

Sexual Health/FLASH

Climate Setting

FLASH Bill of Rights:

1. The right to be treated with respect
2. The right to protect the privacy of oneself, one's family and friends
3. The right to ask questions about sexual health without being judged
4. The right to receive accurate answers
5. The right to one's beliefs, including the beliefs of one's family, culture and faith

We also believe...

- _____
- _____
- _____
- _____
- _____
- _____

Reproductive System

Key Concepts:

- People's bodies can look very different from each other. These differences are normal and healthy.
- The reproductive systems of males and females have many similarities.

Male Reproductive System

Anatomy (refer to your male reproductive system worksheet for structures)

1. _____—a muscular sac that holds the two testicles; keeps sperm at the right temperature by bringing the testicles closer to the body when cold and further from the body when warm; provides sensation.
2. _____—during puberty, the testicles start producing sperm, which are the male sex cells, and testosterone, which is the male sex hormone.
3. _____—atop each testicle; sperm mature here before leaving the body.
4. _____—when sperm leave the epididymis, they travel through long tubes called the vas deferens; along the vas deferens the sperm pass by different glands that secrete fluids of varying purposes.
5. _____—secretes fluid that contains fructose (energy source for sperm)
6. _____—secretes a milky alkaline fluid; fluids from the seminal vesicles and prostate gland in combination with sperm form semen.
7. _____—liquid from the Cowper's glands is also called pre-ejaculate because it leaves the body before the other fluids; protects sperm from the acid in urine.
8. _____—runs inside the penis and has an opening at the end of the penis; the opening of the urethra at the end of the penis is where semen and urine leave the body; only one fluid at a time can leave the body.
9. _____—made up of the shaft, glans and, at birth, the foreskin; has many nerve endings, which makes it very sensitive; the glans has the most nerve endings.
10. _____—protects the glans of the penis; males who have been circumcised don't have a foreskin; also provides sensation.
11. _____—grows during puberty at the base of the penis.

Female Reproductive System

Anatomy (refer to your female reproductive system worksheet for structures)

1. _____—where eggs are produced and mature; an egg is called an *ovum*; girls are born with ova already in their ovaries; puberty, the ovaries begin producing the *estrogen*, the female sex hormone; *ovulation* is the process of a mature egg leaving the ovary.
2. _____—fringe-like ends of the fallopian tube; when a mature ovum leaves the ovary, the fimbria guide it into the fallopian tube.
3. _____—carries the ovum to the uterus; *fertilization* is when the egg cell and sperm cell join, typically in the fallopian tube.
4. _____—pregnancy will begin when the fertilized egg attaches to the lining of the uterus, which has built up a rich lining of tissue and blood; if fertilization does not occur, the lining of the uterus will be shed out of the body over the next few days in the process known as *menstruation* or a period; menstruation starts at puberty and ends with *menopause*.
5. _____—otherwise known as the uterine lining; is shed on day one of the menstrual cycle
6. _____—the bottom section of the uterus; produces fluid that has a different consistency and color at different times of the menstrual cycle. For example, cervical fluid is wetter and more stretchy during ovulation; the small opening of the cervix is at the back of the vagina.
7. _____—a muscular, stretchy organ on the inside of the body; provides a passageway into the body for sperm and out of the body for vaginal fluids, menstrual fluids and a baby during childbirth; during menstruation, the menstrual fluid leaves the uterus by flowing through the cervix and vagina, and out of the body
NOTE: Many girls are born with tissue called the *hymen* that partly covers the opening of the vagina. During puberty, estrogen makes the hymen very stretchy. It does not get in the way of tampons or intercourse. A person cannot tell if a woman has used tampons or had intercourse by looking at the hymen.
8. _____—the word for female genitals, the parts of the reproductive system on the outside of the body; includes the clitoris and labia.
9. _____—has many nerve endings, which makes it very sensitive.
Shaft of clitoris—inside the body; provides sensation
Glans of clitoris—outside the body; located in the front of the urethra and vagina
10. _____—two folds of skin around the openings of the urethra and vagina; the top of the labia meet at the clitoris; the outer labia have pubic hair; the labia also provide sensation.
11. _____—tubing carrying urine to the outside of the body; located between the clitoris and vagina.
12. _____—starts growing at puberty; it grows on the vulva, but not near the opening of the vagina or on the clitoris.

Types of Sexual Contact

- _____ sex is when one person's mouth goes on another person's genitals
- _____ sex is when a penis goes in someone's anus
- _____ sex is when a penis goes in someone's vagina.

