



Sexual Health and Relationship Education

HIGH SCHOOL DAY 1



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Welcome to the
JUDGEMENT
FREE ZONE

**HOW MANY TEENAGE
GIRLS WILL GIVE BIRTH
THIS YEAR IN THE U.S.?**

- A. 50,000**
- B. 100,000**
- C. 120,000**
- D. 140,000**

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WHICH STATEMENT IS TRUE?

- A. Girls can't get pregnant right after their period.**
- B. You can't get pregnant if you have sex standing up.**
- C. The CDC recommends abstinence as the best way to avoid unplanned pregnancy.**
- D. Condoms are 98% effective with typical use.**

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ABSTINENCE

Avoiding any kind of sexual contact for a certain time frame.

- **Until marriage**
- **Until after college/full time job**
- **Until after high school**

Why might it be important to consider abstinence at this point in your life?

What are some of the benefits of choosing to be abstinent (for the first time or to start over with abstinence) as a high school student?

- **Emotional**
- **Preventing pregnancy**
- **Preventing STD/STIs**

ARE YOU THINKING CLEARLY?



REFUSAL SKILLS

Practice these now and use them when necessary.

What are some ways to refuse the following?

- **Alcohol**
- **Tobacco**
- **Drugs**

**Can alcohol and drugs contribute to unsafe situations?
How?**

- **Sexual abuse**
- **Sexual assault**

STAYING SAFE

What kinds of things can increase sexual risk?

- **Alcohol**
- **Drugs**
- **Others?**

How can these things impact your ability to:

- **Set boundaries?**
- **Perceive boundaries of others?**
- **Respect boundaries of others?**

WHAT PERCENTAGE OF U.S. TEENS, UP TO AGE 19, HAS NEVER HAD INTERCOURSE?

- A. Less than 10%**
- B. About 20%**
- C. About 35%**
- D. About 70%**

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Monogamy is when you.....

- A. Only have one sexual partner.**
- B. Decide not to have sex with anyone.**
- C. Having sex with only one person at a time.**

Monogamy is when you.....

A. Only have one sexual partner.

B. Decide not to have sex with anyone.

C. Having sex with only one person at a time.

I can say, "NO".

A. True

B. False

I can say, "NO".

A. True

B. False

FOR DISCUSSION

What could you say/do if someone offered you drugs/alcohol/tobacco?

What if someone wanted to kiss you, but you weren't into it?

What if your boyfriend/girlfriend invites you to their house while their parents are away?



**You're making the
wrong choice if....**

**You're really nervous, in a
bad way⁵**

You just want to "get it over with"⁶

You are trying to gain popularity⁶

BOUNDARIES

Why should you respect someone else's boundaries?

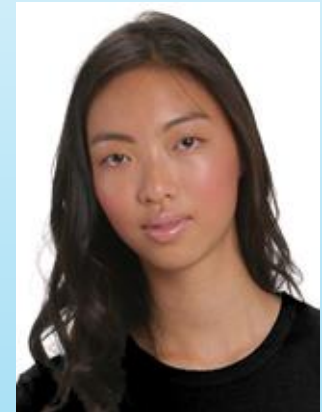
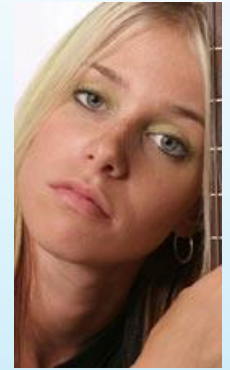
What is wrong with violating your boyfriend/girlfriend's boundary?

Why is it wrong to manipulate someone into having sex?

What are some ways that you could be manipulated into having sex?

Why is it wrong to threaten someone to try and get them to have sex?

