Planned Parenthood of Greater Washington and North Idaho
Teen Council
2025 – 2026
Protection

Enduring Understanding:

- STIs are common amongst sexually active young people. Most STIs are curable, and all are treatable, but most importantly, they are preventable.
- There are many reliable birth control methods available to young people. The best method is the one the user will use correctly and consistently.

Essential Questions:

1. How are STIs transmitted?
2. How can a person reduce or eliminate their risk of transmitting STIs?
3. How can a person use an external condom correctly?
4. What birth control methods are available and how can a person access them?
5. What does a person need to consider when choosing the birth control method that is right for them?
6. Where can a young person access these reproductive services?

Assessments:

1. Risk continuum card placement
2. Can raise/lower risk brainstorm
3. Condom lineup placement
4. Birth control shuffle responses
5. Responses to Communicating with Partners prompts

Agenda:

1. Introduction
2. Stats demo
3. Risk continuum
4. Condom demo
5. Break
6. BC Hook
7. BC Choices

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8. Communicating with partners
9. Conclusion + PP Services

Materials:

- Scripts, PPT, nametags, Glows + Grows sheet
- STI Stat Shape cards
- Risk Continuum cards + Headers
- Condom Line Up cards, demo tool, non-lubricated condoms
- BC Info sheets
- BC Kit

INTRODUCTION

♥ Hi everyone, welcome to our Protection workshop! We are Teen Council, and we're going to be facilitating this lesson today.

♥ ☺ Introduction of individual presenters (name/pronouns/grade/school)

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☺ And this is our Facilitator, Pamela/Tramanh, who's here to help us out with the lesson. Pamela/Tramanh is also a Mandated Reporter. Pamela/Tramanh, could you explain more about what that means? Facilitator gives brief reminder of role of mandated reporter.

♥ Teen Council is a peer led sex ed program through Planned Parenthood of Greater Washington and North Idaho. Teen Council's goal is to help young people have relationships that are healthy, safe and fun, so over the next few days, we'll be here discussing protection, consent, and sexual and gender identity.

☺ Today we'll be covering protection, meaning STI and pregnancy prevention. Even if you aren't currently sexually active or engage in the types of activities that put you at risk for pregnancy, we want to acknowledge that most people – regardless of sexual orientation or gender identity – will have sex that puts them at risk for either STIs or pregnancy at some point in life. And we want everyone to be prepared and safe if and when that happens!

♥ ★★We also want to be clear that we are not here to tell anyone what to do because we know that you are all capable of making healthy decisions on your own. Our goal is to help everyone have the information they need to make the best decisions for themselves.

About Teen Council

Now we'd like to share a bit about Teen Council with you.

- ☺ Why I joined TC
- ♥ Weekly Meetings

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- ☺ Peer-led Sex Ed
- ♥ Individual Peer Ed
- ☺ Teen Lobby Day

Group Agreements

★(Note: If this is your FIRST visit to the class, elaborate on each agreement. If this is a REPEAT visit to the class, just read the **bold** agreements, but leave out the elaborations to save time).

- ☺ **Create a supportive space** – this looks like creating the environment where everyone can learn
- ♥ **Participate please!** – the lesson is way more fun and engaging when everyone is participating
- ☺ **Respect different perspectives and experiences** – we all have different backgrounds, and our learning increases when we respect each other's unique experiences
- ♥ **Listen to understand (vs. judge)** – don't discount or discredit the valuable insights your classmates give
- ☺ **Ask questions** – you can raise your hand to ask, or wait until we have time at the end for anonymous questions
- ♥ **Remember that we're all learning** – even us as presenters, and even our Facilitator!
- ☺ **Identity is not up for debate** – you might not agree with everything that is said during our presentation, and that's okay. But part of being respectful of everyone means that we are not debating or asking someone to prove their identity.

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- ♥ **Take care of yourself and others**
  - Feel free to practice self-care during this lesson. That may mean taking a break, stepping outside, and coming back when you're ready. Follow your regular classroom procedures for taking a break.

- ☺ **Finally**, **be present, be brave, have fun!**

Knowledge Check

♥ Who can tell us what is an STI? Wait for students to raise hands/respond.

Sexually Transmitted Infection – an infection that is primarily spread from person to person through sexual contact. You may also hear these referred to as STDs or Sexually Transmitted Diseases. We generally use "STI" in an effort to destigmatize because "disease" carries more negative connotations. Both terms are correct, and you can use either!

