



POWER
THROUGH
Choices

Worksheet 1A - *Reasons Why*

Some young people choose to have sex because

Some young people choose not to have sex because

Role-Play 1B - *Friendly Advice Demonstration*

SETTING THE STAGE: Jamie and Tony are friends having a conversation. Jamie is talking to Tony about whether or not to date Lee.

Jamie: I think Lee is going to ask me out this weekend.

Tony: Do you want to go out with Lee?

Jamie: Well, Lee is cute.

Tony: That's true, but you know Lee has a reputation for dating several people at the same time.

Jamie: If we start going out and it gets serious, then I am sure Lee will stop seeing other people.

Tony: What if you get serious and Lee doesn't want to stop dating other people?

Jamie: I guess my choices are to date Lee, agree we will see other people, or not date Lee at all.

Tony: Looks like you may want to give these choices some thought before making a decision.

Role-Play 1C - *Friendly Advice Practice*

SETTING THE STAGE: Chris and Terry are good friends, and both are involved in committed relationships with other people.

Chris: Terry, can I talk to you for a second? Pat and I have started talking about having sex and I don't know what to do.

Terry: [Ask if Chris wants to have sex or not.]

Chris: We really like each other. Lately, I've been feeling kind of frustrated when we just fool around.

Terry: [Ask if Chris is ready to have sex.]

Chris: I don't know. Most of our friends have already done it. I think it will bring us closer together.

Terry: [Remind Chris about possible consequences, for example STIs, HIV, pregnancy, and breaking up.]

Chris: We talked about using protection, but I never thought about how I would feel if we broke up. Anyway, people have sex all the time without getting an STI (HIV or pregnant).

Terry: [Tell Chris to talk with Pat about how they would deal with possible consequences.]

Chris: You may be right.

Terry: [Encourage Chris and Pat to go to a clinic before they start having sex to be tested for STIs/HIV and choose the kind of protection that is best for them.]

Chris: Thanks. I guess there are a lot of things that Pat and I need to talk about. I'll let you know what happens.

Statements

I'm not interested.

Please don't ask me again.

I'm just not ready yet.

**Have you ever been
checked for STIs?**

**I tried that and
didn't like it.**

**I think it's time for
you to leave.**

**I don't need to get high
to have a good time.**

**Not tonight;
I don't feel like it.**

I think we need to talk.

**I can't give you a ride
to school today.**

**I think we should use
a condom.**

**I don't want to
drink tonight.**

**I think we should both
go to the clinic to be
tested for HIV.**

**I do care about you. I'm just
not ready to have sex yet.**

I don't have time for that.

**I can't; we can't.
This just isn't working.**

I'm not ready to do that.

**This is not how it's
supposed to be.**

**I don't want to be any
closer than this.**

**I don't want to talk
about this anymore.**

**I don't want to share my
homework with you.**

Voting Cards

Assertive

Assertive

Assertive

Passive

Passive

Passive

Aggressive

Aggressive

Aggressive

Role-Play 2A - Anniversary Night

SETTING THE STAGE: Randy and Bobbie have been together for one month. Their relationship is going really well, and tonight they are celebrating their one-month anniversary. Bobbie wants to show respect to Randy, but Bobbie is not willing to have sex without a condom.

Randy: Bobbie, you know tonight's pretty special, and I think we should do something different to celebrate.

Bobbie:

Randy: I think we've been together long enough. Tonight let's do it without a condom.

Bobbie:

Randy: I bet it would feel so much different. Come on.

Bobbie:

Randy: I trust you. Don't you trust me?

Bobbie:

Randy: But you told me you've done it without a condom before.

Bobbie:

Randy: But I've only been with two other people before you, and we always used condoms. I just want it to be different with us.

Bobbie:

Randy: Pat and Andy stopped using condoms after they were together for a while.

Bobbie:

Randy: Let's just do it this once. What are the chances of anything happening if we don't use a condom one time?

Bobbie:

Randy: O.K., I understand what you're saying and respect your decision.

Worksheet 2B - *It Takes Two*

Myeshia and Tommy, who are both 16 years old, are in the same math class at school. They have known each other since the beginning of the school year. Neither of them is involved in a relationship, and they've been flirting with each other for a while. One weekend they arrange to go out together on Saturday night.

After going to a party, Myeshia invites Tommy over to watch TV. She explains that her mom is working the night shift and that her brothers are out. Myeshia gets a beer for Tommy and one for herself. While they're watching TV, Myeshia moves closer to Tommy and snuggles up to him. Tommy asks Myeshia if she feels like getting high. Myeshia's feeling a little nervous and thinks this might calm her down.

Myeshia and Tommy soon start kissing. Myeshia feels more attracted to Tommy than ever, but is worried about her brothers coming home and seeing them together. She's also confused about how fast everything seems to be going. She says, "If my brothers come home, we're gonna get in trouble." He responds, "Don't worry, Myeshia. They won't be home for a while. I can tell you don't really want me to stop. You're as into this as I am." He keeps kissing and touching her.

Myeshia gets upset and tries to pull away. She says, "Tommy, maybe you should leave." Tommy keeps kissing and touching her and says, "You're so beautiful, Myeshia. I want to be with you." Myeshia says, "I want to be with you too, Tommy. I just feel like this is moving too fast. I want you to leave now."

Role-Play 2C - *Talking It Out*

SETTING THE STAGE: Jamie recently moved into a new group home. Things seem to be going well. Jamie has decided to start having sex and wants to talk to their group home counselor, Lee, about having condoms available in the house. After dinner, Jamie pulls Lee aside.

Jamie: Lee, can I talk to you for a minute?

Lee: Sure. Is something wrong?

Jamie: [Explain to Lee that you have decided to start having sex and that you need condoms to be available in the house.]

Lee: I'm glad you're being responsible and protecting yourself. This is a big decision to make. Are you sure that now is the right time for you to start having sex?

Jamie:

Lee: Are you and your partner planning on using any other protection besides condoms?

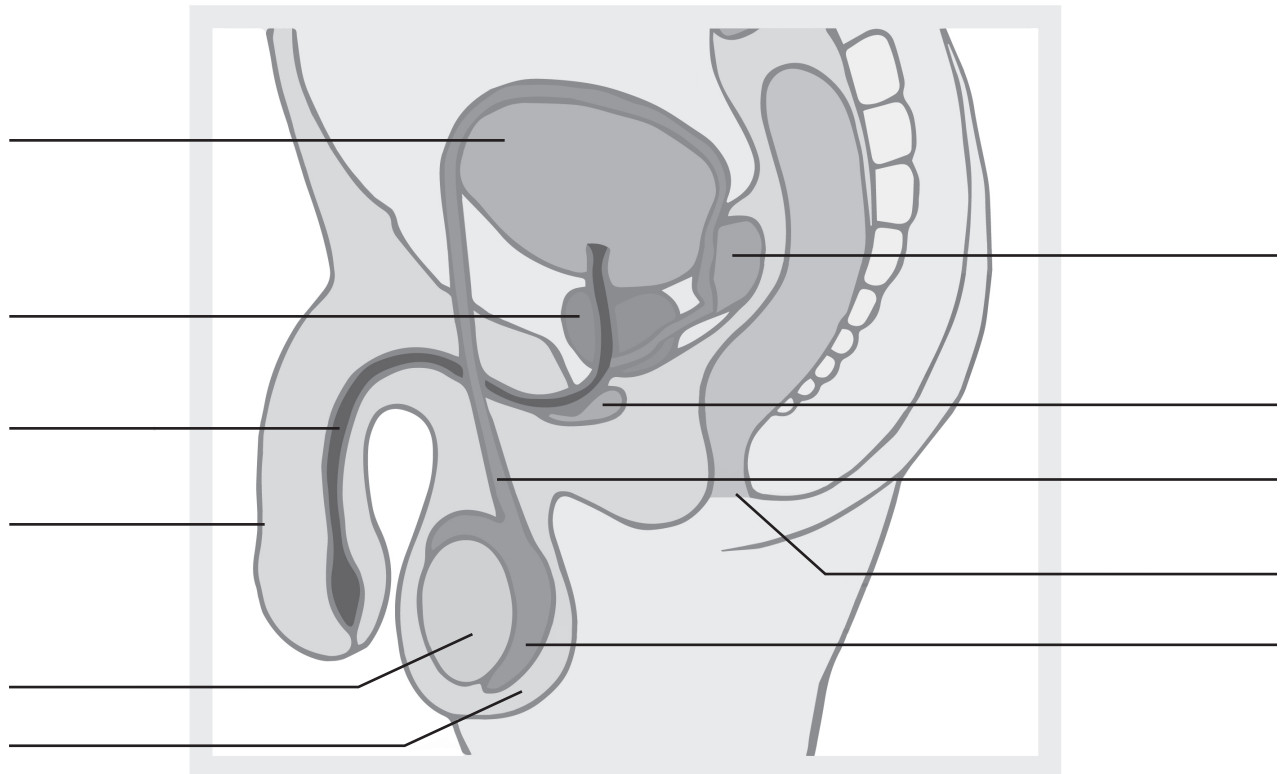
Jamie:

Lee: Do you know if your partner has been tested recently for STIs or HIV?

