



Keeping Myself and Others Safe (Birth Control, STI Prevention, and Accessing Care)

10th Grade Sexual Health Education Lesson

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Lesson plan for tenth grade sexual health education.

Lesson 6

Keeping Myself and Others Safe

(Birth Control, STI prevention, and
Accessing Care)

Lesson Objectives

- Identify methods to prevent STIs/HIV, and pregnancy.
- Describe the steps for correct condom use.
- Define Consent.
- Identify resources for accessing sexual health services, counseling, and more information.

Group Agreements



Warm Up

1. Arielle and her girlfriend don't bother using "safer-sex" methods. Since they both have vulvas, they aren't worried about getting pregnant or getting an STI. **Are Arielle and her girlfriend correct? Explain.**

They don't need to worry about pregnancy, but they could still be at risk for STIs if they are not using a safer sex method.

2. Roger and his girlfriend don't bother using condoms. Since his girlfriend is on the pill, they aren't worried about getting pregnant or getting an STI. **Are Roger and his girlfriend correct? Explain.**

The pill protects against pregnancy, but it does not protect against STIs, so they need another safer sex method.

What does “Safer Sex” mean?

- There are many **different kinds of people**, and therefore there are many **different kinds of sex** that people enjoy.
- **Safer Sex Methods** are any method for **preventing unwanted outcomes** from sexual contact, such as STIs (including HIV) or unintended pregnancy.
- Anyone, of **any sex, gender identity or sexual orientation** can use safer sex methods to protect themselves from the various risks associated with different types of sexual activity. We often think of them as birth control methods and/or methods that protect someone from contracting an STI from someone else.



What is the risk?

- Different types of partnered sex carry different risks. For example:

Oral Sex

Mouth on penis
Mouth on vulva
Mouth on anus

Carries a risk for **some STIs.**

Herpes, HPV, chlamydia, gonorrhea & syphilis can be transferred to/from a person's mouth.

Anal Sex

Penis in anus

Carries a risk for **all STIs including high risk for HIV.**

Sex w/Fingers & Hands

Fingers in vagina
Fingers in anus
Hand on penis

Carries a low risk for **some STIs.**

Risk can be reduced by washing hands in between touching your partner's body and your own body.

Genital-Genital Rubbing

Penis on penis
Vulva on vulva
Vulva on Penis

Carries a risk for **some STIs.**

Herpes, HPV, syphilis, chlamydia & gonorrhea can be transferred from one person's genitals to the other.

Vaginal Sex

Penis in vagina

Carries a risk for **all STIs including HIV.**

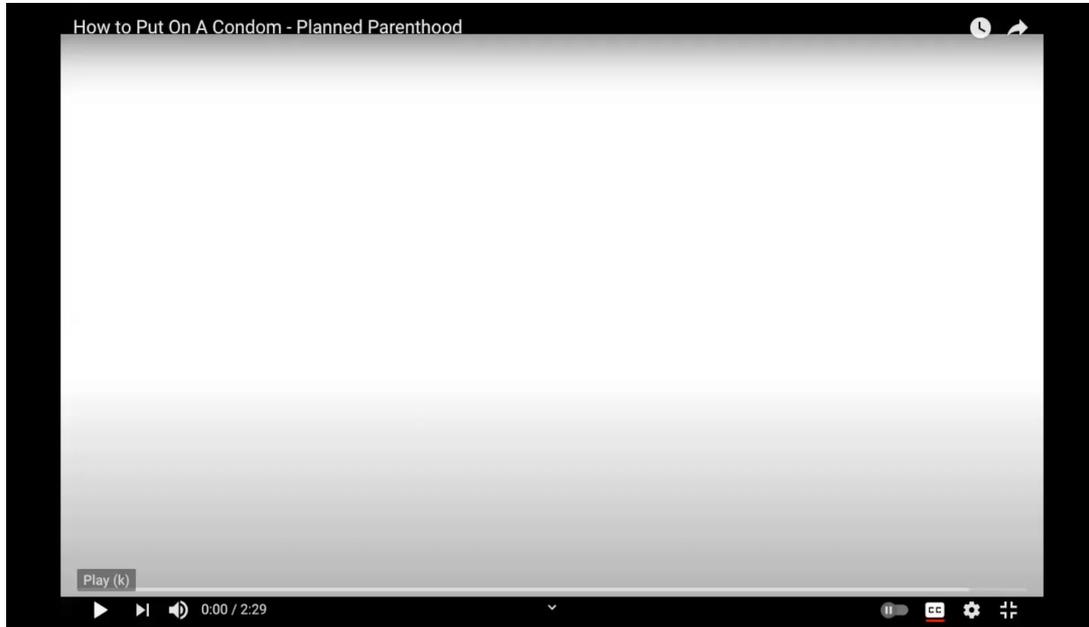
Carries a risk for **pregnancy.**

Everyone is Different...

- Not every person will try or enjoy **every type** of sexual contact, and some people may choose **not to have sexual contact at all**.
- No matter what kinds of sex a person enjoys, today we will cover methods that can **make sexual activity safer**.
- Each person will need to think about the methods that are the best fit for **their own goals, values & life situation**.
- Regardless of what people decide to engage in, it must be **consensual**.