THE FEMALE'S BODY *PREPARES* MONTHLY FOR PREGNANCY FROM PUBERTY TO MENOPAUSE.^{1,2}



She can only get pregnant on **2-6 days** of each of those months.³



MAY 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

 = the Egg
 = Fertile/Danger Zone



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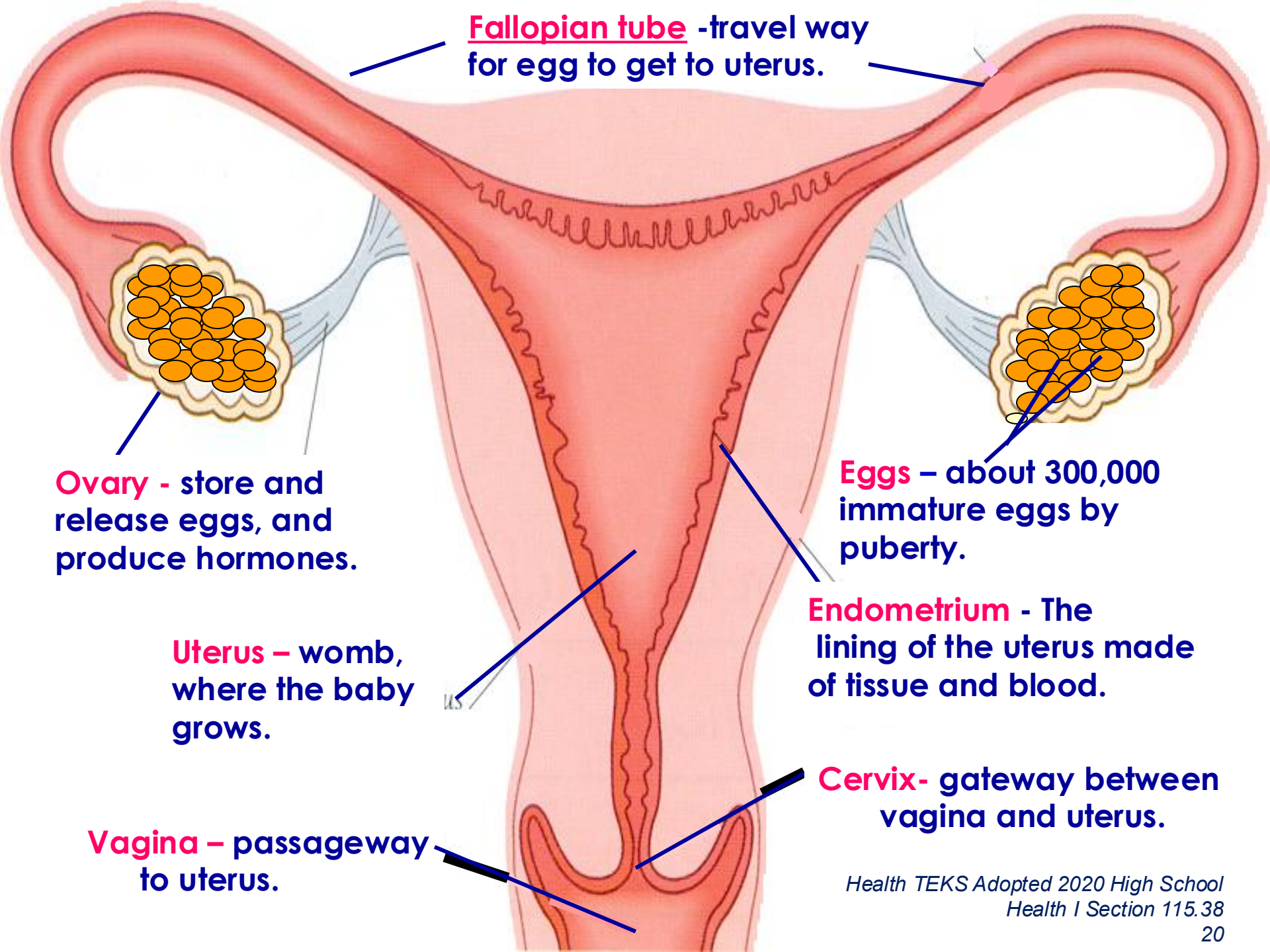
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Fallopian tube -travel way for egg to get to uterus.

Ovary - store and release eggs, and produce hormones.

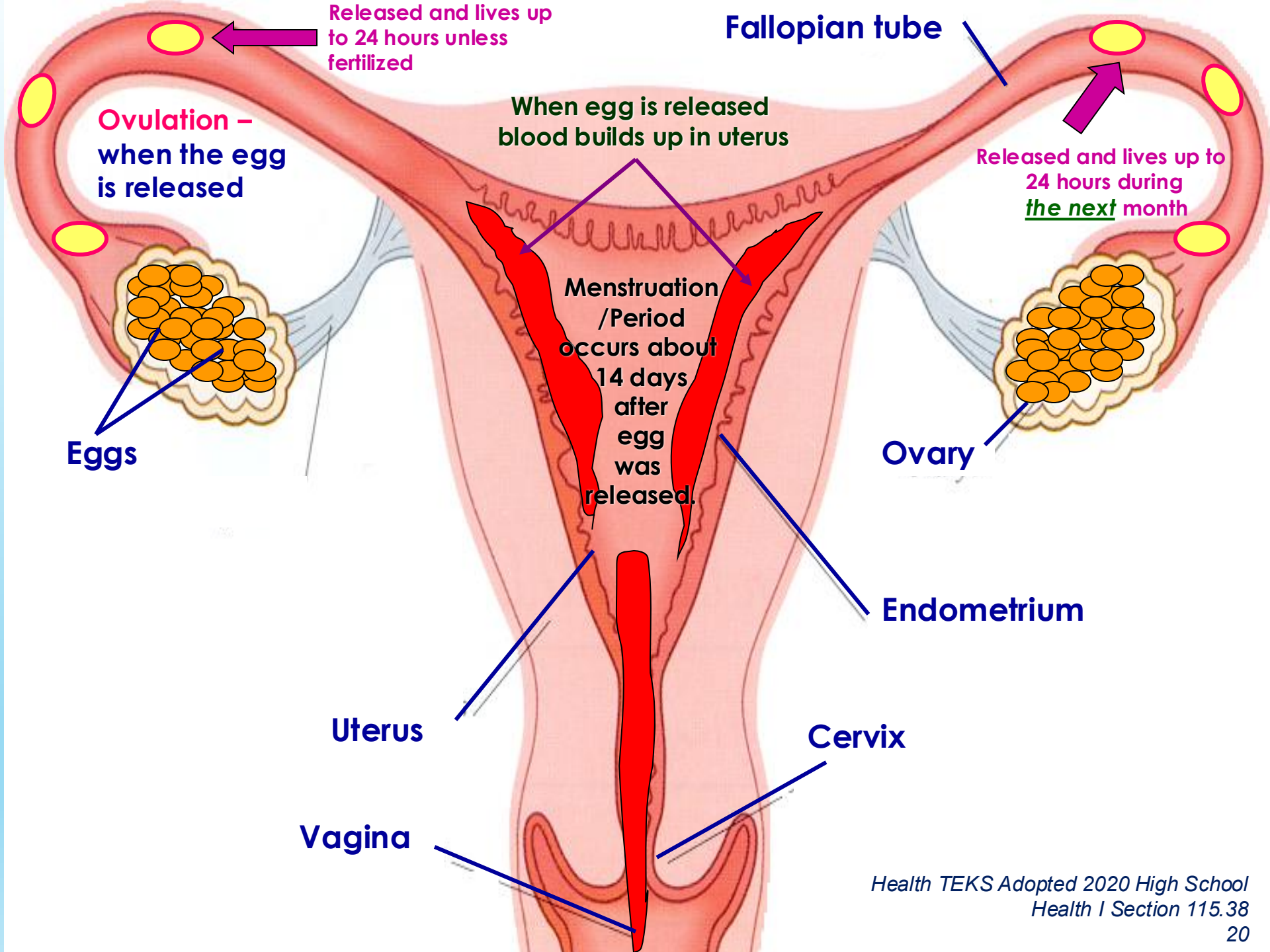
Uterus - womb, where the baby grows.