Jamie:

Lee: I'm glad that you talked to me about this. You can get condoms from the drawer in the supply cabinet. Let me know if you have questions about anything else or if you ever want me to go with you to the clinic.

Worksheet 3A - *Internal Anatomy of a Person with a Penis*



DIRECTIONS: Using the words below, label the parts of the internal anatomy of a person with a penis.

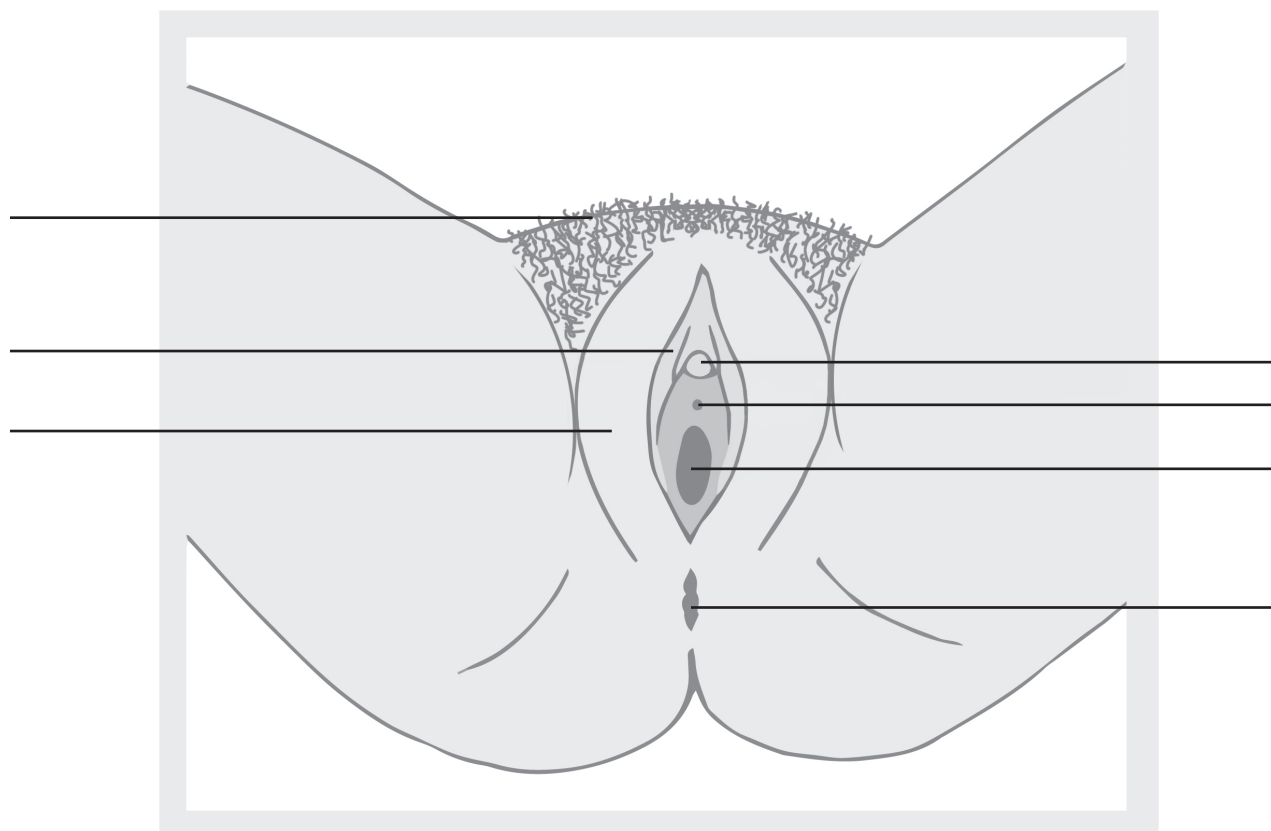
Penis
Bladder
Prostate
Scrotum

Testicle
Urethra
Anus
Cowper's Gland

Epididymis
Seminal Vesicle
Vas Deferens

Worksheet 3B -

External Anatomy of a Person with a Uterus



DIRECTIONS: Using the words below, label the parts of the external anatomy of a person with a uterus.

Inner Labia (minora)

Clitoris

Vaginal Opening

Urethra

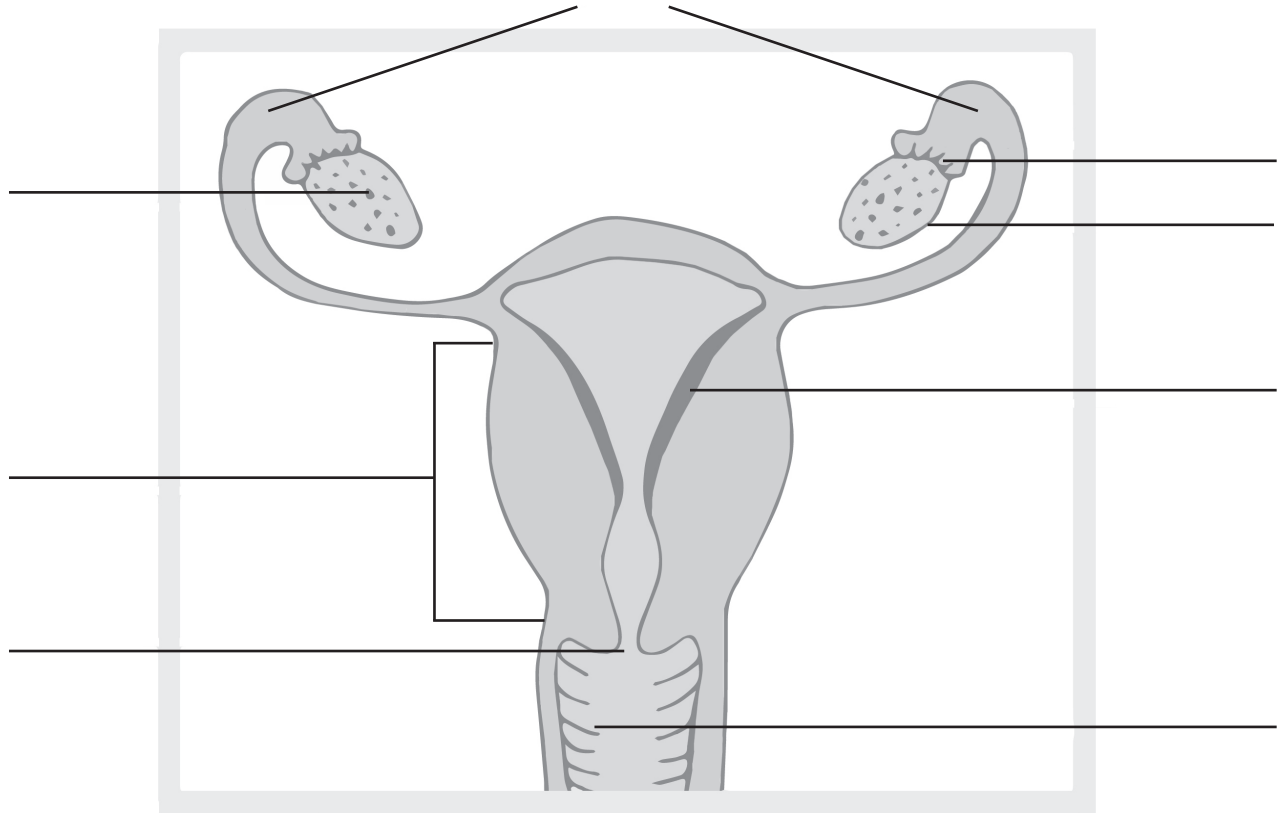
Outer Labia (majora)

Anus

Pubic Hair

Worksheet 3C -

Internal Anatomy of a Person with a Uterus



DIRECTIONS: Using the words below, label the parts of the internal anatomy of a person with a uterus.

