

Health and Hygiene

Goal

Increase understanding of health and hygiene practices

Getting Ready

Gather

- Pens/Pencils, Envelopes, Journals/Notebook Paper
- If possible, bring in sample hygiene items and printed information about health and hygiene, such as local health or dental clinic locations, information about breast and testicular self exams, etc.

Prepare

- Copy and cut "Health & Hygiene Matching Cards" Facilitator Resource, then mix together and place in an envelope. Create one envelope per group.
- Review "Matching Cards & Discussion Guide" Facilitator Resource.
- Review "True or False? Statements & Discussion Guide" Facilitator Resource; choose which statements to use. (For Extension, use all statements, or as time allows.)
- Review *True or False?* or *Back-to-Back Facilitation Strategies*.
- If using *True or False? Facilitation Strategy*, create "True" and "False" wall cards and hang on opposite sides of the room.
- Review *Journal Reflection* and write questions on board/chart paper.

Decide

- How to form groups; *Suggested Group Former: Pick A Card*
- Between *Back-to-Back* and *True or False? Facilitation Strategies* for the second Experience section.

Knowing Yourself & Your Teens

How comfortable are you with this content? What might help you feel more comfortable?

How comfortable do you anticipate participants will be with this content? How will you support participants who are uncomfortable with this topic?

How comfortable do you feel answering participant questions? (Remember, it's okay to look for the answer together or find out and get back to them!)

What misinformation about health and hygiene might participants have heard and/or believe?

Consider the maturity level of your participants in deciding which sample hygiene items to bring in and/or pass around.

MULTIPLE INTELLIGENCES

-  Interpersonal
-  Intrapersonal
-  Body/Kinesthetic
-  Verbal/Linguistic
-  Visual/Spatial

B

Share

- Today we will discuss health and hygiene—how to care for our bodies and keep them clean and healthy.

Ask

- When someone becomes a teenager, does the way they take care of their body change? How?

Share

- Puberty is the time when the body changes and develops and becomes sexually mature and capable of reproduction.
- Going through puberty means that we need to take care of our bodies in new and important ways and it's normal to have questions about how to do this.
- For some of you, what we discuss today may be a review and for others, it will be new information.
- When we talk about sensitive topics like this we need to pay extra attention to our group guidelines.
- This might be an embarrassing or difficult topic for some people and it might feel comfortable for others. Either way, we all need to work together to make sure this is a safe space.
- We know that sometimes when we feel uncomfortable, we can get a little silly and giggly. It's okay to be silly and giggly, but it's not okay to be disrespectful or put anyone down.
- It's not okay to put people on the spot or identify someone by name and share their personal experience.

Share

- During our discussion today, when we say "male" and "female," we will be referring to biological sex, or people born with a penis or vulva.
- Biological sex is different than gender. Gender is how people identify and express themselves.
- However someone identifies and expresses themselves, they should feel safe, respected and included.

E

Divide participants into groups.

Pass out "Health And Hygiene Matching Cards" from Facilitator Resource, one full set per group.

Share

- These cards include things related to health and hygiene.
- Each card matches with one other card.
- Work together to match the cards you think go together.
- It's okay if you're not totally sure—these can be tricky, and that's why we're learning about them!

FACILITATOR TIP



If participants have short attention spans, consider dividing one set of matching cards into smaller sets so that each group has only a few matches to work with, then spend additional time in sharing and discussion so that all participants learn about each item.

R

When groups have completed their matches, review them as a large group. Use the “Matching Cards & Discussion Guide” Facilitator Resource for correct answers and additional information to share as appropriate. If you were able to bring in sample hygiene items, show/pass them around.

D

Ask

- What questions do you have?
- Did you hear anything new or surprising?
- If someone had questions about how to take care of their body or needed help finding/buying hygiene products, who could they talk to?

E

Share

- Next, I have some “True or False?” statements.

Using the *Back-to-Back* or *True or False? Facilitation Strategy*, have participants respond to 3–4 statements from the “True or False? Statements & Discussion Guide” Facilitator Resource. After participants have decided whether they think a statement is true or false, share the correct answer and additional information as appropriate.

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R/D/A

Ask

- How does it feel to talk about health and hygiene?
- Why do you think this topic can sometimes feel uncomfortable to talk about?
- Why is it important to talk about health and hygiene?

Using a *Journal Reflection*, ask

- What did you learn today?
- How is what we talked about similar or different from what you’ve heard before?
- How will you be able to use what you learned today?



If you were able to gather any printed information about health and hygiene, show it to participants and invite them to take copies.

Extension

Increase the number of “True or False?” statements used.

Health & Hygiene Matching Cards

Instructions

- Copy and cut the matching cards, then mix together and place in an envelope.
- Create one envelope with a full set of 32 cards per group.



