

AN INTRODUCTION TO SEXUAL EDUCATION



GRADE

8

GROUND RULES

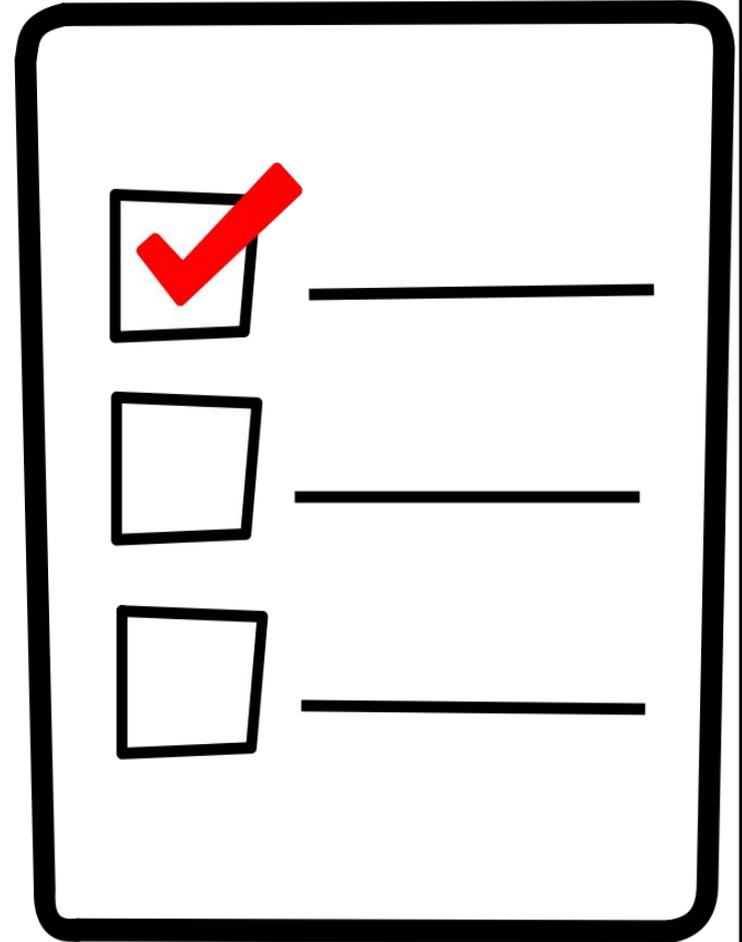
OVERVIEW

CLASSROOM

DISCUSSIONS

GROUND RULES

- 1. Show and Give Respect**
- 2. Confidentiality**
(Exception: Dangerous Behaviors)
- 3. Openness**
(Avoid using names in stories)
- 4. Right to Pass**
- 5. Non-Judgmental**
- 6. Sensitive to Background**
- 7. Have Fun!**



A graphic of a checklist with three items. The first item is checked with a red checkmark, and the other two are unchecked. Each item is represented by a square box followed by a horizontal line.

<input checked="" type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

TOPICS TO STUDY

Physical, Social, Emotional, and Sexual development differences

Abuse

Sexually Transmitted Infections (STI)

Responsibilities and Consequences in sexual relationships

**Contraceptives
Questions**



LET'S DISCUSS

Why do we feel uncomfortable on the subject of sexuality?

Why is it so embarrassing to talk about sexuality?

How do we act sometimes when we are embarrassed?



LET'S DISCUSS



What have your parents said about sexuality?

What have your friends said about sexuality?

What have you seen or heard about sexuality through entertainment media – movies, music, magazines, and television?

Can you think of any sexual message you have heard from other sources? Consider religious teachings, health teachers, girl/boyfriends

LET'S DISCUSS

If you were a parent, what is the most important message about sex that you would give your child?



Adolescent Development

The teenage years bring many changes, not only physically, but also mentally and socially. During these years, adolescents increase their ability to think abstractly and eventually make plans and set long-term goals. Each child may progress at a different rate and may have a different view of the world.



Physical Development

Physical changes of puberty mark the onset of adolescence (Lerner & Steinberg, 2009).

Puberty is the period of rapid growth and sexual development that begins in adolescence and starts at some point between ages 8 and 14. While the sequence of physical changes in puberty is predictable, the onset and pace of puberty vary widely. Every person's individual timetable for puberty is different and is primarily influenced by heredity; however environmental factors—such as diet and exercise—also exert some influence.