Uterus

Ovary

Uterine Lining

Vagina

Ovum

Fimbria

Cervix

Fallopian Tubes

Worksheet 3D - Menstrual Cycle

Anya, age 13, started her period a year ago. It is important to her to learn what time each month she might start her next period. On the chart below is a sample of what a calendar with her cycles looked like for two months.

MAY						
MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE						
MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2				

Remember, the entire menstrual cycle is from the first day of your period one month to the day before your period the next month.

How many days were in Anya's first cycle?

How many days were in Anya's second cycle?

On what day in Anya's first cycle did ovulation probably occur?

On what day in Anya's second cycle did ovulation probably occur?

What does knowing when Anya's period starts each month tell you about when she can become pregnant in her upcoming cycle?

Worksheet 5A -

STIs: How Much Do You Know?

INSTRUCTIONS: Read each statement. Circle T if you believe that the statement is true and circle F if you believe that the statement is false.

- | | | |
|--|---|---|
| 1. STIs can cause people to become sterile. | T | F |
| 2. All STIs can be cured. | T | F |
| 3. A person cannot get the same STI more than once. | T | F |
| 4. Most STIs cause no immediate symptoms. | T | F |
| 5. Some STIs can lead to death if left untreated. | T | F |
| 6. Many clinics provide free and confidential STI and HIV testing for teens. | T | F |
| 7. Latex condoms are 100% effective in preventing pregnancy and disease (including HIV). | T | F |
| 8. A person cannot get an STI from oral sex. | T | F |
| 9. Chlamydia is the most common STI among teens. | T | F |
| 10. A person must be over 18 to get tested for STIs. | T | F |

Risky Business Signs

No Risk

Low Risk

High Risk

**Vaginal intercourse
with a condom**

**Mutual masturbation/
touching each other**

**Oral sex without
a condom or
dental dam**

**Anal sex without
a condom**

Kissing

**Abstinent for the
last year, but had
unprotected sex
in the past**

**Vaginal intercourse
without a condom**

**Anal sex with
a condom and
water-based
lubricant**

Vaginal intercourse in which one person uses a condom and the other person uses another contraceptive method

Vaginal intercourse with an external condom and Vaseline[®] or other oil-based products

Self-Masturbation

Hugging/Cuddling

**Showering
together**

**Use of sexual toys/
aids with a partner**

Use of sexual toys with self only

Risky Business Cards

No Risk

Low Risk

High Risk

Role-Play 6A - *Lunch Time Conversation*

SETTING THE STAGE: Drew and Lee are two friends eating lunch together at vocational school. Drew just told Lee they and their new partner, Shawn, had sex last night for the first time. When Lee asks Drew what kind of protection they used, Drew says they didn't use anything. During this conversation, Lee successfully convinces Drew that they should always use condoms, even if they are using another form of protection. **The message in the parenthesis should only be read if you choose Drew or Shawn to be a person with a uterus.**

Drew: Why should we use protection?

Lee:

Drew: We don't have to worry about getting pregnant (because we are using a different form of birth control method). So, we don't have to worry about using condoms.

Lee:

Drew: It just doesn't feel the same when you use a condom.

Lee:

Drew: I guess I see why it helps to use condoms, but it seems like such a pain.

Lee:

Drew: Well, O.K. I don't want to catch anything (and I definitely don't want to have a baby right now). I think I'll talk to Shawn about this.

Worksheet 6B - *Finding Adult Resources*

Choose an adult to interview. You may select any adult (e.g., foster parent, guardian, group home staff, teacher, relative, or parent of a friend). Ask the adult to answer the following questions. Record their responses after each question. Use an additional sheet of paper if you need more room.

1. When you were young, was there an adult you could talk to about relationships or sex? If so, who did you feel comfortable talking to about these issues?
2. If a young person wanted to talk about sex, who could they talk to?
3. If a young person came to talk to you about sex, how would you talk to them? (If you were not able to, who would you suggest they talk to?)
4. Where can a young person go to obtain birth control information?
5. Do you know where a young person can get tested for STIs or HIV?

Worksheet 7A - Sexual Health Care Providers: What Can They Do for You?

1. What are some reasons someone would go to a sexual health care provider? (Be sure to include reasons someone who is abstinent might also go to a sexual health care provider.)
2. Why might someone be nervous to go to a sexual health care provider?
3. What are some questions you might ask when you call to make an appointment?
4. What questions would you ask the sexual health care provider during your visit?
5. What is the nearest sexual health care provider in your area? How would you find out how to get there?

Handout 7B - *Going to a Sexual Health Care Provider: Feeling Empowered!*

YOU DESERVE:

1. To be treated with respect
2. To receive accurate information
3. To choose your own method of protection to avoid pregnancy, HIV, and STIs
4. To choose if, and when, you want to have a child
5. To receive confidential and private sexual health services
6. The opportunity to consent or refuse any procedure related to your sexual health
7. To know the results and meaning of all tests and examinations
8. To be able to see your records and have them explained to you
9. To have a support person present when you are receiving sexual health care, if you choose

Handout 7B - *Going to a Sexual Health Care Provider: Feeling Empowered!* (Bookmark)

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Handout 7C -

Questions for a Sexual Health Care Provider

KEISHA and Jamie have been going out for five months, and have been using condoms throughout their relationship. Keisha has never had a Pap test or pelvic exam and has never been tested for HIV or STIs. She is interested in finding out about some other birth control options. After talking to Jamie about it, she decides to call a clinic one of her friends told her about. Keisha is calling to ask some questions about the clinic and the services it provides, and possibly to schedule an appointment. What questions should Keisha ask when she calls the sexual health care provider?

JAMIE and Keisha have been dating for the past five months and have always used condoms when they had sex. Jamie has had sex with other people in the past, but he has never been tested for HIV or STIs. His friends have told him he should go to a free clinic to get tested. He is worried he might have been exposed to an STI, and he doesn't want to give it to Keisha. What questions should Jamie ask when he calls the sexual health care provider?

You Decide (Handout)

REMY

- Remy is a 17-year old junior.
- They have lived with the same foster family for the past couple of years.
- They do not work, study hard, and plan to go to college.
- They do not have a steady partner, but date often.
- They have sex every so often, usually after they have gone on a few dates with a guy.
- They used to be on the pill, but often forgot to take it every day.
- They go for an HIV test every six months and have regular pelvic exams and STI checks.
- They use drugs and drink occasionally.

You Decide (Handout)

CHRISTINA AND FRANK

- Christina is 18 years old.
- She attends vocational school and works part-time.
- She has a two-year-old son.
- She was sexually abused by her mom's boyfriend while she was in junior high.
- She and her son have been living in their own apartment for the past two years.
- She recently started dating Frank. They have just started having sex but have never discussed each other's sexual history.
- Frank made it clear from the beginning he does not like using condoms.
- Christina has used the ring before but did not like having to insert and remove it because she does not like having to touch herself.
- She is currently covered by Medicaid and is not sure if Medicaid covers contraception.
- She would like to have more children after she has finished vocational school in a couple of years.
- She drinks on weekends and does not use any drugs.
- She smokes more than a pack of cigarettes a day.