Vagina - passageway to uterus.

Eggs - about 300,000 immature eggs by puberty.


Endometrium - The lining of the uterus made of tissue and blood.

Cervix- gateway between vagina and uterus.





MALES BEGIN TO PRODUCE SPERM DURING PUBERTY. (AROUND AGE 9-15)¹



Guys have the *potential* to produce a baby **any day of the month** when having sex with a female.²



Sperm can survive in the female reproductive tract for up to 5 days.³

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 = the Egg
 = the Sperm



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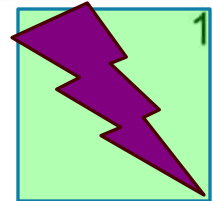
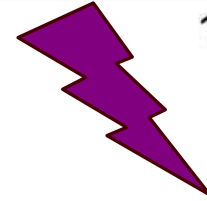
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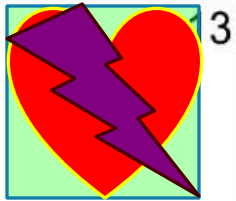
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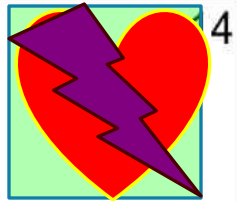
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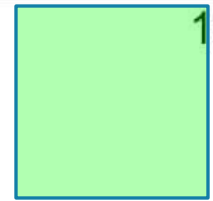
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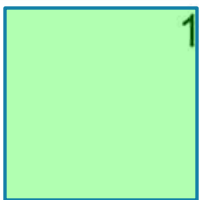
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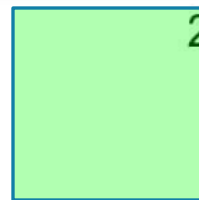
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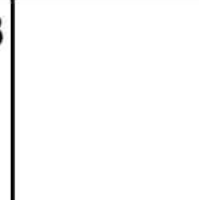
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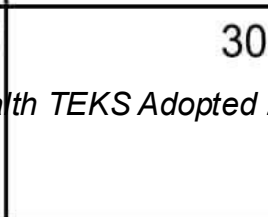
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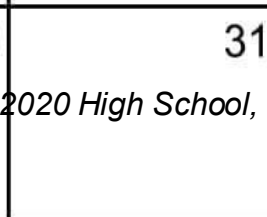
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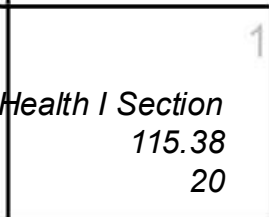
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The seminal vesicle secretes a thick fluid that nourishes the sperm and forms semen when sexually stimulated.

The bladder is where urine is stored.

