

Family Life Curriculum

Blount County Schools

Topics for Discussion

- Puberty, Growth and Development
- Human Reproduction
- Sexually transmitted infections, STI
- Goal Setting/Decision Making
- Setting Boundaries/Refusal Skills
- Relationships
- Abstinence

PUBERTY

- pu·ber·ty | \ 'pyü-bär-tē \

- **Definition of *puberty***

: the condition of being or the period of becoming first capable of reproducing sexually that is brought on by the production of sex hormones and the maturing of the reproductive organs (such as the testes and ovaries), development of secondary sex characteristics (such as male facial hair growth and female breast development), and in humans and the higher primates by the first occurrence of menstruation in the female.

ABSTINENCE

- ab·sti·nence /'abstənəns/

- **Definition of *abstinence***

:the fact or practice of restraining oneself from indulging in something, typically alcohol or sexual activity.

WHAT TO EXPECT DURING PUBERTY

BOY

11 - 16 Years Old

- testosterone and other hormones cause physical changes.
- The sexual organs start growing and preparing for reproduction.
 - increase in height and weight.
 - Hair grows in the pubic area, the underarms, the face, and the legs.
- The vocal chords change, so the voice grows deeper.
- Some develop acne.
- The reproductive system starts working & they can procreate.

VS

GIRL

9-13 Years Old

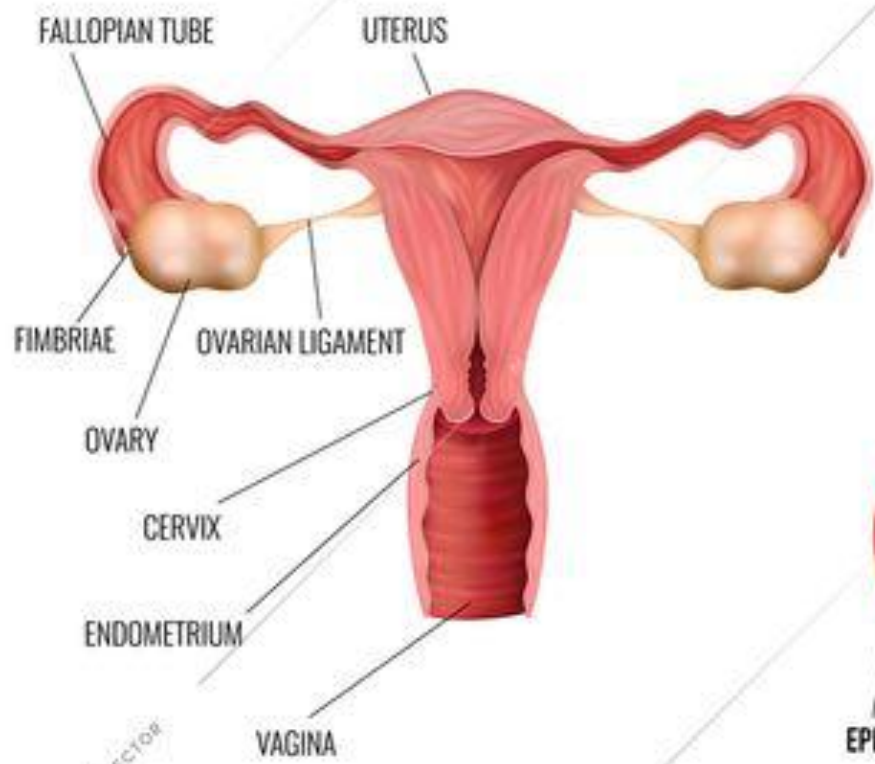
- Hair growth in underarms & the pubis
 - Breast development
- Ovaries grow larger and start producing hormones.
 - Menstrual cycles start
 - Hips widen
- Height and weight increase due to changes in the body's structure
 - Sweat glands become more active.
- Problems with acne may arise.
 - Mood swings become more frequent due to hormone production.



