

MBPP Teen Council 2021-22
Protection



Enduring Understanding:

- STIs are common amongst sexually active young people. Most STIs are curable and all are treatable, but most importantly, they are preventable.
- There are many reliable birth control methods available to young people. The best method is the one the user will use correctly and consistently.

Essential Questions:

1. How are STIs transmitted?
2. How can a person reduce or eliminate their risk of transmitting STIs?
3. How can a person use an external condom correctly?
4. What birth control methods are available and how can a person access them?
5. What does a person need to consider when choosing the birth control method that is right for them?
6. How can a person communicate effectively about sexual behaviors?

Assessments:

1. Risk continuum card placement
2. Can raise/lower the risk brainstorm
3. Condom lineup
4. Birth control shuffle
5. Communicating with partners conversation

Agenda:

1. Introduction (5 mins)
2. Stats demo (5 mins)
3. Risk continuum (15 mins)
4. Condom demo (10 mins)
5. Break (5 mins)
6. BC hook (5 mins)
7. BC shuffle (15 mins)
8. Communicating with partners (10 mins)
9. Conclusion/about PP (5 mins)
10. Anonymous questions (5 mins)

Materials:

- Scripts, PPT, nametags, glows & grows
- Warm-up surveys + Agree, Disagree, Mixed signs
- STI stat shape cards
- Risk continuum cards
- Condom steps + demo tool & non-lubricated condoms
- BC methods and handout for shuffle

1: INTRODUCTION (5 min)

★Hi everyone, welcome to our Protection workshop! We're Teen Council and we're going to be facilitating this lesson today.

- ★★Introduction of individual presenters (name/pronouns/grade/school)

★Teen Council is a peer education program through Mt. Baker Planned Parenthood. Teen Council's goal is to help people have relationships that are healthy, safe, and fun, so over the next 3 days we will be here discussing protection, consent, and sexual identity.

★Today we are talking about protection including birth control and STI prevention. Some folks might feel like this information isn't relevant to them because either they're not sexually active or they're not participating in sexual activities that could result in pregnancy.

- At the same time, we want to acknowledge that most people, regardless of sexual orientation or gender identity, have sex that puts them at risk for STIs and/or pregnancy at some point in life. We want everyone to be prepared and safe if and when that happens.

★We also want to be clear that we're not here to tell you what to do because we know that you all are capable of making healthy decisions on your own. We just want to make sure you have all the information available to make the best decisions for yourself.

About TC (show/discuss slides)

- ★Why I joined TC
- ★Weekly Meetings
- ★Peer-Led Sex Ed.
- ★Individual Peer Ed.
- ★Teen Lobby Day

★Group Agreements:

- After each agreement, provide an example or more information.
- Create a supportive space
- Participate please!
- Respect different perspectives and experiences
- Listen to understand (vs. judge)
- Ask questions
- Remember that we're all learning
- Take care of yourself

KNOWLEDGE CHECK

★ What is an STI?

- Sexually Transmitted Infection – an infection that is primarily spread from person to person through sexual contact. You may also hear these referred to as STDs or sexually transmitted diseases. Both terms are correct.

★ What is birth control?

- Methods of preventing pregnancy, also referred to as contraception

2: STI STATISTICS DEMO (5 min)

★ We are now going to take a look at some statistics about sex. We're distributing some cards with different shapes on them that will help us demonstrate the statistics. These stats represent our country, not individuals in the class, so please be respectful of your classmates. This activity should be done silently. **Speak slowly and use your tone of voice to emphasize the significance of these numbers.**

- ★ If you have a blue star on your card, stand up. This group represents the **52% of U.S. high school students who are not sexually active in high school.** Ok, sit down.
- ★ Stand up if you have a yellow arrow on your card – this group represents the **90% of people who have sex by age 24.** **Please stay standing.**
- ★ If you have a red square on your card, please sit down. Those who are still standing represent the statistic that **half of all new STIs occur in those between the ages of 15 and 24.** Now you can sit down.
- ★ Stand up if you have a purple square on your card – this group represents the **75% of young people who use a condom the first time they have sex.** Please sit down.
- ★ Stand up if you have a pink star – this represents the statistic that **only 1 out of 100 couples get pregnant while using a highly effective method of birth control.** You may sit down, thank you.