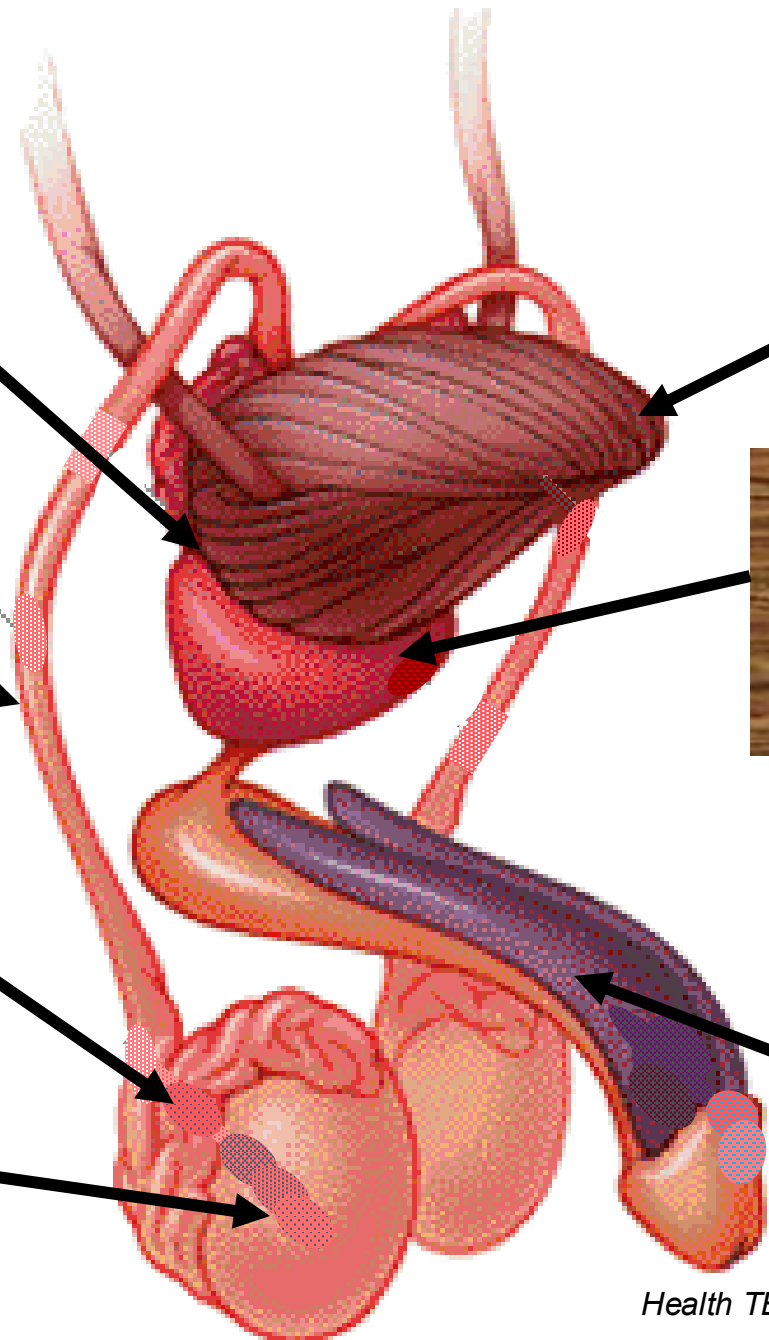
Vas deferens passes sperm along.

Prostate gland contributes fluid that makes up part of semen.

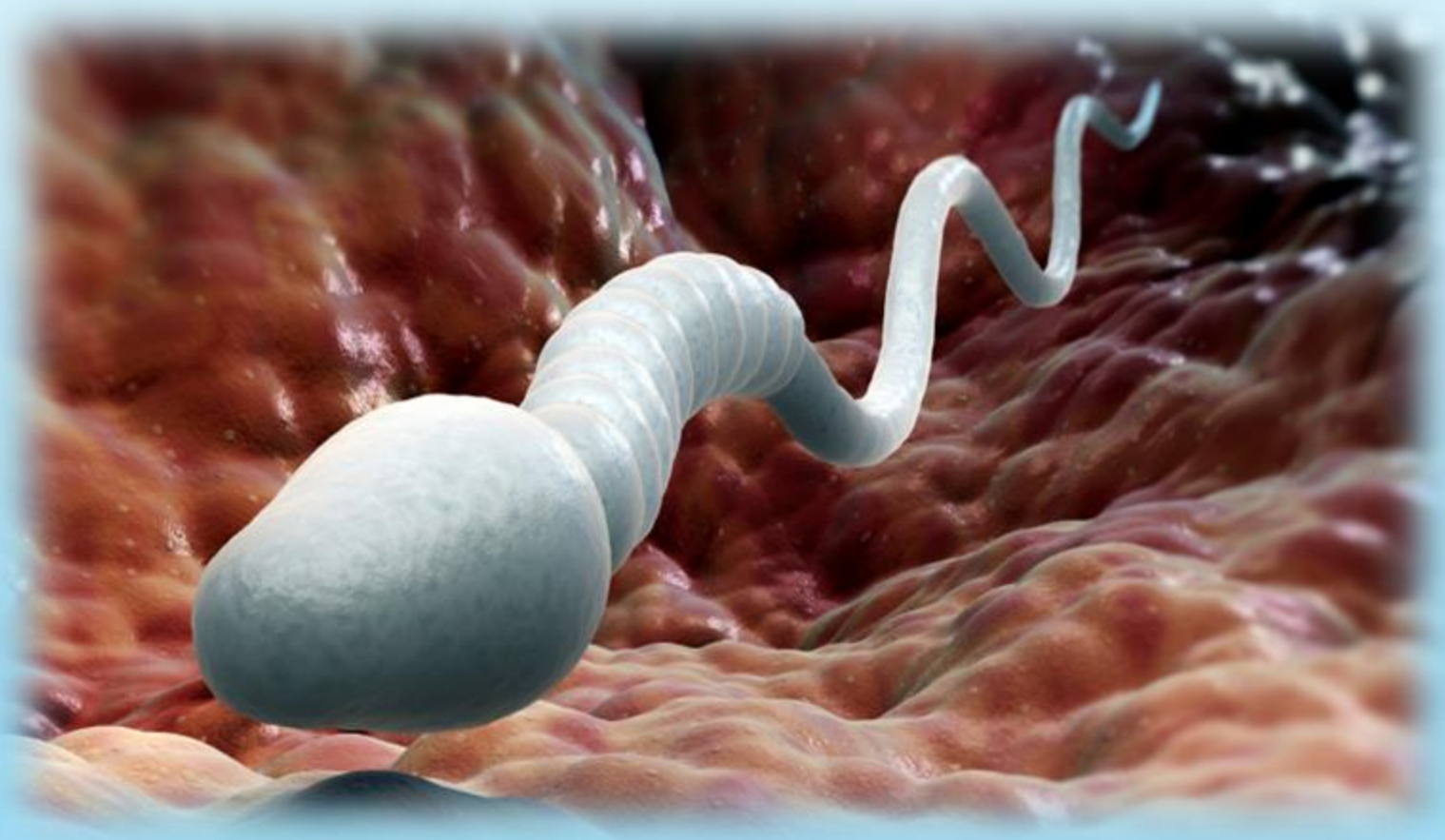
Epididymis is where sperm cells are stored and mature.

