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## You Are Unique - Day 2

2

### Introduction

3 For those who weren't in my class yesterday, my name is\_\_\_\_\_.

4 We told you yesterday that we're going to be discussing things  
5 about you, your relationships, your future, and what sex has to  
6 do with it all. But first, let's review some of what we learned  
7 yesterday.

8 Can anyone tell me one of the three forms of sexual contact?

9 *(Let students respond until you get all three: Hand to genital,*  
10 *mouth to genital, genital to genital)*

11 What makes these forms sexual contact? *(Allow student response)*

12 Anything that puts you at risk of contracting a Sexually  
13 Transmitted Disease is considered sexual contact, and yes, you  
14 can get an STD from hand to genital contact.

15 What do you think are some risks associated with sex? *(Allow*  
16 *student response)*

17 Our desire is to teach you how to avoid sexual risk. That's not  
18 the same as avoiding sex. We're not asking you to avoid sex  
19 forever, we simply want to encourage you to wait until the best  
20 time and safest opportunity to have sex.

21 I think it is important for each of you to understand that  
22 choosing high personal standards regarding sex and relationships  
23 is available for ALL people. We all must be protective of our  
24 physical, emotional, and mental well-being. So, no matter what  
25 you have learned about sex and relationships up to this point,  
26 we feel that ALL of you deserve to have access to this vital and  
27 factual health information.

28 So today, we're going to talk about the physical risks  
29 associated with sex.

30 Research shows that 1 in 2 sexually active young people will  
31 contract an STD by the age of 25. I'm sure many of you have  
32 heard of STDs, or Sexually Transmitted Diseases.

33 Today, we will be talking about some of the most common STDs,  
34 how you get them, the symptoms, and the long-term physical  
35 effects.

36 But first, let's play a game called Trigger. I need two  
37 volunteers.

## 38 Triggers and Responses

### 39 ➤ **Trigger**

40 *Have volunteers come to the front of the classroom and place a*  
41 *button in front of each student. Give instructions on how to*  
42 *play the game.*

43 *You will call out what is on the card and the students will hit*  
44 *their button if the statement is true. Call out 7-8 cards and*  
45 *then have the students sit back down.*

46 Sex is kind of like this game. Depending on the card I read, it  
47 triggered a response to hit the button. You're built with  
48 certain triggers that can cause you to have a sexual response.  
49 But just like the game, sometimes the triggers were deceptive or  
50 tricky. They were meant to intentionally cause you to react.  
51 Some sexual triggers are like this. They're tricky. They can  
52 either unintentionally cause you to react, or sometimes, they  
53 are intentional and are meant to cause a response. Let's look at  
54 a few triggers.

#### 55 **Trigger 1: Sight**

56 Some people are triggered by sight. Maybe by what someone is  
57 wearing, or the way they move when they're dancing, or maybe  
58 you're just hanging out at the beach. Bathing suits these days  
59 don't cover a whole lot. So when someone is triggered by sight,  
60 this can cause them to respond sexually.

61 *For boys only:* Guys, just because a girl may dress sexy, doesn't  
62 mean she wants sex. It's on you to control your response to  
63 being triggered by what you see.

#### 64 **Trigger 2: Flirtatious touching**

65 Some people are triggered by flirtatious touching. Holding your  
66 hand, a lingering hug, a hand on your leg, or a tickle on your  
67 waist. These types of touches can trigger a sexual response.

68 Be careful how you touch someone. Your flirtatious touch may  
69 send a message you didn't intend to send. Nor should you use  
70 flirtatious touching to try and get what you want.

### 71 **Trigger 3: Media**

72 Advertisements, TV, movies, music and social media can all  
73 display sexual content that trigger your hormones. Most of media  
74 makes you feel like you should be having sex. It normalizes sex  
75 at an early age and can trigger your desire to want to have sex.

