

1. Each one of us deserves to know how to **value my life and future and PROTECT my future. If you don't value your life and future and protect your life and future, do you think others will do that for you? So that's what we'll be talking about today.**

IF FIRST TIME SPEAKING: Hello, my name is _____. The reason I'm here today is because I believe that each one of you deserves the best life, not just an "okay" life, but the best life. And each one of you deserves to know how to value your future and protect your future. One of my rules is that I respect you so much that I won't speak over you and I'd appreciate it if you would do the same. So the rule is that only one person speaks at a time. Do you agree?

2. Our presentation today will focus on how you can

- Achieve legitimate success (earned honestly, example of athletes who don't have to return their trophies because they were later discovered to have used steroids),

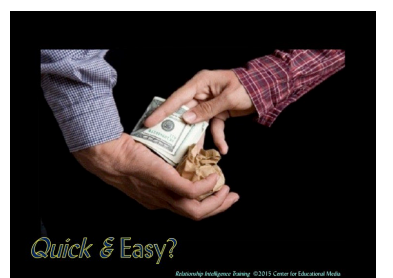
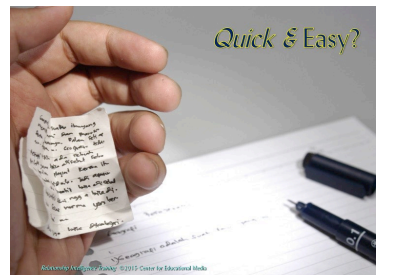
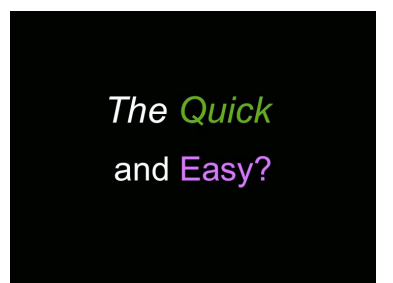
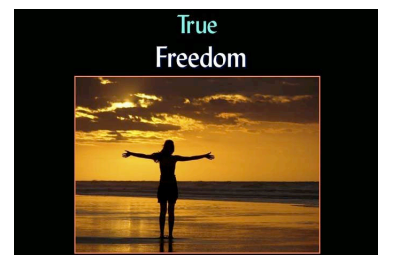
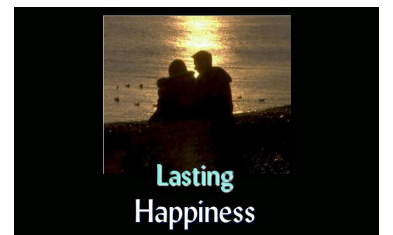
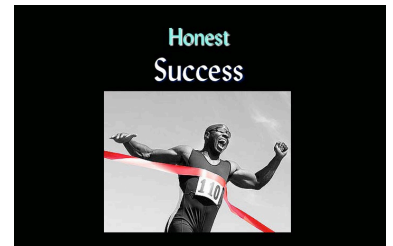
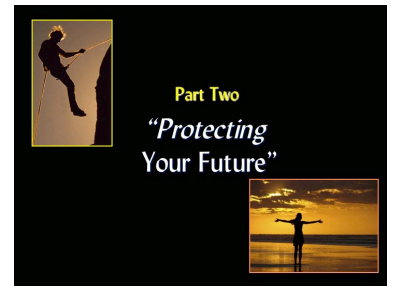
3. Create happiness in your life that will last (as opposed to temporary highs that end with a crash)

4. Experience True Freedom (as opposed to freedom that can make you slave to a bad habit or addiction)

5. Sometimes guys and girls are tempted to take shortcuts. Instead of investing in their future, they want to take quick and easy ways to have the external signs that they're "grownup." What are "shortcuts" guys and girls take to show they're grown up? (get answers)

6. How about cheating to get good grades? Who does better someone who cheats and gets an A, or someone who studies hard and gets a B?

7. Get money any way possible- sell drugs?



8. Shoplifting? Get money any way possible: crime, etc.?



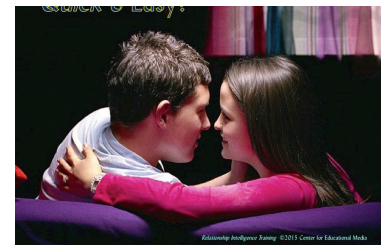
9. Get a temporary high by using drugs?



10. Or by committing violence?



11. Looks like these teenagers might be tempted to get very intimate and to go "all the way." Does having a sex partner make teens into a mature man or woman? Would they be ready to take responsibility for the possible consequences?



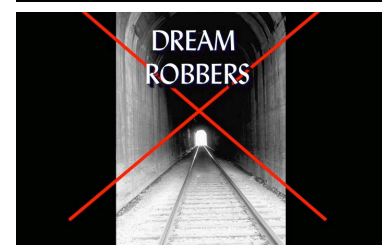
12. Does having a baby prove you're ready to be a mother?