External Condom Demo



Worksheet Section 2

Seek Consent...

- 1. Check Expiration Date**
- 2. Open package carefully**
- 3. Check which way it unrolls**
- 4. Pinch the tip to remove air**
- 5. Roll all the way down the penis**
- 6. Apply water-based lube**
- 7. Enjoy sexual activity**
- 8. Hold condom at base of penis while penis exits partner's body**
- 9. Remove condom from penis and throw away**

Internal Condom Demo



Seek Consent....

- 1. Open Package**
- 2. Squeeze sides of inner ring (vaginal use) OR remove inner ring (anal use)**
- 3. Slide condom into vagina or anus**
- 4. Leave the open end of the condom outside of the body**
- 5. During sex, make sure that the penis or other object is inserted inside the condom, not to the side of it**
- 6. After sex, remove and throw away**

Pregnancy and STI Prevention

You will have 2 minutes to record your notes for each method

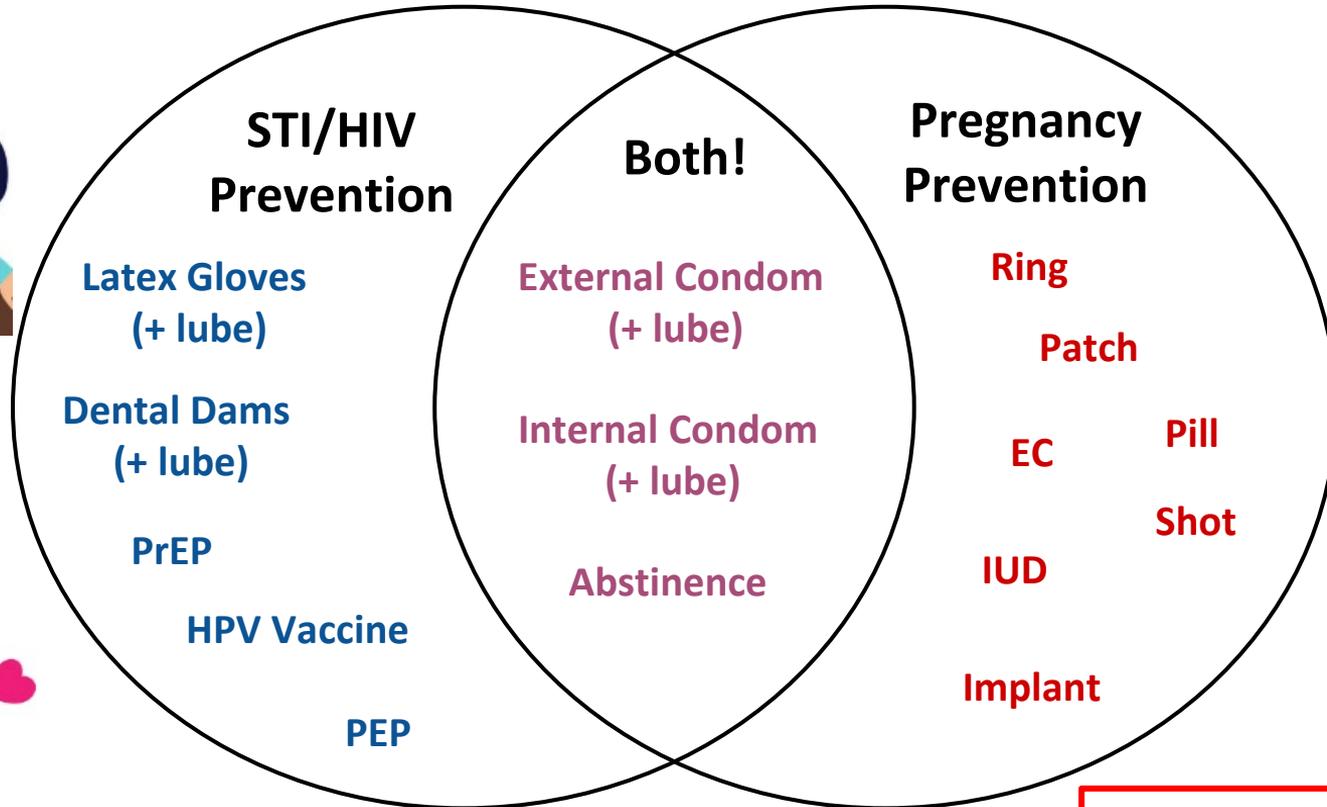
When the 2 minute timer rings, quietly rotate with your group.

Section 3: Safer Sex Methods

Method	Can Protect Against...	Types of Sex It Can be Used For..	Important Fact
 External Condoms			Always check the expiration date on a condom package, and get a new one if it is expired.
 Internal Condom		Vaginal sex & Anal sex	
 The Ring	• Pregnancy		
 Dental Dam			Dental dams come in flavors, and can be used with lubricant to increase pleasure during oral sex.

Worksheet Section 3

Prevention Methods



Resource Videos



Health @ School

School Based Health Centers

Exit Ticket

1. List 1 method that prevent pregnancy
2. List 1 method that prevent STIs
3. List 1 method that protects from both pregnancy and STIs

Put Your Questions in the Question Box

- Questions will be answered next time we meet for class

