7th-8th Grade

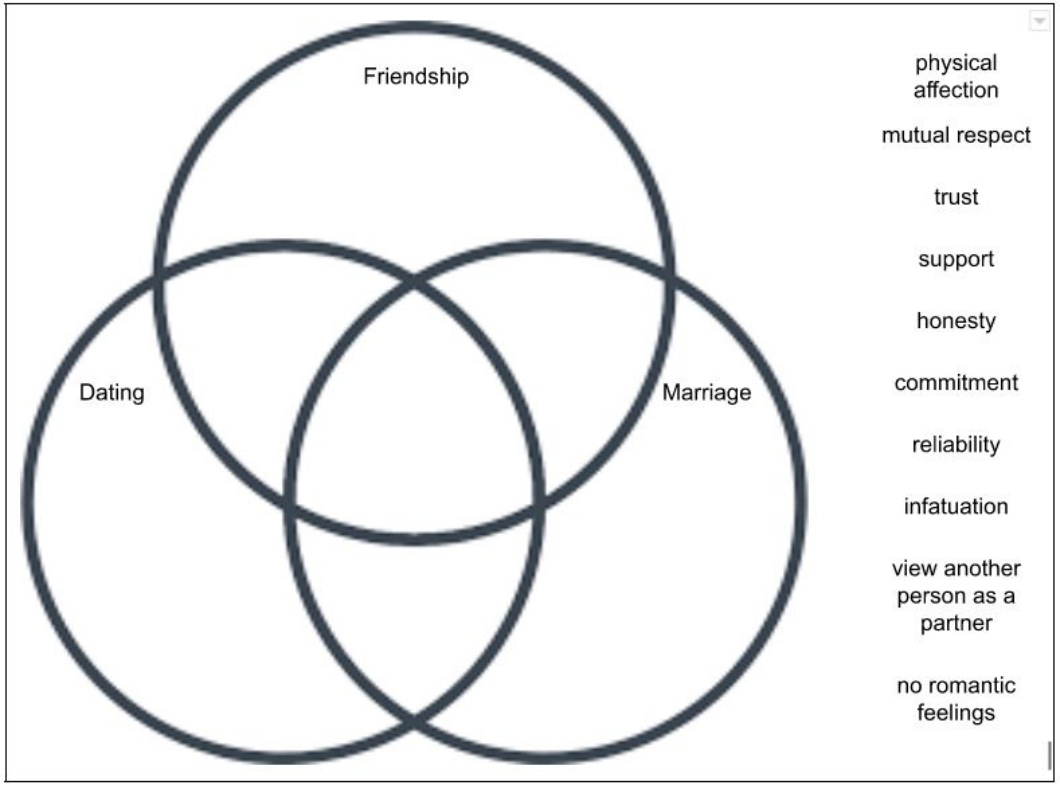
Healthy Relationships

Introduction Video
After video, answer “Quick Questions” independently, then compare answers with the people at your table.

Safe slide

- Talk to a Trusted Adult
  - Parent/Guardian
  - Counselor
  - Nurse
  - _____
- A Trusted Adult is someone who:
  - Listens when you have a problem or question
  - Help you and make you feel safe
  - Respect your body and your personal space

