



***8TH GRADE HUMAN  
GROWTH AND  
DEVELOPMENT***

# ***WELCOME***



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Welcome. My name is Nurse Bridgette and I am one of the district's middle school nurses. Today you will be participating in Paradise Valley Unified School District's Human Growth and Development program.

This program is specifically designed for middle school students who have parent and/or guardian permission to participate.

Human growth and development is a broad and continuous process. As you enter adolescence there is rapid physical and social development. It is during this time that you need to understand what it means to grow up and to assume more responsibility for yourself.

A few more things about this program.

- These lessons are recorded and for students with parent/guardian permission only so remember to be mindful of who can see and hear the presentations. Again, no homework tests, or assignments will be given, just your attention is requested.
- And remember, talking to trusted adults in your life about these topics is important. I understand that it may be awkward or uncomfortable, but the more you have these conversations the easier they will

become. Knowing you have a parent or guardian to turn to for help will come in very handy during your years as a junior high and high school student. These years can be hard to navigate at times.



## ***AGENDA: PART 1***

### Consequences of unsafe sexual behavior

- Pregnancy
- HIV/AIDS
- STI's
- Methods of transmission

Let me give you an overview on what we will be discussing during this presentation.

The first half of this presentation, we will be learning about:

- Consequences of unsafe sexual behavior
- Pregnancy
- HIV/AIDS
- STI's
- Method of transmission

When we finish this, we will go on to another set of topics but, I will tell you about that a little later on. There is also a word bank at the end of this slide show in case you would like to review any of the vocabulary introduced in this lesson.

Normally this is where we discuss behavior expectations in class but that does not apply to you today. Relax, there is no classwork, homework or tests. I do hope however, that you pay attention to the information you will be presented with because it can make a huge difference in your future. Good or bad....it's all your choice.



***INVINCIBILITY FABLE***

A false assumption by which young people feel that they will never fall victim, as others do, to dangerous behavior.

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Before we get into our discussion I want to tell you about a term used to describe an adolescent's way of thinking.

It is called the .....Read slide....(pause)

Before we go to the next slide, can you think of any examples of risky behavior?

Let's discuss some examples of this kind of risky behavior...

## ***SOME EXAMPLES***

- Driving drunk believing you will not get in an accident.
- Using drugs believing you will never get addicted.
- Having sex without protection believing you will not get pregnant or contract an STI.

Read slide.....

All three of these behaviors are risky but today, we will be concentrating on this last one ...unsafe sexual practices.



***CONSEQUENCES OF  
UNSAFE SEXUAL  
BEHAVIOR***

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We will start off with discussing consequences of unsafe sexual behavior.

## ***PREGNANCY***

- Pregnant /parenting teens are more likely to drop out of school.
- Teens are more likely to have babies with long-term problems such as major medical and mental illnesses.
- It costs between \$11,000–14,800 just to have a baby. Add another \$4,000 if you have to have a C-Section. Depending how premature a baby is it can cost between \$50,000 to \$250,000
- The first year of your baby's life will cost about \$13,500.

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**Read slide...** No one is saying that a teenager who becomes pregnant is a bad kid and neither is her baby. We talk about this to make you aware of how much harder it is to parent as a teenager than when you are an adult. You are also more likely to need a lot of help from family and friends to raise the baby while you go on to complete some of your own personal goals like finishing school and getting a job. As you can see from the slide, babies can be expensive.





Another consequence is HIV and AIDS.

## ***WHAT IS HIV?***

Human  
Immunodeficiency  
Virus



It's the virus that causes AIDS

Read the slide

## ***HIV***

- While there have been great strides in the treatment of HIV, you can die if you get HIV. To date there is no cure.
- You can pass HIV to your partner or unborn baby.
- In 2018, youth aged 13 to 24 made up 21% of the 37,832 new HIV diagnoses in the United States (US) and dependent areas.

(source:

<https://www.cdc.gov/hiv/group/age/youth/index.html>)

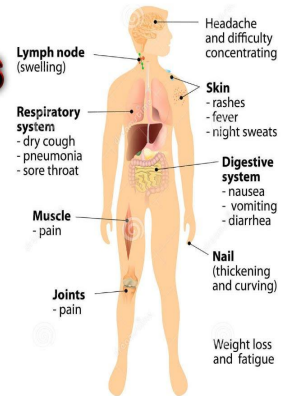
read the slide...

