) firm, round, and painless. These painless chancres can occur in locations that make them difficult to notice (e.g., the vagina or anus). The chancre lasts 3 to 6 weeks and heals whether a person is treated or not. Skin rashes or sores in the mouth, vagina, or anus mark the second stage of symptoms. This stage typically starts with the development of a rash on one or more areas of the body. The characteristic rash of secondary syphilis may appear as rough, red, or reddish-brown spots both on the palms of the hands and the bottoms of the feet.	Large, raised, gray or white lesions may develop in warm, moist areas such as the mouth, underarm or groin region. In addition to rashes, symptoms of secondary syphilis may include fever, swollen lymph glands, sore throat, patchy hair loss, headaches, weight loss, muscle aches, and fatigue. Syphilis will go away with or without treatment. However, without treatment death can occur. Untreated babies may become developmentally delayed, have seizures, or die.	Diagnoses are thus more commonly made using blood tests. There are two types of blood tests available for syphilis: 1) non treponemal tests and 2) treponemal tests. Both types of tests are needed to confirm a diagnosis of syphilis. An infected baby born alive may not have any signs or symptoms of disease. However, if not treated immediately, the baby may develop serious problems within a few weeks.
Zika (virus)	Zika is spread through mosquito bites, from a pregnant woman to her fetus and through sexual contact.	None or only mild symptoms such as fever, rash, headache, joint or muscle pain, red eyes.	People usually don't get sick enough to go to the hospital and they rarely die of Zika. Zika infection during pregnancy can cause a birth defect of the brain called microcephaly, also miscarriage, still birth and other birth defects.	Diagnosis of Zika is based on a person's recent travel history, symptoms and test results. A blood or urine test can confirm a Zika infection. Women should not become pregnant for 8 weeks after possible exposure or after Zika symptoms; men should not participate in conception for 12 weeks after possible exposure or after symptoms and should use a condom throughout partner's entire pregnancy. There is no cure.
Hepatitis C (virus)	HCV is transmitted primarily through parenteral exposures to infectious blood or body fluids that contain blood. HCV is transmitted primarily through parenteral exposures to infectious blood or body fluids that contain blood.	People with newly acquired HCV infection usually are asymptomatic or have mild symptoms that are unlikely to prompt a visit to a health care professional. When symptoms do occur, they can include: fever, fatigue, dark urine, clay-colored stool, abdominal pain, loss of appetite, nausea, vomiting, joint pain, jaundice.	Many eventually develop chronic liver disease, which can range from mild to severe, including cirrhosis and liver cancer. Chronic liver disease in HCV-infected people is usually insidious, progressing slowly without any signs or symptoms for several decades. Infants and young children must be monitored as they can contract from mother after birth.	Several blood tests are performed to test for HCV infection. New drugs with different mechanisms of action have become and continue to become available. No vaccine for hepatitis C is available. Research into the development of a vaccine is under way.

Source: www.cdc.gov/std/default.htm





NAME _____

Lesson 9 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- T F Common STIs in young adults include chlamydia, gonorrhea, and human papilloma virus (HPV).
- T F The only way an STI can be spread from one person to another is through penis-vagina contact.
- T F Young adults throughout the US can find a testing site near them by visiting gettested.cdc.gov, or texting their zip code to KNOWIT (566948).
- T F The most common symptom of an STI is nothing.

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How committed are you to protecting yourself and others from an STI? Circle your answer below.

*Not Committed**Very Committed*

1 2 3 4 5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Discuss/review with your parent(s) or a trusted adult your completed STI and Lesson Wrap-Up worksheets and ask **them** what STIs were they aware of as teens, and also what would they recommend to someone if they thought they might have an STI?

SIGNATURE OF PARENT OR TRUSTED ADULT _____



NAME _____



Steps in External Condom Use

DIRECTIONS Unscramble the following steps for using an external condom by placing a number in the space next to each step.

- _____ Carefully pinch the end of the condom to expel air.
- _____ Do not use condoms twice.
- _____ Unroll condom over erect penis.
- _____ Use water-based lubricants only.
- _____ Check the expiration date.
- _____ Carefully slide condom off penis to avoid spilling semen.
- _____ Wrap condom in tissue and dispose of properly.
- _____ Examine the wrapper for wear and tear.
- _____ Open wrapper carefully.
- _____ Wash hands and body openings.
- _____ Purchase (or access) latex condoms.
- _____ Read the label.
- _____ Hold the condom at the base of penis to prevent slipping off.
- _____ Talk with your partner.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

Steps in Internal Condom Use

DIRECTIONS Unscramble the following steps for using an internal condom by placing a number in the space next to each step.