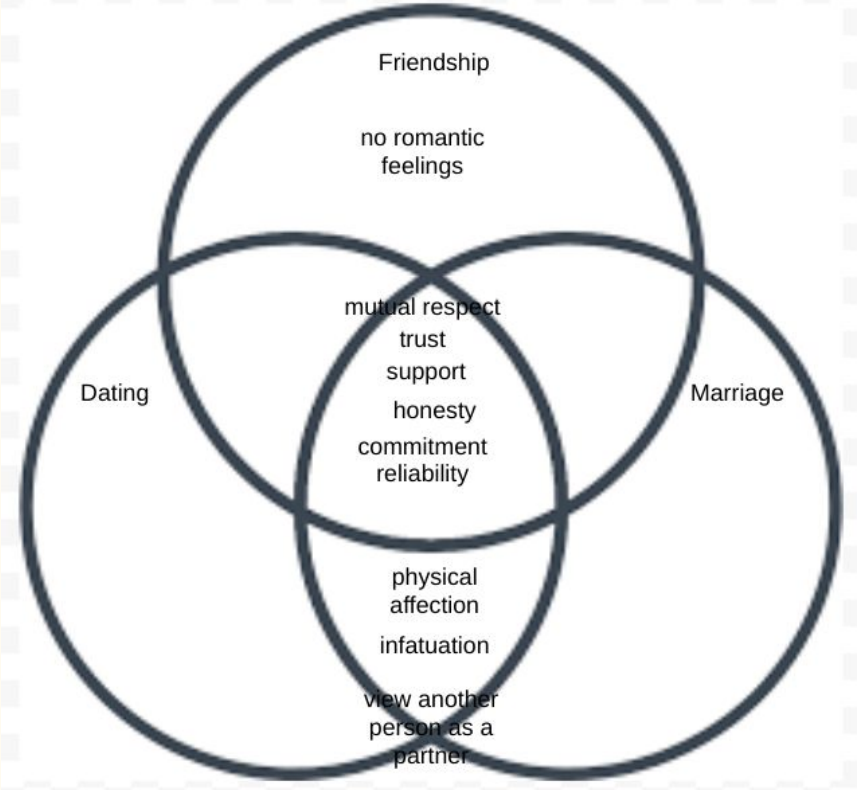
Healthy Relationships



Healthy Relationships

Did your group have any differences?

Are there any words you would add to the diagram?



Relationship types:

Friendship - the state of being friends (one attached to another by affection or esteem)

Infatuation - strong interest or attachment in someone

Dating/Romantic Relationship - romantic social relationship

Marriage - state of being united as spouses in a consensual and contractual relationship recognized by law

What are some ways you can show the people close to you that you care?

- Show interest in their interests
- Be there to talk
-
-
-
-

What are you looking for in a relationship?

Relationships are a two way street. You should make sure that both people in the relationship demonstrate:

- Sharing
- Kindness
- Honesty
- Respect
- Trust
- Patience
- Communication
- Compatibility

Unhealthy Relationships

Human Trafficking



Video Questions

What are some “red flags” you noticed that might have alerted you that something wasn’t right?

Quick Questions

Take a second to answer the “Quick Questions” in your workbook.

Abuse

- Physical Abuse - intentional bodily injury
  - Slapping, kicking, shoving, etc.
- Emotional abuse - non-physical behaviors that are meant to control, isolate, or frighten you
  - Threats, insults, constant monitoring, excessive jealousy, manipulation, intimidation
- Sexual abuse - any sexual activity that occurs without consent
  - Consent - permission for something to happen or agreement to do something

What do you feel like you needed to do in the situation with Skylar?

Potential effects of abuse include: __, ___, ___

Characteristics of an unhealthy relationship:

While healthy relationships are built on trust, honesty, and kindness, many unhealthy relationships are built on the opposite. Things like:

- Controlling behaviors
- Jealousy
- Manipulation
- Isolation
- Anger

What can you do if you suspect that you or someone you know is in an unhealthy relationship?

Unhealthy (no abuse suspected)

- Talk to the person
  - Make sure you are clear about things that are important to you or things that haven't been going well
  - If that person is unresponsive, find an exit
- Set clear boundaries
  - Make sure everyone is on the same page with both parties expectations for the relationship
- Trust yourself
  - Trust that you know what is best for you and listen to your instincts

Abuse suspected

- Talk to an adult
  - Parent/Guardian
  - Counselor
  - Nurse
  - Trusted adult

Refusal Strategies

- What did your message to Riley say?

- Some effective refusal strategies include:
  - Saying No
  - Give a reason, fact, or excuse
  - Walk away
  - Change the subject
  - Avoid the situation
  - Strength in numbers

