
Review

Session 12:

Review

Goals

- Review all the information presented during Teen Talk MS
- Ensure that students know where they can go after Teen Talk MS is complete if they have additional questions or need additional sexual health resources

Objectives

At the end of this session, students will be able to:

- Articulate a trusted adult (parent, guardian, relative, medical provider, teacher, school counselor, youth program leader, etc.) that they can go to if they have additional sexual health questions in the future or need care
- State 2 local clinics where they can go for sexual health services now or in the future
- Articulate 2 sexual health topics discussed during Teen Talk MS that stood out to them

Anonymous Question Box

Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of question during class time as well.

Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a question at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write “no question”. This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used to hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

Parent Interview Wrap-up

BACK IN THE DAY...

Directions: Please interview a parent/guardian or an adult you trust over age 18 for this activity.

Student's Name: _____ Trusted Adult's Name: _____

Talk #1. **Due:** _____ **Adult signature:** _____

1. What did you do in your free time when you were my age?
2. What did you want to be when you grew up?
3. What did your parents/guardians teach you about puberty and body changes?
4. What is one thing you wish you knew about puberty when you were my age?

Reflection: What are two things you learned from your trusted adult? 

Talk #2. **Due:** _____ **Adult's signature:** _____

5. Did you have sex education or family life education in school? What was it like?
6. What is one thing you wish you knew about sexual health when you were my age?
7. How has the subject of gender changed since you were a child?
8. Did you know anyone who was bullied because of their sexual orientation or gender identity?
9. Is there anything you wish you had done differently in your friendships or romantic relationships when you were my age?

Reflection: In what ways are your trusted adult's past experiences similar or different to your own? 

Continue on other side



Talk #3. **Due:** _____ **Adult signature:** _____

- 10. How do you feel about the messages media (TV, music, movies, internet) send youth today?
- 11. Did you ever feel pressured to do something you didn't want to do? How did you handle it?
- 12. If someone pressures me to do something sexual, can you give me some suggestions of what to do or say?

Reflection: How has this conversation changed your thinking? 

Thank you for having this important conversation! Almost done...



Check out the CVUSD Community Resource List on the following pages to help continue this important conversation.



This section below is for your trusted adult to fill out after completing the interview.

I have talked through all of the questions on this homework sheet with my student.

Adult's signature: _____

Do you think this homework helped you and your student talk more openly about sexual health and relationships? **YES** **NO**

Teen Talk Jeopardy

| Birth Control | SOGIE | STIs | Anatomy | Wild Card |
|----------------------|--------------|-------------|----------------|------------------|
| 100 | 100 | 100 | 100 | 100 |
| 200 | 200 | 200 | 200 | 200 |
| 300 | 300 | 300 | 300 | 300 |
| 400 | 400 | 400 | 400 | 400 |
| 500 | 500 | 500 | 500 | 500 |

| Birth Control | SOGIE | STIs | Anatomy | Wild Card |
|---|--|---|---|--|
| How old do you have to be to purchase condoms? | What does LGBTQ stand for? | You can tell if a person has HIV just by looking at them T/F | It is possible to get pregnant/get someone pregnant while on their period? T/F | Teens need permission from their parents to get sexual health services at a clinic or doctor's office T/F |
| What birth control methods are effective for 3+ years? | What is the difference between sex and gender? | What does STI stand for? | Both males and females urinate through this opening | Name two services a person can receive at a clinic |
| What two methods can be combined for more effective protection? | What is the difference between cisgender and transgender? | Can HIV be passed through saliva? | The place where the sperm and the egg meet | What three pregnancy options do people of all ages have legally available to them in California? |
| The only birth control taken after sex to prevent pregnancy | What four components created the Genderbread person? | Name one curable and one treatable STI | When do males begin to produce sperm & when do females get their eggs? | If you are under the age of 18, and are sending sexual photos or videos of yourself this is considered what? |
| Name 2 birth control methods and how to use each correctly | What 3 things determine a person's biological sex AND what is it called when a person is born with a mixture of these? | Name 2 bodily fluids that can transmit HIV | Define "infertility" | Name 2 local teen clinics |

Teen Talk Baseball

Singles (all T/F)

