

Sexual Health and Relationship Education

**High School
DAY 3**



www.shareforyou.org



HEALTHY RELATIONSHIPS START WITH

1. A healthy sense of self
2. Making decisions about safe boundaries and limits
 - Deciding what boundaries and limits you will set
 - Respecting other's personal boundaries and limits
 - Asking others to respect your boundaries and limits

How do these two things promote healthy dating/romantic relationships?

What is an example of a boundary or limit you might set in a romantic relationship?





CAUTION

**ROUGH
RELATIONSHIP
AHEAD!**

Emily & Jacob

Emily ₁

Jacob ₃

Sarah ₃

Hailey ₃

Michael ₂

Austin ₃

Tyler ₁

Joshua ₂

Hannah ₁

Kaitlyn ₁

Alexis ₁

Maddie ₂

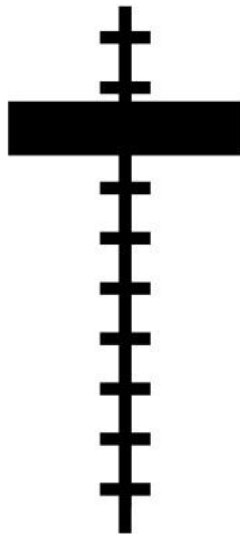
Ryan ₁



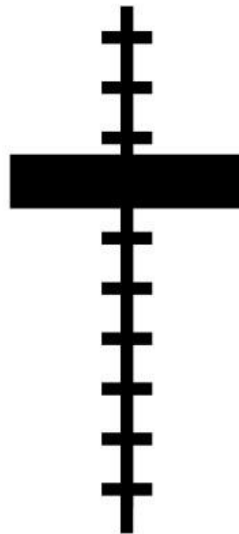
R.A.M.

Relationship Attachment Model

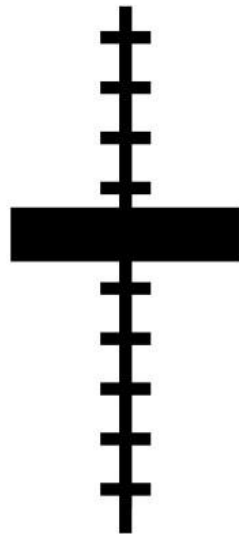
KNOW



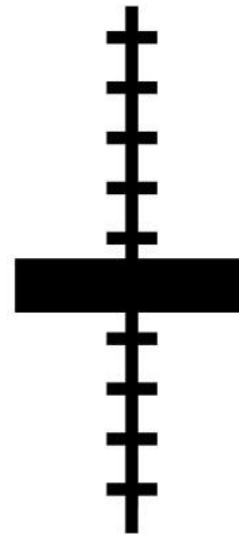
TRUST



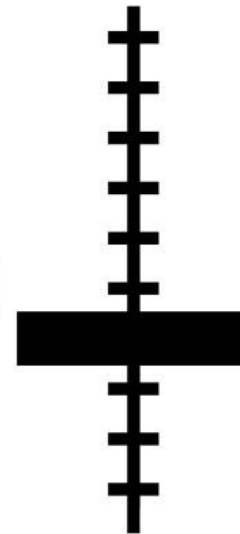
RELY



COMMIT



TOUCH





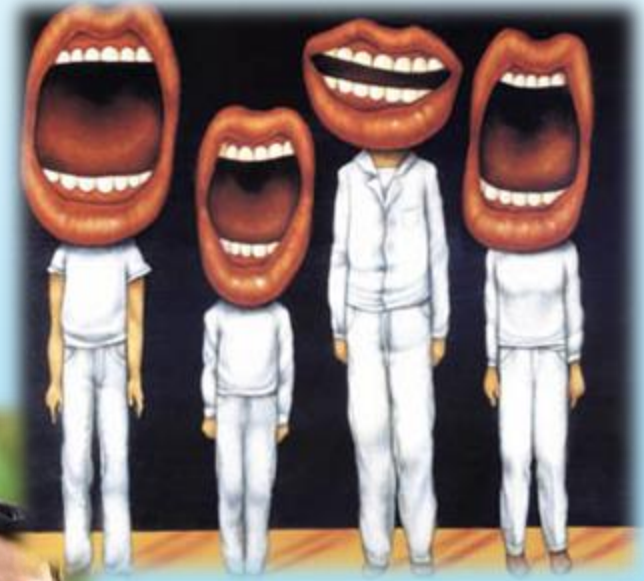
The **"SAFE ZONE"** for
RELATIONSHIPS

Never allow one level
to exceed the previous.