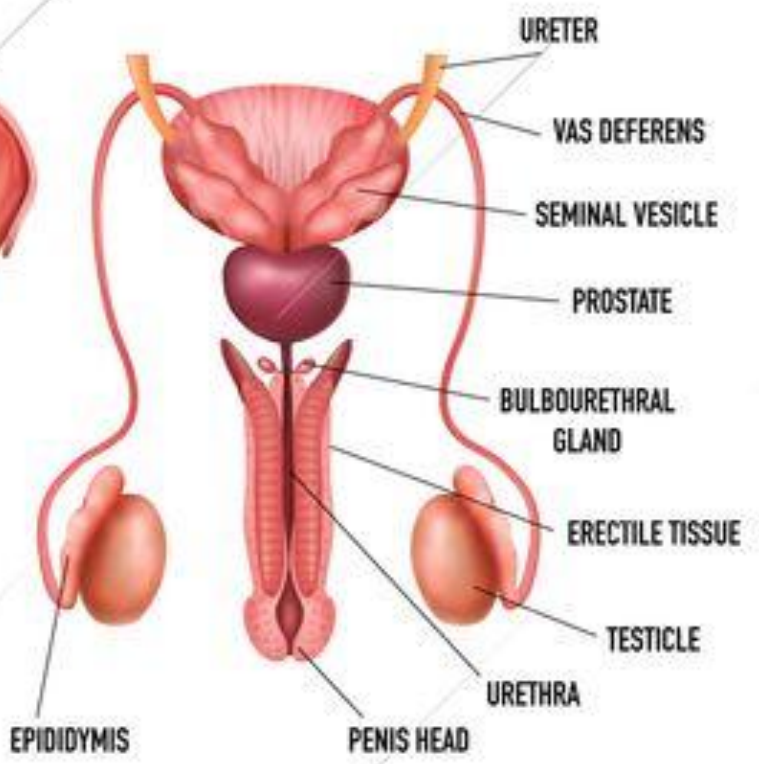
Hormones produced by the pituitary gland FEMALES.....Estrogen

- Hair growth (armpits and genital area)
- Breast Development
- Increased and different sweat production
- Menstruation (may have mood swings)
- Bones grow, get taller, hips get wider
- Hair and skin get oily which may lead to acne
- Voice may change, getting deeper