Brushing teeth	keeps teeth and gums healthy
Shaving or waxing pubic hair	may cause irritation or ingrown hairs
Discharge from the vagina	is normal and natural. It is the body's natural cleansing of the vagina
Vaginal yeast infections and urinary tract infections (UTI's)	symptoms may include change in discharge, itching, burning and pain while urinating
Deodorant/Antiperspirant	can help prevent body odor and/or sweat
Athletic supporter or "jock strap"	protects and supports the penis and testicles
Heat, exercise and over-the-counter pain medicines	can provide relief from cramps caused by menstruation, or having a period

LAM-HW-F3 Facilitator Resource



STD (Sexually Transmitted Disease) testing	is important for anyone who is sexually active
Breast or testicular (testes) self-examinations	check for small lumps that should be examined by a doctor
Tampons and/or menstrual pads	should be changed regularly
Masturbation	is a normal, healthy form of sexual expression. It does not affect a person's health in a negative way
Washing hands	should be done after using the bathroom, before eating and after contact with people, animals or surfaces where there could be harmful bacteria or viruses
Douching (pronounced "dooshing")	may destroy natural bacteria that keep the vagina clean and healthy
Using feminine hygiene sprays	can irritate and harm the sensitive skin and tissue of the genitals
Regular bathing	cleanses the genitals and keeps them odor-free
Washing the face daily	can help prevent pimples and/or acne

Matching Cards & Discussion Guide

Instructions

- Use this resource for the correct matches and to provide additional information as appropriate. (It is not necessary that all information be shared.)
-

Brushing Teeth—keeps teeth and gums healthy.

- Brushing teeth twice a day for at least 2 minutes helps prevent cavities and bad breath.
- Teeth should be brushed at least once in the morning and once before bed.
- Flossing every day and/or between meals helps prevent gum disease (gingivitis), bad breath and cavities.

Shaving or waxing pubic hair—may cause irritation or ingrown hairs.

- Removing pubic hair is a personal choice; some people may choose to do it and others may not. It is not necessary for cleanliness or preventing disease.
- Pubic hair can be removed in a variety of ways including shaving, waxing, using a depilatory cream or laser hair removal.
- Some forms of hair removal may cause irritation to the skin.
- When hair grows back, ingrown hairs can form. Ingrown hairs look like bumps on the skin and can be painful.

Discharge from the vagina—is normal and natural. It is the body's natural cleansing of the vagina.

- Discharge is a white or clear fluid that leaves the vagina.
- It is normal for discharge to have a mild odor. However, if the odor becomes unpleasant and/or the discharge changes color, this may be a sign of an infection.

Vaginal yeast infections and urinary tract infections (UTI's)—symptoms may include change in discharge, itching, burning and pain while urinating.

- These infections are fairly common.
- They are easily treated with either prescription or over-the-counter medications.
- Someone who thinks they may have an infection should see a nurse, doctor or healthcare provider.
- Although people with a penis can get UTI's, they are much more common in people with a vulva.

Deodorant/Antiperspirant—can help prevent body odor and/or sweating.

- Sweat glands in the body become more active during puberty and many people start using a deodorant and/or antiperspirant.
- Deodorants are designed to prevent body odor; antiperspirants are designed to prevent perspiration, or sweat, in the armpits and reduce underarm wetness.
- Whether to use deodorant, antiperspirant, or a combination deodorant/antiperspirant product is a personal choice.
- These products are not necessary for health purposes.

Athletic Supporter or “Jock Strap”—protects and supports the penis and testicles.

- An athletic supporter is frequently used during exercise, active play or competition.
- Someone who participates in contact sports, such as football, hockey, rugby or soccer, can purchase a plastic or fiberglass “cup” to insert into the supporter for additional protection.

Heat, exercise and over-the-counter pain medicines—can provide relief from cramps caused by menstruation or having a period.

- Some people have painful cramps before and during their periods. Others do not.
- Cramps are caused by the tightening and relaxing of muscles around the uterus as it sheds its lining during menstruation.
- Heat, such as through a heating pad or hot bath, can soothe cramps.
- Exercise may reduce the discomfort of cramps.
- Commonly used over-the-counter pain medicines include ibuprofen or acetaminophen.
- If a person experiences cramps that do not respond to these strategies, a health care provider can provide additional support.

STD (Sexually Transmitted Disease) testing—is important for anyone who is sexually active.

- A person who has engaged in sexual activity of any kind (including oral, anal and vaginal sex) may have been infected with an STD if their partner was infected.
- Many STDs have no symptoms and can be detected only by a medical test.
- It is possible to have an STD and still feel completely healthy.
- Even if an STD has no symptoms, it can harm an infected person’s health and be passed on to a sexual partner.
- Many STDs are curable and all are treatable.

Breast or testicular (testes) self-examinations—check for small lumps.

- These self-examinations can help find small lumps, which can be benign (harmless), cancerous, or able to develop into cancer in the future.
- If a lump is found, it should be examined by a doctor.
- Nurses, doctors or other health care providers can teach a person how to do a breast or testicular self-examination.

Tampons and/or menstrual pads—should be changed regularly.

- Tampons are thin rolls of cotton and/or other fibers that are inserted into the vagina to absorb menstrual flow. They have a string attached to one end—the string remains outside the vagina and is used to remove the tampon.
- Tampons are available in several levels of absorbency—regular, super, etc. It is common to use a very thin pad, called a liner, with a tampon.
- Rarely, tampons can cause toxic shock syndrome (TSS) if left in too long.
- To help prevent TSS, tampons should be changed regularly, according to the directions included in the packaging.

Masturbation—is a normal, healthy form of sexual expression.