Knowing someone takes...



Time



Talk



Togetherness

DO FRIENDSHIPS MATTER?

Yes!

Friendship provides a foundation for a healthy dating or romantic relationship.

Why is it beneficial to become friends before dating?

Can you still have a healthy relationship/marriage if you don't start off as friends?



TIME TALK TOGETHER

Get to **KNOW**
the real person!



BIG DEAL OR LITTLE DEAL?



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Is it wise to talk about an “Us”?
Share deep, personal things?
Have sex right away?



Be a Good Detective!

Be non-judgmental

Look for patterns

Watch for warning signs

See how they treat others

UNHEALTHY RELATIONSHIP BEHAVIORS

Control, Jealousy, Isolation, Disrespect, Quick Temper, and Making you Feel Guilty.

Why are these behaviors important to recognize in someone you might date/marry?

How could these behaviors lead to an unhealthy relationship?

If these behaviors escalate, what might happen?

Are these behaviors what you want in a friend/boyfriend/girlfriend/spouse?

Dating violence is defined as physical, sexual, verbal or emotional abuse from a romantic or sexual partner.

Physical Abuse:

Hitting, shoving, kicking, biting, throwing objects, choking, or any other aggressive contact.

Abuse
has no
place in
Love.

Emotional Abuse:

- Making a Partner Feel Insecure: name calling; put downs; criticisms; humiliating; attacking the person's capabilities; saying "Nobody wants you."
- Mind Games: making to feel guilty; making to feel crazy; blaming the partner for things that go wrong; having the partner wait by the phone.
- Isolating the Dating Partner from friends & family: pressuring the partner to give up activities, sports, work, and hobbies; keeping tabs on the dating partner when they go out by texting, calling or dropping by.
- Using Intimidation: Breaking objects; punching walls; threatening looks; threatening to hurt the partner; threatening the partner's family, friends or pet; destroying treasured belongings.
- Acting Extremely Jealous: Not allowing the dating partner to talk to anyone of the opposite sex; accusing the partner of flirting or having sexual intercourse with others.



Sexual Abuse



Sexual assault may include:

- Unwanted touching, fondling, or groping
- Forced sexual activities
- Pressure to have sex
- Sexual contact with someone who is very drunk, drugged, unconscious or is unable to give a clear “yes” or “no”
- Keeping someone from protecting themselves from unwanted pregnancy or sexually transmitted infections (STIs)
- Violence that does not involve physical contact
 - Threatening to find someone who will do what he or she wants sexually
 - Verbal or sexual harassment
 - Threats of sexual violence

FORMS OF ABUSE

Child maltreatment

- Physical Abuse
- Neglect
- Sexual Abuse
- Emotional Abuse

Family Violence

Sexual harassment

Sexual assault

OTHER TYPES OF ABUSE

Family Violence

Sexual Harassment

Sexual Assault

FAMILY VIOLENCE

- How can exposure to family violence impact a child's future behaviors?
- What are the possible results of this kind of behavior on future generations?
- How might communities be impacted by children who experience family violence?
- What can be done to help children who experience family violence?

IMPACTS OF ABUSE AND NEGLECT



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- Immediate physical injury
- Emotional and psychological problems, such as anxiety or posttraumatic stress
- Increased risk for future violence, substance abuse, STIs, delayed brain development, lower educational attainment, and limited employment opportunities
- May result in toxic stress, which can change brain development and increase the risk for problems like PTSD and learning, attention, and memory difficulties
- Outcome for each person varies
- Reporting abuse and neglect is the best way to prevent these possible impacts. Speak up for yourself and others if you need to!