Emotional Development

Moods and feelings

You might show strong feelings and intense emotions, and your [moods](#) might seem unpredictable. These emotional ups and downs happen partly because your brain is still learning how to control and express emotions in a grown-up way.

Sensitivity to others

As you get older, you'll get better at reading and understanding other people's emotions. But while you are developing these skills, you can sometimes misread facial expressions or body language. This means that you might need some help working out what others are feeling.

Self-consciousness

Teenage self-esteem is often affected by how teenagers think they look. As you develop, you might feel self-conscious about your physical appearance. You might also compare your body with those of friends and peers.

Decision-making

You might go through a stage where you seem to act without thinking a lot of the time. Your decision-making skills are still developing, and you're still learning that actions have consequences and even risks sometimes.

Social Development

One of the big changes you might notice is that you want to spend more time with [friends and peers](#) and less time with family.

At the same time, it might seem like you and your parents are having more arguments. This is normal, as children seek more independence. It's also because you are starting to think more abstractly and question different points of view. On top of this, you might upset people without meaning to, just because you don't always understand how your words and actions affect other people.

It might help to know that conflict tends to peak in early adolescence, and that these changes show that you are developing into your own person. Even if you feel like you're arguing with your parents a lot now, it isn't likely to affect your relationship with your parents in the longer term. But learning how to [calm down](#) and develop ways to [manage conflict](#) can help you through this stage in your relationship.

Young people also develop a greater capacity to form stronger relationships with adults outside of their families who may function as mentors.

They also begin to form romantic attachments; and, as the desire for a romantic relationship increases, youth may begin to question their [sexual orientation](#) and [gender identity](#).

Adolescents will begin to form many different types of relationships, and many of their relationships will become more deeply involved and more emotionally intimate.

Sexual Development

Sexuality is much more than sex — it's our values, attitudes, feelings, interactions, and behaviors. Sexuality is emotional, social, cultural, and physical. Sexual development is one part of sexuality, and it begins much earlier in life than adolescence.

Emerging sex drive, interest in dating and relationships and having feelings of love or desire.

This can be exciting, and sometimes stressful, for youth of all orientations.

Development Overview

Physical changes start in early adolescence, where they are very concerned about their body image. During adolescence cognitive development takes place; adolescents develop abstract thinking and reasoning. Emotionally, they develop a sense of identity during late adolescence; social involvement, peer interaction, as well as sexual interest, develop in this phase. Different behavioral experimentation is seen in early adolescence, risk taking in middle adolescence, and later adolescents learn to assess their own risk taking.

Each human being is unique.

It is important to recognize and accept that all individuals develop differently.

Types of Abuse

Physical Abuse

Physical abuse is **when someone hurts or harms a child or young person on purpose**. It includes: hitting with hands or objects. slapping and punching.

Emotional Abuse

Emotional abuse includes **non-physical behaviors that are meant to control, isolate, or frighten you**. This may present in romantic relationships as threats, insults, constant monitoring, excessive jealousy, manipulation, humiliation, intimidation, dismissiveness, among others.

Neglect

a failure to provide a child under one's care with proper food, clothing, shelter, supervision, medical care, or emotional stability

Sexual Abuse

Sexual abuse is **sexual behavior or a sexual act forced upon a woman, man or child without their consent**. Sexual abuse includes abuse of a woman, man or child by a man, woman or child. Sexual abuse is an act of violence which the attacker uses against someone they perceive as weaker than them.

Canada has a broad definition of sexual assault. It includes **all unwanted sexual activity, such as unwanted sexual grabbing, kissing, and fondling as well as rape**. Sexual activity is only legal when both parties consent.

Abuse Scenarios

- 1. Complete the scenarios page of your hand out.**
- 2. Discuss as a class which ones are abuse and why it is difficult**
- 3. Complete the last question**
- 4. Turn in your booklet**

Consent in Physical Relationships

Relationships

- Teenage romance and relationships are an important part of overall development.

- Teenage relationships often involve exploring physical intimacy, sexual feelings and sexual attraction.

- Romantic relationships are a major developmental milestone.