**SAY:** That means there are a lot of teenagers who might not even know they are infected. The problem with that is the virus is still infectious regardless of whether or not the other person knows they are infected.

## ***WHAT IS AIDS?***

Acquired  
Immuno-  
Deficiency  
Virus

## **Symptoms of HIV/AIDS Infection**



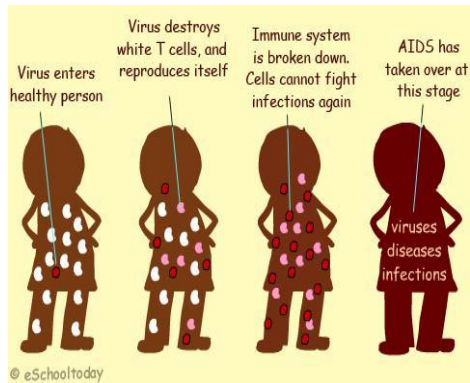
<https://www.youtube.com/channel/UC6Db45Aop317zx9pi9JYS>

**SAY:** As you can see it affects the entire body in many different ways. When each of the various organs are involved it leads to different symptoms and oftentimes it's more than one organ at a time leading to a lot of symptoms at a time.

## HOW DOES HIV CAUSE AIDS?

HIV destroys certain blood cells which are very important to the normal function of the human immune system.

Once the immune system becomes overwhelmed a person can develop serious, life-threatening infections and die.



<http://www.eschooltoday.com/hivaids/what-is-hiv-aids.html>

**Read the slide then say:** As you can see the person on the left is healthy but once infected with HIV the immune system becomes more and more destroyed. Without an immune system, your body cannot protect itself from infections. Infections is a common way AIDS patients die.

## ***HOW LONG DOES IT TAKE TO GO FROM HIV TO AIDS?***

- The average time between HIV infection and the appearance of signs that could lead to an AIDS diagnosis is **8-11 years**.
- This time varies greatly from person to person depending on the person's previous health status and how quickly medical attention is obtained.

Read the slide

## ***HOW SOON CAN HIV BE DETECTED ONCE EXPOSED?***

- 4–6 weeks (up to 3 months) after infection, most people will have enough antibodies to test positive.
- 12 weeks (3 months) after infection, about 98% of people will have enough antibodies to test positive.

Read the slide

## ***HOW IS HIV TRANSMITTED?***

- HIV is spread most commonly through unprotected anal or vaginal sexual contact with an infected person.
- Sharing needles or syringes, rinse water, or other equipment used to prepare drugs for injection with someone who has HIV.
- HIV is spread less commonly from mother to child during pregnancy, birth, or breastfeeding.
- By being stuck with an HIV-contaminated needle or other sharp object.

Read the slide



## ***CAN I GET HIV FROM OPEN MOUTH KISSING?***

- HIV is rarely transmitted by open mouth kissing but, it is possible if both partners have open sores or bleeding gums. In this instance the blood of the HIV infected partner can enter into the bloodstream of the uninfected partner through the open sores.
- HIV is not spread through saliva.

Read the slide

## ***CAN I GET HIV FROM ORAL SEX?***

**Definition:** Sexual activity in which the genitals of one partner are stimulated by the mouth of the other partner.

- In general, there's little to no risk of getting HIV from oral sex.
- Several factors may increase that risk, including sores in the mouth or vagina or on the penis, bleeding gums, oral contact with menstrual blood, and the presence of other sexually transmitted diseases.
- The biggest risk in this category is oral sex involving the mouth to penis.

Read the slide

## ***CAN I GET HIV FROM VAGINAL SEX?***

**Definition:** Vaginal sex is what a lot of people think of as just "sex." There are other types of sex, though, so when people say "vaginal sex," they're talking specifically about when a man inserts his penis into a woman's vagina.