☺ Can someone share what they know about birth control? Wait for students to raise hands/respond.

Birth control are different methods of preventing pregnancy – also referred to as contraception, you gave some us some examples, like the pill and IUD.

ADOLESCENT SEXUAL HEALTH STATISTICS

Statistics Demonstration

♥ We're going to look at some statistics about sex in the US to learn about the prevalence of sexual behaviors. We're going to distribute some cards with different shapes on them that will help us demonstrate these statistics. These statistics

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represent the country as a whole, not individuals in the class, so please be respectful of your classmates. This activity should be done silently.

☺ Pass out shape cards. Ensure the pink star is given to a participant who can handle standing alone in front of the class.

♥ Now we're going to read some directions and ask you to stand up or sit down based on the colors and shapes on your card. As a reminder, this should be done silently.

> ☺ If you have a blue star on your card, stand up. This group represents the ***68% of U.S. high school students who are not sexually active in high school.*** Okay, please sit down.
>
> ♥ Now stand up if you have a yellow arrow on your card. ***This group represents the 93% of people who have sex by age 25.*** ***Please stay standing.***
>
> ☺ If you have a red square on your card, please sit down. Those who are still standing represent the statistic that ***half of all new STIs occur in those between the ages of 15 and 24.*** Now you may sit down.
>
> ♥ Stand up if you have a purple square on your card. This group represents ***the 75% of young people who use a condom the first time they have sex***. Please sit down.
>
> ☺ Stand up if you have a pink star on your card. This represents the statistics that ***only 1 out of 100 couples get pregnant while using a highly effective method of birth control***. You may sit down, thank you.

Debrief:

♥ **What surprised you about these statistics?** Wait for students to raise hands/respond. Affirm responses.

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☺ **Why do you think STIs are so common among young people?** Wait for students to raise hands/respond. *Possible answers include: more focus on pregnancy prevention, more new partners, don't think it'll happen to them, etc.)*

- ♥ STIs are common, but most STIs are curable, and all STIs are treatable. If a person is sexually active, regular testing is important because many STIs don't have symptoms. Testing is usually low to no cost and is usually just a urine test or self-swab.

Important points to highlight

☺ More than half of people in high school are not sexually active, but almost all people have sex by the time they're in their early 20's.

♥ Sex is part of life that can come with some risks, so thinking about how to be prepared and safe is something we all need to do, even if we're not having sex at this time.

STI TRANSMISSION

☺ Let's talk about how we can protect ourselves against this common and preventable outcome of sex by learning how STIs are transmitted. Go through this information slowly to ensure participant comprehension.

♥ In general, STIs can be transmitted when these infected fluids or infected skin comes in contact with mucous membranes on the body, which are the moist tissue that lines openings into the body. These include the mouth, throat, vulva, vagina, penis and anus. *(The eyes and nose are also mucus membranes, but STIs in these areas are very rare.)*

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Fluid Cross Out

☺ We're going to talk about how STIs are spread. Out of these fluids listed on the screen, think about which fluids can or cannot transmit STIs. Read list of fluids out loud. Okay, which of these fluids do you think CANNOT transmit an STI? As students give suggestions, use a whiteboard marker to draw an X through the fluids that do not spread STIs.

♥ Saliva, urine and sweat do not generally transmit STIs. If a person had an STI infection in their throat, it is possible the STI could be spread through saliva but it is not as common. Herpes spread through kissing alone is not generally considered an STI. **All of these** remaining fluids, ***if infected***, could transmit an STI.

Common Symptoms

☺ As we mentioned earlier, the most common symptom of an STI is ***no symptom at all***. Without testing, people may not know that they have an STI because they may not feel different at all. If someone does have symptoms of an STI, these are common ones they may experience:

- Itching around the genitals
- Sores, a rash, or other irritation of skin around the infection site
- Pain or burning with urination
- Abnormal discharge (may appear yellowish, or have a strong smell)

♥ Some of these symptoms may be signs of other infections, like a UTI or a yeast infection. If you have any concerns, talk to your health care provider! What questions are there?

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Risk Continuum

☺ Tape up increased risk and reduced risk on board. We're going to determine which activities have a risk for getting or spreading STIs, and what level of risk they have. We're going to pass out cards with different factors that could have an impact on a persons risk of contracting or transmitting an STI. We want you to tape the cards on the board in terms of whether you think they would increase or lower a person's risk or chances.

♥ For example: oral sex, **might participating in oral sex increase a person's chances of getting an STI?** Tape ORAL SEX card under increased risk.