You Decide (Handout)

ANDRE

- Andre is a 17-year-old junior.
- He is currently staying in a transitional living center.
- He works after school, studies hard, and plans to go to college.
- He does not have a steady partner, but dates once in a while.
- He has had sex in the past and always used condoms.
- He has been practicing abstinence for the last year.
- His last test for STIs/HIV was nine months ago.
- He has never used drugs and doesn't drink.

You Decide (Handout)

SONYA AND RYAN

- Sonya and Ryan have been together for over a year.
- Sonya has been living in kinship care with her grandparents since she was a small child.
- Ryan lives with his aunt.
- Sonya is a 16-year-old sophomore and Ryan is an 18-year-old senior.
- Ryan is very popular and he does well in school. He will be starting community college in the fall.
- Ryan is Sonya's first serious boyfriend, and the first and only person she has had sex with.
- Sonya and Ryan have not talked about their sexual histories or previous relationships.
- Sonya is afraid Ryan is messing around. She doesn't bring it up because she doesn't want to lose him.
- Sonya does not want her grandparents to find out she is having sex or using birth control, but she also knows she does not want to get pregnant.
- Sonya used the pill before and experienced some negative side effects from the hormones.
- When Sonya used spermicidal foam in the past, she developed an allergic reaction and she didn't like the messiness.

You Decide (Handout)

CARLOS AND TANYA

- Carlos is an athletic, 17-year-old senior who is on the basketball team at his high school.
- His girlfriend, Tanya, is 16 years old and attends the same high school as Carlos.
- They have been together and monogamous (i.e., only having sex with each other) for five months.
- They both live in a group home.
- Tanya has been on the pill for three months.
- Carlos does not use a condom.
- Tanya has never been tested for STIs or HIV.
- She had her first pelvic exam a few months ago, before she went on the pill.
- Carlos goes in for an HIV test every six months and has always tested negative. He has never been tested for STIs.
- Carlos and Tanya both drink fairly often.
- Carlos smokes weed fairly often, but Tanya has never used any drugs.

You Decide (Handout)

MICHAEL AND MARK

- Michael and Mark are cisgender men who have been together for two years.
- Michael has been living with the same foster family for several years.
- Mark lives with his parents.
- Mark is a 17-year-old junior and Michael is an 18-year-old senior.
- Michael will be starting college in the fall.
- Michael is the only person Mark has had sex with.
- Michael has had other partners in the past but is monogamous in this relationship.
- Neither Michael nor Mark have ever been tested for HIV or STIs.
- They use condoms most of the time.

Worksheet 8A - *How Will You Avoid Pregnancy/STIs/HIV?*

NOTE: This worksheet will not be shared with the instructor or with the group. This is for your own personal use and information.

1. If you were to become sexually active, which methods seem the easiest to use and best fit with your personal situation?

method you would use	method you would want your partner to use

2. If you were to become sexually active, which methods have the side effects that worry you least?

method you would use	method you would want your partner to use

3. If you were to become sexually active, which methods provide enough protection for you?

method you would use	method you would want your partner to use

4. If you were to become sexually active, circle the numbers that show which methods fit your personal situation best.

	Excellent Method for My Personal Situation	OK Method for My Personal Situation	Not a Good Method for My Personal Situation
Abstinence	1	2	3
Condoms (internal or external)	1	2	3
Spermicides	1	2	3
The ring	1	2	3
The patch	1	2	3
The IUD/IUS	1	2	3
The pill	1	2	3
The implant	1	2	3
The shot	1	2	3
Dental dam	1	2	3
PrEP	1	2	3

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Worksheet 8B - *Going for My Goals Sample*

GOAL:

Get my high school diploma

Choices I need to make in order to reach this goal:

1. Study harder.

2. Go to school more often (don't cut class).

3. Ask for help with homework.

4. Don't party as much during the week.

5. Practice abstinence or use an effective contraceptive method to avoid a pregnancy.

6. Use condoms to protect against STI/HIV.

7.

8.

9.

10.

Worksheet 8C - *Going for My Goals*

GOAL:

Choices I need to make in order to reach this goal:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Designing My Saturday Night (Handout)

CARLOS

- 17 years old
- Wants to be a teacher
- Has had sex with four other girls
- Has always used a condom
- Goes to the clinic for an HIV test every six months and has always tested negative
- Has never been tested for other STIs
- Smokes marijuana and drinks alcohol sometimes
- Was sexually abused by his last foster mother
- Is currently in custody at a juvenile justice facility

TANYA

- 16 years old
- Wants to go to college
- Has had sex with three different guys
- Has never been tested for HIV or STIs
- Has never had a pelvic exam
- Has never used any drugs, but drinks alcohol sometimes
- Lives in a group home

NATURE OF THEIR RELATIONSHIP

Carlos and Tanya have been in a monogamous relationship (they only have sex with each other) for five months. They always use condoms. They are both very happy in the relationship and do not see themselves breaking up. They both feel strongly about always using condoms and usually keep a large supply. They are both on a home pass this weekend. Tonight, they are going out to dinner and then back to Carlos' brother's apartment.

Designing My Saturday Night (Handout)

RODNEY

- 18 years old
- Wants to be a computer programmer
- Sexual history is unknown
- HIV and STI testing history is unknown
- Uses drugs and drinks a lot most weekends
- Lives with his mother and stepfather
- Has often seen his stepfather hit his mother

STEPHANIE

- 16 years old
- Wants to be an actress
- Has had sex with one guy; always used a condom
- Has never been tested for HIV or STIs
- Has never had a pelvic exam
- Uses drugs and drinks sometimes
- Lives with a foster family
- Was sexually abused by her foster brother in her last foster home

NATURE OF THEIR RELATIONSHIP

Last year Stephanie moved from another city to a foster home near here. Soon after she moved here, she met Rodney. Rodney and Stephanie started going out a couple of months ago. They have not had sex with each other yet. Rodney wants to have sex, but Stephanie does not feel ready. She really likes Rodney and is very attracted to him, but she knows nothing about his sexual history or if he has other girlfriends. She is also afraid of the way he sometimes acts when he gets angry. Whenever Rodney gets drunk or high, he becomes more aggressive in trying to convince Stephanie to have sex with him and at times he has become violent. He has slapped her a couple of times. The next day he always apologizes and explains that he had been under a lot of stress. Tonight, they are going to a party where there is likely to be a lot of alcohol and drugs. Stephanie is afraid that if she does not have sex with Rodney soon, she will make him angry or lose him.

Designing My Saturday Night (Handout)

JANICE

- 16 years old
- Wants to own her own business
- Had sex with her past boyfriend
- Has made the decision to practice abstinence at this time
- Has always used condoms
- Has never been tested for HIV or STIs
- Does not drink or use drugs
- Lives with her parents and her older sister

THOMAS

- 17 years old
- Wants to be a doctor
- Has never had sex
- Has never been tested for HIV or STIs
- Has lived with the same foster family for the past five years
- Was sexually molested by a family friend when he was five years old

NATURE OF THEIR RELATIONSHIP

Thomas and Janice met six months ago, and they have been going out ever since. They like each other a lot and are very happy with their relationship. They fool around a lot, but they have never had sex because early on in their relationship, they discussed the fact that they do not plan to have sex yet. Lately, though, their friends have been teasing them about not having sex. Since this started happening, they have each felt unsure of their decision to remain abstinent, and they have begun to worry that the other person will change their mind and decide that they do want to have sex. This afternoon Thomas is coming over to Janice's house and tonight they are going out.

Designing My Saturday Night (Handout)

FRANK

- 23 years old
- Working toward his contractor's license
- Has had sex with about 15 women and two men
- Past condom use unknown
- Has never been tested for HIV or STIs
- Drinks and uses drugs sometimes
- Has lived on his own in an apartment since he exited foster care when he was 18 years old
- Belongs to a gang
- Got out of jail six months ago

MYESHIA

- 16 years old
- Wants to be an attorney
- Has had sex with her last two boyfriends
- Has been on the pill since she began having sex
- Her partners have used condoms sometimes
- Has never been tested for HIV
- Goes to the clinic for a pelvic exam and STI test once a year
- Has smoked weed in the past
- Drinks alcohol on weekends
- Lives with her mother and two brothers

NATURE OF THEIR RELATIONSHIP

Myeshia and Frank have been going out for a couple of months. They have not had sex with each other, but Myeshia knows that Frank has had sex with a lot of other girls. Lately he has been telling her that he is eager for them to have sex. Myeshia loves Frank, but she is afraid that once she has sex with him, he may leave her for someone else. She is also unsure about whether or not he's been safe in the past. They have never discussed this and Myeshia is embarrassed to bring it up because she is afraid that Frank will think her concerns about having sex with him are immature. Tonight, Myeshia is going to a party with Frank and his friends.