13. Do any of these really show that you are a mature man or woman? No. These are just shortcuts people take who may not realize how they are damaging their own lives and the lives of others by taking the "quick and easy" path.



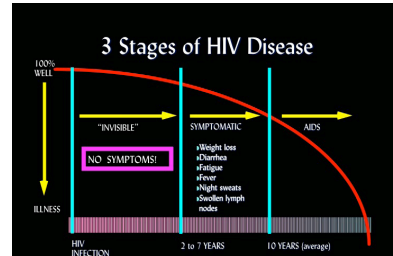
14. DREAM ROBBERS: So what are other obstacles that could rob teens of their dreams? (discuss)



15. A serious dream robber can be getting infected with a sexually transmitted disease such as AIDS. On the left is an AIDS patient with Kaposi Sarcoma (cancer) sores. On the right is an AIDS patient with herpes blisters all over his face (and many parts of his body).



16. With HIV disease, there are 3 stages: the first begins at the time the virus enters the body. Within a few weeks there are flu-like symptoms for most people, but nothing you would pay much attention to. For the rest of this first stage, which can last for many years, there are usually **no symptoms**, even though the virus is replicating inside the body and the person **can** communicate the virus to other people through intimate contact. The only way to find out in this first stage if you are HIV-infected is with an HIV blood test. (For emphasis, ask students are there any signs or symptoms in this first stage? The answer is no.)



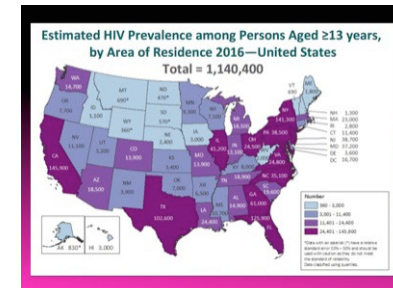
In the second stage, which is called being “symptomatic” there are clear symptoms: rapid weight loss, diarrhea, extreme tiredness, swollen lymph nodes, fever, and night sweats. In the third stage, the immune system is so weakened that the body has no defense against several very serious diseases such as rare types of pneumonia and cancer.

17- 21. In this series of slides from the Centers for Disease Control, we see the spread of AIDS in the U.S. from very small numbers of people infected in cities like New York, Chicago, Houston, Miami and San Francisco beginning in the early 1980s to infections in every state in the U.S. Each dot represents 30 people infected.



(Describe changes in spread of disease in each slide) Do you think that most people who became infected understood at the time that they were part of the spread of a deadly disease? Or did they just see someone who was sexually attractive to them and went ahead and had sex?

22. In more recent years, despite progress in treatment, there are still more than one million people ages 13 or older infected with the HIV virus. <https://www.cdc.gov/hiv/library/slidesets/index.html>



23. About 25% of babies born to HIV infected mothers will also become infected. The ones who don’t become infected of course will usually experience losing their mothers to AIDS.⁹ Early testing for HIV antibodies in infants is important because early treatment (of the mother during pregnancy and the baby after birth) with one of several drugs greatly reduces (by 90%) the number of infants who become infected and go on to develop AIDS.²⁰

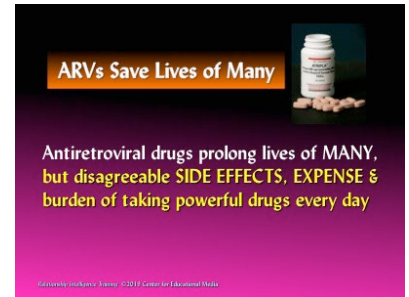


24. According to the UNAIDS Global HIV & AIDS 2018 fact sheet, EACH YEAR 1.7 million worldwide become HIV infected and 690,000 DIE of AIDS-related illnesses. One in four don’t know they’re infected!



25. Treatments with antiretroviral (ARVs) drugs has allowed many lives to be saved, especially in Africa, but it's important to remember that there are often side effects, expense, and the daily regimen of taking drugs. A drug called Truvada helps uninfected adults to avoid infection with HIV.

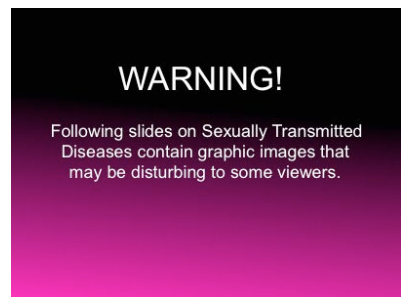
But would you want to take a powerful drug every day, especially with side effects like abnormal skin sensations; back pain; cough; darkened skin color on the palms of hands or soles of feet; diarrhea; dizziness; gas; headache; indigestion; joint pain; loss of appetite; nausea; sinus drainage; skin discoloration (small spots or freckles); strange dreams; sweating; tiredness; trouble sleeping; vomiting; weakness; weight loss? (<http://aidsinfo.nih.gov/news/1256/cdc-statement-on-fda-approval-of-truvada-for-hiv-prevention>) (photo of Atripla, a new drug combines three of the most widely used AIDS treatments into a once-a-day pill.)



