



# Keeping Myself and Others Safe

## 10th Grade Sexual Health Education Lesson

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For questions and more information about this document, please contact the following:

Lisa Love  
Health Education Manager  
[llove@seattleschools.org](mailto:llove@seattleschools.org)

Worksheet for Keeping Myself and Others Safe Lesson 6 for tenth grade sexual health education.

## Lesson 6: Keeping Myself and Others Safe

Name

Date:

### Section 1: Warm Up




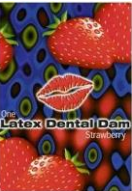

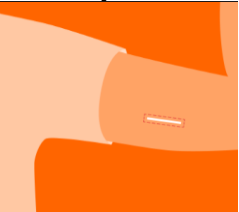
1. Arielle and her girlfriend don't bother using "safer-sex" methods. Since they both have vulvas, they aren't worried about getting pregnant or getting an S.T.I. *Are Arielle and her girlfriend correct? Explain.*
2. Roger and his girlfriend don't bother using condoms. Since his girlfriend is on the pill, they aren't worried about getting pregnant or getting an S.T.I. *Are Roger and his girlfriend correct? Explain.*



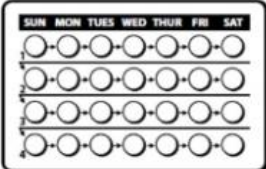
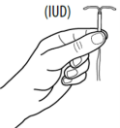


### Section 2: Condom Demonstrations




1. What are 2 important tips to remember when using an external condom?

2. What are 2 important tips to remember when using an internal condom?

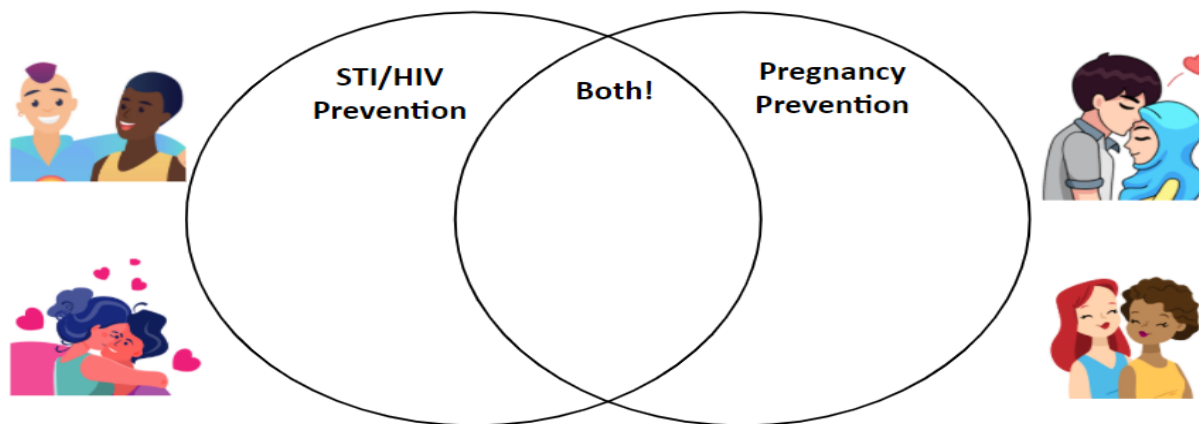
## Section 3: Safer Sex Methods

Method	Can Protect Against...	Types of Sex it Can be Used For..	Important Fact
<b>External Condoms</b> 			Always check the expiration date on a condom package, and get a new one if it is expired.
<b>Internal Condom</b> 		Vaginal sex & Anal sex	
<b>The Ring</b> 	<ul style="list-style-type: none"> <li>● Pregnancy</li> </ul>		
<b>Dental Dam</b> 			Dental dams come in flavors, and can be used with lubricant to increase pleasure during oral sex.
<b>PrEP (Pre-Exposure Prophylaxis)</b> 	<ul style="list-style-type: none"> <li>● HIV (Human Immunodeficiency Virus)</li> </ul>		
<b>The Implant</b> 	<ul style="list-style-type: none"> <li>● Pregnancy</li> </ul>		

Method	Can Protect Against...	Types of Sex it Can be Used For..	Important Fact
<b>The Patch</b> 			Each patch is worn on the skin for one week and then replaced with a new one. You can even wear it in the shower!
<b>HPV Vaccine</b> 	<ul style="list-style-type: none"> <li>● HPV (Human Papillomavirus)</li> </ul>		
<b>The Pill</b> 		Vaginal sex	
<b>The IUD (Intrauterine Device)</b> 			Once inserted by a healthcare provider, an IUD can remain in the uterus preventing pregnancy for between 5-10 years.
<b>The Shot (Depo Provera)</b> 	<ul style="list-style-type: none"> <li>● Pregnancy</li> </ul>		
<b>Latex or Nitrile Gloves</b> 			When having sex with fingers/hands, be sure to wash hands afterward or touching your own sexual body parts.

Method	Can Protect Against...	Types of Sex it Can be Used For..	Important Fact
<b>EC (Emergency Contraception)</b> 		Vaginal sex	
<b>Waiting (Abstinence)</b> 	<ul style="list-style-type: none"> <li>● Pregnancy</li> <li>● All STIs Including HIV</li> </ul>		
<b>PEP (Post-Exposure Prophylaxis)</b> 	<ul style="list-style-type: none"> <li>● HIV</li> </ul>		For emergency use up to 72 hours after possible HIV exposure.

## Section 4: Safer Sex Debrief



## Section 5: 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 \_\_\_\_\_