



MY LIFE

Choices Today for a Healthy Tomorrow

7th Grade

*****Do NOT lose me!*****

NAME _____

Mission Statement

The mission of the Family Life Education Department is to provide a medically accurate and age appropriate human development and sexuality education that encourages parent/child communication, promotes abstinence and enables students to make responsible decisions regarding their health and sexuality.

Your Teacher:

- James Castiglione james.castiglione@nhcs.net

Family Life Education website:

<https://www.nhcs.net/divisions/instruction-and-academic-accountability/elem-secondary-education/family-life-education>



New Hanover County Schools
Engaging Students, Achieving Excellence

DR. TIM MARKLEY
Superintendent

Family Life Education Department

WELCOME TO **MY LIFE**

CHOICES TODAY FOR A HEALTHY TOMORROW

Dear Parent or Guardian,

Today your child began the Family Life Education course *My Life: Choices Today for a Healthy Tomorrow*

Your child will be in this class for ____ days in which they will receive a grade based on homework, classwork and extra credit. Each student is encouraged to talk with their parents about class discussions as it relates to your family values. The daily worksheets and homework will be a great starting point.

For more information please consult our website or contact the My Life teacher via email. This information is listed in this packet.

Thank you!

Parent's Signature: _____

Date _____

FREEDOMS OF ABSTINENCE

- Freedom to be more in control of your life.
- Freedom to enjoy being a teen.
- Freedom to focus on establishing and realizing your goals.
- Freedom to develop healthy relationships.
- Freedom to make dating fun and creative without worry and stress.
- Freedom to develop respect for self.
- Freedom to have greater trust in marriage.
- Freedom to give your future spouse the gift of knowing you waited for them.
- Freedom from sexually transmitted diseases.
- Freedom from unwanted pregnancy.
- Freedom from exploitation by others
- Freedom from guilt, doubt, disappointment, worry, and regret.
- Freedom from unspoken sexual expectations.

First and Last Name: _____

Parent Signature: _____ (extra credit)

Abstinence “Quiz”

Directions:

More and more young people are choosing abstinence and waiting until marriage for sex. Take this quiz to see how much you know about abstinence. **You won't know all the answers but by the end of this course, you will!**

1. Abstinence means:

- a. Hoping you won't have sex.
- b. Saying you don't want to have sex.
- c. Deciding and being committed to waiting until marriage.

2. Abstinence protects you from:

- a. Becoming a parent too soon.
- b. Acquiring a sexually transmitted disease.
- c. Feeling guilty or embarrassed.
- d. Having regret.
- e. All of the above.

3. Abstinence is:

- a. Free
- b. Available without a doctor's visit.
- c. The best protection against pregnancy and STDs.
- d. All of the above.

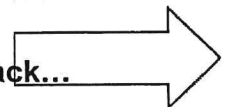
4. What percentage of all sexually active teens wish they had waited longer? (Source: YRBS 2018)

- a. 34%
- b. 45%
- c. 63%
- d. 10%

5. Your friends think abstinence is: (More than one answer may be correct)

- a. Cool
- b. Weird
- c. A small town in Russia
- d. It doesn't matter what other people think. I'm smart enough to make my own decisions.

More questions on the back...



TRUE OR FALSE: (write the correct word)

- _____ 6. It's normal to have sexual feelings, but you don't have to act on them.
- _____ 7. Even if your partner wants to have sex, you can still say no.
- _____ 8. Abstinence is the best protection against sexually transmitted diseases and pregnancy.
- _____ 9. You can choose to wait now, even if you've had sex before.
- _____ 10. Most high school students have had sex.
- _____ 11. Using alcohol or drugs makes it harder to say no to sex.

12. How can you respond to sexual pressure? (Draw a line connecting the best response)

"You would if you loved me!"

Me too! I need to know that you care enough to wait.

"Everybody else is doing it!"

I'll be happy if you respect my decision to wait.

"I have needs."

I'm not everybody else.

"I thought you'd be happy."

If you loved me you wouldn't pressure me.

13. REASONS TO WAIT: Circle the letter of the reasons you think are GOOD reasons to wait.

- a. I'm just not ready yet.
- b. I don't want to get a nasty sexually transmitted disease.
- c. I'm not willing to risk getting HIV.
- d. Waiting supports my religious beliefs.
- e. I want to wait until I'm married.
- f. Virginity is a gift you can only give once.
- g. I'm not ready for the emotional stress of a sexual relationship.
- h. It's my body and my decision.
- i. I'm not ready to be a parent.
- j. I have dreams that could be put in jeopardy if I had sex now.
- k. I respect myself and my decision.
- l. I want to enjoy being a teen.

Do you have any other reasons why waiting (abstinence) is a good choice for you?

Human Sexuality: What Do You Know?