Components of Sexual Response

1. _____—the feeling of wanting to be sexually close to someone; a person who feels desire may or may not decide to be involved in sexual activity.
2. _____—is the experience of being sexually excited.
 - Arousal can result from a person's thoughts and attractions, as well as from sexual activity with another person or during masturbation. People may have very different emotions during arousal depending on the circumstances.

- For women, arousal often includes the clitoris becoming erect, the vagina getting wetter, and the labia swelling.
 - For men, arousal often includes the penis becoming erect, the scrotum moving closer to the body, and a small amount of fluid being released from the penis.
 - For all, arousal often includes the heartbeat and breathing getting faster, nipples getting erect, and skin becoming more sensitive.
3. _____— is a reduction of sexual tension that can happen gradually over time, or more immediately during an orgasm.
- An *orgasm* is a release of sexual tension that results in muscle contractions in the pelvic area and a physical feeling of sexual pleasure; for men, orgasm also includes ejaculation.
 - Like arousal, orgasm is a physical response that can happen during sexual activity with another person or during masturbation; people may have very different emotions during orgasm depending on the circumstances.

Pregnancy

Process of Conception

Sperm and Egg

- It takes an egg cell and a sperm cell to start a pregnancy.
- The egg cell and sperm cell are different from all the other cells in the human body. They have half as many *chromosomes*. Chromosomes are the parts inside a cell that determine which characteristics are passed from generation to generation.
- When a sperm and egg join, their chromosomes form into pairs, with 2 pairs of 23 chromosomes, for a total of 46.

The First Week After Conception

- Egg cell and sperm cell can join in a few different ways: through vaginal intercourse, donation of sperm to a woman or the help of medical technology.
- When a man ejaculates during vaginal intercourse, a teaspoon of semen goes in the woman's vagina. The semen contains about 300 million sperm. Thousands enter the uterus, with help from the fluid in the woman's cervix, and travel toward the fallopian tubes. It takes 2 days for sperm to begin reaching a fallopian tube.
- If the woman recently ovulated and an egg cell is present, only one sperm cell may enter the egg. Fertilization is complete when the egg cell and sperm cell have joined.
- Over half of all fertilized eggs die for various reasons. If the fertilized egg doesn't die, then, within 12 hours, it begins to divide, becoming two cells, then four, then eight. As it is dividing, it travels down the fallopian tube toward the uterus.
- By the fourth or fifth day, the fertilized egg is only the size of a grain of sand. It enters the uterus and burrows into the rich lining. This nesting process is called implantation.

Sex Determination

- Every cell in the human body has a pair of sex chromosomes. These two chromosomes determine a person's biological sex.
- People with an X chromosome and Y chromosome are biologically male. People with two X chromosomes are biologically female.
- Remember that egg and sperm cells only have half the chromosomes of other cells. Half of a man's sperm cells have an X chromosome, the other half have a Y chromosome. All of the woman's egg cells have an X chromosome.
- When an egg joins a sperm with a Y chromosome, the newly formed cell is biologically _____.
- When an egg joins a sperm with an X chromosome, the newly formed cell is biologically _____.

Early Signs & Symptoms of Pregnancy

- _____—most of the time, periods stop from the beginning of pregnancy, but not always.
- _____—as early as 2 weeks after conception, hormone changes may make the breasts feel tender, sore, fuller or heavier.
- _____—hormone changes during pregnancy can make a person feel sleepy and less energetic.

- _____—sometimes called “morning sickness,” nausea can happen any time of the day and also comes from the hormone changes of pregnancy; can include vomiting or not.
- _____—the feeling of having to go to the bathroom a lot can also be a symptom of pregnancy; this sensation sometimes stops and then comes back later in the pregnancy.

Pregnancy Timeframe

For the first 2 months, the set of developing cells is called an embryo. After that, it is called a fetus. People often use the word “baby” during pregnancy, but baby refers to the time after birth. Pregnancies are often described in 3-month periods of time or “trimesters.”