These relationships come with all the other changes going on during adolescence – physical, social and emotional. They're linked to the way pre-teens and teenagers explore body image, independence, privacy and identity. For some young people, these relationships might involve exploring gender and sexual orientation too.

-Teenagers can spend a lot of time thinking about romantic relationships.

And these relationships can bring many [emotional ups and downs](#) for you. But they're leading you towards a deeper capacity to care, share and develop intimate relationships in the future.

When pre-teen and teenage romance and relationships start

There isn't a 'right' age to start having relationships. But changes often happen around these ages:

At 9-11 years, you might start to show more independence from your family and more interest in friends.

At 10-14 years, you might start feeling attracted to others.

At 15-19 years, romantic relationships can become central to teenage social lives.

It's also common for children to have no interest in romantic relationships until their late teens or early 20s. Some young people choose to focus on study, sport or other interests.

First Crushes

Before you start having relationships, you might have one or more crushes.

An **identity crush** is when you find someone you admire and want to be like.

A **romantic crush** is the beginning of romantic feelings. It's about you imagining another person as perfect or ideal. This can tell you a lot about the things that you find attractive in people.

Romantic crushes tend not to last very long because ideals often break down when you get to know the other person better. But your intense feelings are real, so it's best to take crushes seriously and not make fun of them.

Sex and Teenage Relationships

If you are in a relationship, it can bring up questions about sex and intimacy.

Not all teenage relationships include sex, but most teenagers will experiment with sexual behaviour at some stage. This is why you need clear information on [consent](#), contraception, safe sex and sexually transmitted infections (STIs).

- When is it ok to have sex?
- What does a relationship look like?
- Questions about relationships

Consent in Physical Relationships

Getting sexual consent: key messages for teenagers

If you want to start engaging in sexual activity with other people, you need to start by getting consent. Non-consensual sexual activity (even kissing and touching) is harmful and against the law.

The best way for you to get consent for a sexual activity is to ask. You should never assume other people have given consent or take things as signs of consent. For example, if another person invites them into a bedroom or sends them sexual messages, it doesn't mean they have consent for sex.

When you ask for consent, you need to pay attention to other people's body language as well as their words. For example, if a person moves closer, this might indicate consent. But if the other person pulls away, you need to stop what you're doing.

You need to get consent for different sexual activities. 'Yes' to one sexual activity doesn't mean an automatic 'yes' to another. Stopping to pay attention to other people is the best way for you to tell whether you have consent for something different or new. It's best for you to ask, 'Are you OK with this?' or 'Do you want to stop?'

And if other people don't consent to something, you need to stop. You shouldn't beg, pressure or guilt people into something that they don't want to do.

Asking for consent can be an enjoyable part of the sexual experience for everyone. For example, you can ask, 'Do you like this?', 'Can I take your top off?', 'Is it OK if I touch you there?', 'Do you want to keep going?' and so on.

Dealing with break-ups in teenage relationships

Break-ups and broken hearts are part of teenage relationships. To make things worse, teenage break-ups might be played out in public – maybe at school or on social media.

You might expect to be sad and emotional if your relationship ends. It might not seem this way at the time, but this is part of learning how to cope with difficult decisions and disappointments. You might need time and space, a shoulder to cry on, and a willing ear to listen. You might also need some distraction.

Methods of Birth Control

What are 5 methods of birth control?

What birth control options are available?

- Barrier methods. Examples include male and female condoms, as well as the diaphragm, cervical cap and contraceptive sponge.
- Short-acting hormonal methods. Examples include The patch, birth control pills, The ring and the needle.
- Long-acting hormonal methods. An example of this would be an IUD
- Sterilization. ...
- Spermicide or vaginal gel. ...
- Fertility awareness methods
- Abstinence

Sexually Transmitted Infections

What is an STI?



Parasitic STI

Pubic Lice or Crabs

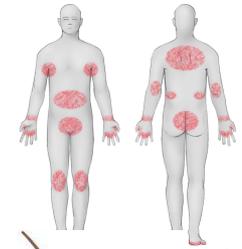
Adult pubic lice are 1.1–1.8 mm in length. Pubic lice typically are found attached to hair in the pubic area but sometimes are found on coarse hair elsewhere on the body (for example, eyebrows, eyelashes, beard, mustache, chest, armpits, etc.). Pubic lice feed on your blood, and their bites can cause severe itching.