- Myths about masturbation are that it causes blindness, insanity, weakness, excessive hair growth, warts, acne, etc. None of these things are true.
- People of all ages masturbate. It helps them feel relaxed and releases sexual tension without any risk of pregnancy or disease.
- You are normal if you do or do not masturbate. It is a personal choice.

Washing Hands—should be done after using the bathroom, before eating and after contact with people, animals or surfaces where there could be harmful bacteria or viruses.

- Even when a person is in a hurry, hand washing is important!
- Our hands pick up germs, including bacteria and viruses, that can cause us and others to get sick.
- When washing your hands, use warm water and soap and rub your hands together well, scrubbing both sides of your hands, your wrists, between your fingers and around your nails. Wash for 20 seconds.

Douching (pronounced “dooshing”)—may destroy natural bacteria that keep the vagina clean and healthy.

- Douching involves cleansing the inside of the vagina by rinsing it out with liquid.
- It is not recommended by healthcare providers.
- The vagina has natural, helpful bacteria that keep it clean and free of infection. Douching may wash away these the natural bacteria.
- While douching is not necessary, some people choose to do so. Someone who douches should avoid douche products that contain chemicals, dyes or fragrances.

Using Feminine Hygiene Sprays—can irritate and harm the sensitive skin and tissue of the genitals.

- Advertising for feminine hygiene sprays suggests that it is necessary to cover the normal odor associated with healthy genitals by adding pleasant scents and perfumes.
- Use of feminine hygiene sprays is not recommended by health care providers.
- Simply washing the genitals daily with warm water and a mild soap will keep them clean.
- It is normal for the genitals to have a mild odor—if the odor is unpleasant or strong, this may be a sign of an infection and it is important to see a health care provider.

Regular Bathing—cleanses the genitals and keeps them odor free.

- During puberty, oil and sweat glands in the genital area become active. When this happens, daily showering/bathing will help keep the genitals clean and free of odor.
- Some people with a penis are circumcised and others are not. Circumcision is the process of removing the foreskin of the penis. Decisions about circumcision may be made for religious or cultural reasons.
- When bathing, people with an uncircumcised penis can gently pull back the foreskin of the penis to wash it. This will remove the “smegma,” which is a normal substance secreted by the penis after puberty that can gather under the foreskin.
- Smegma can also accumulate on the female genitals under the clitoral hood.

Washing the face daily—can help prevent pimples and/or acne.

- Getting pimples and/or acne is part of life for many teenagers. Pimples and/or acne are caused by the body's increase in oil production during puberty.
- Some people will experience more pimples and/or acne than others—although there are things that can increase or decrease the likelihood of pimples and/or acne, most of the difference in people's experiences is due to genetics and biology rather than how well they are washing their face.
- A person can try to prevent pimples and/or acne by trying to not touch their face, washing their face twice a day to remove dirt and oil, using an oil-free facial moisturizer and changing their pillowcase often.
- For someone experiencing pimples and/or acne, using special cleansing products with ingredients such as benzoyl peroxide may help.
- Someone experiencing acne can talk to a healthcare provider if they would like additional support. There are prescription products that can help with acne.

True or False?

Statements & Discussion Guide

Instructions

- Review statements and select which to use.
 - Add statements specific to the needs and interests of your group.
 - Use with *True or False?* or *Back-to-Back Facilitation Strategies*.
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Teenagers should go to the doctor once a year for a check up. (TRUE)

- During adolescence, doctors will start asking questions about puberty, sexual activity and other topics.
- Doctors will begin doing testicular and breast exams to screen for cancer.
- If a person is sexually active, it is important to talk with the doctor about reducing the risk of pregnancy and STDs.
- Even if someone is not sexually active, they should go to the doctor every year to take care of their general health and development.

It is recommended that teenagers get around 7 hours of sleep every night. (FALSE)

- Teenagers need at least 8 to 10 hours of sleep every night.
- When a person does not get enough sleep, in addition to feeling tired, they may have less energy and lower ability to concentrate.
- When the body sleeps, it slows down and rests. When our bodies are rested, our mood and performance will both be better.
- When a person uses technology in bed at night, it can confuse their brain, because the bright light of the technology signals the brain that it's time to be awake. Turning off or silencing and setting aside technology devices can make it easier to fall asleep.
- A person who has a difficult time falling asleep can try going to bed at the same time every night, keeping their sleep space dark and avoiding beverages that contain caffeine, like coffee, some teas and many sodas, before going to bed.

A person should see the dentist every 6 months. (TRUE)

- Seeing the dentist regularly is important for preventing cavities and supporting tooth and gum health.
- If someone is experiencing an issue, their dentist may have them come in more often.

Only teenagers who are biologically female / have a vulva can get the HPV (Human Papillomavirus) vaccine. (FALSE)

- All teenagers can receive the HPV vaccine.
- The vaccine helps protect against HPV, which is an STD that can lead to genital warts and cancer.
- Adults through age 26 who have not already been vaccinated can also receive the vaccine.

If a person has acne, they should scrub their face 3–4 times a day. (FALSE)

- It's normal for teenagers to have acne.
- The hormones that cause the body to change can also cause it to produce more oil, which can get clogged in tiny openings in the skin, called pores.
- Washing the face twice a day, using gentle soap to remove oil, dirt and sweat, is helpful.
- Washing too much—or scrubbing too hard or with harsh soap— can actually dry out or irritate the face, which can make acne worse.

