

# TGC Sex Ed: Activities & Handouts

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## Ground Rules

- this can be an uncomfortable topic, laughing is ok! just not at each other
  - be good people (I believe in you)
  - respect each other & listen when another person is talking
  - questions can be asked out loud or anonymously
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## Topics

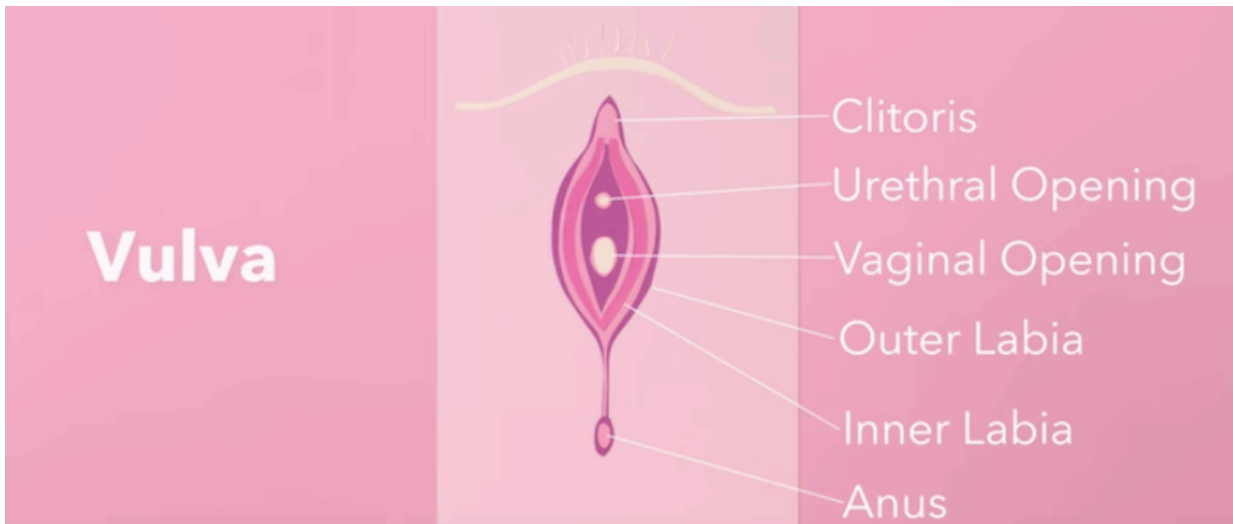
- puberty review & reproductive anatomy
  - gender & sexuality
  - social pressure, decision making, & consent
  - birth control, pregnancy, & STIs
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## Resources

- text PPNOW to PPINFO for **free & confidential** answers to questions you might have about birth control, STIs, sex, bodies, gender, & sexuality
- websites:
  - **general info:** <https://www.plannedparenthood.org/learn/teens>
  - **periods:** <https://www.plannedparenthood.org/learn/health-and-wellness/menstruation/how-do-i-use-tampons-pads-and-menstrual-cups>
  - **sex & relationships:** <https://www.plannedparenthood.org/learn/sex-and-relationships/sex/how-do-i-talk-my-partner-about-sex>
  - **birth control methods:** <https://www.plannedparenthood.org/learn/birth-control>
- your mentors! me! your parents! women everywhere! puberty is awkward & sex is weird but everyone has gone through it in some way or another & we love you!

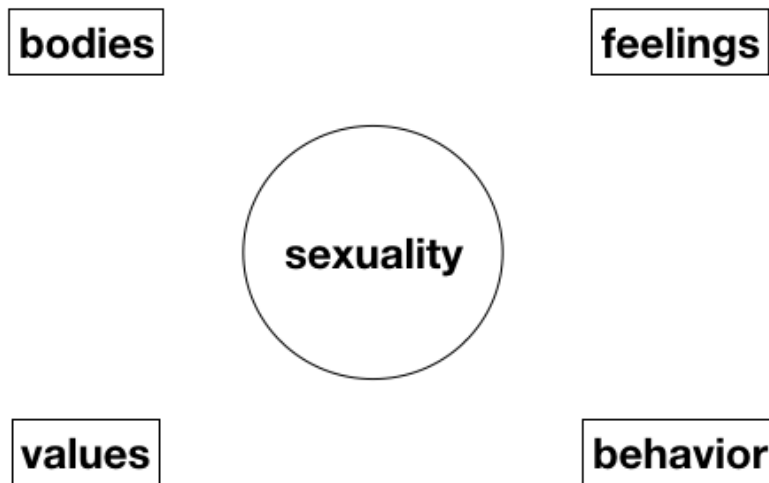
## Puberty & Anatomy

- why is it important to know about & understand our bodies?
- **puberty** - physical, emotional, & hormonal changes in adolescence
- **menstruation** AKA **getting your period** which is very normal & human & not gross
- **all bodies are normal no matter what shape or size**
- **reproductive anatomy:** what is it & how do you take care of it?