- _____ Do not use condoms twice.
- _____ Use water-based lubricants only.
- _____ Check the expiration date.
- _____ Assure that the ring covers the labia.
- _____ Wrap condom in tissue and dispose of properly.
- _____ Examine the wrapper for wear and tear.
- _____ Open wrapper carefully.
- _____ Wash hands and body openings.
- _____ Purchase (or access) latex condoms.
- _____ Read the label.
- _____ Insert the condom into the vagina.
- _____ Talk with your partner.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





Latex Condoms

- Condoms help prevent pregnancy and the spread of HIV and other STIs
- Condoms can **fail** when they are...
 - ☑ **Damaged by heat**
 - ☑ **Old or torn**
 - ☑ **Covered with oil**
 - ☑ **Not put on correctly**

Not having sexual contact is the best way to prevent HIV/STIs and an unplanned pregnancy.

Steps in Condom Negotiation

Before any insertive sexual contact,

- Let your partner see that you have a condom
- Hold it up
- Look your partner in the eye
- Use their name
- State, **“I want us to be responsible and use a condom.”**
- Don't argue or get side-tracked
- Just firmly repeat, **“I want us to be responsible and use a condom, or else no sex!”**





NAME _____

Lesson 10 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- | | | |
|---|---|---|
| T | F | Latex has holes in it that are so large that HIV goes right through. |
| T | F | Persons who are sensitive to latex products (gloves, condoms) can use a polyurethane product instead. |
| T | F | Improper storage or the use of an oil-based lubricant can interfere with the effectiveness of condoms. |
| T | F | It is important to have a discussion with your sexual partner about using latex condoms or other birth control prior to sexual intercourse. |

Part II. Ask a Friend

DIRECTIONS Turn to a partner and ask them to demonstrate condom negotiation skills using the condom token card provided in the lesson.

Part III. Ask Yourself Again

DIRECTIONS How confident are you that you could use condoms consistently and correctly if you were sexually active? Circle your answer below.

Not Confident

Very Confident

1 2 3 4 5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share/discuss with your parent(s) or a trusted adult your completed **Steps in Condom Use** and **Lesson Wrap-Up** worksheets from this lesson and **ask them** if they are aware of ways to prevent the spread of HIV and other STTs.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





Assertiveness and Negotiation Skills

Communicate clearly.

Know your limits.

Make eye contact.

State your limits and expectations.

Explore and agree upon a less risky
alternative behavior.

Person A: *I want it!*

Person B: *You can't have it!*





NAME _____

Pressure Situation #1

You are being pressured to spend the night with a friend who wants to have sex with you. You like that friend, however you do not want to have sex with him/her.

DIRECTIONS: Before you complete this worksheet, think of several alternative activities you could identify and negotiate with this friend:

1. _____
2. _____

PRESSURE LINE A: "Come with me to this great sleep over. I would really like for us to get closer, if you know what I mean."

NEGOTIATION RESPONSE: _____

PRESSURE LINE B: "I think we are ready to take our relationship to the next level."

NEGOTIATION RESPONSE: _____

PRESSURE LINE C: "Come on, you know how attracted I am to you!"

NEGOTIATION RESPONSE: _____

PRESSURE LINE D: "You will be totally safe with me whatever we do."

ASSERTIVE RESPONSE: _____

PRESSURE LINE E: "No one will know."

ASSERTIVE RESPONSE: _____

Write your own pressure line here: _____

Write an assertive response: _____

SIGNATURE OF PARENT OR TRUSTED ADULT _____



NAME _____



Pressure Situation #2

You are being pressured to inject drugs with a friend. You are concerned about addiction, overdosing, and becoming infected with HIV or Hepatitis.

DIRECTIONS: Before you complete this worksheet, think of several alternatives you could identify and negotiate with this friend:

1. _____
2. _____

PRESSURE LINE A: "Hey, how about us getting high together?"

NEGOTIATION RESPONSE: _____

PRESSURE LINE B: "It'll be totally safe."

NEGOTIATION RESPONSE: _____

PRESSURE LINE C: "What a drag. You're no fun at all!"

NEGOTIATION RESPONSE: _____

PRESSURE LINE D: "It'll feel so good."

ASSERTIVE RESPONSE: _____

PRESSURE LINE E: "No one will find out."