Directions: Read each statement and circle whether you think it is True or False. If you don't understand a question, either guess or skip it.

| | | | |
|----|---|---|---|
| 1 | Everyone has a unique "growth clock" that determines when he or she will begin to mature physically. | T | F |
| 2 | Hormones are necessary for reproduction in both males and females. | T | F |
| 3 | Women continually make egg cells all their lives. | T | F |
| 4 | Adolescence is the same thing as puberty. | T | F |
| 5 | Female menstruation ("period") is normal and healthy. | T | F |
| 6 | Most teenagers my age are NOT sexually active. | T | F |
| 7 | Sexuality begins during puberty. | T | F |
| 8 | Adolescents who are under the influence of drugs or alcohol are more likely to engage in risky sexual behavior. | T | F |
| 9 | If someone has already had sex, it is too late to change their behaviors. | T | F |
| 10 | Boys are born with all the sperm cells they will need. | T | F |
| 11 | Pregnancy can occur any time sexual intercourse occurs. | T | F |
| 12 | If a girl has NOT gotten her period by 8 th grade, she probably never will. | T | F |
| 13 | The word "genitals" is another word for sex organs. (penis, testicles & vagina) | T | F |
| 14 | Males and females have different amounts of the same sex hormones. | T | F |
| 15 | All boys are circumcised when they are babies. | T | F |
| 16 | Babies of teen mothers are at risk for having health problems. | T | F |

(Health Smart Middle School; Abstinence & Puberty; ETR Associates)

Name: _____ (First and Last)

Pressure Lines & Responses: COOL IT!

Directions: Working in pairs, read each "pressure line" and write a passive, aggressive and assertive response. You will then pick one scene to act out each response.

"You're still a virgin? You don't know what you're missing!"

Passive: _____

Aggressive: _____

Assertive: _____

"Just have a beer. It will relax you."

Passive: _____

Aggressive: _____

Assertive: _____

"Come on! If you won't, I'll find someone who will."

Passive: _____

Aggressive: _____

Assertive: _____

"Everybody our age is doing it. You can't be a virgin forever."

Passive: _____

Aggressive: _____

Assertive: _____

Line: "I'm tired of you saying NO. I thought you loved me."

Passive: _____

Aggressive: _____

Assertive: _____

Name: _____ Adult Signature: _____

“BUT I LOVE YOU!”

(Role Play Activity)

Directions: Working in pairs, write an assertive refusal to each pressure line. Your team will have the opportunity to demonstrate one of these as a quick “role play.”

Person 1: “Look, I really, really enjoy spending time with you. I like you a lot and want to show you how I feel.”

Person 2:

Person 1: “Come on! It’s part of a strong relationship.”

Person 2:

Person 1: “I want to be closer to you. We need to take this relationship to a special level.”

Person 2:

Person 1: “Everybody else is doing it. This is just a natural display of our love for each other.”

Person 2:

Person 1: “What are you ashamed of?”

Person 2:

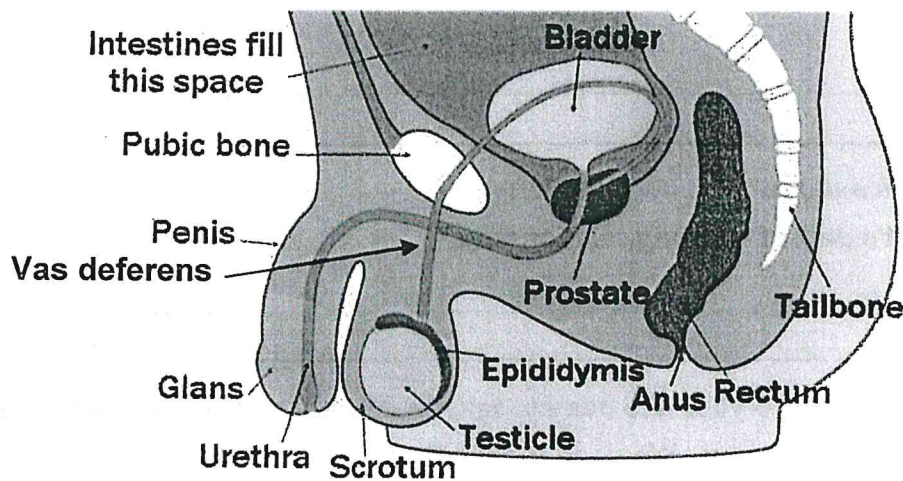
Person 1: “I love you, but you don’t seem to love me in the same way.”