Testicles produce the sperm and testosterone.

The penis fills with blood to cause an erection.



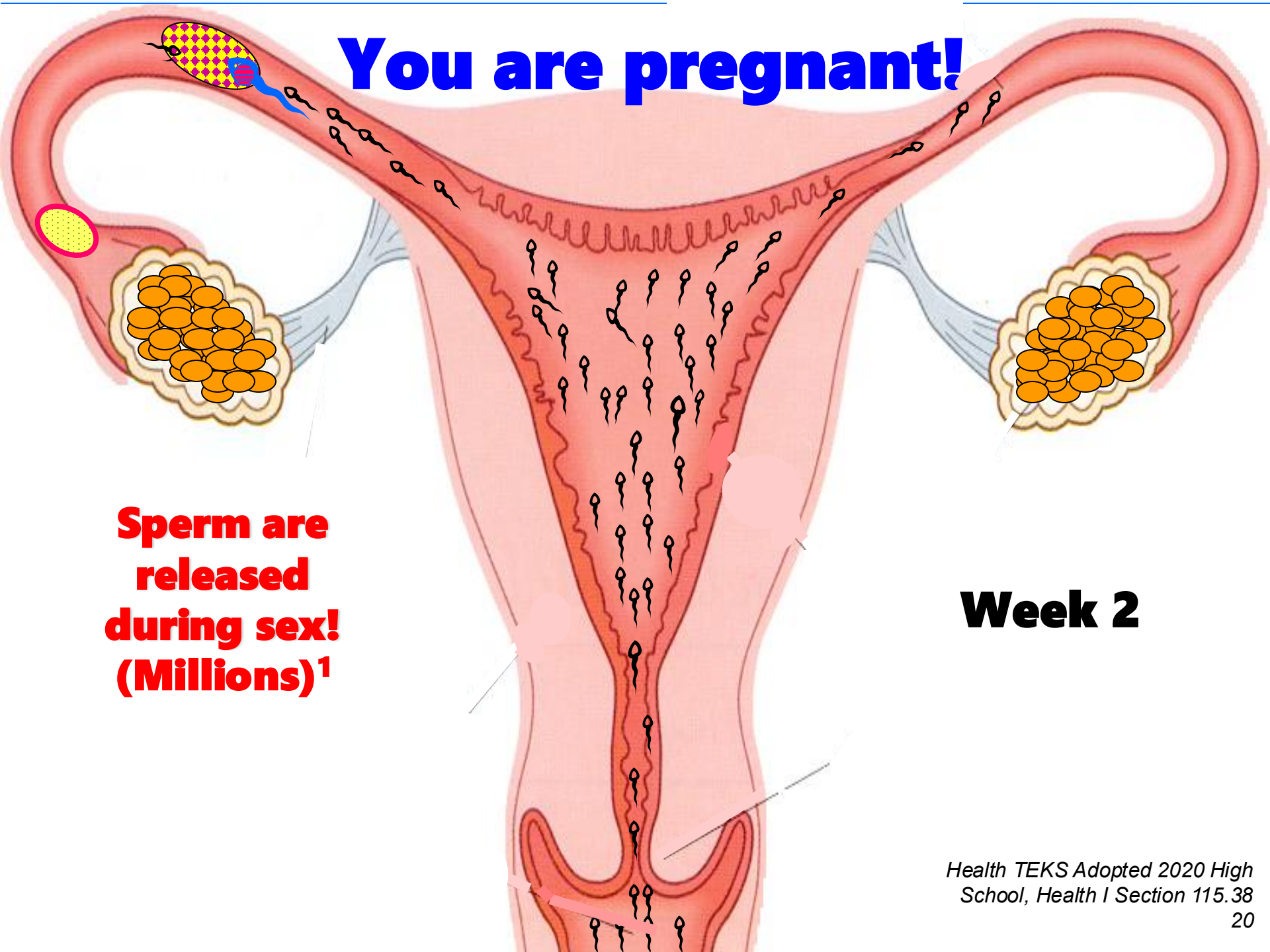
Sperm Cell





Egg Cell

You are pregnant!