Designing My Saturday Night (Handout)

DANNY

- 17 years old
- Wants to be a doctor
- Has only had oral sex
- Has never been tested for STIs or HIV
- Is currently living at an independent living center
- Will be starting college in the fall

JEFF

- 18 years old
- Is a musician and hopes to break into the music industry
- Has had other partners of various genders in the past, but says that he is monogamous in this relationship
- Uses condoms most of the time
- Has never been tested for STIs or HIV
- Drinks alcohol sometimes
- Lives with his parents

NATURE OF THEIR RELATIONSHIP

Danny and Jeff have been in a monogamous relationship (they only have sex with each other) for one year. They have only had oral sex up until now. Jeff has let Danny know he wants the relationship to move to the next level. Danny really loves Jeff and has been thinking about going further with Jeff, but he is not sure what is going to happen with the relationship when he goes to college. They have planned a special evening to celebrate their anniversary tonight.

Designing My Saturday Night (Handout)

JESSICA

- 17 years old
- Wants to be an artist
- Has had three other partners
- Has never used any type of protection
- Has had a pelvic exam, but never been tested for STIs or HIV
- Smokes marijuana (a.k.a. weed) occasionally

MEREDITH

- 16 years old
- Currently works at a fast food restaurant
- Wants to go to college
- Has had one other partner
- Has never used any type of protection
- Has never had a pelvic exam or been tested for STIs or HIV
- Doesn't use drugs or alcohol
- Has lived with the same foster parent for the past two years

NATURE OF THEIR RELATIONSHIP

Jessica and Meredith have been going out for eight months. They have sex with each other and have begun experimenting with the use of sex toys. Jessica recently stopped by the fast food restaurant to pick up Meredith and sees her flirting with a co-worker. They have never discussed being monogamous and now Jessica wonders whether or not Meredith is seeing other people.

Designing My Saturday Night (Handout)

SAM

- 18 years old
- Senior in high school
- Has had two other partners
- Does not use protection
- Has been tested for STIs and HIV
- Drinks alcohol often
- Lives with both parents and two younger brothers

ALEX

- 17 years old
- Has had three other partners
- Has routine physical exams, but never been tested for STIs or HIV
- Has never used any type of protection
- Drinks alcohol and smokes weed occasionally
- Lives with a foster family

NATURE OF THEIR RELATIONSHIP

Sam and Alex have been best friends for the past four years. Sam has romantic feelings for Alex, but they have not talked about how they feel. They often attend parties together and sometimes flirt with each other playfully. Last week, they both had a few drinks and had sex with each other. They have not talked about what happened and things have been awkward between them. They have made plans to meet up at a party tonight where there will probably be alcohol.

Designing My Saturday Night (Handout)

KAYLEN

- 18 years old
- Senior in high school
- Makes good grades
- Has a scholarship (out-of-state)
- Has had five other partners
- Has never been tested for STIs or HIV
- Drinks alcohol and smokes marijuana (a.k.a. weed) occasionally
- Father left the family 10 years ago

CARTER

- 16 years old
- A member of the math club
- Plans to go to college
- Has never had sex
- Does not drink alcohol or use drugs
- Was adopted and lives with both parents and a sister

NATURE OF THEIR RELATIONSHIP

Kaylen and Carter have been dating for one month and have recently discussed having oral sex. They have not talked about their sexual history or whether they have been tested for STIs. Kaylen is going to a college out-of-state in the fall and does not want a long-distance relationship. Carter wants to be with Kaylen and has mentioned going up to the college for visits. Tonight, Kaylen and Carter will be at the football game and have plans to meet after the game.

Designing My Saturday Night (Handout)

TAYLOR

- 17 years old
- Works off and on as a mechanic
- Sexual history is unknown
- HIV and STI testing history is unknown
- Drinks alcohol
- Currently couch surfing between friends

RILEY

- 17 years old
- Wants to be an events coordinator
- Sexual history is unknown
- HIV and STI testing history is unknown
- Drinks alcohol sometimes
- Lives in an apartment shared with a few roommates

NATURE OF THEIR RELATIONSHIP

Tonight, Taylor and Riley meet while attending the same party. They are drawn together out of mutual attraction and spend an hour or so drinking and flirting. After a while, Taylor asks if they can go outside. Riley agrees, and they spend some time making out in Riley's car. Taylor wishes they could go to a friend's place but doesn't have a key. They can't go to Riley's apartment because the roommates are home.

Worksheet 10A - Steps to Protection

Imagine you and your partner have not had sex before, but you think it is about time for sex. You are not exactly sure what your partner thinks. You want to be sure you are protected from HIV, other STIs, and pregnancy. The steps to protection are described below. In the spaces provided, write down how you would complete each step.

STEP 1: Talking About a Plan for Protection

Talk to your partner about using a condom and/or other birth control method.

- Where will you talk?
- When will you talk?
- What will you say?
- What might go well?
- What might go wrong?
- What would you do then?

STEP 2: Preparing for Protection

Get the condoms and dental dams, and/or other birth control method.

- Who will get them?
- When will they get them?
- Where will they get them?

- What might go well?
- What might go wrong?
- What would you do then?

STEP 3: Using Protection

Use the condoms and dental dams, and/or other birth control method.

- If using a condom or dental dam for STI and HIV protection, who will carry the protection?
- If using another method for birth control, how will each person be responsible for ensuring it is used effectively?
- What would they say?
- What would be the most fun or playful way to use protection?
- What might go well?
- What might go wrong?
- What would you do then?

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Sex Bingo Cards

B I N G O

CHOICES



SPERMICIDE



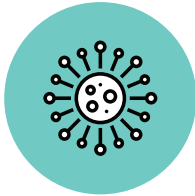
BLOOD, SEMEN,
PRE-EJACULATORY
FLUID,
RECTAL FLUID,
VAGINAL FLUID,
AND BREAST MILK

BURNING
DURING
URINATION

STIs and HIV



CHLAMYDIA



THE SHOT



EMPOWERED



WATER-BASED
OR
SILICONE-BASED
LUBRICANTS

ABSTINENCE

100%

HEALTH
CLINIC



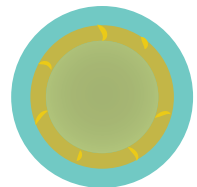
ASSERTIVENESS



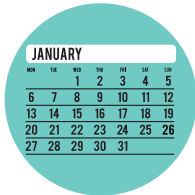
FREE
SPACE

COOL
AND DRY
PLACE

CONDOMS



PLANNING



LEAVE ROOM
AT THE TIP



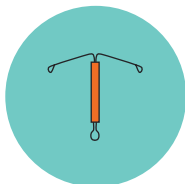
AIDS

ALCOHOL and
DRUGS



WITHDRAWAL/
PULLING OUT

IUD/IUS



STIs, HIV, and
PREGNANCY

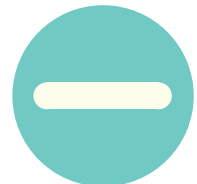
GENITAL WARTS/
HPV






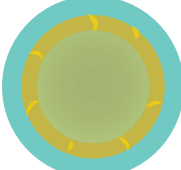





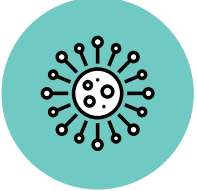


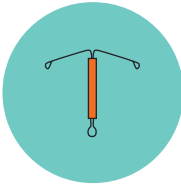



LIFE




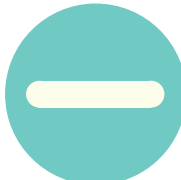


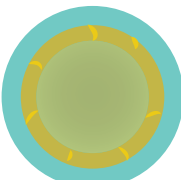
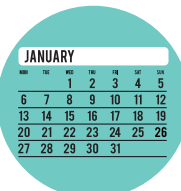