Person 2:

Name: _____ Parent/Guardian Signature: _____

REVIEW: 7TH GRADE

Male Sexual Organs

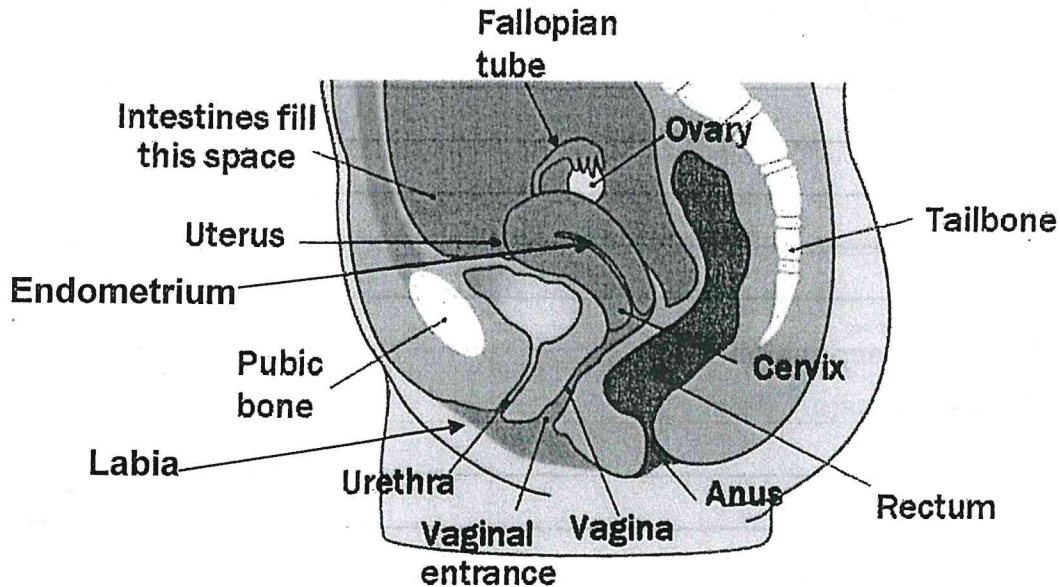


Male Reproductive System: Fill in the Blanks

1. The pouch of skin that holds the testicles and controls temperature for sperm production is called the _____.
2. The _____(s) produce sperm cells and the male sex hormone (testosterone).
3. Sperm cells mature and are stored in the _____.
4. The tube that carries the sperm away from the epididymis is called the _____.
5. The _____ gland provides a clear fluid to the sperm cells. This fluid helps to neutralize the acid in the male urethra and female vagina.
6. The _____ is the male sex organ through which urine and semen leave the body.
7. The combination of fluid and sperm cells is called _____. (answer is not on the diagram)

Name: _____ Parent/Guardian Signature: _____

Female Internal Sexual and Reproductive Organs



Female Reproductive System: Fill in the Blanks

1. The tube that females urinate out of is called the _____. (NOT the vaginal!)
2. The two _____ store and release egg cells.
3. The passageways for the eggs as they make their way toward the uterus and the place where the egg may be fertilized are called the _____.
4. The place where an unborn baby grows and develops is called the _____.
5. The inner lining of the uterus is called the _____.
6. The narrow lower end of the uterus that opens into the vagina is the _____.
7. The hollow, tunnel-like structure through which menstrual blood and babies leave the body is called the _____.
8. The folds of skin that surround the opening of the vagina are the _____.

Grade 7

Name: _____ Adult Signature: _____

Dating Bill of Rights

I have the right to:

| |
|--|
| |
| |
| |
| |
| |

I have the responsibility to:

| |
|--|
| |
| |
| |
| |
| |

Your Signature

Date

Top 5 Reasons TO DATE

Top 5 Reasons NOT to DATE

| | |
|----------|----------|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |

Yes or NO: Is it Abuse?

Directions: *In small groups, read each case and decide if it is abuse or not. Discuss why or why not.*

Sexual Harassment: (Remember keyword...UNWANTED!)

1. Joe keeps asking Mary out even though she keeps saying NO!
2. Carla surprised Andy when she asked him out and he said yes.
3. A kid you don't know keeps texting you, asking you to send a nude photo.
4. Your boyfriend asks you for a nude photo and you agree to send it.
5. A kid on the bus always slaps your butt when you're leaving. You always laugh about it but deep down, you hate it.
6. Someone wrote something very "nasty" about you in the bathroom.
7. Your best friend always calls you gay. He thinks it's funny but you don't.
8. A girl turned around really quickly and accidentally bumped you in your groin area. She apologized.
9. A girl turned around, punched you in the groin area and laughed hysterically about it.
10. Your soccer coach keeps hugging you and it makes you feel very uncomfortable.
11. A kid told you a dirty joke that you thought was hysterical.
12. You're in the mall and a group of guys stare at you "up and down" when you walk by. It made you feel very uncomfortable.
13. You're in the lunch line and the kid behind you keeps bumping against you. You've told the person to back off but it continues.
14. A kid you barely know tells you "your butt looks hot in those jeans".
15. The guy you like says "you look hot in those jeans."