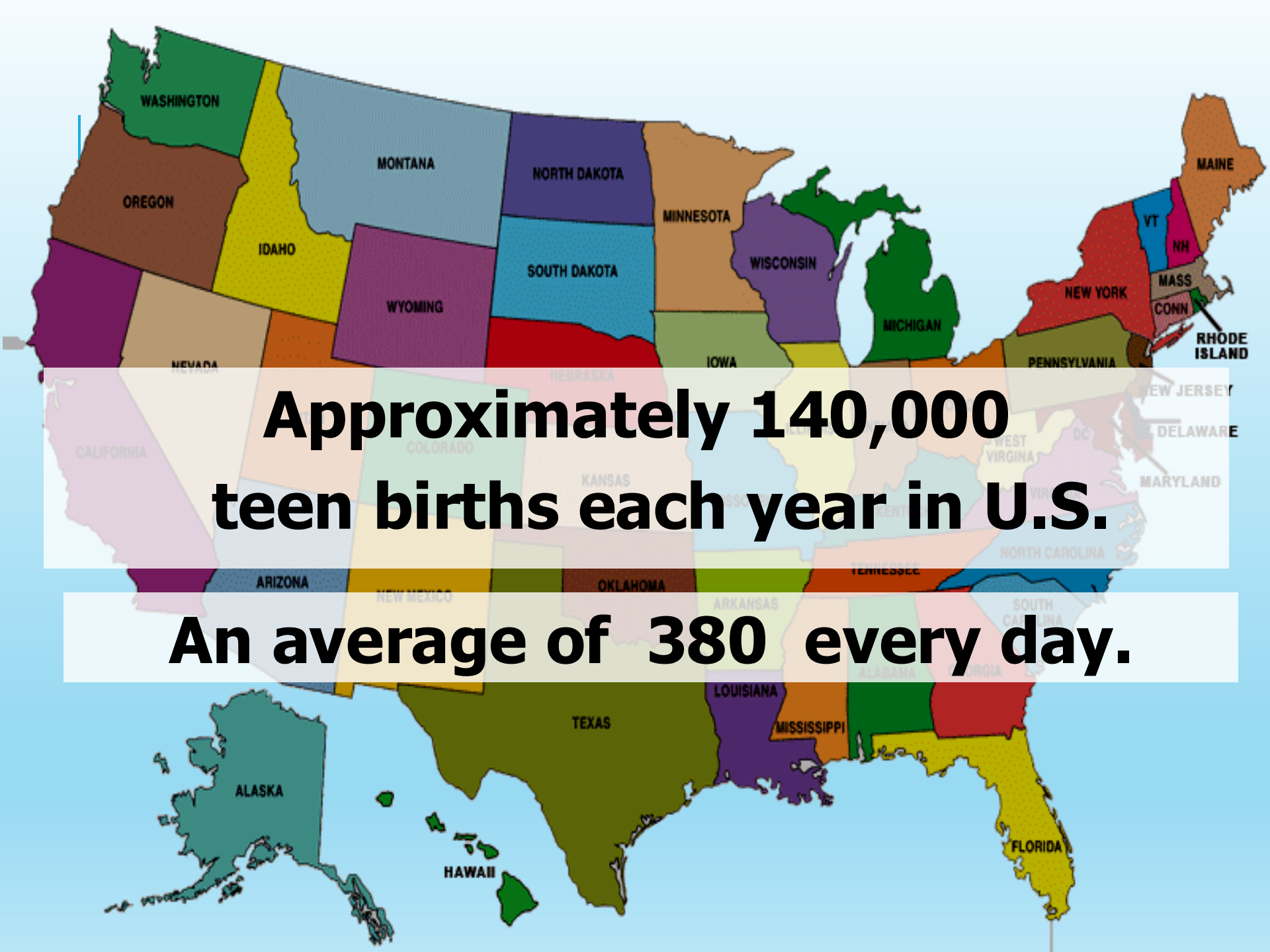
Sperm are released during sex! (Millions)¹

Week 2

FERTILIZATION

www.nucleusinc.com

nucleus[™]
MEDICAL MEDIA



**Approximately 140,000
teen births each year in U.S.**

An average of 380 every day.

WHO WOULD YOU TELL?



Telling your parents (or another trusted adult), getting an early pregnancy test, and starting prenatal care are CRITICAL for your health and for the developing baby. Why?




What would they say?

Pregnancy and Birth



*Health TEKS Adopted 2020 High School,
Health I Section 115.38*



I only slept with my boyfriend
one time and he said that he
would be careful.

Now I am 16 years old & pregnant.

I am just a kid myself....
what am I supposed to do???

**Most girls think
that this will
never happen to
them.**



SAFE HAVEN OR BABY MOSES LAW

- **Your baby *must* be 60 days old or younger and unharmed.**
- **You may take your baby to *any* hospital, fire station, or emergency medical services (EMS) station in Texas.**
- **You need to give your baby to an employee who works at one of these safe places and tell this person that you want to leave your baby at a Safe Haven.**
- **You may be asked by an employee for family or medical history to make sure that your baby receives the care they need.**

If you leave your unharmed infant at a Safe Haven, you will not be prosecuted for abandonment or neglect.

Texas Baby Moses Hotline

1-877-904-SAVE

(1-877-904-7283)



Texas Department of
Family and Protective Services

Who is responsible for the baby when a girl becomes pregnant?



Both the guy and the girl.

PATERNITY IN TEXAS

When a baby is born to parents who are not married to each other, the law does NOT recognize the biological father as a legal parent. In other words, a biological father who is not married to the mother of their child does NOT have legal rights to his child until he becomes a legal parent. Paternity must be established first.