1. A female can get pregnant the first time they have vaginal sex. **T**
2. A female can get pregnant if they have vaginal sex during their period. **T**
3. The birth control pill protects against sexually transmitted infections. **F**
4. The Westminster Free Clinic offers free and confidential health services to teens. **T**
5. Chlamydia can be cured. **T**
6. HPV can cause cervical cancer. **T**
7. It's OK to pressure someone for sex. **F**
8. If there are no cuts in a person's mouth, you can get HIV from saliva. **F**
9. If two people have a lot of sex, they can create an STI. **F**
10. If you are wearing a condom, it's still possible to get an STI. **T**
11. There is an age limit for buying condoms. **F**
12. The condom and internal condom both help protect against pregnancy and STIs. **T**
13. You need your parent's permission to get birth control. **F**
14. Gonorrhea can be cured. **T**
15. Herpes can be cured. **F**
16. A female can get pregnant from having oral sex. **F**
17. Most teenagers have sex before the age of 15. **F**
18. Both males and females have a urethra. **T**
19. Birth control pills make you fat. **F**
20. The ovaries are part of the male reproductive system. **F**
21. There is a vaccine for some types of HPV. **T**
22. Teenagers are more likely to get STIs than adults. **T**
23. Males need to check their testicles once a month for changes. **T**
24. Females can get pregnant any time after they start their periods and up to the time they die. **F**
25. If you have an abortion, you cannot have babies in the future. **F**
26. Males make sperm starting the day they are born. **F**
27. In a healthy relationship, a couple can talk about their sexual boundaries. **T**
28. Females can have one breast that grows faster than the other. **T**
29. Females may have about 450 periods in their life. **T**
30. You can get an STI from masturbating by yourself. **F**
31. The shot is up to 99% effective in preventing pregnancy. **T**
32. If a female jumps up and down after sex, they can make the sperm come out and they won't get pregnant. **F**
33. If you masturbate too much you can have health problems, such as running out of sperm. **F**
34. Many high schools have clubs to support LGBT+ teens. **T**
35. HPV can be cured. **F**
36. Most teenagers who have abortions tell their parents. **T**
37. You always have the right to say no to sex or affection. **T**
38. You can tell by looking at somebody whether they have had sex or not. **F**
39. It is against the law to force someone to have sex. **T**
40. Males can ejaculate in their sleep. **T**
41. Every year, 25% of sexually active teens in the United States get an STI. **T**
42. Gay teens are twice as likely to commit suicide as heterosexual teens. **T**
43. Anyone who has an STI will show signs of it. **F**
44. Dental dams should be used when performing oral sex on a female. **T**
45. Baby oil is a great lubricant to put on condoms. **F**

Doubles (Each team can only choose 3 per inning)

1. Define **Infertility**

Answer: **The inability to produce children**

2. Which of the following is NOT a place you can go for medical services in your area?

- A. Clinicas del Camino Real
- B. Walgreens**
- C. Conejo Free Clinic
- D. Westminster Free Clinic

3. Which of the following is 100% effective in preventing pregnancy?

- A. Not having Sex**
- B. Birth Control Pills
- C. Withdrawal – pulling the penis out of the vagina before a male ejaculate
- D. Condoms

4. You can tell if a female is a virgin by:

- A. The way they walk
- B. The shape of their thighs
- C. If they bleed when they have sex
- D. You cannot tell if they are a virgin or not.**

5. What are 2 things people can use during oral sex to help protect them from STI's?

Answer: **Condoms and Dental Dams**

6. Name 1 thing a heterosexual teen could do to try and reduce physical or verbal abuse against LGBT+ teens in their community. **Answer: Speak up and educate others.**

7. Homosexuality means:

- A. A person who is sexually and emotionally attracted to the opposite sex.
- B. A person who is sexually and emotionally attracted to the same sex.**
- C. A person who is sexually attracted to both men and women.
- D. None of these

8. If a female is on the birth control shot, how often do they need to get the shot?

- A. Every 4 weeks
- B. Every 8 weeks
- C. Every 12 weeks**
- D. Every 16 weeks

9. Which contraception method is the only one that can protect you from many sexually transmitted infections:

- A. The Pill
- B. The Shot
- C. The Vaginal Ring
- D. Condom**

10. What is the WRONG thing to do when using a condom:

- A. Use two condoms at once**
- B. Check which way the condom rolls before rolling it down the penis
- C. Leave room at the tip to catch semen
- D. Check the expiration date