Increased Risk of STI	Reduced Risk of STI
Vaginal sex	Masturbation
Multiple partners	*Texting*
Lack of Lubrication	*Massage*
Using 2 condoms	*Cuddling*
Abusive relationship	Barriers *(condoms/dental dams/gloves)*
Lack of education	Getting tested *(most STIs don't have symptoms)*
Oral Sex	Honesty/communication with partners
Anal Sex	Monogamy *(having one sexual partner at a time)*
Stigma *(negative, and often unfair, beliefs around a topic/group of people)*	Access to reproductive health care
NOT using a condom	Kissing*

*(Again, herpes spread through kissing alone is generally not considered sexually transmitted)

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4. BARRIER METHODS

External Condom Line Up

☺ The most common protection method used by teens is a condom. Condoms can reduce the risk of both STI transmission and pregnancy. They work by creating a physical barrier between infected skin or infected fluids to prevent them from contacting mucus membranes during sexual activity.

- Condoms can also be used to prevent STI transmission if objects are being shared.
- We think it's important to show you how they work because condoms are much more effective at preventing STIs and pregnancy when used correctly!

♥ We're going to distribute cards with the steps to using a condom correctly. If you receive a card, please work with those around you to place the steps in order from first to last on the board.

☺ One TC member talks through the steps, correcting any mistakes and moving the cards as needed

♥ while their co-fa demonstrates using a condom and the demo tool.

External Condom Demonstration *Steps 2 and 3 are interchangeable*

1. Partners decide to have sex (consent)
2. Check package for air bubble
3. Check expiration date
4. Carefully open package (do NOT use teeth!)
5. Make sure condom is right side out (finger hat test)*
6. Pinch tip to create reservoir

Finger Hat Test

Place condom on index finger

Try to roll condom ONCE to make sure it's right side out

If it resists, try the other way!

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7. Roll condom all the way down to the base of the penis
8. (*If an ejaculation occurs)* After sex, grab condom by base, pull out of partner, and carefully remove condom
9. Throw condom away in trash (don't flush!)

Debrief:

☺ Where condoms are stored can also impact how effective they are at preventing an STI or pregnancy. Where do you think is the best place to store condoms?

- *Possible answers include: a bedside table, a sock drawer, the box they came in, under the bed, in a cabinet, a hard plastic pencil case, etc.*
    - A cool dry location where the condom will not experience any friction or extreme changes in temperature is best!

♥ In our demonstration, we used a non-lubricated condom. Most condoms come pre-lubricated. Lubricant is a slippery fluid that prevents friction. Why is using lubricated condoms important?

- The number one reason condoms break is because of lack of lubrication. Though condoms are often pre-lubricated, adding additional lube throughout the sexual activity can ensure the condom is most effective and that sex is a pleasurable experience for everyone involved!

☺ There are three types of lubes that can be purchased: Water based, Silicone based, and Oil based. Which do you think is the best type of lube to use with condoms?

- Water based is best to use both with condoms and objects. Silicone based can also be used with condoms but should not be used with silicone objects because it may degrade the material.
- Oil based lubricants can break down latex and cause them to break.

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Internal Condoms

♥ Internal condoms are another option for STI and pregnancy prevention. These are worn inside the vagina or anus to create a barrier between infected skin/fluids and mucous membranes. Internal condoms can be more expensive, but a person can also get a prescription from a doctor, which can lessen the cost.

☺ Show Internal Condom and ♥ talk though steps of using.

- To use an internal condom, a person should check for an expiration date and for an air pocket *(just like with an external condom)* before carefully opening the package.
- To use inside a vagina, the inner ring should be pinched and gently inserted into the body.
- To use inside an anus, the inner ring should be removed before inserting into the body.
- The outer ring should be outside the body, and lay against the labia or anus.
- After sex, twist the outer ring three times to seal any fluids inside, and gently pull on the outer ring to remove the condom and throw away in the trash.

Dental Dams

☺ Dental dams are a sheet of latex held outside the vulva or anus to create a barrier during oral sex, this prevents mouth to genital contact. If someone is performing oral sex on a penis, an external condom can be used to prevent STI transmission.

Dental dams can be purchased and look like this: Show store-bought dental dam. A person can also purchase wearable latex underwear, like the ones sold by My Lorals.

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DIY Dental Dam Demonstration

♥ You can also make your own dental dam out of an external condom!