HUMAN REPRODUCTIVE SYSTEM



FEMALE

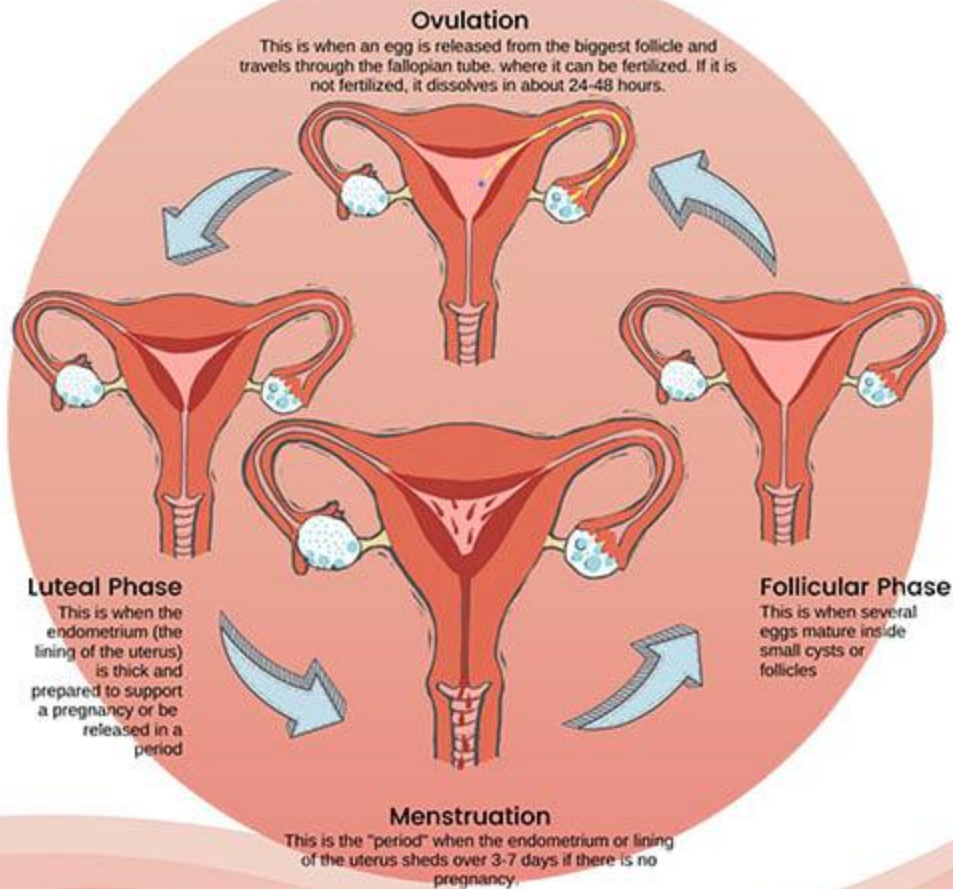


MALE

Periods...Menstruation

- The ovaries are filled with thousands of eggs(OVA) one egg is called an OVUM
- During puberty the hormones cause one of the ovum to be released (ovulation)
- The inside lining of the uterus gets thick with blood each month until one of the ova is released
- If the ovum is not fertilized with sperm, the lining of the uterus comes off, is released, and menstruation occurs
- Bleeding usually lasts 3-8 days, but may vary

The Menstrual Cycle



Hormones produced by the pituitary gland MALES.....Testosterone

- Hair growth (facial, chest, pubic and armpits)
- Bones grow, getting taller, muscles develop
- Voice gets deeper
- Skin gets oily may cause acne
- Sweats more and may have odor
- Penis and testicles grow, sperm is produced
- (may have mood swings)

Erections and Ejaculation

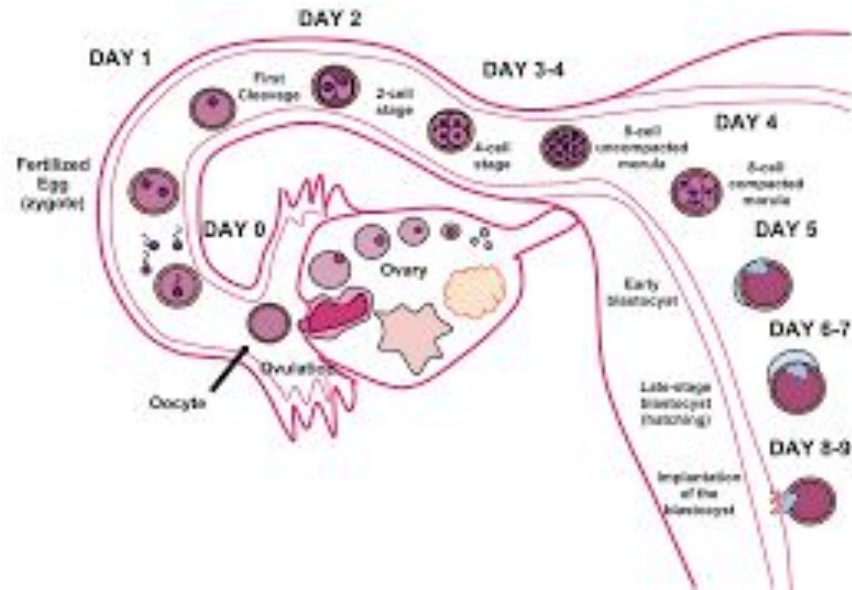
- Penis will fill with blood during arousal, or sometimes for no reason at all. This is called an erection.
- Ejaculation is when the muscles in the penis push semen out which contains sperm. The semen is pushed out through the urethra. This occurs during touching, arousal, and may happen during sleep (wet dreams).