If You or Someone You Know is Abused

- Know that it is not your (their) fault. You (they) did not do anything to cause it, and you (they) are not to blame.
- Tell your parents, an ADULT relative, doctor, friend, or teacher and make sure they LISTEN. If they do not, tell another adult you trust.
- Call 9-1-1 if it is an EMERGENCY.



HEALTHY WAYS TO PREVENT ABUSE

- Create safe, stable, nurturing relationships and environments
- Parents should set aside time to talk/play with their child(ren)
- Parents can establish routines
- Parents can validate their child(ren)'s feeling and offer physical and emotional support
- Parents should know who is supervising their child(ren) when they're outside of the home
- Teach child(ren) how to stay safe online
- How can these strategies help prevent abuse?

SEX TRAFFICKING

**A type of human
trafficking**

- Slavery
- Using force, fraud, or coercion to get sex from someone for profit

**Males and females of
ALL ages**

**Can occur ANYWHERE,
even in a person's home**



WARNING SIGNS OF SEX TRAFFICKING

Regular, unexplained absences from school

Possession of unexplained large amounts of cash, prepaid cards, multiple cell phones

Tattoos or branding that the child cannot explain or did not choose

Letting others speak for them or looking at others before they speak

Abruptly disconnects from family and friends

Chronic homelessness

Close association with an overly controlling adult



CHARACTERISTICS OF SEX TRAFFICKING

Grooming

- **Targeting the victim:** someone without a safe place to stay or that they can charm, someone with low self-esteem or who is lonely, may use social media
- **Gaining trust:** pose as a good listener who cares
- **Meeting needs:** safe place to stay, job, love, confidence
- **Isolation:** make comments that they don't like their friends or make them reliant on them by driving them places and picking them up
- **Exploitation:** start slowly by pushing them to do things they are uncomfortable with, then making them believe these things are “normal”
- **Maintaining control:** isolation, threats, addiction, or physical means if necessary

REPORT SEX TRAFFICKING

- Call 9-1-1 if you or someone else is in immediate danger
- Report possible sex trafficking at 1-888-373-7888 (National Human Trafficking Hotline)
- You might be just the person someone needs to speak up for them.





- At least 1 in 4 girls in the US experience child sexual abuse.
- At least 1 in 20 boys in the US experience child sexual abuse.
- About 90% of child sexual abuse is perpetrated by someone known and trusted by the child or child's family members.

If You Are Sexually Assaulted

- Know that it is not your fault.
- Tell your parents or another trusted adult.
- Seek emotional support from a friend or relative with whom you feel comfortable.
- Go to the nearest hospital.
- Report the rape to the authorities.



SPEAK UP!

You should tell your parents (or another trusted adult) about any sexual harassment, sexual abuse, sexual assault, and dating violence that you or someone you know has or is experiencing.

Why is this important?

CHARACTER COUNTS

What are some character traits that promote healthy dating/romantic relationships and marriage?

Communication, Respect, Companionship, Values, Commitment, Affection, Ability to Deal with Stress, Responsibility, Compassion, Empathy, Honesty, Flexibility

Why are these traits important in a relationship?

What do I want in a mate?

What don't I want?

**TOP
TEN**
list



MARRIAGE MATTERS

Many people choose to get married.

For those who do, the way that they interact with their spouse matters.

If they have a healthy relationship, this can positively impact others.

A healthy marriage can help nurture children and help them develop good relationships in their own lives.

This can impact the communities where the family lives and where the children live as adults one day.

MEDIA INFLUENCE

Much of our communication happens online or on our phones these days.

Some of it is beneficial, but some is harmful.

How can we resist inappropriate communication:

- Making fun of someone on social media?
- Sending/receiving inappropriate pictures?
- Sexting?
- Viewing or reading pornography?