26. All of us have a tendency to not want to deal with a problem, to try to ignore it, to not look at it or hear anything about it or to not even think about it and hope it goes away, but does this approach solve anything? Does ignoring something make it go away? Sometimes the problem could have been solved relatively easily, but if you wait until you're forced to deal with it, it may be much more difficult or even impossible to correct it.



27. WARNING- Following slides on Sexually Transmitted Diseases contain graphic images that may be disturbing to some viewers. But do you agree that it's important for young people your age to know the reality of STDs?



28. Gonorrhea, which is spread by sexual contact in the genitals, rectum, and throat, infects more than a half million men and women each year in the U.S. <https://www.cdc.gov/std/stats17/gonorrhea.htm>

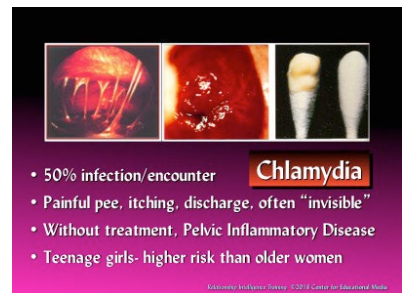
Symptoms include:

- Burning sensation when urinating;
- White, yellow, or green discharge from the penis
- Vaginal discharge or bleeding between periods Important to get treated, but drug-resistant strains are increasing. www.cdc.gov/std/gonorrhea/stdfact-gonorrhea.htm
- Untreated gonorrhea can cause serious and permanent health problems in both women and men. Can lead to pelvic inflammatory disease in women. (see following slides) In men, gonorrhea can cause a painful condition in the tubes attached to the testicles.



29. Chlamydia, the most commonly reported STD in USA, infects 4 million through sexual contact each year.* Initial symptoms include

- Painful, "burning" urination and unusual discharges or with no signs at all.
- Chlamydia can be treated with antibiotics, but if not noticed or treated, it can do damage to a woman's reproductive organs, called Pelvic Inflammatory Disease.
- Sexually active teenage girls have a much higher risk for infection with Chlamydia than older women because of the immaturity of the cells lining the cervix. <https://www.cdc.gov/std/stats17/chlamydia.htm>



The photo on the left shows an infected, inflamed uterus, with pus (dead white blood cells that tried to fight the infection) forming gummy strings. The middle photo shows the cervix discolored by a Chlamydia infection. The cotton swab, inserted in the cervix of an infected woman, shows the infected substance that oozed out of the cervix (opening to uterus). If not noticed and treated with antibiotics, it can also cause pelvic inflammatory disease, severe tubal damage in females & sterility** (Ask: what does sterility mean?) In having sex with a Chlamydia-infected partner, one has a 50% chance of infection through each encounter. Because of the immaturity of the cells lining the cervix.

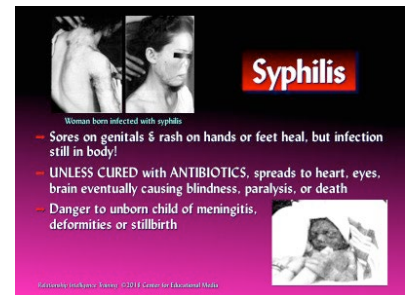
30. So, Chlamydia and Gonorrhea are two sexually transmitted infections that are widespread in the U.S. and many countries around the world. If not noticed and treated with antibiotics, these can also cause pelvic inflammatory disease (PID).

In the MRI image of a woman's pelvic area you can see the reproductive organs including the ovaries, where the eggs are stored, the fallopian tubes through which an egg travels down each month to possibly be fertilized (shown in picture on left) and then to be lodged in the uterus (womb) to be nourished and protected as it grows to be a baby. Dye (white color) was injected thru the cervix by a tube (in the uterus). PID can cause scarring of the Fallopian tubes which can prevent the egg from being fertilized. Millions of women in the U.S. are unable to bear children because of such damage.



31. Syphilis has been reduced in the U.S., but infected 130,000 men and women in 2019.²⁹ It causes genital lesions known as chancres within six weeks of infection. The sores heal by themselves, but without getting treated with antibiotics, the disease advances and eventually can invade the heart, eyes, brain, and other organs, possibly causing arthritis, paralysis or eventually, death. An infected pregnant woman can pass it on to her unborn baby, causing meningitis (symptoms include dangerous swelling of the brain), deformities, or stillbirth (baby born dead).³⁰

That's what happened to this woman who was born with deformities caused by syphilis given to her from her mother who had syphilis while she was pregnant. This still happens to 1,000s of babies each year in the U.S. World Health Organization February 2019 : New estimates show that worldwide there were more than half a million (around 661,000) total cases of congenital syphilis in 2016, resulting in over 200,000 stillbirths and neonatal deaths.