1. *The First Trimester*—the first 3 months after conception.
 - During this time, all the organs begin to develop. This is when the embryo is most at risk for damage from infections and substances such as alcohol and nicotine.
 - The term “prenatal care” means taking care of the pregnant woman’s health during pregnancy, which is very important right from the start of the pregnancy. Trying to eat well, rest, take vitamins, exercise, and avoid alcohol, nicotine and other drugs are all important things to do. Seeing a prenatal doctor or midwife is also important at this time.
 - The first trimester is also when most abortions take place. Abortion is ending a pregnancy with the help of a doctor. It is the most common medical procedure in the United States. People have many different beliefs and feelings about abortion.
 - By the end of the first trimester, the fetus weighs about 1 ounce, about the weight of a quarter.
2. *The Second Trimester*—the next 3 months of pregnancy.
 - During this time, the organs continue to grow and mature.
 - By the end of the 6th month, the fetus weighs just under 2 pounds, about as much as a can of soda. It is unable to survive outside the uterus without extraordinary medical attention.
 - Prenatal care is still very important at this time.
3. *The Third Trimester*—the last 3 months of pregnancy until birth.
 - During this last trimester, the fetus’s brain and lungs continue to mature. The fetus begins to open and close its eyes, suck its thumb, and respond to light and sound.
 - By the end of the third trimester, when the baby is born, the average weight is 7½ pounds, though many babies are smaller or larger.
 - It’s important to know about laws that protect newborns. These are often called “safe harbor” or “safe haven” laws. Every state allows people in crisis to hand over their newborns to the proper authorities, such as a hospital or fire station, anonymously and without getting in trouble. The purpose of these laws is to protect infants and make sure that there is someone to take care of them.

At any time in a pregnancy, an adoption plan can be made.

- Adoption is when people become the legal parent of a child that is not their biological son or daughter. Adoption is more common than many people think; over 2% of all U.S. children are adopted. If there is an adoption plan in place, the baby will go to live with the adoptive parents after it is born.

Sexual Orientation and Gender Identity

Key Concepts:

People know that they are gay, lesbian, bisexual, or straight because of how they feel, not because of who they have sex with.

- People do not need to have sex with someone to know what their sexual orientation is.
- Having sex with someone of another gender does not necessarily mean someone is straight, nor does having sex with someone of the same gender necessarily mean that someone is gay.

Gender expression doesn’t determine sexual orientation.

- Sometimes it is hard to tell if someone is a girl or a boy by looking. That doesn’t mean that person is gay.

Science doesn’t know why people develop their specific sexual orientation or gender identity.

- Most scientific organizations think that sexual orientation and gender identity are already formed at birth.
- People with all sexual orientations and gender identities have existed throughout history.

Sex and Gender Characteristics

Biological Sex

Gender Identity

Sexual Orientation

Sexual Behavior

Sex and Gender Terminology

- _____—A deep feeling people have about whether they are a guy, a girl, both or neither.
 - _____—when an individual's *biological sex* at birth matches the person's sense of gender
 - _____—when an individual's *biological sex* at birth does *not* match the person's sense of gender
- _____—Determined by whether a person is attracted to the same gender, another gender or all genders.
 - _____—A person attracted to others of the *opposite* gender
 - _____—A person attracted to others of the *same* gender
 - _____—A male/female attracted to both males and females

Undoing Gender Stereotypes

Key Concepts:

There are lots of ways to be a guy or a girl.

- U.S. society teaches us things about how men and women should act that aren't always true and can actually harm people.

- It is not OK to make fun of guys for doing things that are thought of as "girl things," or to make fun of girls for doing things that are thought of as "guy things."

- _____—How a person behaves, talks and/or dresses.

Repercussions of Gender Stereotypes

- Straight people might feel like they have to stay away from LGBT people so they don't get labeled as gay.
- Makes it hard for people to be themselves.
- Harder for people to pursue their interests, especially if the interest is stereotypically associated with the other gender (for example, a boy who likes to sing, a girl who wants to be a truck driver).
- Makes people feel ashamed of who they are, especially if they are LGBT.
- Harder for people to wear the clothes they like or listen to music they like, especially if others think it is not the right choice for their gender.

Healthy Relationships

(see Social Health notes to review)

Communication and Decision-Making

(see Social Health notes to review)

Coercion and Consent

Key Concepts:

Everyone has the right to say who touches their body and how.

- You don't have to let anyone touch you, no matter who that person is.

There are laws about sex that everyone must follow.

- Having sex with someone who is much younger than you is against the law.
- Having sex with someone without getting consent is against the law.
- Adults are not allowed to have sex with kids or touch them in sexual ways.

Consent is permission or agreement to engage in sexual activity.