Anatomy, Puberty, Reproduction, and Pregnancy

Puberty video

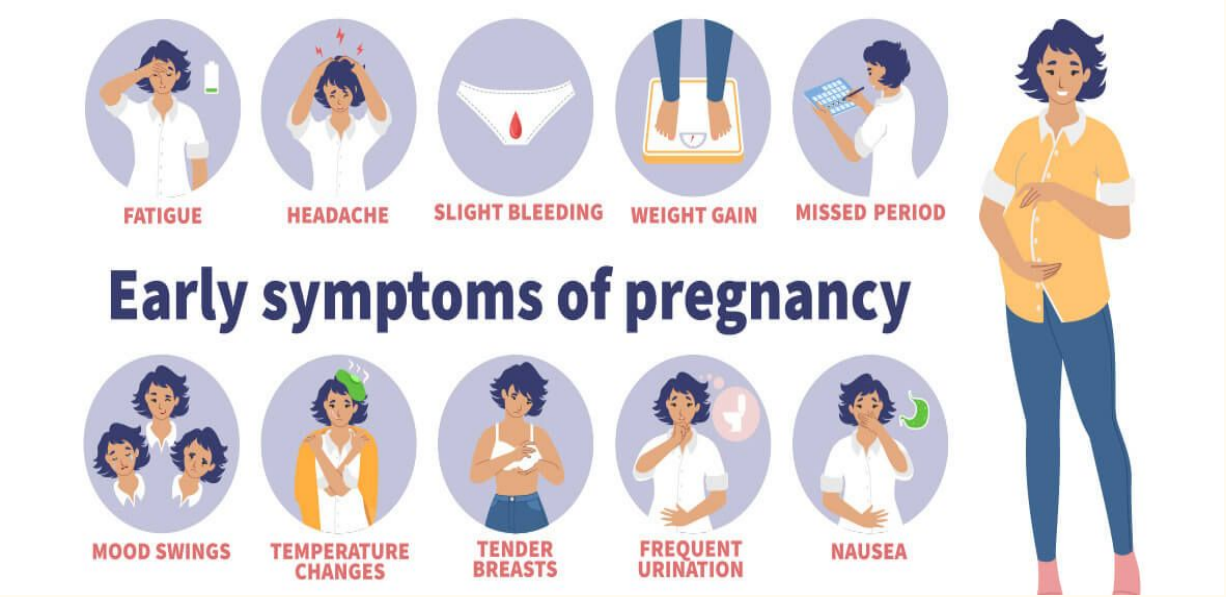
Always Changing, Always Growing

Reproduction

Fertilization - when male sex cells (sperm) and female sex cells (eggs) and their genetic material join to create new life

Sexual intercourse - the reproductive process in which the penis is inserted into the vagina and through which a new human life may begin

Early signs of pregnancy include:



If you notice any of these signs, it is extremely important to talk to a parent or trusted adult as soon as possible to provide access to prenatal care as early as you can.

How a Baby Develops

- The **placenta** is an organ that develops in the uterus.
- The placenta provides a developing fetus with nutrients and removes waste.
- The **umbilical cord** connects the fetus to the placenta.

How a Baby Develops

- During the first trimester (first 3 months) the embryo grows rapidly.
- By week 4 (6th gestational week), the heart starts beating, arm and leg buds appear, and the eyes and brain start to develop.
- By the end of the first trimester, all the major body parts and organs have formed.

How a Baby Develops

- By the end of the first trimester, the developing baby is called a **fetus.**

- In the second trimester, the organs continue to develop. By 5 months, the mother may feel fetal movements.