Pubic lice infestations are usually spread through sexual contact.

Both over-the-counter and prescription medications are available for treatment of pubic lice infestations.



Parasitic STI



Scabies

A mite which lays its eggs under the surface of your skin and reproduces. When the eggs hatch, mites crawl out onto your skin and make new burrows.

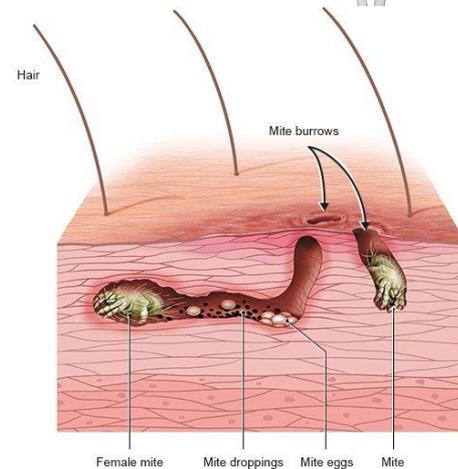
Scabies can be classed as a **sexually transmitted infection (STI)**, because it can be spread through sexual contact

The scabies mites are tiny and can be difficult to see.

Scabies (meaning 'to scratch'), is a condition primarily characterised by intense itching which is usually worse at night or after a hot shower or bath.

You may also see silvery lines (burrow markings) under your skin. Sometimes you may get small, red, raised lumps on the surface of your skin.

Treatment includes anti-scabies lotions (as directed by doctor or pharmacist)



Bacterial STI's

Chlamydia

Chlamydia is caused by *Chlamydia trachomatis* (truh-KOH-muh-tis) bacteria. You might not know you have chlamydia because many people don't have symptoms, such as genital pain and discharge from the vagina or penis.

Chlamydia trachomatis affects mostly young women, but it can occur in both men and women and in all age groups. It's not difficult to treat, but if left untreated it can lead to more-serious health problems.

Symptoms of *Chlamydia trachomatis* infection can include:

- Painful urination
- Vaginal discharge
- Discharge from the penis
- Painful sexual intercourse in women
- Vaginal bleeding between periods and after sex
- Testicular pain

See your doctor if you have a discharge from your vagina, penis or rectum, or if you have pain during urination. Also, see your doctor if you learn your sexual partner has chlamydia. Your doctor will likely prescribe an antibiotic even if you have no symptoms.



Bacterial STI

Gonorrhea “The Clap”

An **STD** that can cause infection in the genitals, rectum, and throat. It is very common, especially among young people ages 15-24 years.

Signs and symptoms of gonorrhea infection in men include:

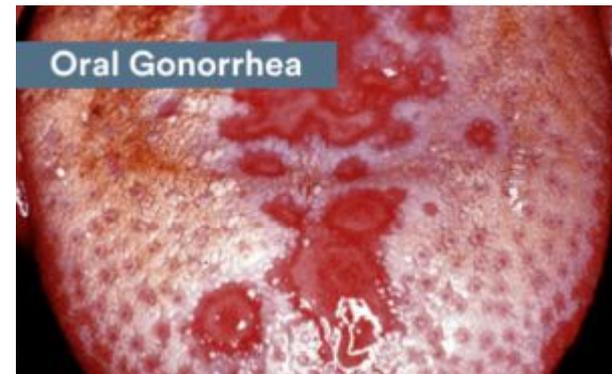
- Painful urination
- Pus-like discharge from the tip of the penis
- Pain or swelling in one testicle

Signs and symptoms of gonorrhea infection in women include:

- Increased vaginal discharge
- Painful urination
- Vaginal bleeding between periods, such as after vaginal intercourse
- Abdominal or pelvic pain

Treatment is an oral antibiotic.

Complications if untreated are infertility, fever, rash, skin sores, joint pain, swelling and stiffness and increased risk of aids and HIV.