- Vaginal sex is the sexual behavior with the second-highest risk for getting or transmitting HIV.
- When a woman has vaginal sex with a partner who's HIV-positive, the virus can enter her body through the mucous membranes that line the vagina and cervix. This is how most women who get HIV contract it.
- Men can get HIV from having vaginal sex with a woman who's HIV-positive because vaginal fluid and blood can carry HIV. The virus can enter through the opening at the tip of the penis, the foreskin if they're not circumcised, or small cuts, scratches, or open sores anywhere on the penis.

Read the slide

## ***CAN I GET HIV FROM ANAL SEX?***

**Definition:** Anal sex is a form of sexual intercourse in which the penis of one partner is inserted into the anus of the other partner.

- Having anal sex is the riskiest type of sex for getting or spreading HIV.
- HIV can be found in the blood, semen, pre-seminal fluid, or rectal fluid of a person infected with the virus.
- The person receiving the anal sex is at greater risk of getting HIV because the lining of the rectum is thin and can easily tear. This may allow HIV to enter the body during anal sex.
- The person who is giving the anal sex is also at risk because HIV can enter through the opening of the penis or through small cuts, abrasions, or open sores on the penis.

**Read the slide and Then say:** The anus is designed to open from the inside out to release bowel movements. It is not meant to be penetrated from the outside in. If this does happen, the tissue around the anus can easily tear leaving it open for infections of any kind.

## ***CAN I GET HIV FROM TATTOOS OR BODY PIERCING?***

- There are no known cases of HIV transmission through either tattoos or body piercings.
- It is theoretically possible, however, if the needles were not properly sterilized or the ink was contaminated from HIV.

Read the slide

## ***WHY IS INJECTING DRUGS A RISK FOR HIV?***

HIV infected blood can get into the needle or syringe during intravenous drug use. If needle sharing occurs, the infection can then be injected into the next person.

**Read the slide and then SAY:** This is the most common way for people who use or abuse drugs becomes infected.

Not to mention...  
**DRUGS** and **ALCOHOL**  
can make you do things you  
might not normally do...  
such as...

- Having sex which can increase your risk of unintended pregnancy and STI's.
- If you have sex with someone who's drunk or high, it could be considered a crime.

**Read the slide and then SAY:** : Drugs and Alcohol lower your body's ability to be reasonable which leads to making decisions you might not have made with a clear mind. Usually these decisions tend to not be in your best interest.

## ***IT IS NOT POSSIBLE TO GET HIV FROM...***

- Casual contact such as shaking hands, hugging or dry kissing
- Toilet seats or drinking fountains
- A sneeze or cough of an infected person
- Living in the same house as someone who has it
- A mosquito bite

Read the slide



## ***IS THERE A CONNECTION BETWEEN HIV AND STI'S?***

- Yes. STI's can cause open sores that will more easily allow the transfer of HIV from an infected partner.
- Even if there are no open sores, having an STI causes the immune system to work less efficiently therefore leaving a person more susceptible to contracting another infection.

Read the slide



**STI'S**

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Do you know what STI stands for? **Pause**

**SAY:** Some of you may know this as STD...they did change the name from D for Disease to I for Infection because not all of the infections can lead to a disease if treated early.

## ***STI'S***

- STI's fall into one of three categories – bacterial, viral, parasitic
- There are more than 20 different types of STI's.
- STI's can make you infertile.
- Some STI's can cause significant medical problems and in some cases cause complications that can lead to death.
- STI's can be passed on to your partner or child.

STIs are Sexually Transmitted Infections. [Read slide.](#)

## ***BACTERIAL STIS***

Chlamydia



Syphilis



Gonorrhea

**SAY:** This slide shows three bacterial infections - chlamydia, syphilis, and gonorrhea

**SAY:** The top two pictures are of the infection in someone's mouth. The other picture is below the eye near the nose. It doesn't matter if the infection is in your mouth or on or near your genital organs ... It still can spread to the next person

## ***BACTERIAL STI'S***

- Usually involves abnormal discharge or bleeding from vagina, penis or rectum
- Can be painful
- Can cause infertility and cancer in certain cases
- Can be transferred to a fetus
- Can be treated successfully if caught early
- Can cause serious health consequences if not treated

Read the slide

# VIRAL STI'S

Genital Herpes



Hepatitis-B



Human Papillomavirus



HIV

Read the slide and say: There are other viral STI's but these are the most prevalent.