Discussion questions:

- ★ What surprised you about these statistics?
- ★ Why do you think STIs are so common among young people? (*possible examples: more new partners, more focus on pregnancy prevention, don't think it'll happen to them, etc.*)
 - STIs are common but the good news is that most STIs are curable and all STIs are treatable. This is why if a person is sexually active regular testing is important because many STIs don't have symptoms, and testing is usually free or low cost and usually just a urine test or self-swab.

★ Important points to highlight

- More than half of people in high school are not sexually active, but almost all people have sex by the time they're in their early 20's.
- Sex is a part of life that can come with some risks, so thinking about how to be prepared and safe is something we all need to do, even if we're not having sex at this time.

3: RISK CONTINUUM (15 min)

- ★ Now we want to talk about how we can protect ourselves against possible unwanted outcomes of sex.

Go through this information **slowly** to ensure participant comprehension.

- STIs are generally spread when infected skin or bodily fluids from one person come into contact with susceptible parts on another person.
- **Which of these bodily fluids do you think can transmit STIs? OR Which of these do you think CANNOT spread STIs?**
 - As students give suggestions, use a whiteboard marker to draw an X through the fluids that don't spread STIs and circle those that do.
 - Saliva, urine, and sweat do not generally transmit STIs. (*Saliva could if someone had an infection in their throat*). All of *these other* fluids, if infected, could transmit STIs.
- ★STIs can be transmitted when these infected fluids or infected skin comes in contact with mucous membranes on our bodies, which are the moist tissue that lines openings into our bodies. These include the mouth, throat, vulva, vagina, penis, anus, (*STIs in eyes/nose are possible, very rare*).
- Again, STIs could be spread if infected skin (such as a sore) or infected bodily fluids come into contact with a person's mouth, throat, vulva, vagina, penis, or anus.

RISK CONTINUUM

★We're going to do an activity to determine which activities have a risk for getting or spreading STIs. We're going to pass out cards with different activities or behaviors on them and we want you to come place them on the board in one of three categories. The three categories are high risk, some risk, and low-to-no risk. Tape your card under the category you think best describes the activity's level of risk for getting or spreading any STI's without protection. **Correct any mistakes by getting feedback from the class.**

High risk	Some risk	Low/no risk
Anal sex	Oral sex	Masturbation
Vaginal sex	Touching partner's genitals clothes off	Touching partner's genitals clothes on
		Texting
		Massage
		Kissing
		Cuddling

(*herpes spread through kissing alone is generally not considered an STI)

BRAINSTORM

★Now we're going to brainstorm a list of external factors that could raise or lower the risk of getting or spreading STIs. **What are some things that could raise a person's risk of getting/spreading an STI?... What could lower the risk?**

Elaborate/Give an explanation after each example.

Can raise the risk	Can lower the risk
Peer pressure	Abstinence
Alcohol/drugs	Barriers (<i>condoms/dental dams</i>)
Multiple partners	Getting tested (<i>most STIs don't have symptoms</i>)
Abusive relationship	Honesty/communication with partners
Lack of education	Monogamy
Stigma	Access to reproductive health care

If participants struggle to suggest examples, read an item off the list and ask them whether it would raise or lower the risk of getting/spreading STIs.

4: CONDOM LINE-UP/DEMO (10 mins)

- ★ The most common protection method used by teens is a condom. Condoms reduce the risk of pregnancy and STI transmission, and they work by preventing fluids from being transmitted from person to person during sexual contact.
- Condoms can also be used as protection from STIs if sex toys are incorporated. We think it's important to show you how they work because condoms are much more effective at preventing STIs and pregnancy when used correctly!

★ We're going to distribute cards with the steps to using a condom correctly. If you receive a card, please come up to the front and work with your classmates to tape them to the board in the correct order. **One TC member goes through the steps, correcting any mistakes, while another demonstrates using a condom and demonstration tool.**

Steps to using an external condom correctly:

- Partners decide to have sex (consent)
- Check for air bubble
- Check expiration date
- Carefully open package (do NOT use teeth!)
- Make sure condom is right side out (finger hat test)
- Pinch tip to create reservoir
- Roll condom all the way down to base of penis
- After sex, grab condom by base, pull out of partner, and carefully remove condom
- Throw away condom in trash (don't flush!)