Bacterial STI

Syphilis

A bacterial infection usually spread by sexual contact. The disease starts as a painless sore — typically on the genitals, rectum or mouth. Syphilis spreads from person to person via skin or mucous membrane contact with these sores. Early syphilis can be cured, sometimes with a single shot (injection) of penicillin

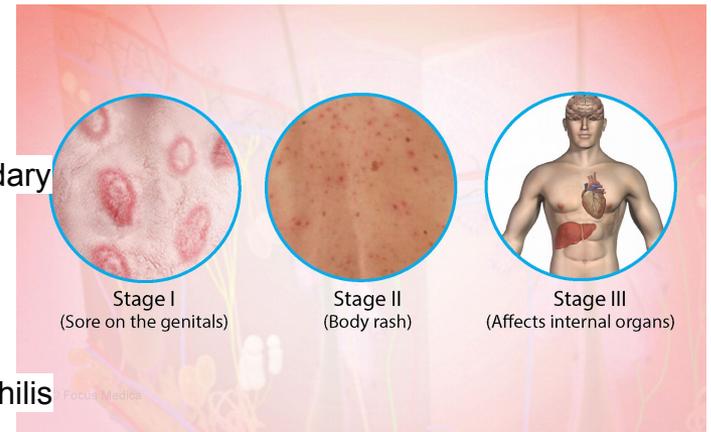
The first sign of syphilis is a small sore, called a chancre (SHANG-kur). The sore appears at the spot where the bacteria entered your body.



Within a few weeks of the original chancre healing, you may experience a rash that begins on your trunk but eventually covers your entire body — even the palms of your hands and the soles of your feet.

If you aren't treated for syphilis, the disease moves from the secondary stage to the hidden (latent) stage, when you have no symptoms.

In the late stage, the disease may damage the brain, nerves, eyes, heart, blood vessels, liver, bones and joints. Without treatment, syphilis can severely damage the heart, brain or other organs, and can be life-threatening.

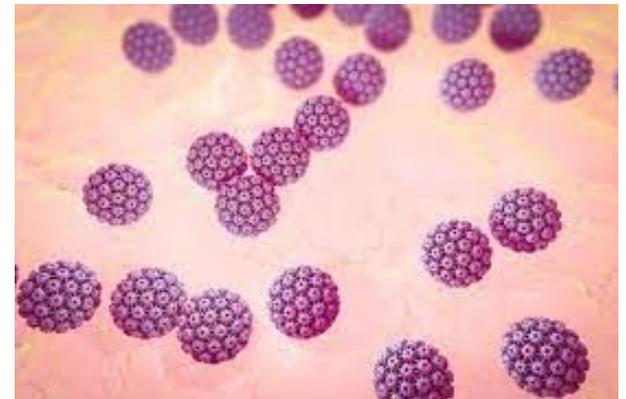


Viral STI

HPV - The Most Common STI

HPV stands for human papillomavirus. It's the most common sexually transmitted infection. Some types can lead to cancer or genital warts. There are more than 200 types of human papillomavirus (HPV).

- Two types of HPV (types 6 and 11) cause most cases of [genital warts](#). Warts are no fun, but they're considered [low-risk HPV](#) because they don't lead to cancer or other serious health problems.
- At least a dozen types of HPV can sometimes lead to cancer, though two in particular (types 16 and 18) lead to the majority of cancer cases. These are called [high-risk HPV](#). Cervical cancer is most commonly linked to HPV, but HPV can also cause cancer in your vulva, vagina, penis, anus, mouth, and throat.



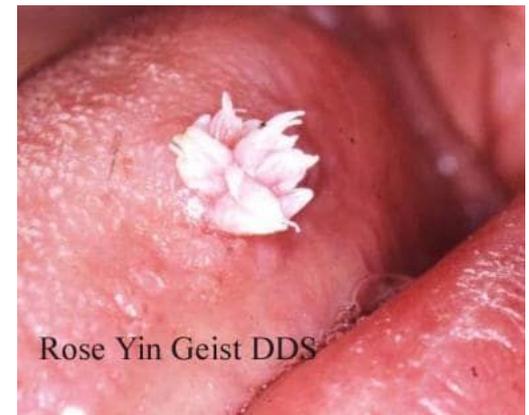
Viral STI

There's no cure for HPV.

There are [vaccines](#) that can help protect you from ever getting certain types of HPV. Genital warts can be removed by your nurse or doctor. High-risk HPV can usually be easily treated before it turns into cancer, which is why [regular Pap/HPV tests](#) are so important. While [condoms](#) and [dental dams](#) don't offer perfect protection, they can help lower your chances of getting HPV.