If a person is concerned about their weight, the best approach is to diet, eating as little as possible and exercising as much as possible. (FALSE)

- Dieting can be unhealthy and dangerous. It can lead to missing out on nutrition and vitamins the body needs to develop.
- Skipping meals, taking diet pills and fad diets are not healthy.
- The best way to be healthy is to eat a wide variety of food and to eat enough to meet your growing body's needs. Aim to eat more fruits and veggies and less high-fat meats, greasy fried foods and sweets. Drink more water and less sugary drinks like soda.
- Exercise is an important part of a healthy lifestyle. There are many ways to exercise and everything from taking a walk with a friend to playing a sport benefits a person's health.
- It's important to remember that weight gain is normal during puberty as the body is changing and developing.
- If a person is concerned about their weight, they can talk with a trusted adult and/or healthcare provider.

A doctor who specializes in the skin is called a dermatologist. (TRUE)

- If a person is concerned about acne, they can talk to a health care provider. Acne can be treated by a primary care, or general, doctor, or it may be treated by a dermatologist.
- Acne usually clears up by the twenties, although some adults do continue to experience it.

A doctor who specializes in health care for people who are biologically female / have a vulva is called a podiatrist. (FALSE)

- A podiatrist specializes in feet.
- A doctor specializing in health care for people who are biologically female / have a vulva is a gynecologist.

Indoor tanning beds are a safe option for people who get sunburnt outside. (FALSE)

- Tanning beds and being in the sun both expose the body to UV, or ultraviolet, rays which can lead to skin cancer, as well as wrinkles, later in life.
- People who begin indoor tanning during adolescence or early adulthood have a higher risk of getting melanoma, which is a type of skin cancer, later in life.
- In addition to the risk of skin damage, if proper eye protection is not used in tanning beds, people using them have increased risk of potentially blinding eye diseases.

LAM-HW-F3 Facilitator Resource

Only people with light skin need to use sunscreen. (FALSE)

- It's important for everyone to use sunscreen (at least an SPF, or Sun Protection Factor, 30) and sunglasses to protect the skin and eyes from UV rays.
- Melanin, the chemical that gives our skin its color, can provide some natural protection from UV rays. People whose skin, hair and eyes are darker have more melanin, which means it may take longer for them to get a sunburn. However, it can still happen and it's important to remember that sunburns aren't just painful—they can lead to skin cancer later in life.
- People with less melanin, who have lighter skin, hair and eyes, can burn very quickly when exposed to UV rays.

Sexual Health: Myths or Facts?

Goal

Increase understanding of sexual health information

Getting Ready

Gather

- Pens/Pencils, Post-its
- Optional: Prizes

Prepare

- Create "Myth" and "Fact" signs, one set for each group.
- Draw a scoreboard on the board/chart paper.
- Review "Myths or Facts?" Facilitator Resource, then choose which statements to use.
- For Option 2 (if applicable): Create wall cards for the "Myths or Facts?" Facilitator Resource statements.
- For additional background information, review the "Introduction to Reproductive Anatomy" (LAM-HW-F1), "Changes During Puberty" (LAM-HW-F2) and "Health and Hygiene" (LAM-HW-F3) lessons.

Decide

- How to form groups; *Suggested Group Former: Famous Fours*
- Between Option 1 or 2
- Whether to give prizes to the group(s) with the most points

Knowing Yourself & Your Teens

How comfortable are you with this content? What might help you feel more comfortable?

How comfortable do you anticipate participants will be with this content? How will you support participants who are uncomfortable with this topic?

How comfortable do you feel answering participants' questions? (Remember, it's okay to look for the answer together or find out and get back to them!)

Use inclusive language. Even if you have known all your participants a long time, do not make assumptions about their sexuality and who they are interested in dating. LGBTQ young people can quickly feel isolated if all relationship examples and language are only heterosexual. Use the term "partner" to refer to a romantic partner.

MULTIPLE INTELLIGENCES

-  Interpersonal
-  Body/Kinesthetic
-  Verbal/Linguistic
-  Visual/Spatial

Be prepared to handle questions such as “Is it sex if...” or “How do gay or lesbian people have sex?” Share the message that “For some people, certain activities may be considered sex and for others, they might not be. The important thing to focus on is being aware of the risks of various sexual behaviors and knowing your own comfort level and limits.”

B

Share

- Today we are going to discuss myths and facts about sexual health.
- This lesson does not assume that anyone is currently sexually active. Whether or not someone is sexually active, it's helpful to have factual information about this topic.
- When we talk about sensitive topics like this, we need to pay extra attention to our group guidelines.
- This might be an embarrassing or difficult topic for some people and it might feel comfortable for others. Either way, we all need to work together to make sure this is a safe space.
- We know that sometimes when we feel uncomfortable, we can get a little silly and giggly. It's okay to be silly and giggly, but it's not okay to be disrespectful or put anyone down.
- It's not okay to put people on the spot or identify someone by name and share their personal experience.

Share

- During our discussion today, when we say “male” and “female,” we will be referring to biological sex, or people born with a penis or vulva.
- Biological sex is different than gender. Gender is how people identify and express themselves.
- However someone identifies and expresses themselves, they should feel safe, respected and included.