Puberty prepares the body for REPRODUCTION

- Reproduction is the process by which organisms create new individuals similar to themselves. (all living organisms, humans, animals, plants even bacteria reproduce)
- Involves interaction of internal and external sex organs and hormones

Sexual Intercourse and Conception

- During intercourse the penis enters the vagina. Semen containing sperm can leave the penis and travel through the uterus to the fallopian tubes and may join with an ovum (egg)
- Millions of sperm are expelled during ejaculation and may enter an ovum. That is called conception or fertilization
- The egg then enters the embryo stage and then attaches itself to the rich blood filled lining of the uterus. It then becomes a fetus, developing tissue and organs
- Pregnancy usually lasts forty weeks or about 9 months



<https://youtu.be/DGyRD9HnXVs>



1 month



2 month



3 month



4 month



5 month



6 month



7 month



8 month



9 month

HIV and Other STIs

- Human Immunodeficiency Virus(HIV)is a virus that causes Acquired Immunodeficiency Syndrome(AIDS)
- There are many sexually transmitted infections. You may have heard them called STDs (sexually transmitted diseases)
- <https://www.michiganmodelforhealth.org/my-curriculum/middle-school/grades-07-08-hiv-and-other-stis/lesson-01>
- Password mm4h2020

Common Symptoms of **HIV**

- No symptoms at all
- Fatigue
- Swollen lymph nodes
- Chronic diarrhea
- Night sweats and/or fever
- Weight loss
- Rash or other skin problems
- Severe headaches
- Chronic pain
- Thrush, yeast (fungal) infection in the mouth

In women:

- Repeated vaginal yeast infections that do not get better with medicine
- Menstrual problems

Know the Facts

- ✓ Human Immunodeficiency Virus causes HIV infection, and can eventually lead to advanced HIV disease called AIDS.
- ✓ Most people got infected with HIV through sexual intercourse.
- ✓ People from all backgrounds have and can contract HIV. HIV doesn't care about age, race, gender, religion, class, ability, status, or sexual orientation. If you are participating in risky behaviors, you can contract HIV.
- ✓ The second major cause of HIV infection is needle sharing. This can happen when needles or "works" are shared during drug injections, body piercing, or tattooing.

Know the Facts

- ✓ Avoid contact with blood or other body fluids that contain blood cells: semen, vaginal fluids, breast milk.
- ✓ HIV is not transmitted by casual contact.
- ✓ The only way to know if you have HIV is to get tested and get your results.
- ✓ People who have HIV can feel and look healthy most of the time.
- ✓ Medications are available to help, but not cure, people living with HIV. Even with medication, it is very hard to live with HIV, but individuals can live a long time.

Know the Facts

- ✓ All people deserve to be treated with dignity and respect, whether or not they have HIV.
- ✓ Abstinence is the only sure way to prevent sexual transmission of HIV.

STIs and YOUTH



- Chlamydia**
- Human Papillomavirus (HPV)**
- Herpes**
- Gonorrhea**
- Syphilis**

Common Symptoms of other **STIs**

- No symptoms at all
- Discharge from the vagina that is itchy, colored, or smells bad
- Bleeding from the vagina that is not normal menstrual flow
- Low abdominal ache
- Discharge from the penis
- Sores, warts, blisters, bumps, or swelling in the area around the genitals
- Burning or pain when urinating
- Abstinence is the only sure way to prevent sexual transmission of STIs

STI Information:

CHLAMYDIA...

- ...is transmitted by oral, anal, or vaginal sex with an infected person.**
- ...may not have symptoms.**
- ...can impact ability to have children in the future if untreated.**
- ...can be cured with antibiotics, but a person can get it again if he or she has sex with an infected person.**

STI Information:

Human Papillomavirus (HPV)

...is transmitted by hand, oral, or genital contact with infected areas of the body, even if genital warts are not present.