Abuse: (emotional/physical)

1. A boyfriend constantly tells his girlfriend to lose a few pounds.
2. A mother pops (light spank) her child on the butt.
3. A mother spansks her child with a belt repeatedly, over and over, and over again.
4. A girlfriend tells her boyfriend to "shut up". It surprises him because it's the first time she's said that to him.
5. A boyfriend constantly checks up on his girlfriend.

(MY LIFE)

First and Last Name: _____

Parent/Guardian Signature: _____

SETTING DATING STANDARDS

Directions: Complete the "Your Answer" section. This evening, have your parent/guardian complete their section. SIT DOWN WITH THEM, WHILE THEY COMPLETE THEIR SECTION. Discuss any items you may not agree on. Your parent can choose to OPT-OUT of this assignment but please have them sign above.

Dating Question

Your Answer

Parent/Guardian Answer

- | | | |
|--|----------------------|----------------------|
| 1 What are the purposes of dating? | _____ | _____ |
| 2 At what age may you begin to date? | _____ | _____ |
| 3 Does this age change for single dating? | _____ How? _____ | _____ How? _____ |
| 4 Should your parents meet your date first? | _____ | _____ |
| 5 What are some places to go on a date? | _____ | _____ |
| 6 What is a good curfew time? | _____ | _____ |
| 7 Will this time change with age? | _____ How? _____ | _____ How? _____ |
| 8 Is dating people your own age important? | _____ Why? _____ | _____ Why? _____ |
| 9 Should you start by single or group dating? | _____ Why? _____ | _____ Why? _____ |
| 10 What dating places should you avoid? (2) | _____ | _____ |
| 11 List 3 qualities your date should possess? | _____ | _____ |
| 12 If your date turned out to be too "pushy" or opposed your standards, what would you do? | _____ | _____ |
| 13 Do you feel it's OK for girls to ask boys out? | _____ Explain: _____ | _____ Explain: _____ |
| 14 Who should pay for the date? | _____ Explain: _____ | _____ Explain: _____ |
| 15 Should you date on a school night? | _____ Explain: _____ | _____ Explain: _____ |
| 16 What are some questions you should ask before you go on a date? | _____ | _____ |
| 17 When would it be appropriate for your parents to restrict you from dating? | _____ | _____ |
| 18 Additional comments about dating: | _____ | _____ |

Names of Group Members: _____

Media Messages

5 songs with "sex" in it

5 songs without "sex" in it

| | |
|---|---|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |

5 TV shows with "sex" in it

5 TV shows without "sex" in it

| | |
|---|---|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |

Why do you think there are so many songs and TV shows that have references to "sex" in them?

Do you think these messages have an influence on teens? If yes, explain:

If you don't agree with the media messages, what can you do about it?

Sexual Harassment

ANY unwelcome sexual behavior that makes someone feel uncomfortable or unsafe.

What to do if you've been harassed?

1. Tell the harasser to stop.
2. Talk to a friend.
3. Write down what happened.
4. Tell an adult

5. File a report with an administrator, SRO or online:

<https://www.nhcs.net/divisions/student-support-services/bullying-information>

HOW to Report

Who can help?

Any school personnel including bus drivers or SROs or any trusted adult.

Is there a form?

Yes, go to www.nhcs.net and click on the DIVISIONS tab. Click STUDENT SUPPORT SERVICES. On the left hand tab click BULLYING INFORMATION or ask a school employee to print one for you. A form is also included on the next page.

When will the investigation begin?

Investigations are initiated within 72 hours of being reported, or 3 school days.

Can I make an anonymous report?

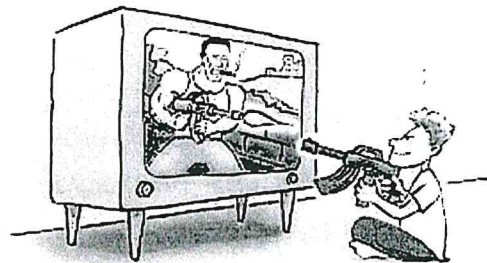
Yes, however, provide as much information as you can about the victim, offender or witnesses.

Media Influences

sexual loss research sex orgasm gay behavior
transmitted sexuality adolescents infections
sexually experience contraception life
disease marriage wholesome lives pleasure retirement
SEX wholeness sexpert virginity affairs

Sexual Messages

Action & Violence



Body Perfection

Materialism



What **YOU** need to know about **HIV/AIDS...**

FOUR Risky Fluids that Transmit HIV are:

**BLOOD, SEMEN,
VAGINAL FLUIDS, BREAST MILK**



STOP HIV/AIDS
save your self. save the world

Risky Behaviors

Sexual Intercourse (Vaginal, Oral, Anal)

Sharing Needles (IV Drug Use, Tattoos, Piercings)

Infected Mother to Baby (Pregnancy, Childbirth, Breast Feeding)

Blood to Blood Contact (Infected Person's Blood Enters Your Body)



Did you know?