E

Share

- We're going to play a game.

Divide participants into groups and give each group a piece of paper that reads “Myth” and a piece of paper that reads “Fact.” Have groups choose team names and fill them in on the scoreboard.

Ask

- What is the difference between a myth and a fact?

Share

- I have a set of statements—some are myths and some are facts.
- After I read one, talk with your team and decide if you think it is a myth or a fact.
- When I tell you to hold up your answer, hold up either “Myth” or “Fact,” depending on what you think.
- Every time your team gets a correct answer, you will earn one point.
- If a statement is a myth and you identify that, I will give your team a post-it and the opportunity to write down why it is a myth.
- I'll collect the post-its and if your team correctly explains why the statement is a myth, I will read your post-it aloud and you will receive an extra point.
- Even though we're doing this as a game and earning points, it's okay if you're not sure—just do your best and we will make sure everyone gets the correct information about each statement.

Begin reading statements from the “Myths or Facts?” Facilitator Resource, having teams respond and awarding points, including offering extra points for identifying why a myth is a myth. Use the Facilitator Resource to provide additional information as appropriate.

+ Extension goes here

At the end of the game, review teams’ point totals, congratulate the winning team and, if applicable, pass out prizes. Remind participants that the goal of the game was to learn useful information, not just to win a prize.

R

Option 1

Ask

- Which myths surprised you the most? Why?
- Which facts surprised you the most? Why?
- Which of these statements is something you’ve heard before from a friend or family member?
- Which of these statements is something you’ve heard before from TV, music, or other media?
- What is one new fact you want to share with a friend or family member?

Option 2

Hang the wall cards with the “Myths or Facts” Facilitator Resource statements that you read aloud during the game. Place the “Myths” on one side of the room and the “Facts” on the other side. Using the questions in Option 1, have participants stand by a wall card that best represents their answer, then discuss.

D/A

Ask

- Why do you think myths exist? Where do they come from?
- How important is it to have factual information? Why?
- What are some reliable sources people can use to get factual, medically accurate information?

Extension

Spend additional time playing the game.

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Centers for Disease Control and Prevention. (2017, July 18). *Sexually Transmitted Diseases (STDs)*. Retrieved July, 2017, from <https://www.cdc.gov/std/>

Mayo Clinic. (2015, May 01). *Getting Pregnant*. Retrieved July, 2017, from <http://www.mayoclinic.org/healthy-lifestyle/getting-pregnant/expert-answers/pregnancy/faq-20058504>

Myths or Facts?

Instructions

- Review statements and choose which to use. Include both myths and facts.
- Add statements specific to the needs of your group.
- For additional statements about STDs, consider adding statements from the Facilitator Resources in the “STD Basketball” (LAM-HW-I4) and “Understanding and Talking About STDs” (LAM-HW-A5) lessons.

Abstinence—no sexual activity of any type including genital contact and/or vaginal, oral or anal sex—is the only method of contraception, or preventing pregnancy, that is 100% effective. (FACT)

- Abstinence is the only 100% effective way to avoid unintended pregnancy.
- However, if someone is sexually active, correctly used contraception can be very effective in preventing pregnancy.

The most effective way to avoid getting an STD is to use condoms. (MYTH)

- Abstaining from sexual contact of any kind is the most effective way to avoid getting an STD.
- If someone is sexually active, they can reduce their risk of getting an STD by correctly using latex, polyurethane or polyisoprene condoms or dental dams every time they engage in sexual activity and limiting sexual activity to only one partner who has no other partners and has been tested and is not infected. (Dental dams are small, square pieces of latex or similar material that can be used during oral sex to block contact with body fluids).
- Condoms made from natural or lambskin materials do not protect against STDs.
- Some STDs can be spread through skin-to-skin contact even if a condom is used.
- Vaccines are available to prevent Human Papillomavirus (HPV) and Hepatitis B.

If someone who is biologically female / has a vulva isn't menstruating by age 13, there is probably something wrong. (MYTH)

- Menstruation begins at different times for different people, and some people may not get their first period until they are 15 years old.
- If someone is worried about not having started their period, they can see a healthcare practitioner to make sure everything is okay.

For people with a penis, wet dreams are a normal part of puberty. (FACT)

- A wet dream, or nocturnal emission, is when the penis becomes erect (or hard) while a person is sleeping and ejaculation occurs.
- Ejaculation is when semen, which includes sperm and other fluid, leaves the penis.
- Wet dreams occur less often as someone gets older and they may eventually stop.

STDs always have symptoms. (MYTH)

- Many STDs have no symptoms and can be detected only by a medical test.
- It is possible to have an STD and still feel completely healthy.
- Even if an STD has no symptoms, it can harm an infected person's health and be passed on to a sexual partner.
- Many STDs are curable and all are treatable.

Only teenagers who are biologically female / have a vulva can get the HPV (Human Papillomavirus) vaccine. (MYTH)

- All teenagers can get the HPV vaccine.
- The vaccine helps protect against HPV, which is an STD that can lead to genital warts and cancer.
- Adults through age 26 who have not already been vaccinated can also receive the vaccine.