...can cause genital warts, which can be removed, but may come back. HPV can be present with or without genital warts.

...is also associated with various cervical and anal cancers in infected people.

...is not curable.

...can often be prevented with immunization.

STI Information:

Herpes...

- ...is transmitted by genital, anal, oral, or hand contact with sores or just before sore is present.**
- ...is caused by herpes simplex virus (HSV). HSV can cause oral or genital herpes.**
- ...is not curable.**
- ...can be treated with medicine. Symptoms often return from time to time.**
- ...is often not visible, but still transmittable.**

STI Information:

Gonorrhea

- ...is transmitted by oral, anal, or vaginal sex with an infected person.**
- ...can be transmitted to the eyes, mouth, and genitals by hand contact with infected area.**
- ...may not have symptoms.**
- ...can impact ability to have children in the future if untreated.**
- ...can be cured with antibiotics, but a person can get it again if he or she has sex with an infected person.**

STI Information:

Syphilis...

- ...is transmitted by hand, oral, or genital contact with the sore or rash of an infected person.**
- ...will cause a painless sore and/or rash when first infected.**
- ...may not be noticed if the sore or rash is in an area that is not easy to see.**
- ...is only cured if treated, even though the sore and the rashes will go away on their own.**
- ...can be cured with antibiotics, but a person can get it again if he or she has sex with an infected person.**

Is it risky for hiv & stis?

Risk Behaviors	HIV	Chlamydia	HPV	Herpes	Gonorrhea	Syphilis
Sexual intercourse	✓	✓	✓	✓	✓	✓
Sharing needles for drugs, body piercing, tattooing	✓					
Breast feeding	✓					
Contact with blood, sores, or rashes	✓		✓	✓		✓
French kissing	✓			✓		✓

Effects of Premarital Sexual Behavior

Engaging in sexual activity can negatively impact your health in the following ways:

Unwanted pregnancy, teenage pregnancy, abortion, STIs, HIV/AIDS, regrets, guilt, loss of self-respect, depression, loss of family support, substance abuse and even suicidal death.¹

According to babycenter.com, a baby's first year may cost around \$15,775.²

1. Shrestha, R. B. (2019). Premarital Sexual Behaviour and its Impact on Health among Adolescents. *Journal of Health Promotion*, 7, 43–52.
2. Babycenter.com

Social Science Benefits

“Children raised in intact married families are more likely to attend college, are physically and emotionally healthier, are less likely to be physically or sexually abused, less likely to use drugs or alcohol and to commit delinquent behaviors, have a decreased risk of divorcing when they get married, are less likely to become pregnant/impregnate someone as a teenager, and are less likely to be raised in poverty”¹

Teen mothers may face many physical, psychological, social and spiritual challenges:

There may be a constant need for support and training, inability to planning and decision making, lack of maternal skills encountering unknown situations and major changes, high risk pregnancy and birth, mental health problems(depression, anxiety, shock, low self-efficacy, isolation), multiple responsibilities, role conflict and identity confusion, inadequate social and spiritual support, disruption of education and employment, financial problems, social stigma and, religious or cultural negative reaction, inappropriate behavior of health care providers, and family conflicts.²

1. "Why Marriage Matters: 26 Conclusions from the Social Sciences," Bradford Wilcox, Institute for American Values, www.americanvalues.org/html/r-wmm.html
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6045691/#:~:text=According%20to%20the%20results%20of,high%20risk%20pregnancy%20and%20birth>