- Since 2001 - new infections among 15-24 year old with HIV has increased.
- Since 2003 - 50,000 American have contracted HIV each year.



Prevention is the KEY

1. Choose **ABSTINENCE**, to not engage in early sexual involvement and drugs/alcohol.
2. Get tested prior to sexual involvement.
3. If you do engage in sexual intercourse (vaginal, oral or anal sex), you **MUST** use a condom **EVERY** time.

Need More Information?

Center for Disease Control <https://www.cdc.gov/hiv/> (800) 232-4636
Wilmington Health Access for Teens <https://www.whatwilmington.org/> (910) 790-9949
NHC Health Department <https://health.nhcgov.com/> (910) 798-6500



HIV/AIDS



*****HIV/AIDS Facts:

- HIV is the disease that causes AIDS.
- HIV attacks the immune system.
- HIV/AIDS was identified in 1981 but it has been in humans since as early as the late 1800's.
- Scientists believe HIV in humans originated in Africa.
- Over 40 million people worldwide have been diagnosed with HIV and 20 million people worldwide have died from AIDS complications.
- People can have HIV for many years and not even know it.
- Before we discovered treatments, people diagnosed with HIV often died in as little as a few months.
- Today, it is quite common for people to be living with HIV for 20+ years. .
- While there are good treatments for HIV/AIDS...there is NO KNOWN CURE!

4 WAYS TO GET HIV:

- **SEX:** During sexual intercourse, HIV can be passed in semen, vaginal fluids or blood.
- **NEEDLES:** HIV can be passed when people share needles for any reason.
- **MOTHER TO CHILD:** An HIV positive pregnant woman can pass the disease to her baby.
- **BLOOD TO BLOOD CONTACT** with an infected person.

WAYS YOU CANNOT GET HIV: (CASUAL CONTACT)

- Being bitten by a mosquito, even if the mosquito just came into contact with an infected person.
- Toilet seats.
- Sharing food or drinks with an infected person.
- Hugging or holding hands with an infected person.
- Swimming pools, even if an infected person is in the pool.
- Getting coughed on, sneezed on or spit on by someone with HIV.
- Kissing: saliva does **not** transmit HIV.
 - While it is EXTREMELY rare, HIV can be passed through open sores, cuts or bleeding in the mouth. There is only one known case in the world of HIV being transmitted while kissing.

RISKY BEHAVIORS:

- Alcohol & drugs: first thing affected is your better judgment. You are more likely to do something you ordinarily wouldn't do if you weren't under the influence.
- Sharing needles of any kind including body piercings, tattooing, or injecting drugs or steroids.
- Sex of any kind, including oral, anal or vaginal sex. They all transmit HIV.
- Contact with an infected person's blood.

SAFE BEHAVIORS:

Abstinence until marriage AND faithfulness within the marriage is the BEST way to prevent HIV/AIDS.