Finger Hat Test
Place condom on index finger

Try to roll condom ONCE to make sure it's right side out

If it resists, try the other way!

Ask if there is anyone willing to come up and give it a try!

Discussion questions:

- ★ **Where do you all think is the best place to store condoms?** *Cool dry location like a drawer, NOT in a wallet*

- ★ **Why is using lubricated condoms important? Define lubrication.** *The number one reason condoms break is because of a lack of lubrication.*
- ★ **What type of lube do you think is best?** *Water based lubricants are best to use with condoms, oil based lubricants such as coconut oil can break down latex and cause them to break.*

★ Internal condoms are another option. These are worn inside the vagina or anus during intercourse. They can be more expensive, but a person can also get a prescription from a doctor. **Briefly show an internal condom and explain how they're used.**

★ **Show dental dam.** Dental dams are protection that is held on the outside of the vulva or anus during oral sex to prevent mouth to genital contact. If someone is performing oral sex on a person with a penis, an *external* condom can just be used. Dental dams can be purchased, and we're going to show you how to make one out of a condom!

1. Check expiration date and air bubble
2. Open package and remove condom
3. Cut off the tip of the condom
4. Cut through the ring of the condom
5. Unroll it. Now you have a dental dam!

5 minute break

5: BIRTH CONTROL MEDICAL HISTORY HOOK (5 mins)

- ★ Now we are going to transition from talking about STIs and protection to talking about birth control and preventing pregnancy. Just a reminder, while STIs can be transmitted through multiple types of sex, pregnancy only occurs through penis in vagina sex
- On the screen, we have six things that may or may not have been at one point in time, somewhere in the world, used as birth control.
- **Read through the six methods.**
- We are going to ask you all to vote for the one that you think was used as a method of birth control at some point in time.
- **Read off each method again and ask students to raise their hands to vote.**
 - Regardless of what you chose, you're correct! ALL of these were used as birth control at some point in time, however they were **not** effective.
- **Detail 2-3 of them that people seem surprised about:**
 - Lead*- ancient Greek physicians suggested coating the cervix and vagina with lead prior to vaginal sex (6th century)
 - Crocodile Poop* – used in ancient Egypt inside of the vagina – they believed that the acidity of the poop would help to kill sperm (~1850 BC)

- Seaweed* – was used in South American (Ester Island – off the coast of Peru) tribes to form ‘cervical caps’
- Pomegranate Seeds*- used in ancient Greece as one of the first forms of oral contraceptives (pill)
- Beeswax*- used to create molds for what would be considered a cervical cap today (1850’s – France)
- Sneezing / Blowing Nose* – thought to work by expelling semen after intercourse.

So What?

- ★ Birth control is not a new concept. As long as humans have been around there have been people trying to control if, when, and how many children they have.
- Fortunately, the methods we will go over today are much safer and more effective

Birth Control History Continued

- ★ As we learn about the history of birth control, it is also important for us to acknowledge the history of harm that many marginalized people experienced as these methods were developed.
- In 1956, the first large-scale human trial of the birth control pill was carried out in Puerto Rico. The step was critical to the pill’s development at the time, but the testing conducted on Puerto Ricans was done without informed consent. As many as 1,500 Puerto Ricans participated in the trial. They were told only that the drug prevented pregnancy, not that the drug was experimental or that they might experience potentially dangerous side effects. The pills used in the trial had hormone levels 20 times higher than birth control pills on the market today.
- ★ The United States also has a long history of sterilizing people without their consent. Sterilizing refers to a permanent form of birth control, such as cutting the fallopian tubes. These practices targeted people of color, people with low-incomes, and individuals with intellectual and developmental disabilities.
 - From 1937-1968, 1/3 of people with uteruses in Puerto Rico sterilized. They were not informed of the permanence of the procedure.
 - In the 1970s, 25% of Native American people with uteruses were sterilized.
 - Incidents like these eventually led to the requirement of medically informed consent. However, in 2020 these requirements were disregarded at ICE detention centers during the forced hysterectomies of immigrants being held there.
- ★ As we go forward into learning about the different methods today, we think it’s important to keep this history in mind.