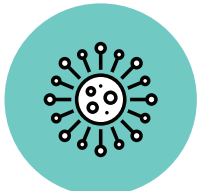








THE IMPLANT



B I N G O

AIDS	WITHDRAWAL/ PULLING OUT	CHOICES 	LIFE 	BLOOD, SEMEN, PRE-EJACULATORY FLUID, RECTAL FLUID, VAGINAL FLUID, AND BREAST MILK
STIs and HIV 	COOL AND DRY PLACE	BURNING DURING URINATION	CONDOMS 	EMPOWERED 
GENITAL WARTS/ HPV 	THE IMPLANT 	FREE SPACE	ALCOHOL and DRUGS 	STIs, HIV, and PREGNANCY
SPERMICIDE 	CHLAMYDIA 	PLANNING 	LEAVE ROOM AT THE TIP 	IUD/IUS 
THE SHOT 	HEALTH CLINIC 	ABSTINENCE 100%	WATER-BASED OR SILICONE-BASED LUBRICANTS	ASSERTIVENESS 

B I N G O

WITHDRAWAL/ PULLING OUT	HEALTH CLINIC 	ABSTINENCE 100%	THE IMPLANT 	CHOICES 
EMPOWERED 	CONDOMS 	PLANNING 	THE SHOT 	CHLAMYDIA 
LEAVE ROOM AT THE TIP 	STIs and HIV 	FREE SPACE	COOL AND DRY PLACE	ALCOHOL and DRUGS 
LIFE 	ASSERTIVENESS 	IUD/IUS 	AIDS	BURNING DURING URINATION
SPERMICIDE 	STIs, HIV, and PREGNANCY	WATER-BASED OR SILICONE-BASED LUBRICANTS	GENITAL WARTS/ HPV 	BLOOD, SEMEN, PRE-EJACULATORY FLUID, RECTAL FLUID, VAGINAL FLUID, AND BREAST MILK

B I N G O

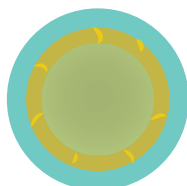
THE SHOT



ABSTINENCE

100%

CONDOMS



BLOOD, SEMEN,
PRE-EJACULATORY
FLUID,
RECTAL FLUID,
VAGINAL FLUID,
AND BREAST MILK

LIFE



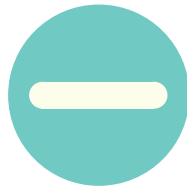
ASSERTIVENESS



CHOICES



THE IMPLANT



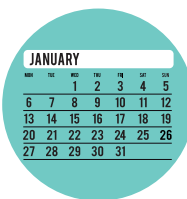
EMPOWERED



STIs and HIV



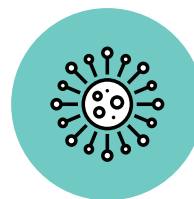
PLANNING



COOL
AND DRY
PLACE

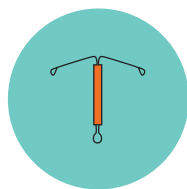
FREE
SPACE

CHLAMYDIA



AIDS

IUD/IUS



ALCOHOL and
DRUGS



BURNING
DURING
URINATION

LEAVE ROOM
AT THE TIP



SPERMICIDE



STIs, HIV, and
PREGNANCY

HEALTH
CLINIC



GENITAL WARTS/
HPV




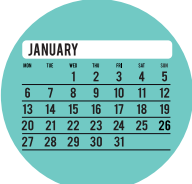






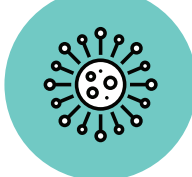
WITHDRAWAL/
PULLING OUT

WATER-BASED
OR
SILICONE-BASED
LUBRICANTS


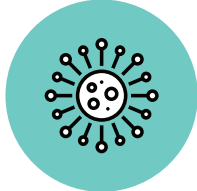

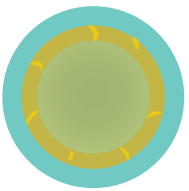
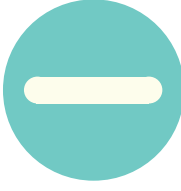
B I N G O

<p>BURNING DURING URINATION</p> 	<p>LEAVE ROOM AT THE TIP</p> 	<p>AIDS</p>	<p>LIFE</p> 	<p>EMPOWERED</p> 
<p>STIs, HIV, and PREGNANCY</p> 	<p>ALCOHOL and DRUGS</p> 	<p>BLOOD, SEMEN, PRE-EJACULATORY FLUID, RECTAL FLUID, VAGINAL FLUID, AND BREAST MILK</p>	<p>WATER-BASED OR SILICONE-BASED LUBRICANTS</p> 	<p>THE IMPLANT</p> 
<p>GENITAL WARTS/ HPV</p> 	<p>ABSTINENCE 100%</p>	<p>FREE SPACE</p>	<p>COOL AND DRY PLACE</p>	<p>CHOICES</p> 
<p>HEALTH CLINIC</p> 	<p>CHLAMYDIA</p> 	<p>SPERMICIDE</p> 	<p>CONDOMS</p> 	<p>IUD/IUS</p> 
<p>THE SHOT</p> 	<p>WITHDRAWAL/ PULLING OUT</p>	<p>ASSERTIVENESS</p> 	<p>PLANNING</p> 	<p>STIs and HIV</p> 




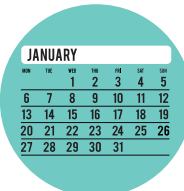









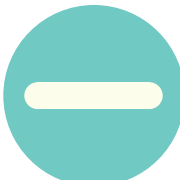

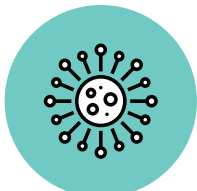
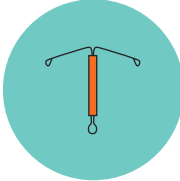
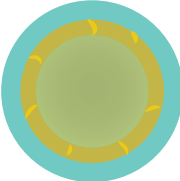


B I N G O

<p>WATER-BASED OR SILICONE-BASED LUBRICANTS</p>	<p>THE IMPLANT</p> 	<p>THE SHOT</p> 	<p>PLANNING</p> 	<p>STIs, HIV, and PREGNANCY</p>
<p>HEALTH CLINIC</p> 	<p>COOL AND DRY PLACE</p>	<p>AIDS</p>	<p>SPERMICIDE</p> 	<p>WITHDRAWAL/ PULLING OUT</p>
<p>CONDOMS</p> 	<p>BURNING DURING URINATION</p>	<p>FREE SPACE</p>	<p>GENITAL WARTS/ HPV</p> 	<p>BLOOD, SEMEN, PRE-EJACULATORY FLUID, RECTAL FLUID, VAGINAL FLUID, AND BREAST MILK</p>
<p>LIFE</p> 	<p>CHOICES</p> 	<p>EMPOWERED</p> 	<p>STIs and HIV</p> 	<p>LEAVE ROOM AT THE TIP</p> 
<p>ALCOHOL and DRUGS</p> 	<p>ABSTINENCE</p> <p>100%</p>	<p>ASSERTIVENESS</p> 	<p>IUD/IUS</p> 	<p>CHLAMYDIA</p> 

B I N G O

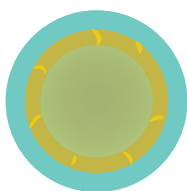
WATER-BASED OR SILICONE-BASED LUBRICANTS 	THE SHOT 	CHLAMYDIA 	PLANNING 	ABSTINENCE 100%
LEAVE ROOM AT THE TIP 	AIDS	ALCOHOL and DRUGS 	WITHDRAWAL/ PULLING OUT	COOL AND DRY PLACE
STIs, HIV, and PREGNANCY	LIFE 	FREE SPACE	GENITAL WARTS/ HPV 	BLOOD, SEMEN, PRE-EJACULATORY FLUID, RECTAL FLUID, VAGINAL FLUID, AND BREAST MILK
BURNING DURING URINATION	EMPOWERED 	IUD/IUS 	ASSERTIVENESS 	HEALTH CLINIC 
SPERMICIDE 	CONDOMS 	THE IMPLANT 	CHOICES 	STIs and HIV 

