

# Lesson 3

## Responsible Sexuality

### Specific Expectations:

By the end of the course, students will:

- describe factors that lead to responsible sexual relationships

### Materials:

- Factors that Lead to Responsible Sexual Relationships (3.1 H)
- STIs - True or False (3.2 H)
- STIs - True or False (3.2 REF)
- Video “Truth About Sex” (30 min)
- TV/VCR
- The Truth About Sex (3.3 H)
- The Truth About Sex -answers (3.3 REF)

### Teaching/Learning Strategies:

- Some strategies have been adapted from Beyond Monet by Barrie Bennett and Carol Rolheiser, 2001 and Think Literacy Cross Curricular Approaches, 2004

#### Activity # 1 (10-15 min)

- Answer students’ questions from the question box from the previous day. Hand out paper for students to write today’s question. These will be collected at the end of class.
- Explain that in today’s class, we are going to focus on factors that lead to responsible sexual relationships and consequences of unhealthy sexual relationships.

#### Activity # 2 (20 min)

## Unit 2 – Lesson 3

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- For the following activity related to “Factors that Lead to Responsible Sexual Relationships” (3.1 H) you may choose option 1 or 2 as follows. If you intend to show the video, “The Truth About Sex” during this class period, you should skip to option 2.
- **Option 1:** Divide students into pairs. Discuss the idea that there are certain factors in teenagers’ lives that lead to responsible sexual relationships. Hand out a copy of “Factors that Lead to Responsible Sexual Relationships” (3.1H) to each pair. Explain that they have two minutes to make a realistic, brief skit to demonstrate the factor they have been assigned. Each pair will act out their factor for the class, while the class tries to guess which factor from the sheet they are demonstrating.
- **Option 2:** Think, Pair, Share Strategy. Ask students to think about factors that lead to responsible sexual relationships. Identify a few examples from the handout (3.1 H) to provide them with a few examples. After allowing them to think to themselves for approximately 30 seconds, ask students to share their thoughts with a partner. Ask pairs to share what they discussed with the whole class. Hand out and read through the sheet, “Factors that Lead to Responsible Sexual Relationships” (3.1 H) with the class.
- Both Option 1 and 2 continue from here.

### Activity #3 (10 min)

- Hand out a copy of “STIs - True or False” (3.2 H) and have students complete with a partner. Take up the answers to the quiz using the reference sheet provided (3.2 REF).

### Activity # 4 (40 min)

- Hand out a copy of the question sheet (3.3 H) for the video, “The Truth About Sex.” Point out that the video refers to STDs whereas the more common terminology now is STIs or Sexually Transmitted Infections. Show the video, “The Truth About Sex.”

## Unit 2 – Lesson 3

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(30 min) At the end of the video, take up the questions using the reference sheet (3.3 REF).

- **Collect questions for the question box.**

3.1 H

# Factors that Lead to Responsible Sexual Relationships

1. good education about sex, sexuality, STIs and teen pregnancy
2. positive self-esteem
3. have activities and hobbies to fill their life (other priorities)
4. open communication with parents, partner, peers
5. self-respect
6. know what alternatives they have to sexual intercourse (i.e., touching, kissing, etc.)
7. access to contraception (comfort level while going to get it)
8. understanding of what makes up a healthy relationship
9. knowing good strategies for problem-solving
10. knowing how to say “no”
11. knowing how to communicate openly and honestly with your partner
12. knowing how to be assertive in a relationship
13. knowing what you are comfortable with
14. assertive communication style with your partner

[Adapted with permission from "Ontario Health and Physical Education Curriculum Support: Grades K-10," OPHEA (Ontario Physical and Health Education Association), Toronto, 2000, Grade 9 resource, Module 1, p.38.]

3.2 H

## STIs - True or False

Question	T/F
1. It is not possible to get an STI if you have oral sex.	
2. There is no cure for genital Herpes.	
3. You are at risk of catching an STI if you have a new sex partner.	
4. Saliva cannot spread an STI.	
5. Infected women who are pregnant can pass on STIs to their babies during pregnancy and childbirth.	
6. The best way to avoid getting an STI is abstinence.	
7. Lambskin condoms are more effective than latex condoms for preventing STIs.	
8. Anal sex is a high risk activity for getting an STI.	
9. Sharing needles for tattooing can transmit STIs.	
10. Researchers have recently found a new cure for HIV.	
11. Same sex couples cannot catch STIs.	
12. HPV (human papilloma virus) or genital warts can be cured.	
13. STIs are usually spread through intercourse because the bacteria or viruses travel in semen, vaginal fluid and blood.	