32. Genital Herpes, an incurable viral infection infecting 1 in 5 adults in the U.S. and hundreds of millions chronically infected worldwide. It is spread by skin-to-skin contact and causes open sores or blisters in the genital area causes open sores or blisters in the genital area (see images in slide of blisters in different stages). There is no cure for herpes, although there are treatments to control symptoms.

Once you have herpes, you have it for life. Imagine you were infected with genital herpes as a teenager. 5-10 years later you meet the person you want to marry and have to tell that person that you're infected with this incurable, infectious disease that could damage your sex life. How would you feel?



33. Pregnant women who have an active case of genital herpes must have surgical (Caesarian) delivery to avoid infection of the baby leading to blindness, brain damage or even death.²⁴ (What does Cesarean delivery mean? Instead of normal vaginal delivery, surgery is conducted to deliver a baby through incisions in the abdomen and uterus of a pregnant woman.)

34. The human papilloma virus is another viral STD, which infects 1 in 4 females in the U.S. and many men.

- Several strains cause genital warts (also called condyloma). They are the cause of more than 90% of all genital cancers in men and women. Each year nearly a half million women develop cervical cancer around the world with 200,000 deaths (4,600 in the U.S.) .
- Girls who have sex as teenagers have higher rates of cervical cancer when they become older. The cells in the cervix (opening to the uterus) are still developing and more sensitive to infection than in older women. (Getting a Pap test can greatly reduce deaths in women from cervical cancer. A vaccine called Gardasil can reduce the risk of infection with 4 types of HPV infection that cause 70% of cervical cancers.)

35. In addition to the diseases you can get through oral sex, there is the emotional impact. Many girls are tricked into believing that “Oral Sex Hook-ups” are a way to avoid STDs.

- How do they feel when they have an STI in their throat?
- Some assume that they will be more popular after engaging in oral sex. Do you think that’s true?

36. Many teens incorrectly believe that sexually transmitted diseases (STDs) are only spread through sexual intercourse (penetration of vagina by penis), but STDs are also spread through anal sex (penetration of rectum by penis) and through oral sex (mouth contact with genitals, The American College of Obstetricians and Gynecologists (ACOG) is warning doctors to advise their patients that “While oral sex is generally safer than vaginal or anal sex, the viruses that cause genital herpes, genital warts, and hepatitis can all be transmitted through oral sex. The same is true of bacterial STDs like syphilis, chlamydia, and gonorrhea. There have been HIV cases linked to oral sex.” “Addressing Health Risks of Noncoital Sexual Activity,” Journal of Obstetrics & Gynecology (2008;112(417):735-737). In addition, certain viral STDs including genital herpes and human papilloma virus can be spread just by skin contact in the genital area since the virus is present on the skin.

Regarding oral sex, the New England Journal of Medicine reported that people infected with human papilloma virus through oral sex were 32 times more likely to develop a type of oral cancer compared with those who had not been infected with HPV this way. (Rob Stein, “Virus Spread by Oral Sex is Linked to Throat Cancer,” Washington Post, May 10, 2007).

37. Which age group has the greatest number of cases of STDs? The answer in the U.S. is - 15 to 24 years old largely because they are more likely to have multiple partners than older adults. There were 26 million new sexually transmitted infections in 2018 in the United States. About half of these infections (13 million) are in people between the ages of 15 and 24, or more than 35,000 infected every day! 10,000 sexually active teenagers contract an STD (27 types) each day. That’s 3.6 million infected every year.

Genital Herpes

Pregnant women w/active herpes need surgical delivery to avoid brain damage or death to birthchild

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Human Papilloma Virus

- 1 in 4 females in U.S. ages 14 to 59 infected
- Causes 90% of genital cancers (penile, cervical, etc.)
- Some strains cause genital warts
- Teen girls - 200% higher rate of cervical cancer as adults

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Emotional Impact of Oral Sex

Many girls are tricked into believing that “Oral Sex Hook-ups” are a way to avoid STDs. How do they feel when they have an STI in their throat?

Some assume that they will be more popular after engaging in oral sex. Do you think that’s true?