Sexually Transmitted Infections

| Name | Cause | How Many People Affected In United States? | Symptoms | Outcome |
|--|---|---|--|--|
| These are NOT curable!! | | | | |
| HIV/AIDS (Virus) | HIV causes AIDS Treatable NOT CURABLE HIV (virus) attacks immune system. | 43,000 new cases each year 1.1 million have HIV in US. 30 million deaths worldwide since early 1980's. 40 million infected worldwide. 1/2 of all new HIV/AIDS cases are 15-24 yr. olds. | May test positive but not feel sick. Fever, night sweats, severe fatigue, swollen lymph glands & weight loss. Many people have HIV for YEARS before being diagnosed. | HIV infection destroys the immune system. This makes people susceptible to diseases and illness that people with a healthy immune system do not get. No one has ever died from AIDS... they die from other diseases because they have AIDS. |
| Herpes Simplex 2 aka: HSV-2 | Herpes Simplex Virus Treatable NOT CURABLE Spread during vaginal, anal, or oral sex. Sometimes from genital touching. | 1.6 million per year 45 million infected in US 4.2 million are teens 20% of Americans over the age of 12 has HSV-2. | Blister-like sores, usually on the part of body where the virus entered. Blisters burn, itch & are painful. Painful urination, flu-like aches, headaches & fever. Symptoms may show up 2-12 days after contact. | FOREVER! Symptoms usually decrease in severity over time. Can cause blindness, brain damage or death in babies who get it from their infected mother. Valtrex: treatment (<u>NOI</u> a cure) |
| HPV Human Papilloma Virus a.k.a Genital Warts | Human Papilloma Virus Treatable NOT usually CURABLE 100 different types of HPV. Not all cause "warts" Not all cause cervical cancer. (women) | MOST COMMON STD more than 3 million US cases per year 79 million currently infected. 11,000 women die of cervical cancer each year. | 98% infected people have NO symptoms. 2% get soft gray/white warts in and around the genital area. Warts can spread to other parts of the body. Warts are usually painless but can burn or itch. | Some types of HPV can cause cervical cancer. 4000 women die of cervical cancer each year in US. Almost ALL cervical cancer cases are linked to HPV. 90% clear HPV in 5 years. GARDASIL: Vaccine for girls. |
| These are curable!! | | | | |
| Chlamydia | Bacteria Treatable & CURABLE with antibiotics. | 3,000,000 new cases per year | Most people have it and don't KNOW it. If get symptoms: painful urination, whitish discharge & fever. | Infertility caused by "silent" pelvic inflammatory disease. Damage is done & most won't find out until years later. |
| Gonorrhea | Bacteria Treatable & CURABLE Getting resistant to antibiotics. | More than 3 million US cases per year. | Like chlamydia. Most people don't feel sick. Symptoms. Painful urination, penile or vaginal discharge, fever. | Infertility, PID, arthritis, heart damage, blindness & kidney infection. |
| Syphilis | Bacteria Treatable & CURABLE with antibiotics. | 31,000 new cases per year | Stage 1: Chancre sore (gone in 1-5 wks) Stage 2: Low grade fever, sore throat, rash. Stage 3: Incurable at this stage. | Severe brain & organ damage. Heart disease, paralysis, insanity, liver and lung tumors & DEATH. |

1/2 of all STDs are among 15-24 year olds.

Most people with an STD have it and DON'T KNOW IT!

Teen girls are more at risk for getting an STD (mucous membrane in vagina and immature cervical cells).

Glossary for Grade 7:

Abstinence: Refraining from all things that can be harmful to your health.

Abstinence Until Marriage: Abstinence from intimate sexual behavior until you are in an adult mutually monogamous, lifetime commitment or marriage.

Adolescence: Transitional period between childhood and adulthood during which puberty (sexual maturity) occurs.

AIDS: (Acquired Immune Deficiency Syndrome) A disease caused by HIV (Human Immunodeficiency Virus) which damages the immune system. The fatal end-stage is sometimes called "full-blown AIDS."

Anal Sex: When the penis is used to touch or enter the anus of another person's body; a high-risk behavior for contracting STDs and HIV/AIDS.

Anus: Opening from which bowel movements leave the body.

Body fluids: Liquids of the body, including blood, semen, vaginal secretions, urine, lymph, feces, sweat, tears and breast milk.

Cervix: The narrow, lower end of the uterus that opens into the vagina. It is sometimes called the "neck" of the uterus because of its shape.

Chlamydia: Bacterial STD which inflames linings of reproductive organs, often causing sterility if not treated.

Cilia: The tiny hair-like projections on the inside of the fallopian tubes. The sweeping motion of the cilia move the egg through the fallopian tube to the uterus.

Circumcision: Surgical removal of the foreskin of the penis. Some males have been circumcised and some have not.

Commitment: Long-term physical and emotional bond between two people with a strong desire to maintain the relationship.

Conception: (also called fertilization) The uniting of the sperm and ovum (egg cell).

Consent: Permission for something to happen (sexual contact).

Condoms: A latex or polyurethane barrier used during sexual activity to reduce but not eliminate the risk of pregnancy or contracting STDs.

Ejaculation: The release of semen (seminal fluid) from the penis.

Epididymis: The place where sperm mature and are stored.

Erection: When the penis increases in size and becomes upright and stiff. Erection is necessary for sexual intercourse to occur.

Fallopian tubes: The narrow tubes that are the passageways from the ovaries to the uterus and the place where the male's sperm can fertilize the female's ovum (egg cell).

Fertilization: (see conception) The moment an egg cell (ovum) and a sperm cell unite. Generally fertilization takes place in the fallopian tubes.

Fetus: The term used to refer to the unborn child from the ninth week of pregnancy until birth.

Foreskin: The fold of skin which covers the head (glans) of the penis. All males are born with foreskin.

Genitals: External sex organs. Penis and scrotum in the male; labia and vaginal opening in the female.

Genital Herpes: See Herpes Simplex II

Genital Warts (Human Papilloma Virus HPV): A viral STD associated with cervical cancer in females and warty growths on the genitals of both sexes. Warts can be treated but HPV cannot be cured.

Gonorrhea: Bacterial STD which can cause sterility, blindness and arthritis if not treated. Females commonly have no symptoms.