## Unit 2 – Lesson 3

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3.2 REF

# STIs - True or False

Question	T/F
1. It is not possible to get an STI if you have oral sex. <b>Rationale: Unprotected oral sex can transmit STIs.</b>	F
2. There is no cure for genital Herpes.	T
3. You are at risk of catching an STI if you have a new sex partner.	T
4. Saliva cannot spread an STI. <b>Rationale: Saliva can sometimes spread STIs if you have a small cut in or around your mouth.</b>	F
5. Infected women who are pregnant can pass on STIs to their babies during pregnancy and childbirth.	T
6. The best way to avoid getting an STI is abstinence.	T
7. Lambskin condoms are more effective than latex condoms for preventing STIs. <b>Rationale: Latex condoms are the safest type of condom for preventing STIs. The pores in lambskin condoms are larger than those in latex.</b>	F
8. Anal sex is a high risk activity for getting an STI.	T
9. Sharing needles for tattooing can transmit STIs.	T
10. Researchers have recently found a new cure for HIV. <b>Rationale: There is no cure for HIV.</b>	F
11. Same sex couples cannot catch STIs. <b>Rationale: STIs are transmitted the same ways between same sex partners as between heterosexual partners.</b>	F
12. HPV (human papilloma virus) or genital warts can be cured. <b>Rationale: Although HPV can be treated, it cannot be cured.</b>	F
13. STIs are usually spread through intercourse because the bacteria or viruses travel in semen, vaginal fluid and blood.	T

3.3 H

# The Truth About Sex

1. How did Nicole and Raoul react when they found out they were going to have a child?
2. Why didn't Diane and Clement use birth control?
3. What choices are available to Diane and Clement if Diane is pregnant?
4. What percentage of teen parents live in poverty?
5. Do the majority of teen parents stay together?
6. What are some of the responsibilities involved in being a teen parent?
7. What are some of the risks for babies born to teen parents?
8. How did Raoul and Nicole's relationship change after the birth of the baby?
9. What fraction of people living with HIV were infected with the disease as teenagers?
10. What is the most effective method of preventing against STIs?

## Unit 2 – Lesson 3

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11. What is the most common STI for teenagers?
  
12. What is the effect of this STI on females?
  
13. How are STIs caused by bacteria treated?
  
14. How are STIs caused by a virus treated?
  
15. How did you feel when you heard Lisa (the AIDS victim) telling her story?
  
16. How can you get HIV (as described in the video)?
  
17. What are the other methods of transmission of HIV?

## The Truth About Sex - Answers

1. How did Nicole and Raoul react when they found out they were going to have a child?
  - shocked
  - scared
  - freaked out
2. Why didn't Diane and Clement use birth control?
  - they are just thinking about pleasure when they are "in the moment"
  - don't think it will happen to them
3. What choices are available to Diane and Clement if Diane is pregnant?
  - adoption
  - abortion
  - keep the baby
4. What percentage of teen parents live in poverty?
  - 90%
5. Do the majority of teen parents stay together?
  - no, the majority of teen moms are single parents
6. What are some of the concerns for a teen parent?
  - no freedom
  - responsibilities
  - no time for social events and friends
  - a lot of work
  - increased health risk for the young mother

## Unit 2 – Lesson 3

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7. What are some of the risks for babies born to teen parents?
  - premature babies
  - brain abnormalities
  - airway abnormalities
  - abdomen not closed
8. How did Raoul and Nicole's relationship change after the birth of the baby?
  - they argued a lot more, and didn't get to see each other as much
9. What fraction of people living with HIV were infected with the disease as teenagers?
  - $\frac{1}{4}$
10. What is the most effective method of preventing against STIs?
  - abstinence
11. What is the most common STI for teenagers?
  - Chlamydia
12. What is the effect of this STI on females?
  - a woman can become infertile
13. How are STIs caused by bacteria treated?
  - antibiotics
14. How are STIs caused by a virus treated?
  - can't be cured
15. How did you feel when you heard Lisa (the AIDS victim) telling her story?
  - answers will vary
16. How can you get HIV (as described in the video)?
  - unprotected anal, vaginal or oral sex
17. What are the other methods of transmission of HIV?
  - blood, semen, vaginal fluid, breast milk