## ***VIRAL STI'S (CONT.)***

- Cannot be cured
- Medicines can shorten the length or intensity of the outbreak
- Can be passed on to fetus
- Can cause infertility
- Can cause serious health consequences including cancer

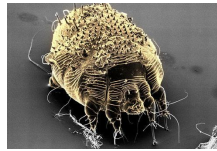
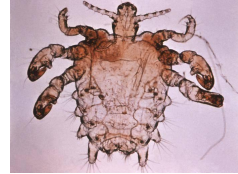
Read the slide

# ***PARASITIC STI'S***

Trichomoniasis



Crabs/pubic lice



Scabies

Read the slide



## ***PARASITIC STI'S (CONT.)***

These STI's can be transmitted from person-to-person:

- during sexual activity
- during non-sexual contact with another individual
- from mother to infant during birth or breastfeeding
- in some instances, from towels, or other objects that come in contact with an infected individual
- are typically treated with prescription lotions or shampoos depending on what body part they infect
- tend to be more of a nuisance but are curable
- If trichomoniasis is left untreated, it can cause infertility

Read the slide

## ***HOW ARE STI'S SPREAD?***

- STI's are spread through sexual contact which includes oral, vaginal and anal methods.
- A mom can pass the infection on to her newborn child during the birth process.
- If you are concerned you might have an STI or HIV, you should see your doctor as soon as possible.

### **Read slide and say.**

Here are a few more things about STD's to consider.

How would you know for sure that a person does or doesn't have a STD or STI? by getting tested at a doctor's office.

Sometimes when a person gets an STD or a STI they don't know it right away but it can

still spread to others through sexual contact.

This marks the end of part one of this presentation. I hope you all were able to understand what was discussed and please do not forget, you can always ask your parent or guardian to explain things to you in a way you may better understand. You can also ask your school nurse as well.

## ***AGENDA PART 2***

- Birth Control
- Refusal Skills
- Arizona Law
- Sexting

Welcome to part two of the Paradise Valley Unified School District's Human growth and development program. My name is Nurse Jen and I am a middle school nurse in the district.

Here is an overview of what we will be discussing during this part of the presentation. Read the slide...

## ***WHAT ABOUT BIRTH CONTROL?***

- Birth control is the attempt to prevent pregnancy.
- Not all methods of birth control protect you from catching STI's or HIV.
- Birth control is not 100% effective in preventing pregnancy or preventing the spread of STI's or HIV.

Read the slide:



***METHODS OF BIRTH  
CONTROL***

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Read the slide

There is only one full proof  
method of birth control that  
protects  
against pregnancy, STIs and HIV.

Read the slide

# ABSTINENCE

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**Say:** Abstinence. You may or may not be familiar with this term. To abstain means to choose not to do something. It means you can say no. You are in charge of your mind and your body and what you do with it. For example, you can choose to be abstinent from smoking. It is all about making choices for yourself.

It is important to discuss values, goals and desired outcomes with parents, guardians and trusted adults because this will help you with making your choices.

It is also the surest way of preventing the spreading of Sexually Transmitted Diseases or Infections, also called STDs or STIs.

## ***ABSTINENCE***

Sexual abstinence is a choice to refrain from sexual activity.

This choice is usually made for a specific reason.

The reason may be moral, religious, legal, or for health and safety.

You can choose abstinence **NOW** even if you have already had any form of sex.

**Say:** When referring to sex abstinence means choosing not to have sex with your partner.

Simply put, it means you have the right to say no. Saying no to sex until you are married

or with a lifelong committed partner, is the surest way of avoiding pregnancy before you are ready.



## ***WITHDRAWAL METHOD***

The withdrawal method of contraception is the practice of withdrawing the penis from the vagina and away from a woman's external genitals before ejaculation to prevent pregnancy.

Read slide.