Encourage the class to take a deep breath before the next activity.

6: BIRTH CONTROL METHOD SHUFFLE (15 mins)

- ★ Now we will be learning about what factors are important to people in choosing a birth control method that is best for them
 - We're going to break you into groups of 3-4, and give each group a pack of birth control methods and some information sheets. Once you get your birth control methods, lay them out on the table in front of you. Take 2 minutes to read about the different methods you have, and then we will explain the activity. *Distribute shuffle cards and handouts*
 - *(after 2-3 minutes)* We will give you a category for sorting your methods. Work with your group to decide which methods go to which side.
1. ★ **Available by prescription or a doctor – Available over the counter or free**
 - Give the class a couple minutes to sort the cards. Walk around and help groups out.
 - **Ask: Why might this be important to someone in choosing a BC method that's right for them?** *(It might be scary or difficult to get to the doctor, teens don't have a lot of money so cheaper options are nice, teens may not want something put into their body by a doctor)*
 2. ★ **More than 90% effective vs. Less than 90% effective**
 - Condoms are over 90% effective at preventing pregnancy and STIs when used correctly, but less than 90% effective when used incorrectly. That is why we did the condom demonstration and why it is important to remember all of the steps!
 - Any method is better than using no method at all. Not using any method is only 15% effective- meaning on average 85% of couples having penis-in-vagina sex will experience a pregnancy within a year when not using any birth control.
 3. ★ **Other uses besides pregnancy prevention – Only purpose is pregnancy prevention**
 - **Ask: What other reasons might a teen use birth control other than pregnancy prevention?** *Managing periods, acne, hormone regulation, etc.*
 4. ★ **Protects against STIs – Does not protect against STIs**
 - Using a condom with another method is always a great idea!
 - Not engaging in any type of sexual activity (abstinence) is the only 100% effective method of preventing pregnancy and STI's
 5. ★ **Good options for teens – Not a good option for teens**

Read the following questions before revealing You-Do-Uterus.

 - **Ask: What BCMs did people think were good options? Why?**
 - **Ask: Is there one BCM that would work best for all teens? Why not?**
 - ★ It depends! The best method for one person may not work for another.
- ★ Are there any questions about any of these methods? *BCM kit*

7: COMMUNICATING WITH PARTNERS (10 min)

- ★ (If time) We're going to put up some scenarios on the board and we want you to practice having a conversation with your neighbor.
- ★ Talking to a partner about abstinence: You and your partner have been dating for a while and care about each other a lot. However, you feel like you aren't ready to have sex yet. **How would you start the conversation?**
 - Ask if anyone is willing to share with the larger group- if not, a TC member should give an example for each scenario.
- ★ Talking to a partner about using protection: You and your partner have been talking about having sex, but you haven't discussed using protection. **How would you start the conversation?**
- ★ Talking to a partner about getting tested: You and your partner have been sexually active. You want to make sure you're both healthy and think it would be a good idea for you to get an STI test together. **How would you start the conversation?**

8: CONCLUSION (5 min)

★ PP services

- Now we are going to talk a little bit about where people can go to get birth control, condoms, and STI testing.
- Condoms are free at Planned Parenthood and most STI testing and birth control services at PP are also free or low cost to young people.
- It is the law in WA State that regardless of age you can get confidential sexual health care without your parent's consent when needed, and if you are at least 14 years old you can receive testing and treatment for STIs. We always encourage young folks to talk to their parents about their health, but we know not everyone is in a supportive environment to do so, which is why Planned Parenthood offers these services to young people confidentially.
- You can always call your local PP with questions or to make an appointment! You can also ask questions online through our anonymous chat bot at roo.plannedparenthood.org
- Are there any questions about these services?
- ★ If you're interested in becoming a part of Teen Council, follow us on Instagram! Our applications are closed for the upcoming school year.

Anonymous Questions (if time)

Pass out scratch paper for anonymous questions. Don't forget to ANSWER using VQP!