1. Establish consent and check package for expiration date and air bubble.
2. Open package and remove condom.
3. Using a clean pair of scissors, cut off the tip of the condom.
4. Next, cut through the ring of the condom.
5. Carefully unroll. Now you have a dental dam!

These are the barrier methods available, and which one a person uses can change depending on the type of sex being had or the needs of a partner!

5. BREAK (5 minutes)

☺ Encourage participants to stretch, go to the restroom or get a drink of water.

During break, clear board and clean up condom demonstration materials.

6. BIRTH CONTROL + PREVENTING PREGNANCY

♥ Now we are going to transition from talking about STIs to talking about birth control and preventing pregnancy. While STIs can be transmitted through multiple types of sex, pregnancy only occurs through penis-in-vagina sex.

☺ Remember, most people have sex at some point in their life that could put them at risk for an STI or pregnancy – even people who don't identify as straight.

Ancient Methods

♥ Up on the screen, we have six things that, once upon a time, may or may not have been used as birth control in places around the world: Sneezing (or blowing your nose), lead, seaweed, pomegranate seeds, beeswax and crocodile poop.

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☺ We're going to read through these methods one more time, but this time we'd like you to raise your hand to vote for what you think was historically used as birth control. Read through all six methods again, pausing for hands.

♥ Regardless of what you choose, you are correct! All of these were once used as birth control. However, we want to be super clear that they did NOT work to prevent pregnancy.

☺ **Are there one or two you're curious about how they were used?** Give participants the opportunity to learn about 1 or 2 of these methods.

Sneezing/Blowing your nose – This historical method was suggested by an early Greek gynecologist. People were advised to immediately get up after sex, squat and sneeze to expel semen out of the vagina (circa 98 BCE).

Lead – This method was used to reduce fertility in China and Greece. Ancient Greek physicians suggested coating the cervix and vagina with lead prior to vaginal sex (6th century)

Seaweed – In South America (specifically Easter Island, off the cost of Peru), tribes used seaweed to create "cervical caps", attempting to block sperm from entering the uterus.

Pomegranate seeds – This was used in Ancient Greece. Some physicians thought that swallowing a pomegranate seed would prevent pregnancy, kind of like taking the pill!

Crocodile poop – This method was used in ancient Egypt (circa 1800 BCE). Crocodile poop was mixed with fermented dough, then sprinkled on the vulva or inside the vagina. It was thought to block sperm from reaching the uterus. Scientists today think it may have actually increased the chances of pregnancy by increasing the vagina's pH to be more hospitable to sperm.

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Beeswax – Beeswax was inserted into the vagina to act as a sticky barrier, preventing sperm from reaching and fertilizing an egg.

♥ So, what? Why does this even matter, you might ask? It matters because this tells us that birth control is not a new concept! As long as humans have been around, people trying to control if, when, and how many children they have. Fortunately, the methods we will go over today are much safer and more effective.

Birth Control History Continued

☺ As we learn about the history of birth control, it is also important for us to acknowledge the history of harm that many marginalized people experienced as these methods were developed.

♥ In 1956, the first large-scale human trial of the birth control pill was carried out in Puerto Rico. This step was critical to the pill's development at the time, but the testing conducted on Puerto Ricans was done without informed consent. As many as 1,500 Puerto Ricans participated in the trial. They were told only that the drug prevented pregnancy, not that the drug was experimental, or that they might experience potentially dangerous side effects. The pills used in the trial had hormone levels 20 times higher than birth control pills on the market today.

☺ The United States also has a long history of sterilizing people without their consent. Sterilizing refers to a permanent form of birth control, such as cutting the fallopian tubes. These practices targeted people of color, people with low-incomes, and individuals with intellectual and developmental disabilities.

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- From 1937-1968, 1/3 of people with uteruses in Puerto Rico were forcibly sterilized. They were not informed of the permanence of the procedure.
- In the 1970s, 25% of Native American people with uteruses were also forcibly sterilized.
- Incidents like these eventually led to the requirement of medically informed consent. However, in 2020 these requirements were disregarded at ICE detention centers during the forced hysterectomies of immigrants being held there.

♥ As we go forward into learning about the different methods today, we think it's important to keep this history in mind. We want to acknowledge that was a lot of information about some potentially really upsetting things. Let's all take a moment for self-care with a mindful breath. Lead class in a mindful breath by instructing quietly *inhale* and *exhale*. Pause before moving on.