## ***PROS AND CONS OF WITHDRAWAL***

### **Pros**

- NONE

### **Cons**

- Withdrawal requires self control and timing.
- It is still possible for sperm or pre-ejaculation fluid to enter the woman's body.
- Can result in pregnancy.
- Can result in transmission of STI's and HIV.

Read slide.

## ***CONDOMS***

A male contraceptive device is made of a thin rubber sheath worn on a man's penis during sexual intercourse as a contraceptive or as protection against infection.

A female contraceptive device is made of thin rubber, inserted into a woman's vagina before vaginal sex.

Read slide.

## ***PROS AND CONS OF CONDOMS***

### **Pros**

- Condoms do not require a visit to the doctor's office.
- Condoms are inexpensive and can protect against most STI's.

### **Cons**

- For condoms to be effective they must be used correctly **each and every time** a person is engaging in any form of sex. This includes oral, vaginal and anal sex.
- Condoms can break.
- If they break, you can become pregnant or catch an STI or HIV.
- Female condoms are less effective in preventing pregnancy and not as effective in preventing STI's and HIV even when used correctly.

Read slide.

## ***BIRTH CONTROL HORMONES***

- A combination of estrogen and progesterone hormones to prevent pregnancy.
- The hormones can be delivered in pill form, by injections, a patch that is placed on the skin, an implant that is surgically placed under the skin or a ring that is placed in the woman's vagina.

Read slide.

## ***PROS AND CONS OF HORMONES***

### **Pros**

- Can be very effective if used properly.
- May decrease the symptoms associated with a woman's menstrual cycle.

### **Cons**

- You will need a doctor's prescription to use all hormonal methods.
- It will cost between 15 and 50 dollars/month.
- They can cause unwanted side effects such as high blood pressure and blood clots.
- Hormones can be more dangerous when combined with smoking.
- It does not protect against STI's or HIV.

Read slide.

## ***DID YOU KNOW?***

Children under the age of 15 cannot legally consent to any sexual activity.

If a pregnancy and child result from sexual intercourse, the parents have a legal responsibility to provide reasonable support for the care of the child, regardless of the age of the parent.

**Read slide and Say:** That means if you create a baby, you will be responsible for supporting the baby....not your parents.

## ***HOW CAN I PROTECT MYSELF?***

- Learn to say **NO!**
- The best way to avoid having to say **NO** is not getting yourself into a bad situation to begin with.

Read slide.



## ***HOW TO SAY NO***

1. Use the word **NO**.

- be clear and direct
- you don't have to give a reason
- practice saying **NO** and say it over and over again if you are in a situation you feel uncomfortable with

Read slide.

## ***HOW TO SAY NO (CONT.)***

2. Use confident body language.

- look the person in the eye
- stand up tall
- if you need to, walk away

Read slide.

## ***HOW TO SAY NO (CONT.)***

3. Trust in yourself and in your decision.

- don't let them change your mind
- don't worry about hurting their feelings
- even if you have been “making out,” you can say **NO** to anything at any time

Read slide.

## ***HOW TO SAY NO (CONT.)***

- Keep yourself safe from date rape.
- Do not place yourself in a situation where you could be the victim of violence.
- Never go to a secluded area on a date; stay where you can get help if necessary.
- Do not date someone you do not know or you only met online.
- If you think you are at risk, leave the situation as fast as you can.

**Read slide and Say:** The only person in charge of your mind and your body is YOU. Not the person you are dating and not one of your friends. You make choices for yourself.

## **ARIZONA LAWS**

According to Arizona law, there are six primary sexual offenses.

1. Indecent exposure
2. Public sexual indecency
3. Sexual abuse
4. Sexual conduct with a minor
5. Sexual assault
6. Molestation of a child

**Read slide and say:** We will not discuss each of these individually but instead will give you an overview of the consequences of this type of behavior....especially with regard to sexting.

## ***DID YOU KNOW?***

The penalties for these offenses can range from a misdemeanor to a felony.

Conviction of any of these offenses can result in very serious consequences in the adult criminal system.

Arizona allows for the prosecution of children as young as 14 years of age in the adult criminal system.

Read slide.

**SO...**

Whether you are a male or a female...

If someone you are with says **NO** to any form of sexual activity...

Remember this...

Read slide.