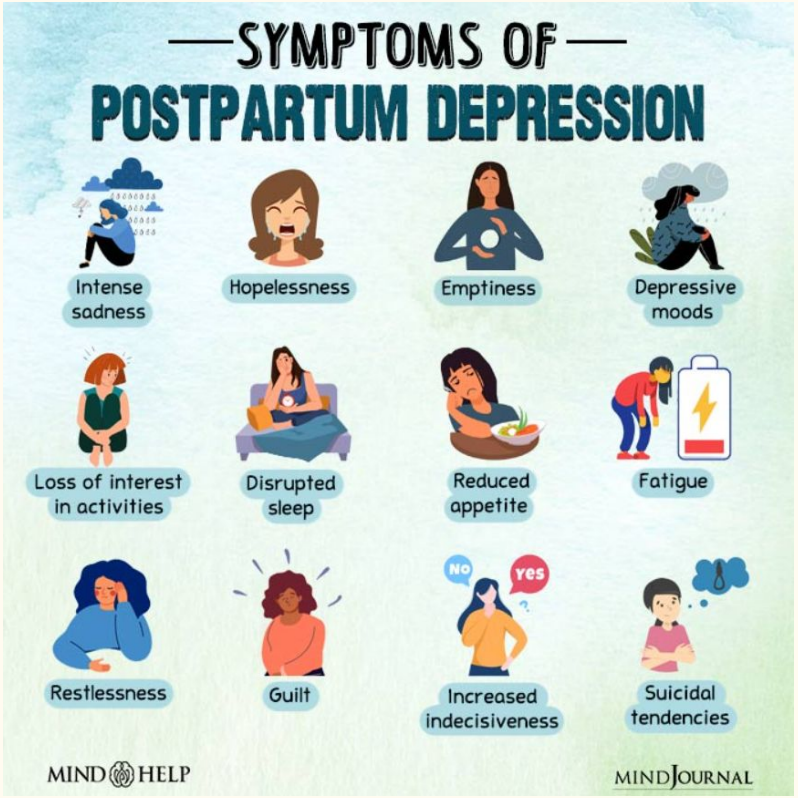
How a Baby Develops

- Around 4 to 5 months, an ultrasound can usually determine if the sex of the fetus is male or female. By the end of the second trimester, facial features are apparent.
    - In the first 10-12 weeks, you can take a blood test to determine the sex.
- In the third trimester, the fetus gains most of its weight.
- At the end of 9 months, the baby is born.

Postpartum Changes

Postpartum Depression - depression suffered by a mother following childbirth, typically arising from the combination of hormonal changes, psychological adjustment to motherhood, and fatigue.

Resources - Trusted adult, local hospital, partner, healthcare professional, counselor



Abstinence

Answer the “Quick Questions”, then we will discuss

Let’s talk goals/expectations...

- Let’s share your answers to the quick questions
- What were some common themes?
- How might an unplanned pregnancy impact these plans?

What is abstinence?

- Abstinence is refraining from **all** sexual activity between individuals
- Abstinence is the only 100% effective method of preventing:
  - Pregnancy
  - STDs/STIs
    - Infections that are passed from one person to another through sexual contact
  - Emotional/social risks associated with sexual activity prior to marriage
    - Primarily stress, anxiety, and depression

Why choose abstinence?

- Abstinence has been linked with:
  - Increased self-esteem and self-confidence
  - Improved academic achievement

Risks associated with not choosing abstinence

- Unplanned pregnancy
- STD/STIs
- Emotional risks
  - Including stress, anxiety, and depression

STDs/STIs

- STDs/STIs - Sexually transmitted diseases or sexually transmitted infections (STIs), are infections that are passed from one person to another through sexual contact.
  - Can be spread through any contact with the affected genitals, not just through intercourse (any skin-to-skin contact).
    - **Herpes can be spread from saliva without any contact with genitals
  - Can also be spread through pregnancy, breastfeeding, blood transfusions, or shared needles.

Types of STDs/STIs

- Bacterial
  - Include chlamydia, gonorrhea, and syphilis
  - Able to be treated and cured with antibiotics if detected early.
- Viral
  - Include herpes, HIV/AIDS
    - Not able to be cured but you can treat to reduce the effects.
  - HPV
    - May be able to be cleared

Prevalence of STDs/STIs in teens in Texas

According to Hays County Health Department, in 2021 there were:

2021			
	Chlamydia	Gonorrhea	Syphilis
0-14	5 cases	1 case	0 cases
15-24	778 cases	219 cases	48 cases

Signs and Symptoms of Common STDs/STIs

- HPV (Human Papillomavirus)
  - Most people who have it do not know they have it
  - Can lead to genital warts or cancers
  - **HPV vaccines are available to help prevent the transmission of most common types of HPV
- HIV (Human Immunodeficiency Virus)/AIDS (Acquired Immunodeficiency Syndrome)
  - Attacks and weakens the immune system
  - Greater risk of life-threatening infections and cancers
  - Fever and muscle pains, mouth sores, headache, swollen lymph glands
- Chlamydia
  - Women might notice:
    - Abnormal vaginal discharge
    - Burning sensation when peeing
  - Men might notice:
    - Discharge from their penis
    - Burning sensation when peeing
    - Pain and swelling in testicles
- Syphilis
  - First stage:
    - Sores (firm, round, painless)
  - Secondary stage
    - Rashes or lesions on the genitals and other parts of the body including hands, feet, mouth, underarms
    - Fever, fatigue, muscle aches
  - Tertiary stage
    - Can be fatal
    - Affect multiple organ systems including: brain, nerves, eyes