## Gender & Sexuality

- gender & sexuality both exist on a spectrum & are non-binary
- gender: cisgender, transgender, non-binary
- sexuality: heterosexual (straight), homosexual (gay), bisexual, LGBTQ+
  - sexuality is a healthy, natural, **normal** part of everyone's life



- **sex:**
  - even if you stop listening right this second, please know:
    - there is no need to feel shame when talking/thinking about sex
    - we all learn about sex from our families, culture, friends, media, etc.
    - open communication is key, the earlier the better
  - *let's discuss*
    - what does it mean to be sexually healthy?
    - what does sex mean? spoiler: it doesn't mean just one thing!
    - what are some good things that might come from adding sex into a relationship?  
what are some bad things?

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## Decision Making, Consent, & Social Pressures

### - decision making

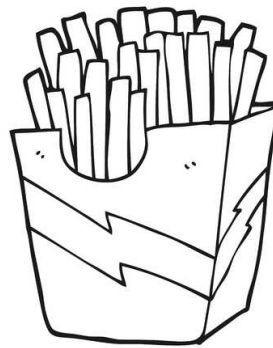
- everyone has the right to choose whether or not to engage in sexual behaviors
- decisions about safe sex should be made equally & respectfully by all partners
- *let's discuss:*
  - why is it important to talk about sex & protection before doing anything sexual?
  - what can happen if people don't talk about sexual decisions together?
  - what can happen if someone is under the influence of drugs or alcohol when they're going to be sexually active?

### - social pressure

- what are some factors that might make "saying no" more difficult?
- what are some things we are told as girls about how we should behave in terms of sex & sexuality?
- *with help from your mentor, list here:*
  - 1 adult you can talk to about sex & other hard topics: \_\_\_\_\_
  - 1 phrase to have in your back pocket to say no: \_\_\_\_\_
- **CONSENT** is an **enthusiastic & clear "yes"** from all partners before doing anything sexual. **it is both partners' responsibility** to ask for consent, and consent is absolutely, 100% **non-negotiable in any and all sexual activities.**

- think **fries** (not the food but also the food)

- **F**reely given
- **R**eversible
- **I**nformed
- **E**nthusiastic
- **S**pecific



- **the only way to be sure is to talk openly, ask for consent, & listen**

## Safe Sex: STIs, Pregnancy, & Contraceptives

- we've now talked about the **emotional** and **social** pieces of sex
- *let's discuss*: what are some less risky versus more risk sexual behaviors?
- **STI** = **sexually transmitted infection** (aka STD)
  - are a risk of sexual activity & can be spread even without symptoms
  - STIs are common & preventable & nothing to be ashamed of
  - abstinence, external birth control (we will discuss below, but mostly condoms)
  - get tested & talk to your partner(s) about it!
- **pregnancy** can be a big & scary thing but is not something to handle alone!
  - the only way to 100% prevent pregnancy is abstinence
  - **use protection** (we will discuss below)
  - if you are pregnant, you have options
  - *let's discuss*:
    - *what are some reasons someone your age might not want to be a parent now?*
    - *what are some reasons someone your age might want to be a parent now?*
  - *with help from your mentor, list here*:
    - 1 adult you can talk to if you think you might be pregnant: \_\_\_\_\_
    - 1 anonymous resource you can use if you think you might be pregnant: \_\_\_\_\_
- **contraceptives are key**
  - different birth control methods each have pros & cons
  - different people prioritize different things in their birth control
  - birth control is to avoid **STIs & unwanted pregnancy**
  - birth control is the responsibility of both sexual partners!
  - some possible contraceptive options:
    - abstinence, IUD, implant, hormone shot, ring, patch, pill

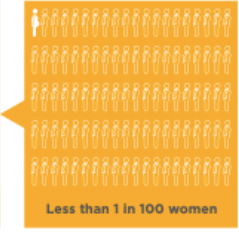


## HOW WELL DOES BIRTH CONTROL WORK?

What is your chance of getting pregnant?

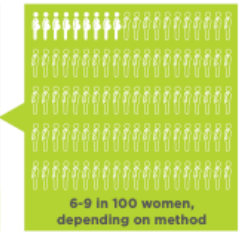
**Really, really well** (5 stars)

- The Implant**: Works, hassle-free, for up to... 4 years
- Hormonal IUDs**: 3-7 years
- Copper IUD**: 12 years (No hormones!)
- Sterilization, for men and women**: Forever



**Pretty well** (4 stars)

- The Pill**: For it to work best, use it... Every. Single. Day.
- The Patch**: Every week
- The Ring**: Every month
- The Shot**: Every 3 months



**Not as well** (3 stars)

- Pulling Out**
- Fertility Awareness**
- Internal Condom**
- Condom**

Use a condom with any other method for STI protection.

For each of these methods to work, you or your partner have to use it every single time you have sex.



## Closing Thoughts

Please reach out to your mentors with questions! We have all been through this and all wish we knew better when we were your age. This topic can be uncomfortable and intimidating but the more you talk about it with people you trust the more normal it will feel. Also, don't trust everything you read on the internet — ask an adult. We love you!