Lesson 3

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STDs spread through

- Vaginal Sex (sexual intercourse)
- Anal Sex
- Oral Sex - the viruses that cause genital herpes, genital warts, and hepatitis can all be transmitted through oral sex. The same is true of bacterial STDs like syphilis, chlamydia, and gonorrhea. There have been cases of HIV linked to O.S.
- Skin Contact in Genital Area for HPV and Herpes

Having sex = any activity between 2 persons involving contact with the genitals for the purpose of sexual arousal

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35,000

Teens/young adults infected with an STD EACH DAY

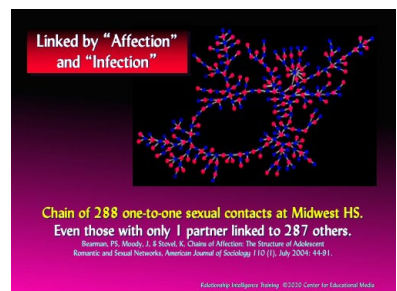
www.cdc.gov/std/std-prevalence/populations/stdact-teens.htm

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38. A study published in Pediatrics journal concluded that 38% of sexually active girls (ages 14 to 19) in the U.S. are infected with one or more of 5 STDs: HPV (18%), Chlamydia, Gonorrhea, Trichomonas, and Herpes (HSV2). Don't you think their male partners have a high risk to become infected as well? (Forhan, S.E., et al. (2009) Prevalence of Sexually Transmitted Infections among Female Adolescents Aged 14 to 19 in the United States. Pediatrics 124 (6), 1505 - 1512.



39. Researchers documented every romantic and sexual connection among students at a midwestern high school over an 18-month period and made a map of the sexual relationships. About half of the 1,000 students at the school reported having sex, but the researchers found that 288 students were linked together. Many students had just one or two romances, but they were at risk of contracting STDs from the 287 other people in the chain.

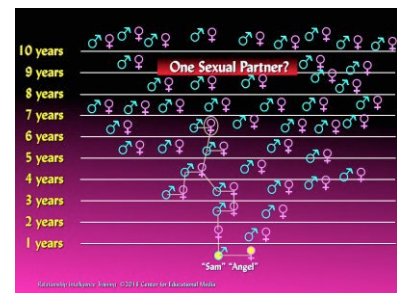


40. How do you think the chain of sexual contacts could be broken? (people choosing to STOP and GET TESTED for STI infections.) What about sexually active students at YOUR high school? WHO and HOW MANY are they connected to? The "good news" is that if even a few people chose to not engage in sexual behavior, this large chain could be broken up very quickly. And of course, the nearly half who abstained from sex had NO risk.



41. This is probably the most important slide in our presentation. **When you have sex with someone, it's like having sex with everyone they've had sex with and everyone those people and their partners have had sex with. When you have sex with someone you're joining a "family." It could be the gonorrhea family or syphilis family or HIV family.**

(Point to "couple" on bottom. "Sam" and "Angel" have been going steady for one year now and are having sex but feel pretty safe. But 2 years ago, before he met Angel, Sam had sex with this person and that person had sex with someone and so on and so on. (can invite students up to represent different partners). The same for Angel. So these two people are being exposed to the diseases of dozens or even hundreds of people. If only one person in this chain became infected, everyone following could also become infected. Most people are not honest about their sexual history or don't even realize the sexual backgrounds of their partners.



42. **Nerf Ball Activity-** Now we're going to do an exciting, fun activity! I need three volunteers! Ask 3 teen volunteers to stand at the side and just watch. Then throw colored "nerf" balls to students, asking them to pass them on to their fellow classmates (not too hard!). After 1-2 minutes, tell them to stop. Now, I'm going to explain the meaning of the colored balls. They represent sexually transmitted infections. Who got the pink ball? Stand up. Pink means HPV virus, some strains cause genital warts or can lead to cervical cancer, spread by skin-to-skin contact. Who got orange? Orange represents Chlamydia, "the silent disease" which can cause infertility. What does "infertility" mean? (inability to have a child). Who got the green ball? That means you were infected with gonorrhea, which also can lead to infertility. Who got the blue ball? That represents infection with HIV. Some are not standing up; they

Nerf Ball Activity

have an STD and don't want to be public, or don't know they have it. Those who are standing at the side means they were abstaining from sexual activity of all kinds and were not infected at all! Ask 3 teens who stood on the side how they felt during the game? Lonely, left out. How do you feel now that you know you weren't infected with an STD?-(Smart, Lucky, Good) In this case, was the fun of playing the game worth the risk? Could you make a decision not to play the game?

43. One approach that you hear a lot about is: practise so-called "safer sex", defined as the consistent, proper use of a latex condom every time you have sex. But how safe is "safe sex"? How much protection do condoms provide when used by real people during real sexual relations?