It is unhealthy to bathe or swim while menstruating, or having a period. (MYTH)

- There is no physical reason why any activities should be restricted during a menstrual period. However, some people may avoid certain activities because of religious beliefs or cultural customs.
- Bathing or showering is especially important during one's period for good hygiene.

There is one absolutely safe time each month when it is impossible for pregnancy to occur. (MYTH)

- There is no completely safe time for having sexual intercourse and avoiding pregnancy.
- Some people think having sex during their period protects them from pregnancy; this is not true. While it is less likely that pregnancy will occur at this time, it is still possible.
- Sperm can live in a female's body, able to fertilize an egg, for 3 to 5 days. If ovulation occurs during this time, pregnancy can occur.
- Ovulation can happen before someone's period has ended or within a few days after it is over.
- It is also important to know that vaginal bleeding does not always mean that someone is having their period; spotting may occur between periods and there is sometimes a small amount of bleeding at the time of ovulation, when a person is most fertile.

Menstrual cramps are caused by contractions of the uterus. (FACT)

- Cramps are caused by a hormone that makes the uterus contract. Some people have very strong contractions during their periods, and therefore, painful cramps.

If a person has had an STD once, they can't get it again. (MYTH)

- For many STDs, including gonorrhea, chlamydia and trichomoniasis, a person can be treated and cured, then get it again.
- If someone is sexually active, they should be tested regularly for STDs.
- If someone finds out they have an STD, they need to tell their sexual partner(s) so they can be treated as well. It is possible to request "expedited partner therapy," where a healthcare provider writes a prescription or provides medication for a partner as well.

If someone with a penis has never had a wet dream, they can't get someone pregnant. (MYTH)

- Pregnancy occurs when an egg is fertilized by a sperm and implants in the lining of the uterus—it doesn't matter whether or not a wet dream, or nocturnal emission, has happened previously.
- Pregnancy can happen the first time ejaculation occurs.

LAM-HW-F4 Facilitator Resource

If someone has had sex with only one partner, they don't need to get tested for STDs.

(MYTH)

- Anyone who is sexually active is at risk for STDs, including people who have had sex with only one partner.
- If someone is sexually active, they should be tested regularly for STDs.

The sperm cell determines the biological sex of a baby. *(FACT)*

- Eggs carry an X chromosome and sperm provide an X or Y chromosome, which determines whether a baby will be born biologically female / with a vulva or biologically male / with a penis.

Frequent touching will cause the penis to grow permanently larger. *(MYTH)*

- No amount of touching will permanently affect the size of a penis or breasts.

In order to produce sperm, the temperature of the testicles must be slightly lower than body temperature. *(FACT)*

- Sperm cells are produced only when the testicles are about 2 degrees cooler than normal body temperature (98.6 degrees).
- The scrotum acts like a temperature gauge, allowing the testicles to hang just below the body (where it is cooler than 98.6 degrees) most of the time.
- In cold weather/cold water, the scrotum draws the testicles up close to the body, keeping them from cooling off too much.

If someone is a virgin, they can't use tampons. *(MYTH)*

- Even if a person has never had intercourse, the vagina is large enough for a tampon.
- Some people may choose to use tampons and others may choose not to; the menstrual products a person uses are a personal choice.

Usually both breasts are the same shape and size. *(MYTH)*

- Most breasts are slightly different in size and shape.

One testicle usually hangs slightly lower than the other one. *(FACT)*

- Having one testicle hang lower than the other is completely normal.

Once someone has a full erection, they must ejaculate either through intercourse or masturbation. *(MYTH)*

- There is no harm that occurs if ejaculation does not happen after an erection.
- There might be some discomfort and heaviness in the testicles (commonly referred to as "blue balls") if the person is sexually excited for a long period of time without ejaculating. However, the feelings will disappear once the person is able to relax.

Alcohol and marijuana make it easier to get sexually aroused. *(MYTH)*

- These substances actually have the opposite effect. Alcohol and marijuana are depressants—they decrease blood flow to the genital area, making it more difficult for an erection and orgasm to happen.
- They can also reduce a person's inhibitions and make them feel like it is okay to do things they would not normally do, such as have sex or have sex without protecting against pregnancy and STDs.

LAM-HW-F4 Facilitator Resource

A person can become pregnant before they have their first period. (FACT)

- Before the first period, ovaries release the first ovum, or egg, during ovulation. If semen enters the person's vagina around the time of the first ovulation, pregnancy could occur before their first period.

It's OK to use alcohol or drugs after the first 3–4 months of pregnancy. (MYTH)

- Many newborns are damaged by alcohol, heroin, amphetamines and other drugs because their mother used them during pregnancy.
- For example, when mothers drink alcohol during pregnancy, babies may be born with fetal alcohol syndrome.
- Smoking during pregnancy increases the risk of miscarriage, stillbirth, low birth weight and sudden infant death syndrome (SIDS).

If someone "pulls out" before ejaculating, their partner can still become pregnant. (FACT)

- Pre-ejaculatory fluid, sometimes called "pre-cum," is released before ejaculation.
- Pre-ejaculatory fluid may contain sperm, which can cause pregnancy.
- People usually can't tell exactly when pre-ejaculatory fluid is released.