THE PROBLEMS OF PORNOGRAPHY ADDICTION

Exposure to sexually pornographic material is correlated with:



- **Concentration problems**
- **Low Motivation**
- **Depression**
- **Social Anxiety**
- **Negative self-perceptions**
in terms of physical appearance and sexual functioning.
- **Erectile dysfunction**

EMMA'S STORY

QUITTING PORNOGRAPHY

Don't panic

Evaluate the reasons you watch porn

Believe you can get help

Tell someone

- **Parents, counselor, school nurse, teacher**

Consider therapy and support groups

Educate yourself

Check out Fight the New Drug and Fortify

- <https://fightthenewdrug.org>
- <https://www.joinfortify.com>

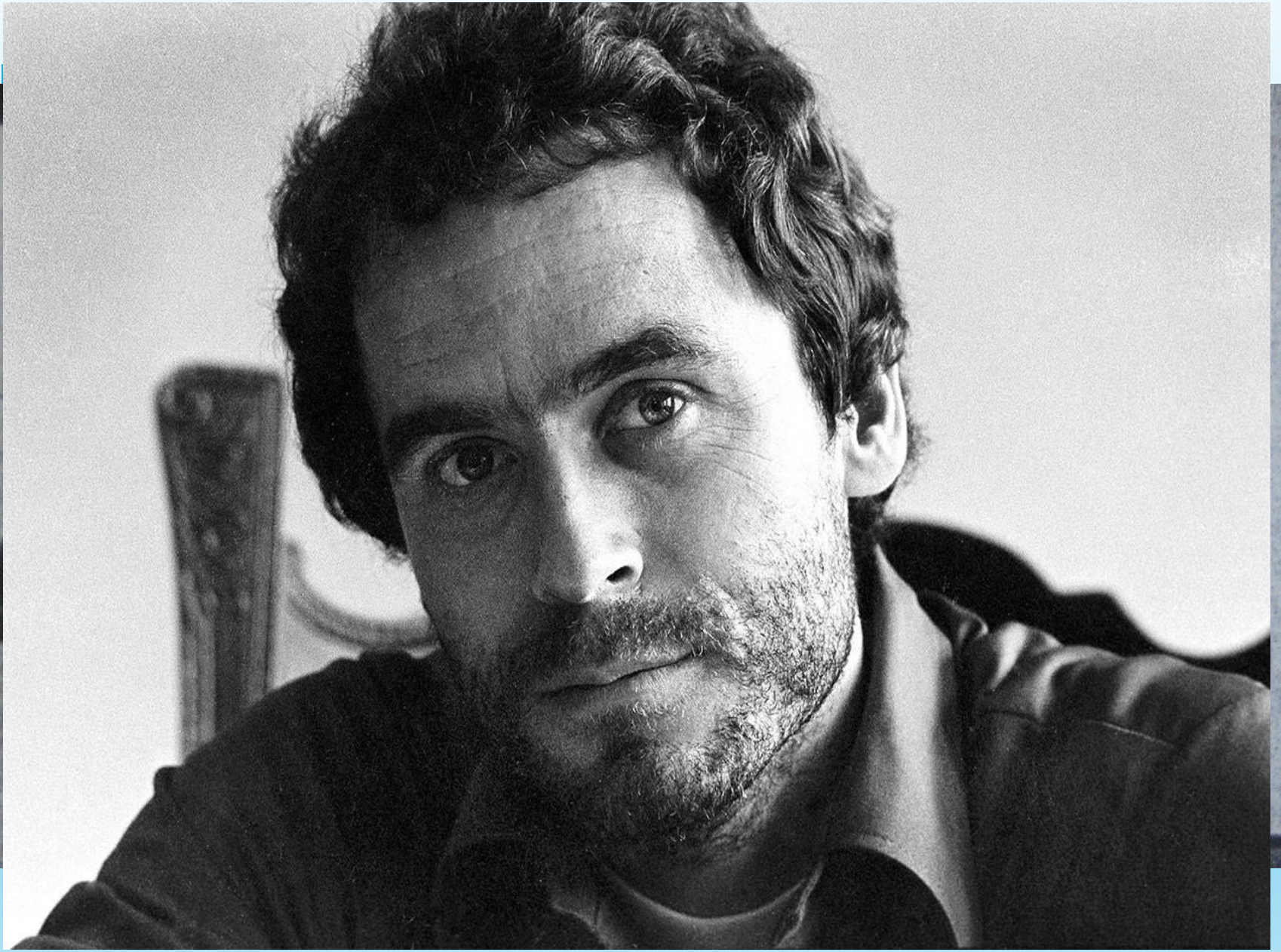
TRUST FILES

IDEALS

ASSOCIATIONS

STEREOTYPES









Rely on Each Other



**Relying on someone we
don't have trust in puts us at
risk for disappointment.**



5 Reasons To Break Up

They're abusive

They're on your "NO WAY" list

There are troublesome patterns

**They don't consider your
feelings/needs**

They say one thing, but do another



COMMIT

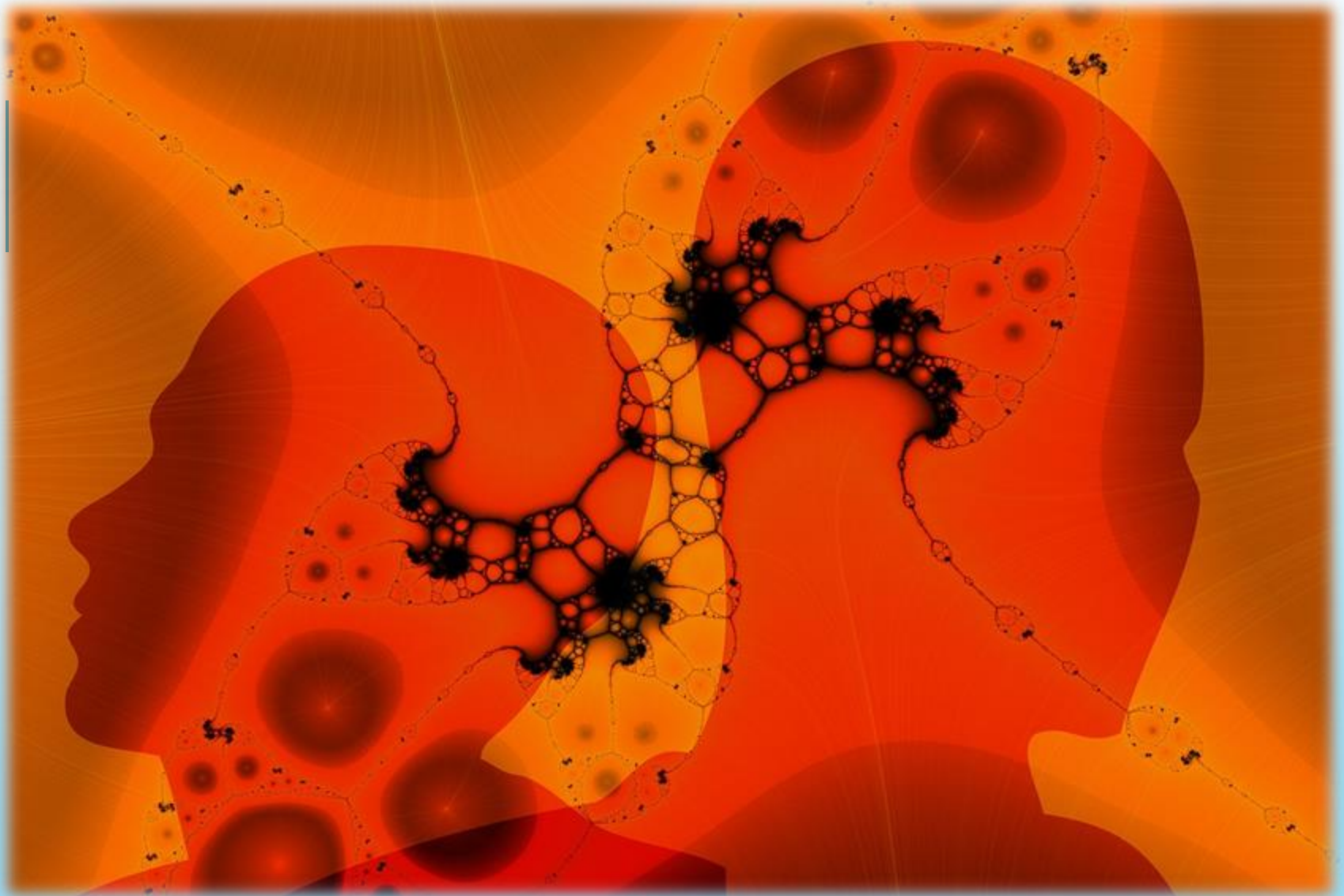


*“Being someone’s first love may be great,
but to be their last is beyond perfect”*