Signs and Symptoms of Common STDs/STIs

- Gonorrhea
  - Men might notice:
    - Painful urination
    - Pus-like discharge from penis
    - Pain or swelling in one testicle
  - Women might notice:
    - Increased vaginal discharge
    - Painful urination
    - Vaginal bleeding between periods
    - Abdominal or pelvic pain
  - Other sites:
    - Rectum, eyes, throat, and joints
- Herpes
  - Painful blisters on or around the genitals, rectum, or mouth
  - Flu-like symptoms
- Trichomoniasis
  - Men might notice:
    - Itching or irritation inside the penis
    - Burning after peeing
    - Discharge from penis
  - Women might notice
    - Itching, burning, redness, or soreness of genitals
    - Discomfort when peeing
    - A clear, white, yellowish, or greenish vaginal discharge

Many STDs/STIs do not present with symptoms

- Abstinence from all sexual activity is the only 100% effective method of eliminating the risk of acquiring/getting or passing along an STD/STI.

Many STDs/STIs do not present with symptoms

- Other methods of prevention include barrier methods of contraception including condoms.
- It is also extremely important to conduct STD/STI screenings/testings for individuals who are sexually active (such as at a yearly physical).
- Talk with your healthcare professional if you are sexually active about your testing/screening options.

Contraceptive Methods

- Barrier Methods
  - When used correctly, can help protect against STD/STI transmission in addition to preventing unwanted pregnancy
- Male Condoms
  - Worn by the male to keep sperm from entering woman's body
  - Typical Use Failure Rate: 13%

- Non-Barrier Methods
  - Help to prevent unwanted pregnancy but DO NOT help to prevent the transmission of STDs/STIs
- IUD (Intrauterine Device)
  - Placed by a medical professional
  - Prevents pregnancy
  - Typical Use Failure Rate: 0.8%
- Implant (Single rod, inserted in woman's arm by medical professional)
  - Typical Use Failure Rate: 0.1%
- Combined Oral Contraceptive ("The pill")
  - Requires a prescription from a medical professional
  - Taken at same time, every single day
  - Typical Use Failure Rate: 7.0%

Legal Paternity

- Paternity is a legal term used to recognize, through law, the father of a child.
- Paternity includes many responsibilities such as:
  - Child support
    - Monetary support of your child
  - Legal connection
  - Legal father’s name can appear on birth certificate
  - Right to benefits if the father dies (inheritance)
  - And many more

Legal Age of Consent (Texas)

- The age of consent in Texas is 17
- Statutory rape - crime of sex with a minor when the sex is agreed to by both parties
- Persons under the age of 17 are not legally allowed to consent to sexual activities
  - Persons under the age of 17 are protected under these circumstances
    - Must be at least 14
    - Not more than a 3 year age gap between both parties
    - Both parties are consenting

Legal ramifications

- ALL crimes listed here come with a legal sex offender label
  - Full name, address, and color picture added to a registry that is publicly accessible
- List of crimes:
  - Sexual activity with a minor
    - Up to life-long prison sentence
  - Aggravated sexual assault against a minor
    - Minimum 99 years in prison
  - Indecency with a child
    - 20 years in prison
  - Continuous sexual abuse of a child
    - 25 years to life in prison

Legal ramifications

- Sexting
  - Texas is very clear that sexting is a **crime**, even if no adult is involved.
  - It is a crime for a minor to send another minor an obscene (nude or partially nude) photo/video or explicit text, or a photo/video of a minor engaging in sexual conduct if they know it was a minor.
    - First time offenses are Class C misdemeanors (may include up to a $500 fine)
  - Sharing pictures/photos through social media, texting, or even in person, is a criminal offense.
  - **If the junior high school becomes aware of your possession of any obscene pictures, photos, or videos, your parents MUST be notified.