Pregnancy can occur even if ejaculation doesn't happen inside the vagina. (FACT)

- If ejaculation happens near the vagina or someone touches the vulva with semen on their fingers, it is possible for sperm to get inside the vagina.
- Once sperm is inside the vagina, it can begin the process of fertilization. This means it is possible for pregnancy to occur without ever actually having intercourse.

If a person has a vasectomy, they will no longer ejaculate during sexual activity. (MYTH)

- Semen, the fluid ejaculated out of the penis, includes sperm cells and fluids from several glands in the reproductive system.
- During a vasectomy, the vas deferens is severed so that sperm can no longer travel from the testicles out through the penis. However, the other fluids, which make up most of the semen, are still ejaculated.
- Someone who has had a vasectomy will not notice a difference in the amount of ejaculate they produce.

Heavy discharge from the vagina means a person has an STD. (MYTH)

- Vaginal discharge is part of the vagina's natural way of cleansing itself.
- The amount of discharge varies from person to person and varies during different times in the menstrual cycle. It is usually heaviest around ovulation.
- Discharge that starts to itch or burn or has a different color or odor than usual may be a sign of an infection or STD and seeing a health care practitioner is recommended.

Large penises give more sexual pleasure during sexual intercourse. (MYTH)

- Penis size has nothing to do with the amount of sexual pleasure experienced during intercourse.
- Penises that are smaller when flaccid (not erect) tend to grow proportionately larger during stimulation than penises that are larger when flaccid.

Oral and anal sex are safe from STDs. (MYTH)

- Even though a person can't get pregnant through oral or anal sex, STDs can be transmitted.
- Abstaining from sexual contact of any kind is the most effective way to avoid getting an STD.
- Correctly using latex, polyurethane or polyisoprene condoms or dental dams every time sexual contact occurs, including oral or anal sex, and limiting sexual activity to only one partner who has no other partners and has been tested and is not infected decreases the risk of getting an STD. (Dental dams are small, square pieces of latex or similar material that can be used during oral sex to block contact with body fluids.)
- Condoms made from natural or lambskin materials do not protect against STDs.
- Some STDs can be spread through skin-to-skin contact even if a condom is used.

Masturbation, or touching and stimulating the genitals, is a normal, healthy sexual behavior. (FACT)

- People of all ages masturbate. It helps them feel relaxed and releases sexual tension without any risk of pregnancy or disease.
- Myths about masturbation are that it causes blindness, insanity, weakness, excessive hair growth, warts, acne, etc. None of these things are true.

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Talking About Abstinence

Goal

Increase understanding of abstinence and increase comfort with conversations about abstinence

Getting Ready

Gather

- Pens/Pencils
- For Extension (if applicable): Scissors, Glue, Cardboard/Cardstock, Magazines (Use magazines inclusive of gender, race/ethnicity, culture and other aspects of diversity.)

Prepare

- Copy "Abstinence Conversation Script" Participant Handout, 5 copies.
- Copy "Writing A Script" Participant Handout, one per group.
- Write the "Abstinence Guidelines" from the Facilitator Resource on board/chart paper.
- If not using the Extension, find character images to be used in the script-writing activity. Cut out images of couples or individuals and glue these onto cardboard/cardstock. Have enough images so all groups will have a choice of which they would like to use. Images should be reflective of participants' identities, inclusive of racial diversity and should include one or more same-sex couples.

Decide

- How to form groups; *Suggested Group Former: Pick A Card*

Knowing Yourself & Your Teens

How might your personal values influence your facilitation of this lesson?

How difficult will it be for you to have participants share experiences, perspectives and opinions that are different from your own?

How will you support a participant who shares they are not currently abstinent? Are you able to share information about contraception, STD protection and STD testing?

How might information that participants have learned in other settings (health classes, home, faith-based settings) influence their participation in this lesson?

Use inclusive language. Even if you have known all your participants a long time, do not make assumptions about their sexuality and who they are interested in dating. LGBTQ young people can quickly feel isolated if all relationship examples and language are only heterosexual. Use the term "partner" to refer to a romantic partner.

MULTIPLE INTELLIGENCES

 Interpersonal

 Body/Kinesthetic

 Verbal/Linguistic

 Visual/Spatial

Be prepared to handle questions such as "Is it sex if..." or "How do gay or lesbian people have sex?" Share the message that "For some people, certain activities may be considered sex, and for others, they might not be. The important thing to focus on is being aware of the risks of various sexual behaviors and knowing your own comfort level and limits."

B

Share

- Today we will talk about abstinence and ways people can communicate a decision to be abstinent.
- When we talk about sensitive topics like this, we need to pay extra attention to our group guidelines.
- We know that sometimes when we feel uncomfortable, we can get a little silly and giggly. It's okay to be silly and giggly, but it's not okay to be disrespectful or put anyone down.
- It's not okay to put people on the spot or identify someone by name and share their personal experience.

Ask (write responses on the board/chart paper)

- How would you define abstinence?

If participants do not identify the following, add

- Abstinence means choosing to not participate in an activity.

Share

- Today we're going to talk about sexual abstinence, or choosing to not have sex.

E

Ask (write responses on the board/chart paper)

- What are some reasons someone may choose to be abstinent?
- If someone has had sex before, can they choose to begin practicing abstinence? (Yes)

Show participants the "Abstinence Guidelines" from the Facilitator Resource, written on the board/chart paper.