Building Healthy Relationships

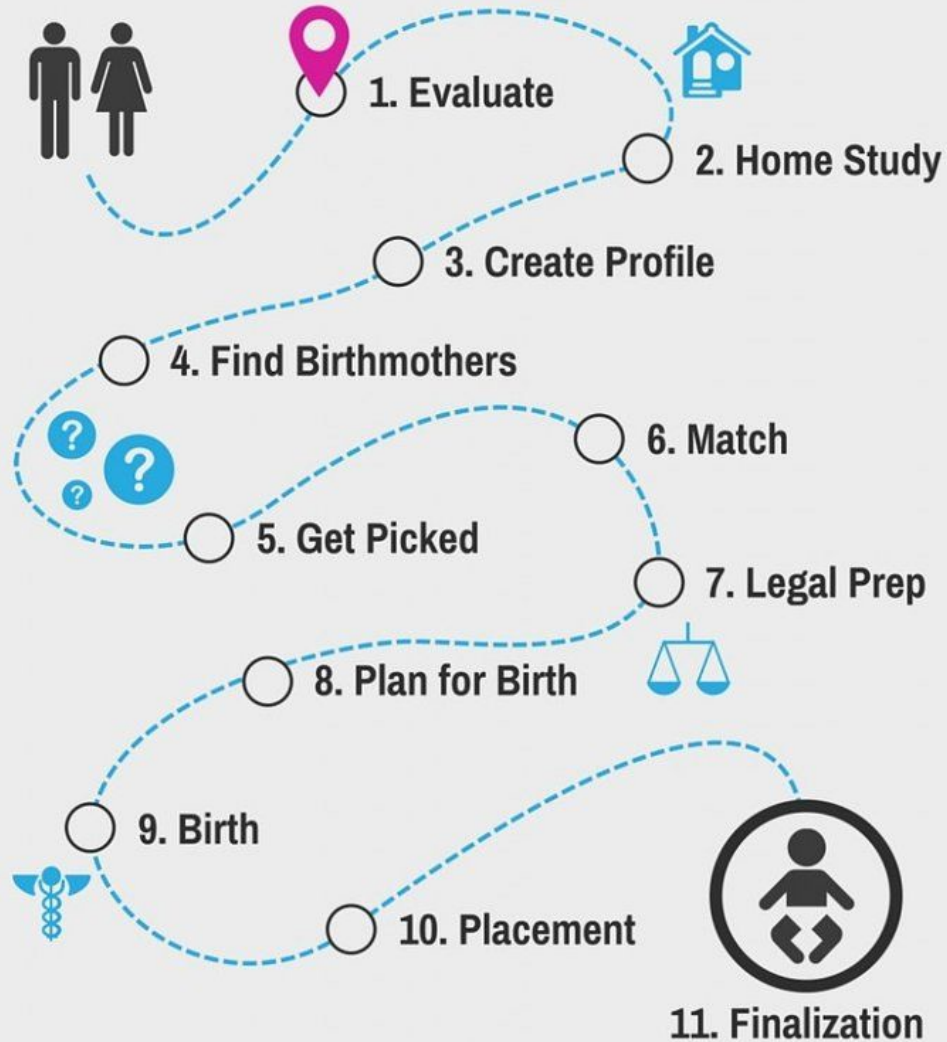
Are you involved in a healthy relationship?

Can you define a healthy relationship?

How can you make current and future relationships healthy?

<https://www.youtube.com/watch?v=UB9anEZx9LU>

ADOPTION ROADMAP



Agree or Disagree?

- Read the statement below.
- Decide if you agree or disagree.

Alcohol and other drug use increases the likelihood of engaging in risk behaviors. You may do things you wouldn't normally do.

Boundaries

Boundaries

- Boundaries provide privacy.



No Way!!!

- Boundaries keep harmful things outside.

- Boundaries protect what is inside.

NO MEANS NO!

*Whether you are on a date or in any situation where you feel uncomfortable and you say “no” but the person doesn’t stop, try to remove yourself from the situation and tell an adult that you trust.

*Inappropriate touching and/or talking is not acceptable behavior.

*If you feel that someone is being forceful or inappropriate in a sexual manner, try to remove yourself from the situation and tell an adult that you trust.