***NO  
MEANS  
NO***

Read slide.



***FURTHERMORE...***

Everyone has the right to change their mind

...even at the last second

...or the next day

Read slide.

## ***ONE LAST THING...***

### **Sexting**

In Arizona, the practice of exchanging explicit self-portraits (commonly referred to as sexting) may result in a juvenile complaint or criminal charges if the explicit images involve an underage person.

A juvenile's receipt of a sexually explicit image of a minor is not unlawful if the juvenile did not solicit the image and the juvenile took reasonable steps to destroy the image or reported it to a parent, guardian, teacher, or member of law enforcement.

If you show or transmit the image to one person, the offense is a petty offense.

Read slide.

## ***LEGAL CONSEQUENCES OF SEXTING***

- If the juvenile shows or transmits the image to more than one person, the offense is a Class 3 misdemeanor.
- A juvenile who receives and possesses a sexually explicit image of a minor commits a petty offense.
- If the juvenile has a prior record for unlawful use of an electronic communication device by a minor the new offense is a Class 2 misdemeanor.
- A juvenile determined to be delinquent based on the juvenile's sexting of images of himself or herself (or another minor) may be placed under probation supervision. The juvenile court judge may also impose up to a year of confinement in a juvenile detention center.

Read slide.

## ***EMOTIONAL CONSEQUENCES OF SEXTING***

- Sexting can lead to bullying for the teen who sends the original text.
- It can damage your reputation.
- It can cause great embarrassment if it is shared with others in your social circle.
- Once a photo is “out there,” there is no way to get it back. It can land in the hands of pedophiles.
- It can ruin your chances of getting into private schools or college.
- It can ruin your chances of employment in the future.

**Read slide and say:** The best thing to do if someone asks you for a nude photo is to tell them no, block them from contacting you again and tell a trusted adult what is going on. By the way, if you parents/guardians monitor your phone use, they are doing their job! They are not invading your privacy; they are trying to help you stay safe.



***MAKE SAFE  
CHOICES AND  
TAKE CARE!***

**Read slide and say:** "Listen to your inner voice". This isn't necessarily a voice but it could be a feeling that you get when something isn't right or is dangerous. Don't ignore it! It is almost never wrong. It is a warning. Keep talking to parents, guardians and trusted adults and you can get through any challenge. Be kind to yourself and to others, Be respectful, and most importantly, make safe choices. Take care!

## ***WORD BANK***

**Abstinence** - Choosing not to have any form of sex

**AIDS** - Acquired Immunodeficiency Syndrome

**Anal sex** - Sex that involves penetrating someone's anus

**Bacterial** - Microorganisms which have no chlorophyll and multiply by simple division; some bacteria cause diseases

**Birth Control** - Preventing pregnancy

**Chlamydia** - Bacterial STD

**Condom** - A male contraceptive device made of a thin rubber sheath worn on a man's penis during sexual intercourse as contraception or as protection against infection

**Date rape** - Forced sexual intercourse on a date

**Diaphragm** - A shallow silicone cup inserted into the vagina to prevent pregnancy **Genital Herpes** - Viral STI

**Gonorrhea** - Bacterial STI

**Hepatitis B** - Viral STI

**HIV** - Human Immunodeficiency Virus - This is the virus that causes AIDS

**Human Papillomavirus** - Viral STI

## ***WORD BANK (CONT.)***

**IUD** - Intrauterine device is a T-shaped device inserted in the uterus by a physician to prevent pregnancy

**Molestation** - To make improper sexual advances

**Oral sex** - Sexual activity in which the genitals of one partner are stimulated by the mouth of the other **Sexting** -

Sending of sexually explicit photos, images, text messages or emails by using a cell phone **Sexual Harassment** -

Inappropriate, unwelcome behavior in a sexual content

**Syphilis** - Bacterial STI

**Trichomoniasis** - Parasitic STI

**Withdrawal** - Withdrawing the penis from the vagina and away from a woman's external genitals before ejaculation to prevent pregnancy

**STI's** - Sexually Transmitted Infections

**Vaginal sex** - When a man puts his penis into a woman's vagina

**Viral** - Caused by a virus