B I N G O

WATER-BASED OR SILICONE-BASED LUBRICANTS 	SPERMICIDE 	ASSERTIVENESS 	PLANNING 	HEALTH CLINIC 
LEAVE ROOM AT THE TIP 	COOL AND DRY PLACE 	STIs and HIV 	CHOICES 	THE SHOT 
WITHDRAWAL/ PULLING OUT 	BURNING DURING URINATION 	FREE SPACE	GENITAL WARTS/ HPV 	THE IMPLANT 
LIFE 	CHLAMYDIA 	IUD/IUS 	BLOOD, SEMEN, PRE-EJACULATORY FLUID, RECTAL FLUID, VAGINAL FLUID, AND BREAST MILK	STIs, HIV, and PREGNANCY
AIDS	ABSTINENCE 100%	CONDOMS 	EMPOWERED 	ALCOHOL and DRUGS 

B I N G O

CONDOMS



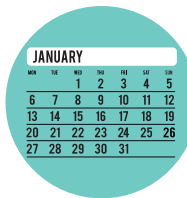
SPERMICIDE



ASSERTIVENESS



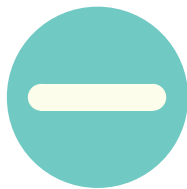
PLANNING



STIs and HIV



THE IMPLANT



COOL
AND DRY
PLACE

WATER-BASED
OR
SILICONE-BASED
LUBRICANTS

BLOOD, SEMEN,
PRE-EJACULATORY
FLUID,
RECTAL FLUID,
VAGINAL FLUID,
AND BREAST MILK

LEAVE ROOM
AT THE TIP



ALCOHOL and
DRUGS



BURNING
DURING
URINATION

**FREE
SPACE**

GENITAL WARTS/
HPV



WITHDRAWAL/
PULLING OUT

CHOICES



LIFE



EMPOWERED

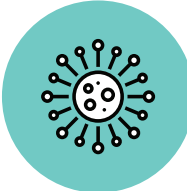


STIs, HIV, and
PREGNANCY

THE SHOT



CHLAMYDIA



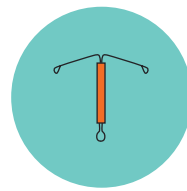
ABSTINENCE

100%

HEALTH
CLINIC


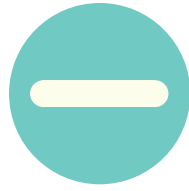

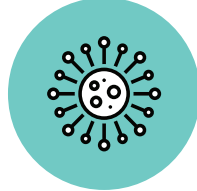
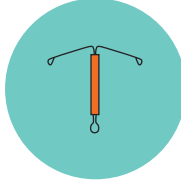


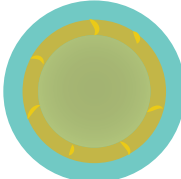







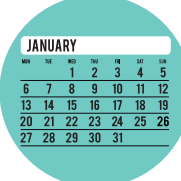


IUD/IUS



AIDS

B I N G O

WATER-BASED OR SILICONE-BASED LUBRICANTS 	THE IMPLANT 	ALCOHOL and DRUGS 	CHLAMYDIA 	STIs, HIV, and PREGNANCY
LEAVE ROOM AT THE TIP	COOL AND DRY PLACE	BURNING DURING URINATION	BLOOD, SEMEN, PRE-EJACULATORY FLUID, RECTAL FLUID, VAGINAL FLUID, AND BREAST MILK	IUD/IUS 
CHOICES 	SPERMICIDE 	FREE SPACE	AIDS	CONDOMS 
STIs and HIV 	THE SHOT 	WITHDRAWAL/ PULLING OUT	LIFE 	HEALTH CLINIC 
ASSERTIVENESS 	ABSTINENCE 100%	GENITAL WARTS/ HPV 	EMPOWERED 	PLANNING 

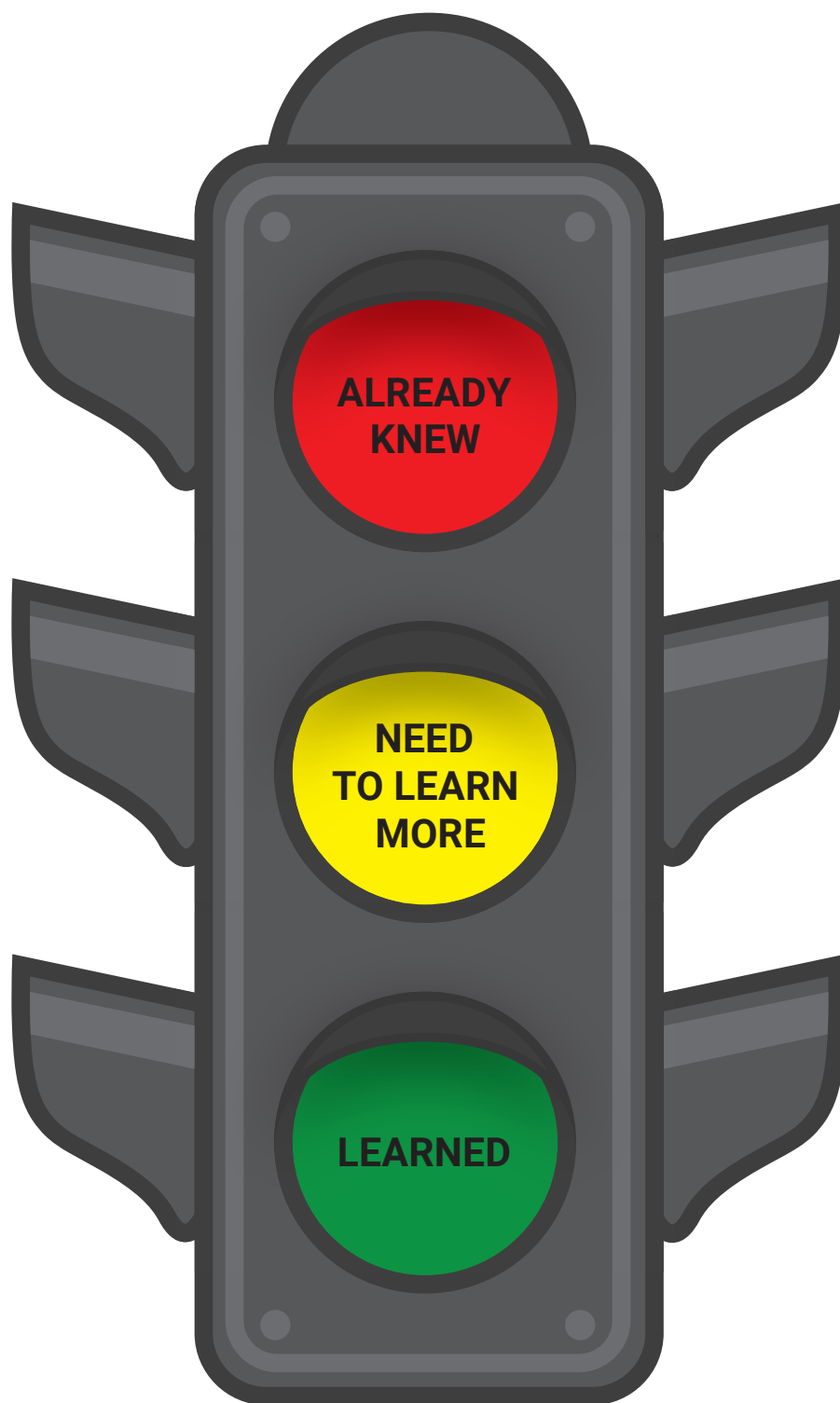
SESSION WRAP-UP OPTION 4

Contraceptive Worksheet

Method	How often do I have to do something with it? E = Each encounter D = Daily W = Weekly M = Monthly Q = Quarterly (<i>i.e., every 12 weeks</i>) L = Less than once a year	How do I get it? C = visit a Clinic for a prescription, injection, or insertion O = Over the counter I = I control this	Protects against STI? Y = Yes N = No
Abstinence			
The implant			
The pill			
The shot			
The patch			
The ring			
External condom			
Emergency contraceptives			
IUD/IUS			
Internal condom			