- Having sex with someone without getting consent is against the law.
- It is not consent if people agree to sexual activity because they were pressured or forced.
- People who are drunk, high or asleep cannot give consent.
- People have to get consent even if they are dating or married.
- Both guys and girls need to give and get consent in all sexual encounters.
- Getting consent for one type of sexual activity does not mean you have consent for other sexual activities.

Terminology & Laws

- In Washington State, "_____ means that at the time of the act of sexual intercourse or sexual contact, there are actual words or conduct indicating freely given agreement to have sexual intercourse or sexual contact."
- _____ "is the use of manipulation to persuade people to do something they may not want to do, such as being sexual or performing certain sexual acts." May also include:
 - Abusing a position of power to manipulate someone
 - An older person taking advantage of a younger person
 - Supplying/abusing substances such as alcohol and other drugs
- Even if there is consent, sex or sexual touching is illegal if the person is under a certain age:
Age Laws for Consent in Washington State:
 - Under 12 with person who is more than two years older = statutory rape
 - 12 or 13 with person who is more than three years older = statutory rape
 - 14 or 15 with person who is more than four years older = statutory rape
 - 16 or 17 with person who is more than five years older and in a supervisory position of power (coach, teacher, employer or social worker) = sexual misconduct

Abstinence

Key Concepts:

Most high school students are abstinent.

- Abstinence means choosing not to have oral, anal and vaginal sex.

- Oral sex is when one person's mouth goes on another person's genitals, anal sex is when a penis goes in someone's anus (butt), and vaginal sex is when a penis goes in someone's vagina.

There are times in everyone's life when abstaining from sex is the healthiest choice.

- People choose not to have sex for lots of important reasons, including protecting their health and their goals for the future, because of their religion, or because they are waiting for the right person.
- Most teens and adults choose abstinence at different times in their lives.
- People of every sexual orientation choose abstinence – gay, lesbian, bisexual and straight.
- People who have had sex before choose to be abstinent.

Choosing abstinence means a person doesn't have to worry about pregnancy or STDs.

- Abstinence is a 100% effective way to not get pregnant or catch an STD.
- Teens who are not having sex still need to learn about birth control and STDs, so they can be healthy in the future, and so they can help their friends.

Teens who choose not to have sex have many strategies to help them be abstinent.

- It's important for people to talk with their partners about whether or not they want to have sex before they are in a sexual situation, but it's never too late to talk about it.
- It's helpful for people to know for themselves the important reasons they are choosing abstinence.
- Avoiding drugs and alcohol makes it easier to be abstinent.
- It's helpful to have friends who support the decision to abstain from sex.
- It's helpful to avoid situations where sexual activity is more likely, such as being home alone with a boyfriend or girlfriend.

Refusal Skills

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

Birth Control Methods

Key Concepts:

Birth control is good at preventing pregnancy.

- Using ANY method of birth control is much more effective at preventing pregnancy than using none.
- Emergency contraception is the only birth control method that prevents pregnancy after sex.

Condoms are good at preventing pregnancy, STDs and HIV.

- Condoms are the only birth control method that also protects against STDs and HIV.
- Using a condom plus another effective birth control method provides even better protection against pregnancy.

Birth control is very safe.

- All methods of birth control have fewer health risks than pregnancy and childbirth.

Many teens successfully use birth control.

- In Washington State, teens can get birth control without their parent/guardian's consent.

Gay, lesbian, bisexual and straight teens need to learn about birth control and STD prevention.

- At some point in most people's lives they need to know about how to prevent pregnancy and STDs, for themselves or for a friend.

Types of Birth Control Methods

Mirena IUD _____

Implant _____

Male Condom _____

Emergency Contraception (EC) _____

Depo Shot _____

Birth Control Pill _____

Patch _____

Vaginal Ring _____

Withdrawal _____

Preventing HIV and Other STD's

Key Concepts:

An STD is an illness that people catch from having sex with someone who already has it.

- The most common way to get an STD is by having sex without a condom with someone who already has an STD.
- Some STDs, including HIV, are spread by sharing needles.
- Some STDs, including HIV, are spread from mother to baby, through pregnancy, childbirth or breastfeeding.
- Lots of teens have STDs.

You can prevent getting HIV and other STDs.

- It is very important for teens to protect themselves from HIV and other STDs.
- People can prevent getting HIV and other STDs by not having sex. People can prevent getting HIV and other STDs by using a condom every *time* they do have sex.
- People can prevent getting HIV and other STDs by not sharing needles.
- People cannot catch HIV or other STDs from casual contact, such as holding hands, sharing drinks or kissing.