Review the guidelines and ask

- Are there any other guidelines we could add?
- How would you describe these guidelines in your own words?

Share

- The decision to not have sex can be difficult to communicate to a partner.
- It's helpful to have an opportunity to practice, so we're going to do some activities.
- Even though this might not be something you are dealing with now, the practice might help you in the future.

Share

- I have an example conversation between 2 people, where 1 person wants to have sex and the other has chosen to be abstinent.

Ask

- Are there 5 people who would be willing to volunteer to read the parts in this scenario?

Give each volunteer a copy of the "Abstinence Conversation Script" Participant Handout.

Assign one volunteer the part of the narrator. Have 2 of the volunteers stand on one side of the narrator and the other 2 volunteers stand on the other side.

Share

- (*Insert name*), our narrator, will share what's going on in this situation.
- (*Insert name*) and (*Insert name*) will take turns reading the lines for Person A.
- (*Insert name*) and (*Insert name*) will take turns reading the lines for Person B.
- Remember, this is a script with characters—the volunteers are not actually the people in this scenario.

FACILITATOR TIP



This experience is set up with pairs working together to play one character to minimize the potential for the experience to feel awkward.

Do not focus on the gender of Person A, Person B and/or the volunteers playing them.

Have the narrator and volunteers read the scenario.

R/D

Ask

- How realistic do you think the conversation between Person A and B was?
- If you don't think it was realistic, what would you change about the conversation?
- What do you think about how Person A handled the conversation? Person B?

E

Divide participants into groups and pass out "Writing A Script" Participant Handouts, one per group.

Share

- Each group is going to script a conversation, like our example, with people communicating about sex and abstinence.

+ Extension goes here

If not using the Extension, show participants the characters you prepared and allow groups to choose characters.

Share

- Script the conversation between your characters. Include who they are and where the scene takes place.
- One character should suggest having sex and the other should explain that they want to stay abstinent.
- Remember our list of reasons for choosing abstinence—the character who has chosen abstinence can use these to explain their decision to their partner.

After groups have finished their scripts, have them read them to the large group, holding up their characters as they read, similar to a puppet or avatar.

FACILITATOR TIP



Character puppets/avatars are used in this activity to minimize the potential for it to feel awkward. Participants should not directly role play their scripts.

R/D/A

After all groups have read their scripts, ask

- How realistic do you think these scripts were?
- In real life, how easy or difficult would it be to have a conversation about abstinence?
- Why do you think these conversations can be difficult?
- How can peer pressure affect decisions and conversations about sex and abstinence?
- What advice would you give to someone who wants to choose abstinence and needs to talk to a partner about it?

Extension

Show participants the magazines, scissors, glue and cardboard/cardstock.

Share

- Look through these magazines and choose characters to star in your script.
- Cut them out and glue them to cardboard/cardstock.

Abstinence Guidelines



Instructions

- Write these guidelines on the board/chart paper.
 - These guidelines are applicable to limits in general; in this lesson, they refer specifically to sexual activity.
-

Choose your limits.

Practice communicating your limits.

Talk with a partner about your limits. Be clear. Explain why your limits are important to you.

Ask a partner about their limits. Listen. Ask questions if you are unclear.

Recognize when a partner is not listening to you or respecting your choices.

Remove yourself from situations and relationships where your limits are not being listened to or respected.

Abstinence Conversation Script

Narrator: Person A & Person B have been dating for a little over 6 months. They're having a great time together and they have a lot of chemistry. Person A wants to remain abstinent but hasn't talked to Person B about this yet. At the time of this conversation, they are hanging out at Person B's house. They started off doing homework but have mostly been kissing and cuddling.

Person A: When are your parents coming home?

Person B: Not for a while. We're good. I have some condoms in my nightstand, you know...

Person A: Ummm... Okay, that's nice.

Person B: I mean...when are we going to...you know?

Person A: No, I don't know...what?

Person B: When are we gonna use the condoms? You know...have sex...

Narrator: Person A seems uncomfortable.

Person A: Oh yeah, that...Ummm...I just never thought we would actually have to talk about it...

Person B: Yeah I guess it's kind of an awkward thing to talk about.

Person A: Well, I really like you. A lot. More than I've ever liked anybody....

LAM-HW-F5 Participant Handout

Person B: Ok, so what's the problem?

Narrator: Person A takes a deep breath.

Person A: Well, I'm not having sex yet. I'm waiting until I'm ready.

Person B: What does that mean?

Person A: You know...it can get complicated and it's a lot to think about.

Person B: But I told you... I have condoms...

Person A: I know you have condoms. And that's cool you're so responsible. I'm just not ready.

Narrator: Person B looks sad and sighs.

Person A: But, I really like kissing you and stuff. I don't want to stop doing that.

Person B: You're not breaking up with me?

Person A: No! I want to be in a relationship with you—I'm just not ready for the relationship to include sex.

Person B: Okay. I understand.

Writing A Script

Instructions

- Create a dialogue between 2 characters, one who wants to have sex and one who wants to be abstinent.

How long have your characters known each other?

Where are your characters having this conversation?

Character 1

Name _____

Age _____

Character 2

Name _____

Age _____