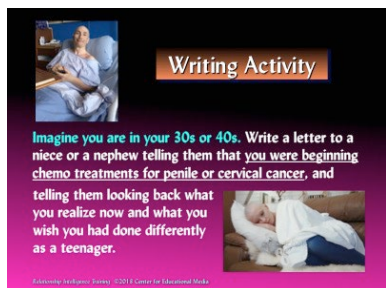
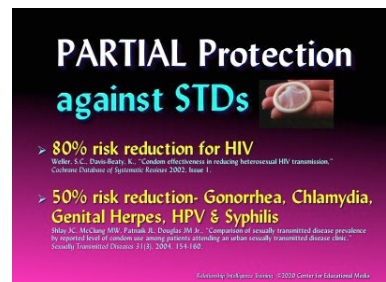
44. On average, condoms break or slip off 2-4% of the time.³⁵ One in 5 teen girls using condoms become pregnant within one year.³⁶ (Reasons for condom failure include: forgetting to use them, improper use, breakage, slippage, use of oil-based lubricants which eat through latex, deterioration of latex due to temperature, etc.)³⁷ Contraceptives, if taken correctly every day or implanted, are more effective in preventing pregnancy, but also have side effects and provide NO PROTECTION against infection with sexually transmitted diseases.

45. A major review of 14 different studies found that consistent condom use reduces HIV infection by 80% or a 20% failure rate (and just 50% risk reduction for anal intercourse).³⁸ More recent studies show that the consistent, correct use of condoms provides 50% risk reduction against gonorrhea, chlamydia, genital herpes, syphilis and HPV, several strains of which can cause cervical cancer.^{39, 40} You'll remember that gonorrhea and Chlamydia can damage the Fallopian Tubes in a woman, leading to ectopic pregnancies (life-threatening) or infertility (unable to have child).

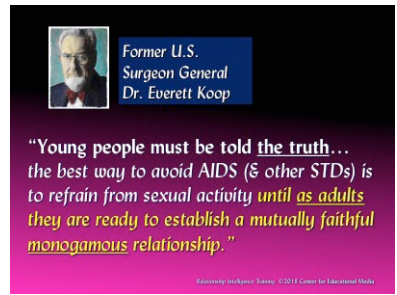
46. WRITING ACTIVITY: Imagine you are in your 30s or 40s. Write a letter to a niece or a nephew telling them looking back what you realize now and what you wish you had done differently as a teenager. Background for girls: HPV infections can go away on their own in 1 to 2 years. Yet some people stay infected for many years. If you don't treat an HPV infection, it can cause cells inside your cervix to turn into cancer. It can often take between 10 and 30 years from the time you're infected until a tumor forms.

HPV: Does It Cause Cervical Cancer? – WebMD

<https://www.webmd.com/.../hpv.../cervical-cancer-hpv-what-women-girls-should-know>



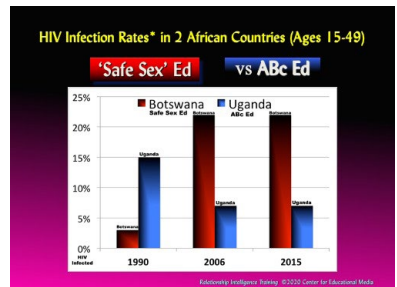
47. Here's what former Surgeon General Everett Koop had to say, "Young people must be told the **truth**, that the best way to avoid AIDS is to refrain from sexual activity until as adults they are ready to establish a **mutually faithful, monogamous relationship**." Does anyone know what the word "monogamous" means? Mono= one, gamous= marital or sexual relationship, so monogamous means that one is faithful to one partner, not just for a few weeks or months, but for life.(possible exception of divorce or death of mate.) This is safest & the best!



48. There is a nation that implemented the approach that Surgeon General Koop was talking about. Uganda, a nation that had 15% of its population infected in 1991, was able to cut the infection rate to 5% by 2001. How did it do this? With a program that strongly urged young people to wait to have sex and urged people in their 20s who had already started to have sex to be faithful to one partner. In the chart you can see that nearly 60% of 13-16 males said they'd had sex in 1991 but this was reduced to just 5% in 2001. Can teens change their behaviors? Yes. Was that effective in eliminating their risk for becoming infected with HIV? Yes, it was!



49. Now, let's compare HIV rates in Uganda, which implemented "Abc" Ed and lowered its national HIV infection rates from 15% to 6.7% from 1990 to 2006 and 2015. In Botswana, which started out with 3% HIV infected in 1990 and launched widespread "safe sex" education and condom availability, the rate grew to 22% in 2006 and remained the same in 2015.



So which approach was more effective? (Abc (Abstinence-Be Faithful-last resort Condoms) education. Which approach was the least effective? ('Safe Sex' or Condom-focused Education)

50. If you've decided to save sexual intimacy for later, given the way our culture is today, someone's going to be asking you to have sex, so you'd better be able to tell someone why you don't want to have sex at this time in your life. We all know the famous lines and here are some possible responses: (ask for volunteers to come up to front of class. Have a male student read comeon line and female student read response) "I love you. Don't you love me?" - "I don't need to prove my love." "If you really loved me, you'd respect me." "I can't stop." "I don't think you'll be so turned on if I get pregnant & you hae to support a baby in high school!" "Everyone's doing it!" "But not with me. I'm not everybody." "You can trust me." - "I do trust you, I trust you to stop pressuring me."