By establishing paternity, unmarried parents give their children legal rights and privileges to Dad.

It makes your child's father legally responsible for his child.

Paternity tests can be court ordered if the mother and alleged father disagree about who is the father of the child.

CHILD SUPPORT IN TEXAS

A teen parent can be held responsible for caring for a child.

Minor parents are subject to the same financial responsibilities as adults. Even though they are a minor parent, they will still be responsible for the payment of child support.

If the child of the minor parent is being raised in a foster home or by a relative or grandparent, both minor parents will be required to pay child support.



**EMOTIONAL ISSUES
RELATIONSHIPS**

Emotional Risks of Sex Before Marriage

*Fear of
Commitment*

Apprehension


STRESS

Guilt

Regret

LOSS OF SELF-CONFIDENCE

Depression



**8 out of 10 teen
guys won't marry
the mother
of their
child.**



WHAT DOES A CHILD NEED?



Nutritious food



Bottles & formula



Quality Time



Car seats



Day care

Just to name a few!



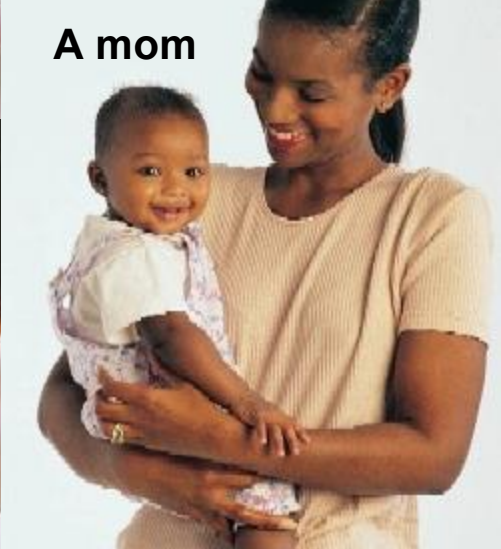
A dad



supervision



Medical care



A mom



crib



Diapers, diapers and more diapers



protection



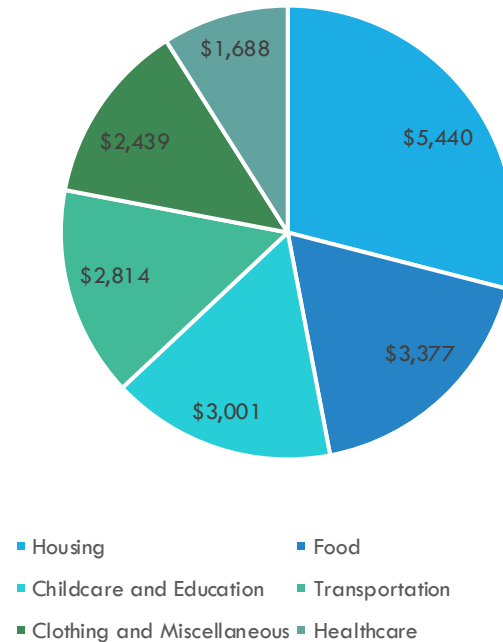
stroller

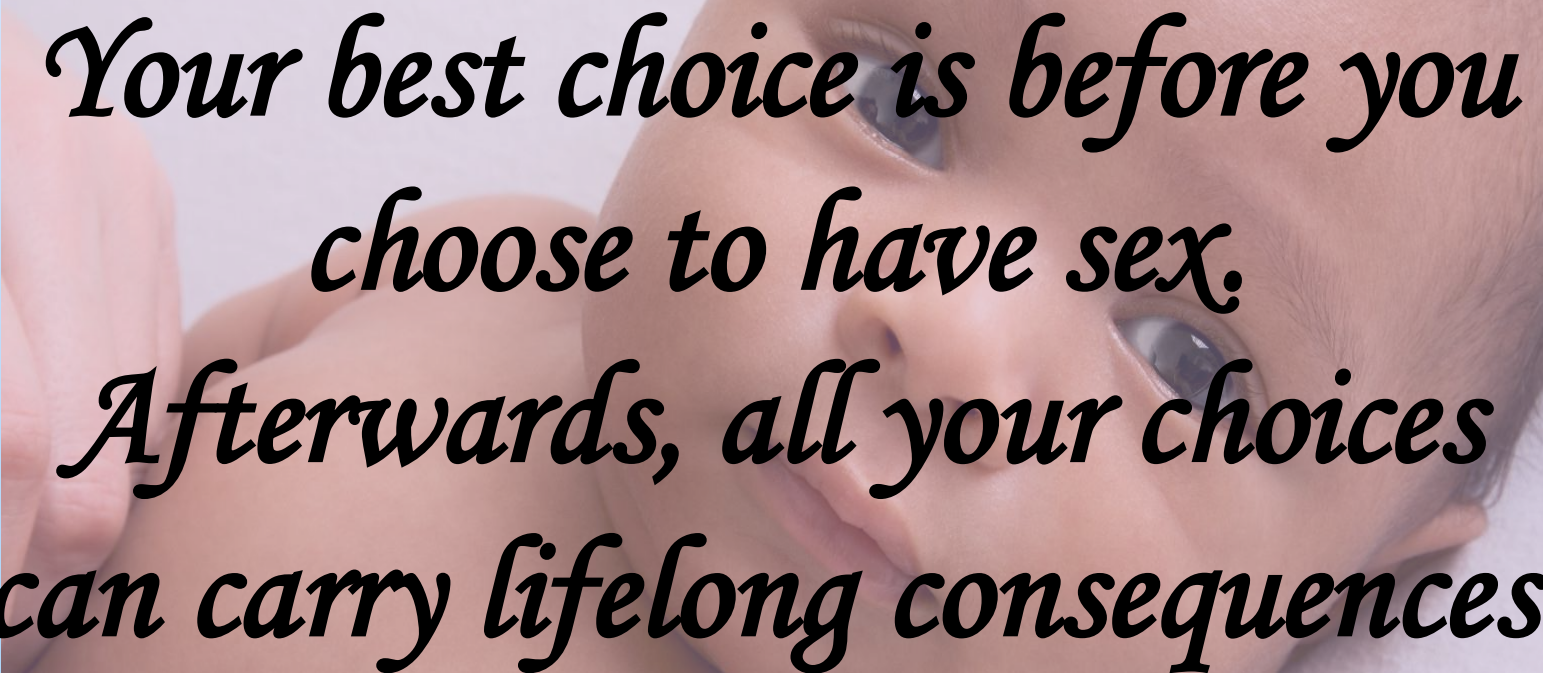
Walmart

HOW MUCH DOES IT COST TO RAISE A CHILD?

For a middle-income married couple with two children, it will cost about \$318,949 to raise a child born in 2025 through age 17.¹

Yearly Costs of Raising a Child





*Your best choice is before you
choose to have sex.
Afterwards, all your choices
can carry lifelong consequences.*

BUT HOW?

What do you need in order to make the choice to avoid sex at this time OR to stop having sex until you are ready for marriage/lifelong commitment?

- **Parent/guardian support**
- **What other adults could support you?**
- **Peer support**
- **What friends do you have who would support you?**

WHAT ARE THE CONSEQUENCES?

What goals might be impacted?

How could teen parenting impact the child?

How could teen parenting impact families?