### 76 **Trigger 4: Pornography**

77 Porn is a huge trigger that causes a sexual response. The  
78 problem with porn is that it distorts our idea of sex and  
79 prevents us from having healthy relationships. If you have been  
80 on the internet, chances are you have been exposed to  
81 pornography. The Justice Department estimates that 9 out of 10  
82 children (8-16) have been exposed to pornography online.  
83 Pornography can be very addictive! Porn addiction is similar to  
84 cocaine addiction, but because images are stored in the brain  
85 and can be recalled at any moment, experts believe that a porn  
86 addiction may be harder to break than a heroin addiction.  
87 Pornography is not harmless, it is addictive, and a real threat  
88 to you, your future relationships and your future family.  
89 Pornography trains your brain to think of sex in unrealistic  
90 ways.

### 91 **Trigger 5: Hormones**

92 Hormones are a powerful thing. Hormones are what makes you think  
93 about sex or want to have sex. But just because you want it,  
94 doesn't make it best for you.

95 Hormones also make you curious about sex. This is normal. It's  
96 normal to be curious about sex and even want to have sex. But  
97 this is why self-control is so important. Just because you want  
98 something doesn't mean it's what's best for you right now.

99 Let's say you want money, so you choose to rob a bank because of  
100 your lack of self-control. What do you think will happen? You  
101 could end of up in prison where you have no control. You don't  
102 even get to go to the bathroom without permission.

103 If you show a lack of self-control in one area of life, then  
104 that could lead to lack of self-control in many areas of your  
105 life. This could then lead to a lifetime of negative  
106 consequences.

107 *For guys only:* Control also applies when a girl tells you "No".  
108 She is in control of her body, not you. No means No! As a matter  
109 of fact, if you are putting her in a position to have to tell  
110 you no, you are probably not practicing self-control. Control  
111 yourself and your hormones!

112 So what happens if you give in to one of these triggers and have  
113 sex. Well, are you ready to face the physical consequences?

114 **Physical Consequences of Sex - STDs**

115      ➤ **Show Video**

116      Let's review from the video the most prominent STDs. What two  
117      types of STDS are there? (Bacterial and Viral). Remember,  
118      bacterial are curable, viral are not. So let's look at the most  
119      common bacterial STDs. You got chlamydia, gonorrhea, syphilis  
120      and trichomoniasis. The most common viral STDs include herpes,  
121      HPV and HIV.

122      These are just the most prominent STDs, but there are at least  
123      25 STDs, many with different types or strains of each disease,  
124      and new types of STDs are still being discovered each year.

125      There are over 19 million new STD infections reported every  
126      year. Half of those infections are in young people age 15-24  
127      years old.

128      **Exponential Growth of STDs**

129      *(Pass out index cards. One card should have a small "x" on the*  
130      *back. Tell students they have 1 minute to get as many signatures*  
131      *as possible. Call time after 1 minute.)*

132      Now, I want you to flip over your card and see if you have a  
133      small "x" on the back. If you do, please stand. Read the names  
134      on your card. If your name is called, please stand.

135      *(Call on one of the students standing to read the names on their*  
136      *cards. If not all students are standing yet, have another one*

137 *read their names. At this point, all the students should be*  
138 *standing).*

139 This is how quickly STDs can spread. It's not just about who you  
140 are exposed to, it also matters who they have been exposed to.  
141 You can see how the more sexual partners you have, the rate of  
142 exposure multiplies exponentially.

143 Okay, so does exposure always mean you will contract an STD?

144     ➤ **One in Four**

145 Let's do this. I'm going to count you off. For everyone that  
146 gets the number 4, I want you to stand up. (*Count off students,*  
147 *1-4*) Now, if everyone in this class were sexually active,  
148 statistics say that 1 in 4 of you will graduate with an STD.  
149 Look around the room. Those standing represent the number who  
150 would contract an STD by the time they graduate high school.  
151 This is not just about risk of exposure, if everyone in this  
152 room were sexually active, this is factual numbers of those who  
153 will actually contract an STD.