51. (now have female student read "come-on" line & male responds) "What's wrong with you?" Nothing's wrong, let's keep it that way!" "You don't know what you're missing." - "Yes I do- I'm missing AIDS, STDs, pregnancy, a ruined future, and baby mama drama!" "If you really loved me, you'd respect me." (Female student to boy) "Aren't you a man?" "Having sex doesn't prove manhood; Get Outta my face!" If words don't work, then just leave!



52. Those who are clear about their future life goals tend to be much happier and more successful. So- ask yourself, **what do you want for your life? What do you want to achieve or become?**



53. If it were guaranteed that you could accomplish any five goals in your life and only those goals, what would they be?

Think about about following 3 questions:

- What kind of person do you want to be? (Whom do you admire?)
- What kind of family do you want to have?
- What kind of job or career?

(give students time to write down 5 goals they would like to accomplish in next 5-10 years, activity two in student workbook.)

54. How would these goals be affected if you became a teen parent or developed a serious cancer or sexually transmitted disease that affected your ability to have children, etc.?

55. During adolescence, the parts of the brain that are responsible for expressing emotions and for seeking gratification tend to mature sooner than the regions of the brain that control impulses and that oversees careful decision making, which reach maturity by age 25. As one expert puts it, the teenage brain often "is almost all gas and no brakes!" Or a strong emotion center (amygdala) and a still developing prefrontal cortex.

56. If a teen does drugs or alcohol tonight, it may not just be affecting his/her brain for that night or even for that weekend, but for the next 70 years of their life. Because the brain is still developing, it is more sensitive to drugs. The changes drugs cause are most likely to 'stick' and become hardwired as addiction by adulthood.

57. Brain research has found that Marijuana use leads to brain changes similar to those caused by other drugs, such as cocaine or heroin. It also increases the risk of depression, anxiety and suicidal thoughts.

Adolescents and young adults who are heavy users of marijuana are more likely than non-users to have disrupted brain development, abnormalities in areas of the brain that interconnect brain regions (such as hippocampus) involved in memory, attention, decision-making, language and executive functioning skills. (Source: Heavy marijuana use may damage developing brain in teens, young adults, Feb 2nd, 2009, www.physorg.com/news152807191.html.)

Weekly or frequent use doubles a teen’s risk of depression, anxiety, suicidal thoughts, paranoia & schizophrenia (Patton, GC et al. Cannabis use and mental health in young people: cohort study. British Medical Journal, 325:1195-1198, 2002.)

58. To summarize, researchers have found that binge drinking and using illegal drugs can do lasting damage to one's memory and ability to learn. This is because drugs and alcohol kills cells in the hippocampus, blocking brain receptors that form memories. (NOTES: Binge drinking is defined as 5 or more alcoholic drinks in 2 hours for adult males or 4 or more alcoholic drinks in 2 hours for adult females.)

59. Teen drinking leads to 60% of STD infections in teens. Why do you think that is? Alcohol reduces inhibitions so intoxicated teens have sex with people they would not have had sex with normally. How do you think they feel about having drunken sex when they find out they have a sexually transmitted disease that might affect their health and future relationships?

(List of Alcohol and other Drug Facts, Center for Substance Abuse and Prevention)

60. Two thirds of fights and assaults in the home are linked to alcohol and/or drug use by be perpetrator and/or victim.

Friend, J., Langhinrichsen-Rohling, J., Eichold, B., "Same-Day Substance Use in Men and Women Charged With Felony Domestic Violence Offenses," Criminal Justice and Behavior, June 2011 vol. 38.

61. Some people think that binge drinking, drinking several alcoholic drinks in a short time period is fun, but it can also be dangerous.

16-year-old Julia Gonzalez died from acute alcohol poisoning during Christmas break in 2007. None of her friends called for help. The Modesto Bee. "Huge amount of alcohol killed teen, coroner says" March 20, 2008.

- Symptoms include mental confusion, coma, vomiting, slow or irregular breathing, hypothermia, bluish skin color, paleness.

62. 9 in 10 of adults with alcoholism/ alcohol dependence began drinking at age 20 or younger, but only 1 in 10 who began drinking at age 21 or older became alcoholic or dependent on alcohol. Is it smart to wait until you're 21? (yes)

63. Before you "Sext" (send a sexually suggestive or racy photo):

- **Don't assume anything you send or post is going to remain private.** -- Your messages and images will get passed around, even if you think they won't: 4 in 10 teens and young adults say they have had a sexually suggestive message (originally meant to be private) shown to them. 1 in 5 say they have shared such a message with someone other than the person for whom is was originally meant.
- **There is no changing your mind in cyberspace**—anything you send or post will never truly go away. Potential employers, college recruiters, teachers, coaches, parents, friends, enemies, strangers and others may all be able to find your past posts, even after you delete them. Even if you have second thoughts and delete a racy photo, there is no telling who has already copied that photo and posted it elsewhere.
- **Nothing is truly anonymous.**-- Nearly one in five young people who send sexually suggestive messages and images, do so to people they only know online.