Herpes Simplex II (HSV II): Also known as genital herpes. Viral STD which is treatable but not curable. Herpes can cause recurring blisters, miscarriages and stillbirths and may be related to cervical cancer in females.

HPV: See Human Papilloma Virus

HIV: Human immunodeficiency virus, the virus that can cause AIDS. HIV attacks T-helper cells of the immune system.

Human Papilloma Virus HPV: A viral STD associated with cervical cancer in females and warty growths on the genitals of both sexes. Warts can be treated but HPV cannot be cured.

Hymen: The thin connective membrane covering all or part of the opening of the vagina. Most, but not all baby girls are born with a hymen.

Injection drug user: (IV drug user) A person who uses a needle to pierce the skin for the purpose of injecting drugs. These drugs can be mainlined into a blood vessel or injected just beneath the skin. Both are high-risk behaviors for HIV/AIDS.

Labia: Soft, folds of tissue that surround the other female sex organs.

Menarche: First menstruation.

Menstruation: The cyclic discharge of the uterine lining when pregnancy does not occur.

Menopause: When a woman stops releasing egg cells and stops menstruating. The average age of menopause is between 40-55 years. Pregnancy cannot occur after menopause without medical intervention.

Monogamy: Having one sexual partner only.

Nipples: The protrusion at the center of the breast; in females, the milk ducts open here.

Nocturnal emission: An involuntary ejaculation occurring during sleep; frequently called a "wet dream".

Oral sex: Touching the mouth, lips or tongue to another person's genitals. A risky sexual behavior for contracting STDs.

Ovaries: The glands which produce and store the female's eggs (ova) and sex hormones.

Ovulation: The release of a mature ovum from the follicle of an ovary. This process happens approximately once a month from the onset of puberty.

Ovulation-menstruation cycle (O-M cycle): The length of time between the first days of two consecutive menstrual periods. Each O-M cycle will have ovulation and menstruation if the egg is not fertilized. No one can predict with certainty exactly when a woman will ovulate.

Ovum: The egg cell produced in the ovary of a female; it is a single cell about the size of a grain of sand. (Ova is the plural)

Penis: The male sexual organ through which urine and semen leave the body; used for sexual intercourse.

Pituitary gland: Located in the center of the brain. It is where puberty begins by secreting growth hormones and controls production of sex hormones in the ovaries and testes.

Primary sex characteristics: The reproductive system or the sex organs.

Prostate gland: A gland that secretes a clear fluid which makes up about one third of the fluid in an ejaculation. The fluid from the prostate provides nourishment to the sperm cells on their journey through the female reproductive tract.

Puberty: The stage during which secondary sex characteristics develop and the reproductive system becomes functional. The time you change from a child to an adult.

Pubic hair: The hair around the external sex organs.

Rape: Forced sexual of any kind (oral, anal or vaginal).

Renewed Abstinence: Is a decision someone makes to stop having sex and wait until marriage before having sex again.

Scrotum: The pouch or sac of skin which contains the testes.

Secondary sex characteristics: The external sign of maleness or femaleness (e.g., body hair, breasts, muscle development, etc.)

Semen: The fluid (containing sperm cells) expelled from the body during ejaculation. It contains up to a billion sperm cells in a fluid that contains nutrients for the sperm.

Seminal vesicles: Glands that produce the fluid (semen) to carry the sperm out of the male's body.

Sex (gender): State of being male or female; in today's terms, often refers to sexual intercourse.

Sexual abuse: Undesired sexual behavior by one person upon another.

Sexual abstinence: Choosing not to participate in sexual activity.

Sexual assault: completed or attempted sexual contact without persons consent.

Sexual intercourse: sexual union of a male and female when the penis is inserted into the vagina and usually includes the transfer of semen from the male, which can result in fertilization of an egg cell with a sperm cell.

Signs/symptoms: an observable indication or feeling of an illness or condition.

Sperm: the male sex cells which are capable of fertilizing an egg.

STI (Sexually Transmitted Infection): a more recent term, often being used in place of STD.

STD (Sexually Transmitted Disease): Disease passed through close, intimate physical contact, from one infected person to another.

Syphilis: a bacterial STD that starts with a chancre sore and if untreated can cause death, mental illness and heart disease and can destroy tissue anywhere in the body.

Testes: the glands in which the sperm cells and the male hormone, testosterone, are produced; located in the scrotum. (testis is the singular form)

Testicles: see testes.

Urethra: the tube that runs through the penis through which urine and semen leave the body. The female urethra runs from the bladder to the urethral opening, just in front of the vaginal opening.

Uterus: the pear-shaped hollow organ in the female's body where baby's grow and develop.

Vagina: the tunnel-like structure through which menstrual blood, babies and vaginal discharge leave the female body; it receives the penis during sexual intercourse.