HPV is easily spread from sexual skin-to-skin contact with someone who has it. You get it when your vulva, vagina, cervix, penis, or anus touches someone else's genitals or mouth and throat — usually during sex.

You're contagious for as long as you have the virus — regardless of whether or not you have symptoms. For example, even if your genital warts have disappeared, you can still spread the HPV that caused them if the virus is still in your body.



Viral STI

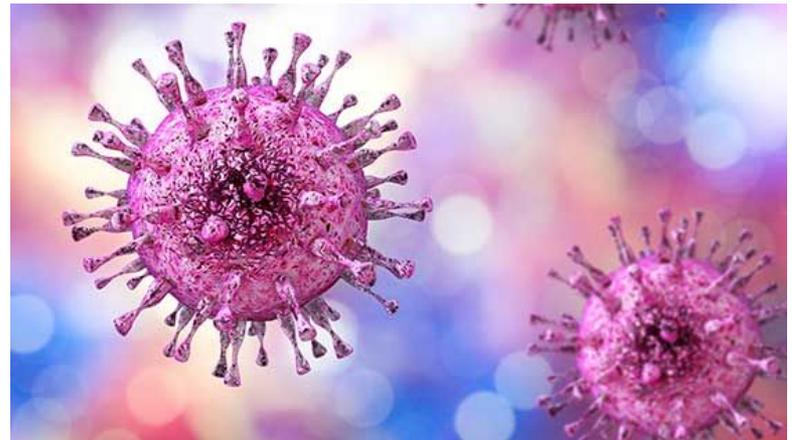
Herpes

Herpes simplex virus (HSV), known as herpes, is a common infection that can cause painful blisters or ulcers. It primarily spreads by skin-to-skin contact. It is treatable but not curable.

Some people infected with the virus may have very mild symptoms or no symptoms. They can still be able to spread the virus. Other people have pain, itching and sores around the genitals, anus or mouth.

Herpes zoster. This causes **chickenpox** and **shingles**.

Herpes simplex virus (HSV) type 1 and type 2. Type 1 usually causes cold sores or fever blisters around the mouth. Type 2 usually causes sores on the genitals (sexual organs).



Viral STI

Herpes

Many people who get herpes never have symptoms. Sometimes the symptoms are mild and are mistaken for another skin condition. Symptoms of genital herpes may include:

Painful sores in the genital area, anus, buttocks, or thighs

Itching

Painful urination

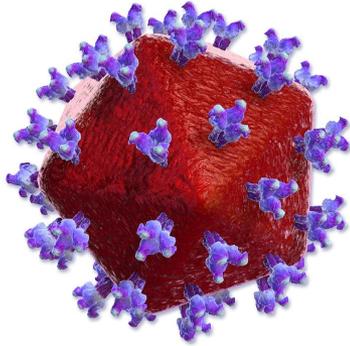
Vaginal discharge

Tender lumps in the groin



During the first outbreak (called primary herpes), you may experience flu-like symptoms. These include body aches, fever, and headache. Many people who have a herpes infection will have outbreaks of sores and symptoms from time to time. Symptoms are usually less severe than the primary outbreak. The frequency of outbreaks also tends to decrease over time.

Viral STI



HIV

HIV is a sexually transmitted infection (STI). It can also be spread by contact with infected blood and from illicit injection drug use or sharing needles. It can also be spread from mother to child during pregnancy, childbirth or breastfeeding. Without medication, it may take years before HIV weakens your immune system to the point that you have AIDS.

There's no cure for HIV/AIDS, but medications can control the infection and prevent progression of the disease. Antiviral treatments for HIV have reduced AIDS deaths around the world, and international organizations are working to increase the availability of prevention measures and treatment in resource-poor countries

The only way to know if you have HIV is to get tested.

Possible signs and symptoms include:

- Fever
- Headache
- Muscle aches and joint pain
- Rash
- Sore throat and painful mouth sores
- Swollen lymph glands, mainly on the neck
- Diarrhea
- Weight loss
- Cough
- Night sweats

Sexually Transmitted Infections

How are they transmitted?



Sexually Transmitted Infections

What do I do if I think I have an STI?