TOUCH



SEX IS BONDING

R.A.M

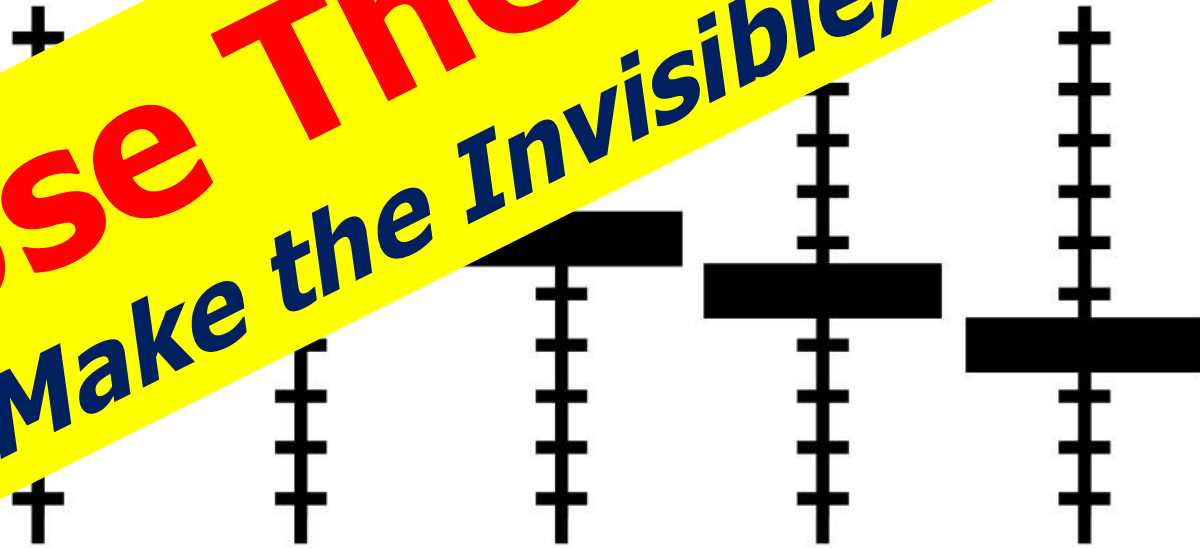
Relationship At

KNOW

TR

UCH

Use The Board:
Make the Invisible, visible



The HOOK

The logo for 'The HOOK' features the word 'The' in a simple black font above the word 'HOOK' in a large, bold, black font. A green key is positioned vertically, passing through the 'O' in 'HOOK'. A green hook is positioned horizontally, passing through the 'O' in 'HOOK' and the 'O' in a second 'OOK' below it. The background is a light blue gradient.

2:3 reported STIs; 1:3 reported a pregnancy;
1:4 reported emotional complications

86%
wh

a virgin
m HS

2 out of 3 teen guys say
they could be happy in a
relationship without sex

ntee
t

More than half of teen
guys say they won't have
sex with someone unless
they really love them

to have
because
before

78% - Opt for
and a serious relation
over sex

not to believe
ing you hear about
er peoples sex lives

**Find the reason you're truly
choosing to wait and
become passionate about it**

Be proud of your decision

Don't advertise it



Have fun in a relationship without sex

Remember, you're not alone!

YOU'LL BE....

Free of diseases.

Free of being used.

Free of an unplanned pregnancy.

Free to finish your education.

**Free of emotional consequences
and memories.**

**Free to develop real relationships
based on friendship, not sex.**



YOU ARE
WORTH
more.

A hand-drawn sign with a background of vertical brushstrokes in shades of purple, teal, and light blue. The text is centered and reads "YOU ARE WORTH more." The words "YOU ARE" are in a simple, thin-lined sans-serif font. "WORTH" is in a large, bold, black-outlined sans-serif font. "more." is in a black, cursive script font. A person's hand is visible on the left side, holding the sign.

POST-TEST