Vaginal discharge: fluid secreted from the vagina. Occurs approximately one to two years before first menstruation and continues throughout adult life; natural way of cleaning the inside of the vagina.

Vas deferens: the tube through which sperm travel, after leaving the epididymis, on their way to the urethra.

Venereal disease: ("VD") older term sometimes used when referring to an STD.

Virgin: person who has not had sexual intercourse.

Womb: another term for the uterus.

EVERYDAY CONSENT

PEOPLE OFTEN THINK CONSENT IS ONLY IMPORTANT WHEN IT COMES TO SEX.

Really, consent is about always choosing to respect personal and emotional boundaries. By practicing consent in everyday situations, you show that you value the choices of others.

ASK FOR CONSENT WHEN TOUCHING

- It's important to ask for consent before hugging, tickling, or other kinds of touch.
- Ask sincerely so others understand it's okay to say no.
- For people who have experienced sexual abuse, any unexpected touch can be scary and traumatic. Others may just prefer more personal space.

For example: "Is it okay if I put my arm around you?" or, "Want to hug or wave goodbye?"

RESPECT PRIVACY

- Everyone has boundaries. Some people like to keep things about themselves private, while others are more open.
- If someone shares personal information with you, it's important to ask what their boundaries are.

For example: "My cousin was assaulted and is afraid they will never feel okay again. Is it okay if I tell them that you're a survivor, too? It's all right if you're not comfortable with that."

ASK PERMISSION

- Just like everyone has different boundaries about touch, everyone has different levels of comfort about sharing things online, like photos.
- It is important to always ask before posting or tagging photos of someone on social media.

For example: "This is a great photo of all of us! Is it okay if I share it online, or should I take another one without the kids in it? I know you don't often post photos of them."



SEX AND CONSENT

- Sex without consent isn't sex. It's sexual assault.
- Consent must be freely given. A person must understand what they are agreeing to, and they can change their mind at any time.
- Consent needs to be clear and enthusiastic. The absence of "no" or silence does not mean "yes."
- Past consent does not mean current or future consent.
- When drugs and alcohol are involved, clear consent is not possible. A person who is intoxicated or impaired cannot give consent.

HOW TO HANDLE THE "NO"

- Whenever you're asking for someone's consent, they could say "no."
- Accept the answer and move on. Don't pressure someone to change their mind.
- It's okay to feel disappointed with a "no" answer. But always remember that respecting boundaries is the right thing to do.

Directions: If you feel that you have been bullied and would like help, please fill out the form below. If you need more space, attach another piece of paper. When you are done, turn this form into the front office of your school. An administrator or counselor will contact you within two school days.

Your name _____

Your teacher's name _____ Your grade _____

Your phone number _____ - _____ Your email _____

Today's date _____ \ _____ \ _____ When did the bullying occur? _____ \ _____ \ _____

Please put an "x" one or both boxes:

- ☐ I felt bullied
☐ I saw someone else be bullied

Describe what happened when you or someone you know felt bullied:

Who was involved in the bullying?

What did you do? Was anyone with you?

Were you threatened in any way? ☐ Yes ☐ No
If yes, please explain what was said, written, typed, or texted.

Did an adult see the bullying or did you tell an adult about the bullying? ☐ Yes ☐ No
If yes, who saw it or who did you tell?

Student Signature _____

For signature confirmation, please enter your name as indicated in school records and email from the email account you have on file with NHCS.

Date received in front office _____ \ _____ \ _____

Signature of personnel receiving form _____

Date formal investigation initiated _____ \ _____ \ _____

RESOURCES

A comprehensive list of websites, etc, you can refer to for more information and to get your questions answered.

Dating/Relationships

loveisrespect.org
sharedhope.org
loveisnotabuse.com
mencanstoprape.org
rainn.org

STDs/STIs

cdc.gov

Reproductive Health Info

stayteen.org
advocatesforyouth.org
BeingGirl.com (youtube)
teenhealth.org
iwannaknow.org
sexetc.org
shiftnc.org
thenationalcampaign.org

Your ?'s Answered

**BrdsNBZ: text 'NC Teen' to
66746**

goaskalice.columbia.edu

Tracking Apps

Apps for tracking a female's menstrual cycle

Clue, Eve, Period Tracker, Flo,
Glow, Period Tracker

Go Local

Coastal Horizons:

910.343.0145

coastalhorizons.org

Wilmington Health Access for Teens:

whatswhat.org 910-790-9949



There are WHAT clinics onsite
at Ashley, Hoggard, Laney and
New Hanover High Schools!



"Give a **child** a **fish**, and you feed them for a day.

Teach a child to fish, and you feed them for a lifetime."



Adapted by the Family Life
Educators of New Hanover
County Schools.