11. What is the most common symptom of STIs?

- A. No symptoms**
- B. Burning when peeing
- C. Itching
- D. Bleeding

12. Which of the following birth control methods can you use to prevent pregnancy after sex?

- A. Birth control pill
- B. Emergency contraception**
- C. Condom
- D. The Shot

13. Birth control pills help protect you from:

- A. STIs
- B. Headaches
- C. Pregnancy**
- D. STIs and Pregnancy

14. Which of the following STIs is curable?

- A. HIV
- B. Chlamydia**
- C. Herpes
- D. None of the above

15. Tell me 1 way to try and initiate a conversation with a parent/guardian about sex or relationships.

Answers vary

16. What is 1 way a person could defend their reasons for waiting to have sex if their friends are saying she should try it?

Answers vary

Triples (Each team can only choose 2 per inning)

1. What does emergency contraception do?
 - A. Protects you from sexually transmitted infections
 - B. Is an abortion pill
 - C. Helps decrease the risk of pregnancy**
 - D. All of the above

2. How effective are condoms in preventing pregnancy, if properly used?
 - A. Up to 75%
 - B. Up to 85%
 - C. Up to 90%
 - D. Up to 98%**

3. Although you should take Emergency Contraceptive as soon as possible, what is the latest you can take it:
 - A. 1 day
 - B. 2 days
 - C. 3 days
 - D. 5 days**

4. The only body part on either the male or female which has no purpose other than pleasure is:
 - A. Penis
 - B. Breasts
 - C. Prostate Gland
 - D. Clitoris**

5. How long do you leave the Vaginal Ring in the vagina before taking it out?
 - A. 1 week
 - B. 2 weeks
 - C. 3 weeks**
 - D. 4 weeks

6. What is the most common symptom of having an STI?
Answer: No Symptoms

7. What is the only way to know for sure if someone wants to have sex or not?
Answer: If they tell you

8. Name 2 good places to store condoms and one bad place.
Possible Answers: Good places: drawer, container, loose pocket, purse, under the bed, etc.
Bad Places: wallet, glove compartment of a vehicle, bottom of a backpack where books can crush or pens can puncture the condom, anywhere hot, etc.

9. One ejaculation has how many sperm:
- A. 1000 sperm
 - B. 400,000 sperm
 - C. 1 million sperm
 - D. 300 to 400 million sperm**
10. What percentage of people with STI's have no symptoms?
- A. 0%
 - B. 50%
 - C. 70%**
 - D. 90%
11. Testicular cancer is the most common form of cancer among men ages:
- A. 5-15 yrs old
 - B. 15-34 yrs old**
 - C. 34-45 yrs old
 - D. 45-55 yrs old
12. Which of the following is a part of the female anatomy:
- A. Cervix**
 - B. Testicles
 - C. Epididymis
 - D. Scrotum
13. Which of the following is a part of the male anatomy:
- A. Ovaries
 - B. Vas deferens**
 - C. Uterus
 - D. Cervix

Home Run (Each team can only choose 1 per inning)

1. If a person knows their friend is pressuring their partner to do something sexual, what could they say to their friend to let him know it's not cool.

Answers may vary.

2. Name 3 options a female has if they become pregnant:

- 1. Have an abortion**
- 2. Place the baby for adoption**
- 3. Continue pregnancy and raise a baby**
- 4. Give it to a "safe haven" after birth (Newborn Abandonment Law/Safe Surrender Law)**

3. Choose 1 method of birth control and explain how to use it correctly.

Answers may vary.

4. Name 3 ways you can prevent STIs:

- 1. Condoms**
- 2. Not have sex**
- 3. Dental dams**
- 4. Testing**

- 5. Communication with partner**
- 6. Limit your number of sexual partners**
- 7. Get the Hepatitis B and HPV vaccines**

5. Name 3 places you can go in this county for free and confidential reproductive health care services:
Answers may vary.