Reasons to Plan How to Stay Within the Boundaries

- It allows a person time to think clearly about what he or she wants to do.
- It gives a person time to practice communicating his or her boundaries and plans for staying within those boundaries.
- It allows a person time to make decisions without outside pressure.
- A person can communicate his or her boundaries and plans to friends prior to risky situations.
- It clarifies which situations the person should avoid.
- The person can choose friends who support his or her boundaries and plans.
- It gives the person the opportunity to talk with parents or other trusted adults.

How to Communicate



Verbal Communication

- Speak clearly.
- Speak slowly.
- Use a firm voice without yelling.

Nonverbal Communication

- Stand or sit straight and tall.
- Look the person in the eye.
- Face the person.

What to Communicate



Share information:

- Address the person by name.
- State your plan clearly and simply:
 - Say what you will do.
 - Say what you won't do.
 - Use one sentence each.

Be sure you are heard:

- Repeat your message.
- Say something that shows you are serious.
- If interrupted, continue from where you were interrupted.

A

Goal is **SMART**

S = Specific

M = Measurable

A = Achievable

R = Relevant

T = Time-bound

Steps for Goal Setting

Step One:

- Set a clear, realistic goal.

Step Two:

- Describe the tasks you need to do to reach your goal.
 - When you will act on the tasks
 - Material you will need
 - Who can help

Step Three:

- Measure your progress and make changes if needed.

Step Four:

- Evaluate whether or not your goal was met.

My Goal:

- Stay within healthy behavioral boundaries that will prevent infection.

My Goal:

- See my health care provider if I think I might have been exposed to HIV or other STIs.

Do these goals meet the criteria below?

S = Specific

M = Measurable

A = Achievable

R = Relevant

T = Time-bound

Goal

My Goal: I will be free of infection with HIV and other STIs.

My Goal: If I am already infected with HIV or another STI, I will do everything I can to get treatment.

Do these goals meet the criteria below?

S = Specific

M = Measurable

A = Achievable

R = Relevant

T = Time-bound



Identifying

Trouble

1. Ask questions.

Find out exactly what you are being invited to do.

2. Name the trouble.

Say what is wrong with the situation that might cause trouble or become a problem or a potential risk.

3. State the consequences.

List the negative outcomes that could result if you went along with the invitation.

Effective Refusal Skills

- **Say a direct “no”.**◆
- **Suggest another activity.**
- **Repeat the same phrase over and over again.**
- **Give a reason.**
- **Walk away.**



Potentially Risky Situations

continue...

- Being alone with a person you are attracted to and/or who is attracted to you
- Going out with someone you don't know very well
- Going to parties where alcohol and other drugs are being used
- Going to houses where no parents or other adults are supervising
- Going out with someone who is much older than you

Potentially Risky Situations

end.

- Sending or receiving inappropriate photos by phone ("sexting") or Internet
- Posting or sending mean or insulting sex-related, messages using email, texting, social networking sites, or other methods ("cyber-bullying")
- Using alcohol or other drugs
- Going someplace to hook up

Human Trafficking

Human trafficking is the unlawful act of transporting or coercing people in order to benefit from their work or service, typically in the form of forced labor or sexual exploitation (taking advantage of someone for a profit or benefit).

<https://www.youtube.com/watch?v=STdXo0qpwmo>

Additional Resources:

National Human Trafficking Hotline: 1-888-373-7888

Text “Help” or “Info” to 233733

humantraffickinghotline.org

NOW YOU KNOW

Do you know about the laws in Tennessee?

- Sex or sexual contact with anyone under age 16 is a crime, even if you are also under 16.
- This crime is punishable by imprisonment.
- If convicted, the person may be listed on the sex offender registry for 15 years, 25 years, or life; and it's posted on the internet that they are a sex offender.

Now you know!

Most young people your age through 9th grade are NOT having sex!

- 70 percent of high school students in Tennessee have NOT had sex.
- Two out of three (68 percent) ninth graders in the U.S. have NOT had sex.

However, some students have faced the risks of having sex:

- 30 percent of high school students in Tennessee has had sex.
- One in three (32 percent) ninth graders in the U.S. has had sex.