Why would someone want to avoid getting an STD?

People can get an STD by...

People might think they have an STD if...

If people think they might have an STD, they should...

People can reduce their risk of giving or getting an STD by...

Condoms to Prevent Pregnancy, HIV and Other STD's

Key Concepts:

HIV is a very serious illness that eventually causes death.

- People who have HIV can live for a long time with the help of a doctor.
- HIV is a type of STD.

Many teens successfully use condoms.

- Almost all teens who have sex have used a condom at some point.
- Condoms are easy to get and easy to use.
- Condoms give men an opportunity to take an important role in preventing pregnancy, HIV & other STDs.

Steps to Correctly Placing a Condom

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Testing for HIV and Other STD's Lesson

Key Concepts:

The only way to know if you have HIV or another STD is to get tested.

- Most people who have an STD, including HIV, do not have any symptoms.
- You can't tell if someone has HIV or other STDs by looking.
- Many people who have HIV or other STDs don't know they have them.
- In this community, teens can get tested for HIV and other STDs at (name of local clinic).
- In Washington State, teens are not required to get anyone's permission to get a test for HIV and other STDs.

It is important to treat people who have HIV or other STDs with respect.

HIV/AIDS

- _____ (HIV)—a virus that attacks the body's immune system
- _____ (AIDS)—a stage of an HIV infection resulting in a severe immune deficiency

Under attack!

- _____—white blood cells made in bone marrow that help your body fight disease causing organisms or pathogens
- Two types of lymphocytes involved in infection:
 - _____—stimulate B cells to produce antibodies, proteins that help destroy pathogens that enter the body
 - _____—tag the pathogen for destruction by other lymphocytes with antibodies
- HIV enters certain cells, including helper T cells, where they reproduce their genetic material. More helper T cells then become infected and are destroyed. With a decrease in helper T cells, the immune system is weakened and the body has difficulty defending itself from other invading pathogens.

How is HIV transmitted?

Myths: _____

Facts: _____

Symptoms of an HIV Infection

- An infected person may or may not experience illness/symptoms
- Fever
- Rash
- Headache
- Body aches
- Swollen glands

What is AIDS?

- AIDS is a disorder associated with the last stage in the course of an HIV infection

- _____—infections and other diseases caused by organisms that do not usually produce illness in healthy people with unimpaired immune systems

HIV Testing

- It takes _____ months for the body to produce antibodies following infection. After 6 months since the exposure, tests are 99% accurate in detecting antibodies.
- Where to get tested: _____

HIV Treatment

- No 100% effective vaccine or cure is currently available
- New drugs have prolonged infected patients' lives (protease inhibitors in combination with antiviral medicines="cocktails"); drug cocktails have given people a false sense of security in that they feel/think we have found a cure for HIV

Sexual Health Resources in King County

Birth Control and STD Clinics

These clinics have birth control, condoms, emergency contraception, pregnancy tests, STD tests and HIV tests. Services are confidential. Teens in Washington State can sign up for free birth control insurance, called Take Charge, at Public Health and Planned Parenthood.

Public Health – Seattle & King County
Free or low cost teen clinics
206-263-1505
www.teenclinic.com

Planned Parenthood Great Northwest
1-800-769-0045
www.plannedparenthood.org

- Birth control method information (World Health Organization): Scroll down to see chart.
<http://www.who.int/mediacentre/factsheets/fs351/en/>
- STD information (Centers for Disease Control): <http://www.cdc.gov/std/>
- HPV vaccine information (Centers for Disease Control): <http://www.cdc.gov/vaccines/vpd-vac/hpv/>

Help Finding a Clinic and Other Services

Community Health Access Program (CHAP Line)
206-284-0331 or 1-800-756-5437
Also helps people apply for health insurance
chap@kingcounty.gov

Teen Link
1-866-833-6546
www.866teenlink.org

Prenatal Care

Public Health – Seattle & King County
Maternity Support Clinics and WIC
206-263-1505
www.kingcounty.gov/healthservices/health/personal/MSS.aspx

Abortion Clinics

Cedar River Clinics
(425) 255-0471
www.cdearriverclinics.org

Planned Parenthood
1-800-769-0045
<http://www.plannedparenthood.org/planned-parenthood-great-northwest>

Adoption Agencies

Amara
(206) 260-1700
<http://amaraparenting.org>

Open Adoption & Family Services
1-800-772-1115
<http://www.openadopt.org/>