How could teen parenting impact society?

Are teen parents bad? Are teen parents doomed to fail?

- **NO! Of course not, some teen parents do a great job, but things can be harder for teen parents than for parents who are ready to take on the responsibility of parenting.**

HOMEWORK OPPORTUNITY

Research and find an article or a statistic that relates to teen parenting and how it can impact the teen parent, the child, the family, or society.

Bring in the article or the statistic TOMORROW with a URL address where you got the information, and you will get a treat!

EDUCATION ATTAINMENT

About 50% of 20-29 year-old women who had a teen birth have a high school diploma vs. 90% of 20-29 year-old women who did not have a teen birth.¹

About 40% of teen dads finish high school vs. 85% of men who became fathers later.²

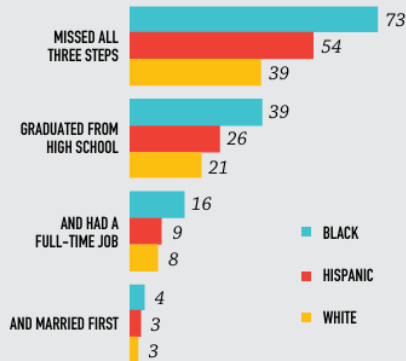
Teen dads have a 30% less chance of graduating.

Don't Fall Off The Path to Success

- Graduate high school
- Get a full-time job
- Marry before having kids

More than 95% of black and Hispanic adults who followed the success sequence are not poor

% of adults ages 32-38 in poverty after completing each step



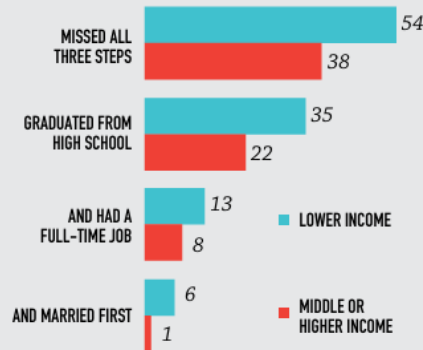
Notes: Based on adults surveyed in 2017-2018. Education and employed measured in 2010 when the cohort was in their mid 20s.

Source: IFS analysis of National Longitudinal Survey of Youth 1997 cohort (NLSY97).

AEI/Institute for Family Studies

94% of young adults from lower-income families who followed the success sequence are not poor

% of adults ages 32-38 in poverty after completing each step



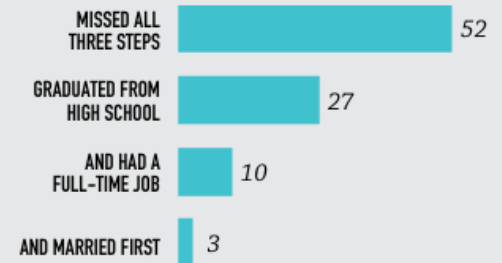
Notes: Based on adults surveyed in 2017-2018. Education and employed measured in 2010 when the cohort was in their mid 20s.

Source: IFS analysis of National Longitudinal Survey of Youth 1997 cohort (NLSY97).

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97% of adults who followed the success sequence are not poor

% of adults ages 32-38 in poverty after completing each step



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TEEN PREGNANCY IS 100% PREVENTABLE!