Menstruation

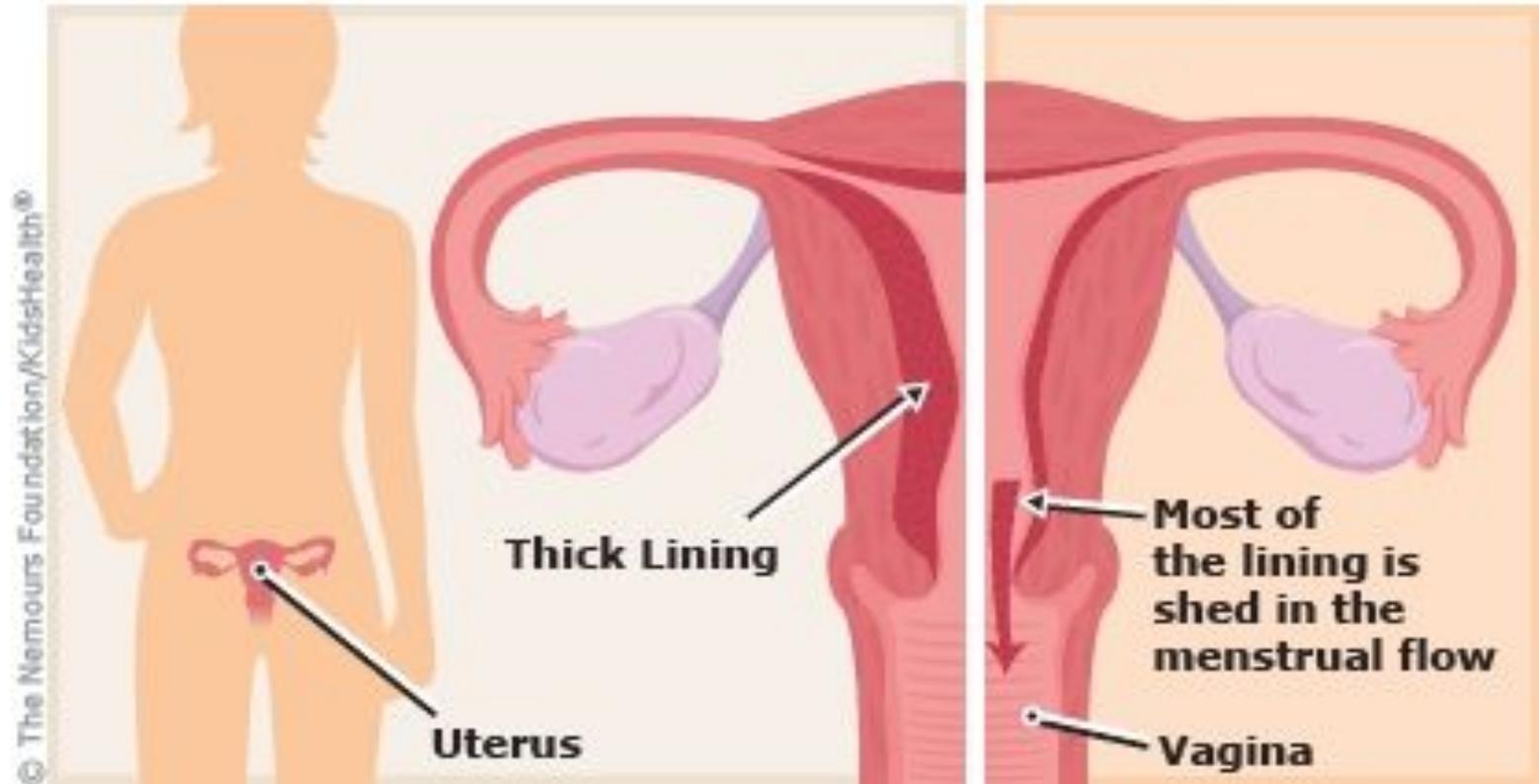
Summary. Menstruation, or period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. Every month, your body prepares for pregnancy. If no pregnancy occurs, the uterus, or womb, sheds its lining. The menstrual blood is partly blood and partly tissue from inside the uterus.

Most females will get their period between 10-15 yrs of age, but it is possible for it to start earlier or later and is completely normal.

Menstruation

Before a Period

During a Period



Menstruation

How Does Ovulation Relate to Periods?