6. Name 3 mistakes people commonly make when using condoms, causing them to fail:

- 1. Using expired condoms**
- 2. Ripping the condom when opening the package**
- 3. Storing them incorrectly**
- 4. Putting them on backwards**
- 5. Using the wrong kind of lubricant (e.g. oil, lotion, etc. with latex)**
- 6. Not pinching the top to remove air and leaving room for ejaculate**
- 7. Using two condoms together**

7. Name 2 curable STIs and two incurable STIs

Curable

- **Chlamydia**
- **Gonorrhea**
- **Syphilis**
- **Public Lice/crabs**
- **Trichomoniasis**

Incurable

- **HIV**
- **Herpes**
- **HPV**
- **Hepatitis B**

8. Name the six body fluids that can pass HIV

- 1. Blood**
- 2. Semen**
- 3. Vaginal fluid**
- 4. Breast milk**
- 5. Rectal Fluid**
- 6. Pre-ejaculatory fluid**

9. If you didn't want to have sex with your partner, and they said, "If you really loved me, you would have sex with me," what could you say? **Answers may vary.**

10. If your partner didn't want to use condoms because they don't like how they feel, what could you say to them?

- 1. Try different brands of condoms**
- 2. Add more lubrication to the outside of the condom**
- 3. Add a drop of lubrication to the inside of a condom**
- 4. Try an internal condom**
- 5. Say "It's not going to feel good if you get an STI."**

11. Name three reasons that a person may not want to have sex with their partner. **Answers may vary.**

12. When a female is using a hormonal method like the patch or the pill, what are the hormones actually doing to her body to prevent her from getting pregnant?

Preventing ovulation, thickening cervical mucus, preventing implantation

Post Test with Evaluation

Teen Talk Middle School Post-Test

School _____ Date _____ Grade _____

Gender _____ Ethnicity _____ City where you live _____

Did you have Health Connected's **Puberty Talk** course in 5th or 6th grade? Yes No Not sure

1. **It is possible to get pregnant or get someone pregnant:**

- A. The first time having vaginal sex
- B. When a person is on their period
- C. If semen gets near the vaginal opening
- D. All of the above
- E. Not sure

2. **To use a condom correctly, a person should:**

- A. Pinch the tip
- B. Only use one at a time
- C. Keep it safe in a wallet
- D. Only A & B
- E. Not sure

3. **People urinate from which opening?**

- A. Anus
- B. Cervix
- C. Urethra
- D. Testicle
- E. Not sure

4. **Which of the following lowers your risk of pregnancy AND STIs, including HIV?**

- A. Birth control pill
- B. Condom
- C. Not having sex
- D. Only B & C
- E. Not sure

5. **Name two local CLINICS where a teen can go for FREE and CONFIDENTIAL birth control, STI testing/treatment, pregnancy testing and counseling.**

1.

2.

6. **Teens need permission from their parent or guardian to get sexual health services from a clinic.**

- True
- False
- Not sure

7. **Some birth control methods are effective for 3 or more years.**

- True
- False
- Not sure

8. **Emergency contraception is a pill taken after sex to help prevent pregnancy.**

- True
- False
- Not sure

9. **HIV can be passed to another person through saliva.**

- True
- False
- Not sure

10. **You can always tell if a person has an STI by looking at them.**

- True
- False
- Not sure

11. **A person must be at least 18 years old to buy condoms.**

- True
- False
- Not sure

12. **Sending sexual pictures to someone without their consent is an example of sexual assault.**

- True
- False
- Not sure

**There are no correct answers
to the following questions.
Answer how you feel.**

13. I can talk about sexual health with my parent(s) or a trusted adult.

- Yes
- No
- Not sure

14. I can talk about sexual health with a current or future partner.

- Yes
- No
- Not sure

15. I would speak up if I'm not comfortable being touched in a sexual way by a peer or partner.

- Definitely would
- Probably would
- Probably would not
- Definitely would not

16. I would tell a friend to stop if they were making fun of someone for being gay or transgender.

- Definitely would
- Probably would
- Probably would not
- Definitely would not

Please give us feedback!

17. The educator made the course interesting.

- Yes
- No
- Not sure

18. The educator created a safe space to ask questions.

- Yes
- No
- Not sure

19. What was your favorite part of the course?

20. What will you do differently in your life after participating in this course?

21. Any other comments for us or suggestions to improve the course?