How Pregnancy Happens

☺ Before we can talk about preventing pregnancy, we need to know how a pregnancy starts in the first place. There are two cells needed to start a pregnancy, who knows the names of those two cells? *Sperm cells (which come from testicles) and egg cells (which come from ovaries).*

♥ Let's learn a bit more about those sperm and egg cells in this short video. There will be no images of real people in this video. Play How Do You Get Pregnant | Planned Parenthood Video (1:58)

☺ The video can be summarized by this equation:

_____+_____+_____= Pregnancy

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What are the three steps in this equation?

Ovulation + Fertilization + Implantation = Pregnancy

♥ All the methods of birth control we will look at today are going to prevent one of these steps from happening. If just one step does not occur, there is no pregnancy.

☺ There are also many other reasons a person may use birth control besides preventing pregnancy. What other uses does birth control have? *Managing periods, acne, hormone regulation, and more!*

Birth Control Choices

♥ Let's talk about what factors are important to people when choosing a birth control method that is best for them.

☺ Each table group will get an information sheet about different birth control methods. We're going to give you a few minutes to look through these before we give you your next set of instructions. Distribute BCM info sheets.

♥Now that you've had a few minutes to review the materials, we are going to give you categories to determine which birth control methods fit into. Work with your group to decide this.

☺ **Which birth control methods are only available by prescription or a doctor, as opposed to over the counter or free?**

Give the class a chance to review the info sheets again and answer.

Once a few students have offered responses reveal the answers on the screen.

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♥ **How might this information influence which birth control method a person chooses?** *(Possible answers include cheaper/free methods are easier for teens to get, teens may be afraid to go to the doctor/may not have an adult to take them, etc.)*

☺ **Which birth control methods are more than 90% effective?**

- Give the class a chance to review the info sheets again and answer.
- Once a few students have offered responses reveal the answers on the screen.

♥ You might notice that methods that use hormones are all over 90% effective.

♥ Condoms can be over 90% effective at preventing pregnancy and STIs when used correctly. However, they are less than 90% effective with typical use. This is why we did the condom demonstration. It's important to remember all of the steps to make condoms the most effective!

☺ It's also important to remember that any method is more effective than no method. Not using any method of birth control is only 15% effective – meaning on average, 85% of couples having penis-in-vagina sex will experience a pregnancy within a year when not using any method of birth control.

♥ **Which birth control methods protect against STIs?**

- Give the class a chance to review the info sheets again and answer.
- Once a few students have offered responses reveal the answers on the screen.

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☺ Condoms are the only method, besides abstinence, that prevents both pregnancy and STIs.

- Condoms can be paired with any other method (like the pill, IUD, etc.)
- Abstinence, or not engaging in any sexual activity, is the only 100% effective method of preventing both pregnancy and STIs.

♥ Which birth control methods may be good option for teens? Is there one method that you think would work for every single teen? *Pause for answers.* **Why not? (Get response from class *before* revealing You-do-Uterus image).**

- In reality, it depends! You do uterus! While you might consider how available or effective a birth control method is, the "best" method of birth control is the method someone will use consistently and feels safe and comfortable using. The "best" method for one person may not work for another!

☺ What questions are there about these methods?

7. CONCLUSION

Planned Parenthood Services

♥ Before we wrap up, we want to make sure everyone knows where people can go to get birth control, condoms and STI testing,

☺ Condoms are free at Planned Parenthood.

♥ Most STI testing and birth control services at PP are also low to no cost for young people.

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☺ It is the law in Washington State that regardless of age, you can get confidential sexual health care without your parents' consent when needed. If you are at least 14 years old, you can receive testing and treatment for STIs without parental consent.

♥ We also encourage folks to talk to their parents or guardians about their health, but we know that not everyone is in a supportive environment to do so, which is why Planned Parenthood offers these services to young people confidentially.

☺ You can always call your local PP with questions or to make an appointment! You can also ask questions online through our anonymous chat bot Roo, at roo.plannedparenthood.org.

♥ What questions are there about these services?

Teen Council

☺ If you're interested in joining Teen Council, applications for the 2026-2027 school year will open in the spring so be on the lookout for more info. Interviews will be held in May!

Anonymous Questions (If time)

♥ The last thing we're going to do is collect anonymous questions. We are going to pass out a piece of paper and ask you to write down a question that you have for us! It can be about anything we talked about today.

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☺ If you do not have a question, try to think of a question someone else might have or you can write a comment or piece of feedback for us. Everyone needs to write something to keep it anonymous!

♥ Do NOT write your name! Fold your paper in half when you're done, we will come around to collect it.

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