154 So you may be thinking you can just avoid these consequences by  
155 practicing "safe sex." What do think of when I say "safe sex"?  
156 (*Allow students to respond - condoms*)

157 Let's talk about condoms with this illustration. Do I have any  
158 basketball players in here? (Choose a student to come to the  
159 front)

160 ➤ **Slam Dunk**

161 Do you think you can ring this basketball goal and not allow the ball  
162 to fall through. I tell you what, I'll even tie the end of the net.  
163 *Student shoots and rings the net.* Great job! Everyone give him/her a  
164 hand. I see the NBA in your future!

165 What I didn't tell you is this ball represents a human sperm cell, and  
166 the net is your condom. So great job, you didn't get pregnant!  
167 Alright, how about another volunteer. *Give student marble instead of*  
168 *ball.* Go for it. Shoot! *Student shoots. Marble goes through net.* Uh-  
169 oh! How about another try? *Give student another marble.*

170 What I didn't tell you is this time your ball represents HIV, you  
171 know, the STD that will kill you, also known as AIDS. Did you know,  
172 this HIV cell is 50 times smaller than the human sperm cell. Hold up  
173 both balls side by side. Now, condoms will promote safe sex. They will  
174 even say you're protected against HIV. But are you willing to take the  
175 risk. 50 times smaller is a whole lot smaller. What happens if you  
176 have a microscopic tear or rip? Is it worth your life?

177 **Safe Sex**

178 Let me ask you, are seat belts safe? (Yes) Are they safe 100% of  
179 the time? (No) Should you wear them 100% of the time? (Yes)

180 The same is true with condoms. If you can get STDs through skin-  
181 to-skin contact, you know the three forms of sexual contact, do  
182 condoms cover all areas of exposed skin during sexual contact?  
183 (No) Not to mention that in two of those three forms of sexual  
184 contact a condom isn't usually involved in the first place. So



185 are condoms really “safe sex”? (*No. Careful, maybe, but safe,*  
186 *not so much.*)

187 Let me give you an example: If I told you that I was going to  
188 drive down a major interstate on the wrong side of the road  
189 going 90 miles an hour what would you say? Okay - but what if I  
190 told you that I was wearing my seat belt? It still doesn't make  
191 sense to take the risk.

192 According to some recent stats, “If you use condoms perfectly  
193 every single time you have sex, they're 98% effective at  
194 preventing pregnancy. But people aren't perfect, so in real life  
195 condoms are about 85% effective - that means about 15 out of 100  
196 people who use condoms as their only birth control method will  
197 get pregnant each year.”

198 But that's just with pregnancy prevention. What about STD  
199 prevention? According to statistics, condoms provide less than  
200 50% of protection against most STDs.

201 So, what about birth control. What does it say it controls?  
202 Birth, not STDs. You may find birth control effective in  
203 preventing pregnancy, but it does nothing to protect against  
204 STDs.

205 The concept of “safe sex” is not about avoiding all sexual  
206 consequences, just simply reducing them. So, is sex ever safe?

207 **The Safest Sex**

208 Here's the good news, if you aren't having sex, then you don't  
209 have to worry about these physical consequences associated with  
210 sex. The safest sex at your age is no sex. Tomorrow, we will  
211 talk about not only having the safest kind of sex, but also the  
212 best sex!

### 213 Sexual Abuse

214 Some of you may have had sex that wasn't your choice, or you may  
215 have had some kind of sexual experience that you did not want.  
216 An adult or older child may have done things to you without your  
217 permission, which made you feel uncomfortable inside.

218 Sexual abuse is any sexual act committed against someone without  
219 that person's freely given consent. It is never the victim's  
220 fault!

221 Sexual abuse can take on many forms. Not all forms of sexual  
222 abuse are physical contact. Let's look at some forms of sexual  
223 abuse.

- 224 • Unwanted flirtation
- 225 • Inappropriate sexual talk
- 226 • Exposure to nudity or a person's genitals
- 227 • Voyeurism - someone watching you or recording you without  
228 your knowledge or consent
- 229 • Unwanted sexual fondling or touching
- 230 • Coercing a person, through manipulation or threats, to  
231 perform unwanted sexual acts
- 232 • Physically forcing a person to perform unwanted sexual acts

233 • Rape or attempted rape

234 If you have experienced any of these forms of sexual abuse, then  
235 you need to reach out for help. You can talk to me after class,  
236 or your teacher, or any trusted adult.