SESSION WRAP-UP OPTION 7

Stoplight

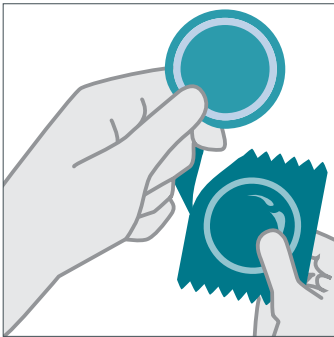


The Right Way To Use A Male Condom

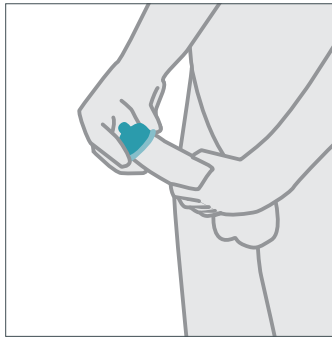
Condom Dos and Don'ts

- **DO** use a condom every time you have sex.
- **DO** put on a condom before having sex.
- **DO** read the package and check the expiration date.
- **DO** make sure there are no tears or defects.
- **DO** store condoms in a cool, dry place.
- **DO** use latex or polyurethane condoms.
- **DO** use water-based or silicone-based lubricant to prevent breakage.
- **DON'T** store condoms in your wallet as heat and friction can damage them.
- **DON'T** use nonoxynol-9 (a spermicide), as this can cause irritation.
- **DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break.
- **DON'T** use more than one condom at a time.
- **DON'T** reuse a condom.

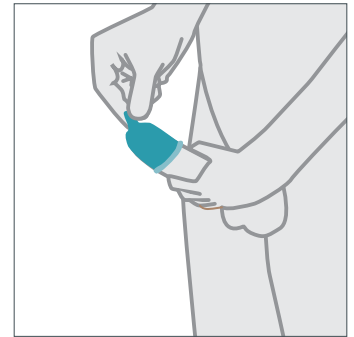
How To Put On and Take Off a Male Condom



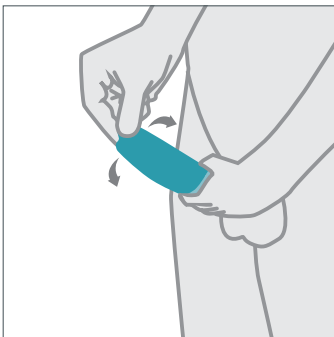
Carefully open and remove condom from wrapper.



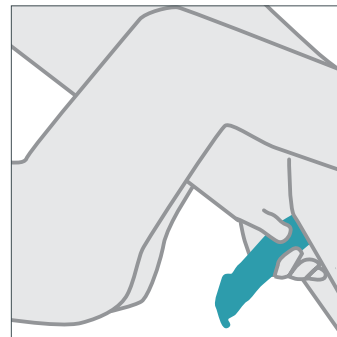
Place condom on the head of the erect, hard penis. If uncircumcised, pull back the foreskin first.



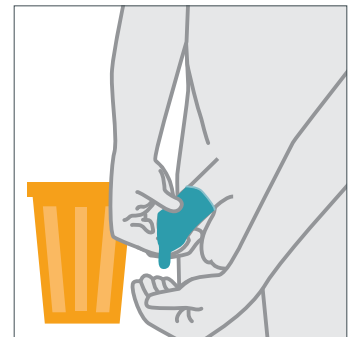
Pinch air out of the tip of the condom.



Unroll condom all the way down the penis.



After sex but before pulling out, hold the condom at the base. Then pull out, while holding the condom in place.



Carefully remove the condom and throw it in the trash.

For more information please visit
www.cdc.gov/condomeffectiveness



The Right Way To Use A Female Condom

Female Condom Dos and Don'ts

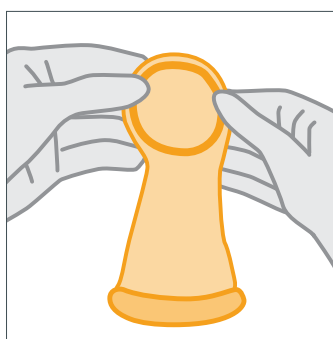
- **DO** use a female condom from start to finish, every time you have vaginal sex.*
- **DO** read the condom package insert and check the expiration date.
- **DO** make sure there are no tears or defects.
- **DO** use lubricant to help prevent the condom from slipping and tearing.
- **DO** store female condoms at room temperature.
- **DON'T** use a male condom with a female condom, as this can cause tearing.
- **DON'T** reuse a female condom.
- **DON'T** flush female condoms as they may clog the toilet.

**Female condoms can also be used for anal sex.*

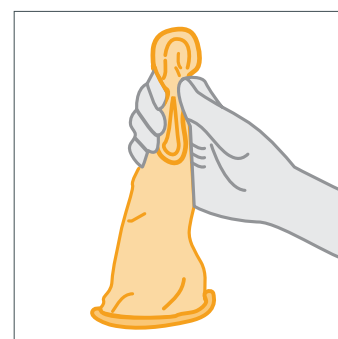
How To Insert and Remove a Female Condom



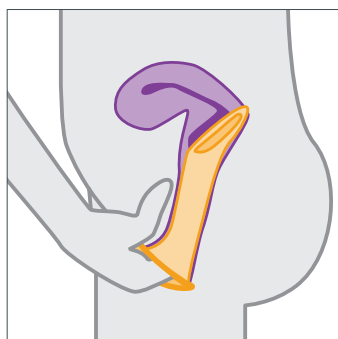
Carefully open and remove female condom from package to prevent tearing.



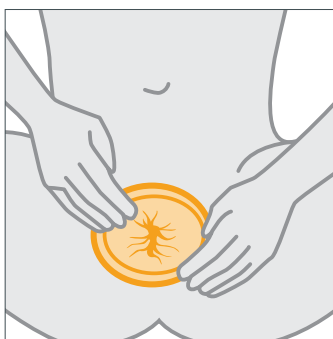
The thick, inner ring with closed end is used for placing in the vagina and holds condom in place. The thin, outer ring remains outside of body, covering vaginal opening.



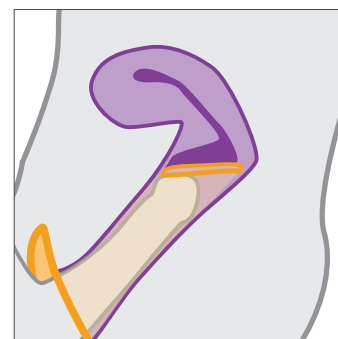
Find a comfortable position. While holding outside of condom at closed end, squeeze sides of inner ring together with your thumb and forefinger and insert into vagina. It is similar to inserting a tampon.



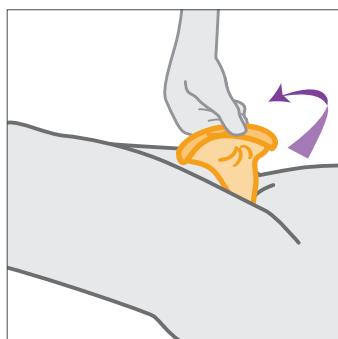
Using your finger, push inner ring as far up as it will go – near the pubic bone. The condom will expand naturally and you may not feel it.



Be sure condom is not twisted. The thin, outer ring should remain outside vagina.



Guide partner's penis into opening of female condom. Stop intercourse if you feel penis slip between condom and walls of vagina or if outer ring is pushed into vagina.



To remove, gently twist outer ring and pull female condom out of vagina.



Throw away female condom in trash after using it one time. Do not reuse.

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