ASSERTIVE RESPONSE: _____

Write your own pressure line here: _____

Write an assertive response: _____

SIGNATURE OF PARENT OR TRUSTED ADULT _____





NAME _____

Lesson 11 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- | | | |
|---|---|---|
| T | F | In order to sell their products, some advertisers actually portray unhealthy or risky behaviors. |
| T | F | Sometimes pressure to do something can actually be good or healthy, like stay in school, don't use drugs, and avoid an unplanned pregnancy. |
| T | F | Using drugs and alcohol can impair your ability to resist pressures. |
| T | F | Ways to avoid a risky sexual situation include using assertive communication to firmly state your limits and expectations. |

Part II. Ask a Partner

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How confident are you that you can resist peer and media pressures? Circle your answer below.

Not Confident

Very Confident

1

2

3

4

5

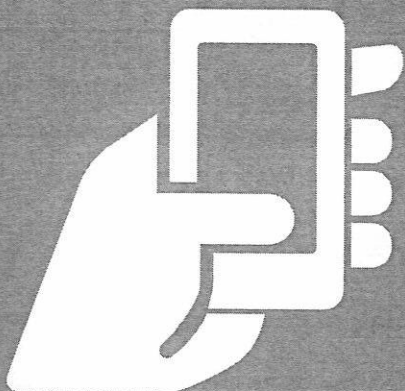
Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share your **Pressure Situation** and **Lesson Wrap-Up** worksheets with your parent(s) or trusted adult and **ask them** what they would want you to do when you are being pressured to do something risky.

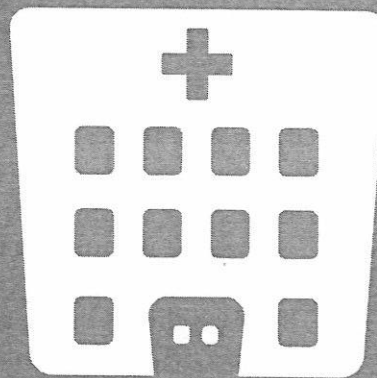
SIGNATURE OF PARENT OR TRUSTED ADULT _____



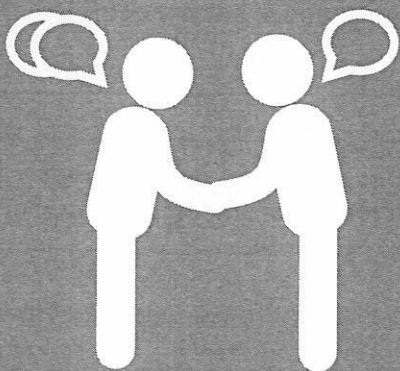
HIV/STI Testing



1. Call for information



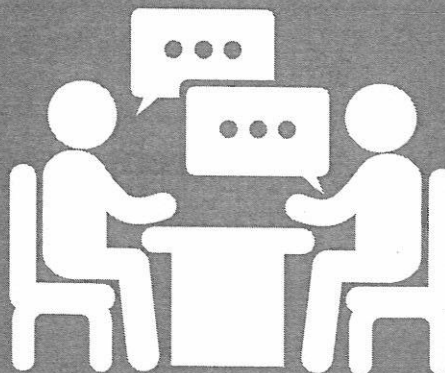
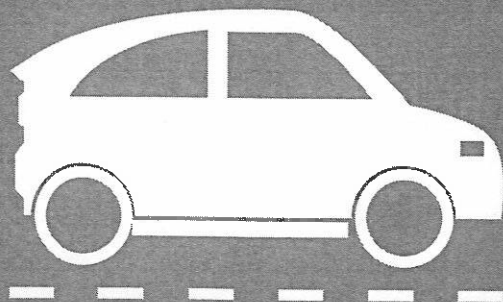
2. Visit the clinic



3. Talk to a counselor



**4. Body fluid sample and/
or a visual examination**





NAME _____

Lesson 12 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- | | | |
|---|---|---|
| T | F | You can tell if someone is infected with HIV by looking at them. |
| T | F | There are clinics in the community where you can get confidential, low-cost, or free HIV/STI and pregnancy tests. |
| T | F | Methods to avoid an HIV/STI infection or unplanned pregnancy include abstaining from sexual activity or using condoms consistently and correctly. |
| T | F | Limiting sexual contact to only one person may reduce but not eliminate the risk of HIV/STI infection. |

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this lesson.

Part III. Ask Yourself Again

DIRECTIONS How strongly are you committed to using reproductive services when needed? Circle your answer below.