237 If you've been a victim of sexual abuse, you may have some  
238 questions.

239 **Was it my fault? Did I do something wrong?**

240 NO!! Though you may feel shame or embarrassment because of the  
241 sexual abuse, in truth, you are an innocent victim. No abuse you  
242 have suffered is your fault. Someone older has mistreated and  
243 wronged you in sexual way.

244 **What do I do now?**

245 Tell another adult. Sexual abuse is against the law. NO ONE has  
246 a right to abuse you sexually. If the person you tell does not  
247 believe you, tell someone else until you find help. There are  
248 many that can help you: your family, teacher, counselor, pastor,  
249 or the police.

250 **What if I feel afraid?**

251 Almost everyone who has been sexually abused feels afraid and  
252 confused. You may have been warned never to tell anyone. Your  
253 abuser may have threatened to hurt you if you tell. You may be  
254 afraid that no one will believe you. You may be afraid of what  
255 your family will say. Just be sure to tell someone! If they  
256 don't believe you, keep telling someone, until someone does.  
257 There are people who will believe you and who will protect you.

258 The abuse can be stopped. You don't have to try to end the abuse  
259 alone.

260 **What if the abuse has stopped?**

261 You should tell an adult anyway. You need someone to talk to and  
262 help you with feelings from the past. The feelings and the pain  
263 that come with being hurt, being used, and being betrayed often  
264 don't just go away.

265 Remember, sexual violence is any sexual act committed against  
266 someone without their consent.

267 **Understanding Consent**

268 So, let's be sure we all understand what consent is.

269 If a person "consents" to a sexual activity, this means that  
270 they **know** what is happening and openly and clearly **agree** to it  
271 happening.

272 *For the Guys:* So guys, if she says no, but you continue to  
273 press her and push her until she reluctantly agrees, is  
274 that the same as openly and clearly agreeing? (No). Sexual  
275 activity without mutual consent is considered sexual  
276 assault, sexual abuse or rape. You need to be careful. A  
277 lack of self-control at your age could haunt you with a  
278 criminal record for years to come.

279 So, let's look at what consent is not.

280 • Anyone who is drunk or high cannot legally consent to  
281 sexual activity.

282 Remember the activity spinning around the bat. Drugs  
283 and alcohol impair our judgment. Anyone under the  
284 influence by law cannot legally consent.

285 • Anyone under the age of 16 in the state of Alabama cannot  
286 legally consent to sexual activity.

287 So, if you are 15 years of age or younger, you cannot  
288 legally consent to have sex. This also means if  
289 someone older than 16 has sex with someone younger  
290 than 16, they could be charged with statutory rape.

291 • Consent is never implied or given by dating, kissing, your  
292 past behavior, what you wear or where you go.

293 *For the Girls:* It's important not to send mixed  
294 messages. Avoid the triggers we talked about earlier.  
295 We mentioned earlier that if you don't want to have  
296 sex, then you probably shouldn't dress like you do, or  
297 tease a guy with flirtatious touching. However, these  
298 things should never be interpreted as consent either.  
299 If he pressures you into something you do not want to  
300 do, this is a form of sexual violence.

301 So, what is consent:

302 Consent is

303 • **Clear** (not uncertain)

- 304 • **Coherent** (not compromised by drugs or alcohol)
- 305 • **Willing** (agreeable to what is happening)
- 306 • **Mutual** (both parties feel the same way)
- 307 • **Ongoing** (consent yesterday does not mean consent today)

308 **Recap**

309 So today we talked about triggers and responses. Can anyone name  
310 a trigger? (Allow student response)

311 We also talked about STDs. Can someone raise their hand and tell  
312 me the two types of STDs? (Allow student response)

313 Today we spent some time talking about the physical consequences  
314 of sex. Tomorrow, we'll talk a little more about how to avoid  
315 sexual risk, but also how to practice the safest kind of sex.