Ovulation (pronounced: ov-yoo-LAY-shun) is the release of an egg from the ovaries. The same hormones that cause the uterus lining to build up also cause an egg to leave one of the ovaries. The egg travels through a thin tube called a fallopian tube to the uterus.

If the egg is fertilized by a sperm cell, it attaches to the wall of the uterus, where over time it develops into a baby. If the egg is not fertilized, the uterus lining breaks down and bleeds, causing a period.

Menstruation

Can a Girl Get Pregnant as Soon as Her Period Starts?

Yes, a girl can get pregnant as soon as her period starts. A girl can even get pregnant right before her very first period. This is because a girl's hormones might already be active. The hormones may have led to ovulation and the building of the uterine wall. If a girl has sex, she can get pregnant, even though she has never had a period.

Menstruation

Pad, Tampon, or Menstrual Cup?

Some girls use only one method and others switch between different methods.

- Most girls use **pads** when they first get their period. Pads are made of cotton and come in lots of different sizes and shapes. They have sticky strips that attach to the underwear.
- Many girls find **tampons** more convenient than pads, especially when playing sports or swimming. A tampon is a cotton plug that a girl puts into her vagina. Most tampons come with an applicator that guides the tampon into place. The tampon absorbs the blood. Don't leave a tampon in for more than 8 hours because this can increase your risk of a serious infection called [toxic shock syndrome](#).
- Some girls prefer a **menstrual cup**. Most menstrual cups are made of silicone. To use a menstrual cup, a girl inserts it into her vagina. It holds the blood until she empties it.

Menstruation

What Is PMS?

PMS (premenstrual syndrome) is when a female has emotional and physical symptoms that happen before or during her period. These symptoms can include moodiness, sadness, anxiety, bloating, and acne. The symptoms go away after the first few days of a period.

Cramps?

Many females have cramps with their period, especially in the first few days.

Hormones

Many people report a positive mood between days 6 and 14 of their cycle. For some, their confidence grows slightly between days 6 and 13 of their cycle due to increased estrogen and testosterone

When estrogen levels peak, it also causes the luteinizing hormone level to rise. This process kicks off ovulation and causes the egg to be released from the dominant follicle.

Ovulation is generally regular without any extra symptoms aside from changes in vaginal secretion. Cervical mucus increases in quantity and becomes clear and stretchy, like egg whites, during this phase.

Menstruation

The female Cycle starts from the first day of a period and lasts until the first day of the next period. This is usually between 28-35 days.

Once the female stops bleeding and the egg is expelled, the hormones estrogen and testosterone begin to slowly increase.

Many people report a positive mood between days 6 and 14 of their cycle. For some, their confidence grows slightly between days 6 and 13 of their cycle due to increased estrogen and testosterone. This can cause a high desire to reproduce and increase sexual drive.

Menstruation

Around day 14, estrogen levels peak, it also causes the luteinizing hormone level to rise, which signals the egg to be released. This process kicks off ovulation. Ovulation is generally regular without any extra symptoms aside from changes in vaginal secretion.

During the luteal phase(the travelling egg phase} the body is preparing for the implantation of a fertilized egg. Progesterone, which dominates during the this phase, starts to increase. Meanwhile, estrogen levels drop after ovulation but then slowly rise, along with progesterone.

If conception didn't happen, both progesterone and estrogen levels start lowering after their peak around days 22–24 of the cycle, which can start the onset of premenstrual syndrome (PMS). The hormonal fluctuations during this phase may cause irritability, negative mood, or skin issues..

Menstruation

In the absence of a pregnancy, hormone levels start to decrease, and prostaglandin levels rise in the later part of the luteal phase. These changes cause the uterine muscles to contract, and the inner lining of the uterus (endometrium) is shed. This is menstruation, or your period, which is the beginning of the monthly cycle.

Periods that last anywhere from two to seven days are considered normal.

Since conception didn't occur, progesterone and estrogen start to decrease. Some common menstrual symptoms include cramping, tenderness of the skin and breasts, [sudden mood swings](#), tiredness, headaches and migraines, and lower back pain.

Many people feel uncomfortable, tired, and have a negative mood during menstruation.

Fortunately, there are lots of medicines and foods that can help with this.

Some people who have intense cramps during their period often use pain-relieving medication.