Not Committed

Very Committed

1

2

3

4

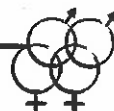
5

Part IV. Ask a Parent or trusted adult

DIRECTIONS Share your completed Lesson Wrap-Up worksheet from this lesson with your parent(s) or trusted adult and ask them where you should go to get health care services.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





My Personal Contract To Protect My Sexual Health

Step 1: Name: _____ Age: _____

Step 2: Reasons why I want to protect myself from HIV/STIs and an unplanned pregnancy.
(Hint: Think about your skills, your appearance, your family, your career plans and life goals.)

Step 3: Several steps I will take to protect my sexual health include:

Step 4: People I will talk to about protecting my sexual health include:

Step 5: People who will support me include:

STUDENT SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT OR TRUSTED ADULT _____ DATE _____





NAME _____

Lesson 13 Wrap-Up

Part I. Ask Yourself

DIRECTIONS Check your understanding of today's lesson by answering the following True-False questions.

- T F Making daily decisions that protect and promote your own sexual health can help you achieve your future plans and goals.
- T F Experiencing an unplanned pregnancy or becoming HIV infected can make it more difficult to accomplish your plans and goals.
- T F In addition to having future plans and goals, it is also important to identify steps you currently need to take to reach those goals.
- T F What you learned in these lessons can affect your future and even save your life!

Part II. Ask a Friend

DIRECTIONS Turn to a partner and tell them the most interesting or important thing you learned during this unit of study.

Part III. Ask Yourself Again

DIRECTIONS How committed are you to pursuing your life plans and goals? Circle your answer below.

*Not Committed**Very Committed*

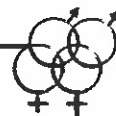
1 2 3 4 5

Part IV. Ask a Parent or Trusted Adult

DIRECTIONS Share/discuss with your parent(s) or trusted adult your **Personal Contract**, **Lesson Wrap-Up** worksheets and your **Post-Test** and ask them how they could help you fulfill your **Personal Contract**.

SIGNATURE OF PARENT OR TRUSTED ADULT _____





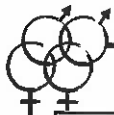
NAME _____

Positive Prevention *PLUS* Student Post-Test

DIRECTIONS Read each statement and circle whether it is True (T) or False (F).

True	False	1. According to national surveys, less than half of all US teens have ever had sex.
True	False	2. The terms gender identity and sexual orientation mean the same thing.
True	False	3. Knowing your plans and goals for the future may help you make safe and healthy decisions now.
True	False	4. Love involves passion, commitment, and/or intimacy.
True	False	5. Intimacy with another person can only be achieved by having sexual intercourse.
True	False	6. Warning signs in a relationship include put-downs, dishonesty, and (threats of) physical harm.
True	False	7. Using PEP and PrEP can reduce the chances of becoming infected for a person exposed to HIV.
True	False	8. Planning if and when you have children is part of planning your life.
True	False	9. Latex condoms and spermicidal foam can be purchased only with a doctor's prescription.
True	False	10. Birth control comes in two forms: hormonal methods that prevent the release of an egg, and barrier methods that prevent the sperm from coming into contact with an egg.
True	False	11. In many states, a young person can safely surrender her/his newborn to a hospital or a fire department, no questions asked.
True	False	12. Being infected with HIV can cause emotional, social, and physical problems.
True	False	13. Antiretroviral therapy (ART) can keep an HIV-infected person healthy for many years, and greatly reduces the chance of transmitting the virus to their sexual partner(s).





True	False	14. Families facing a serious medical problem may need help and support from their friends and neighbors.
True	False	15. Body fluids that can spread HIV include blood, semen, saliva, and urine.
True	False	16. HIV can enter a person's body only through the penis or vagina.
True	False	17. Sex trafficking involves forcing a minor to have sex for money and/or other benefits, and is illegal.
True	False	18. Partners must agree to the sexual behaviors they engage in ("yes means yes").
True	False	19. Assertive communication includes making eye contact, using a firm voice, and stating your limits and expectations.
True	False	20. In order to sell their products, some advertisers actually portray unhealthy or risky behaviors.
True	False	21. You can tell if a person is infected with HIV or STIs by looking at him or her.
True	False	22. To avoid an unplanned pregnancy, it is important to abstain from sexual activity, or to use birth control consistently and correctly.
True	False	23. There are clinics where you can get confidential, low-cost, or free HIV/STI and pregnancy tests.
True	False	24. Experiencing an unplanned pregnancy or becoming HIV/STI infected would have no impact on your overall life plans and goals.
True	False	25. Gender role, gender identity, and sexual orientation vary with each individual.

What did you LIKE MOST about this unit on communication, relationships, teen pregnancy, and HIV/STIs?

How could this unit be IMPROVED?

SIGNATURE OF PARENT OR TRUSTED ADULT _____





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