Binge Drinking, Drugs
--> **LASTING DAMAGE**



- To memory, learning ability
- Kills cells in hippocampus, blocking brain receptors that form memories

Teen Drinking Leads to
60%
of Teen STD Infections

List of Alcohol and other Drug Facts, Center for Substance Abuse and Prevention

2/3

of DOMESTIC VIOLENCE cases involve alcohol or drug use

Friend, J., Langhinrichsen-Rohling, J., Eichold, B., "Same-Day Substance Use in Men and Women Charged With Felony Domestic Violence Offenses," Criminal Justice and Behavior, June 2011 vol. 38

Binge Drinking—Fun?
except when it isn't...



Signs of Alcohol Poisoning:
mental confusion, coma, vomiting, slow or irregular breathing, paleness, hypothermia, bluish skin color

National Advisory Council on Alcohol Abuse and Alcoholism, Facts About Alcohol Poisoning July 2007

9 in 10

adults with alcoholism/dependence began drinking at age 20 or younger

Early Drinking Linked to Higher Lifetime Alcoholism Risk, National Institutes of Health, July 2008

BEFORE You Press 'Send' ...



- DON'T ASSUME it will remain private
- Anything you send will NEVER REALLY DIE
- NOTHING is truly anonymous
- DON'T GIVE IN to pressure!

Relationship Intelligence Training ©2011 Center for Educational Media

It is important to remember that even if someone only knows you by screen name, online profile, phone number or email address, that they can probably find you if they try hard enough.

- **There are many cases where teens who have forwarded sexually provocative photos of fellow students have been prosecuted** for trafficking child pornography (sexual images of someone under age 18).
- **Don't give in to the pressure** to do something that makes you uncomfortable, even in cyberspace!

64. Some see pornography as harmless, natural and even empowering for women, but others worry that it can be addictive and that it often portrays girls/women as interchangeable sex objects.

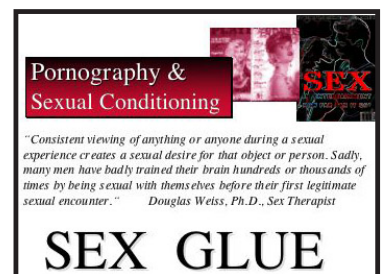
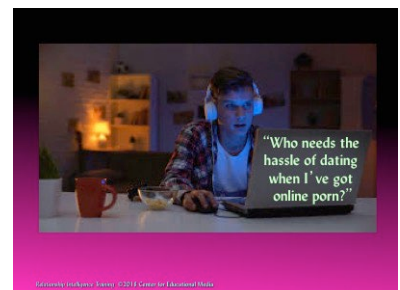
65. What does a diet of pornography do to relationships? One teenager who views porn on the Internet every day, says “who needs the hassle of dating when I’ve got online porn?” Do you see something twisted in the way he thinks? (get answers) Do you think watching porn is going to help him to relate to real girls/women?

66. Others worry that it can become addictive and lead to men viewing girls/women as interchangeable sex objects. Question for the ladies here, do you want to be viewed as just a sex object? Question for the young men, do you want to view girls and women only in that way? Would you want your mother or sister to be seen and used in that way?

67. Who is the man in the photo paying attention to? His wife or what he’s watching on his computer? Like drugs or alcohol, porn can become a brain altering addiction. Watching sexually explicit images stimulates the brain to produce chemicals such as epinephrine, oxytocin, dopamine and serotonin. Continued exposure to porn deepens neurological pathways in the brain leading to dependency. It becomes habit forming, weakening the user’s ability to enter into intimate, healthy, love relationships. Judith A. Reisman, Ph.D., “The Psychopharmacology of Pictorial Pornography Restructuring Brain, Mind, & Memory & Subverting Freedom of Speech,” 4th Edition, July 2003, The Institute for Media Education.

68. Many people view pornography as a harmless pastime that could even be beneficial since if one is experiencing sexual fulfillment with just oneself there is presumably no danger of unwanted pregnancy or of becoming infected with a sexually transmitted disease. This view, however, ignores the reality of sexual conditioning.

Dr. Douglas Weiss, who counsels men who have problems with sexual intimacy with their wives, explains that many men he’s counseled have what he calls a “dual-focused brain,” which often develops during adolescence due to sexual reinforcement behavior. It begins when a teen



masturbates and at the same time views pornography, engages in fantasy or attaches to an object. His brain is trained to become aroused or “glued to” by certain images. Dr. Weiss calls this “SEX GLUE.”

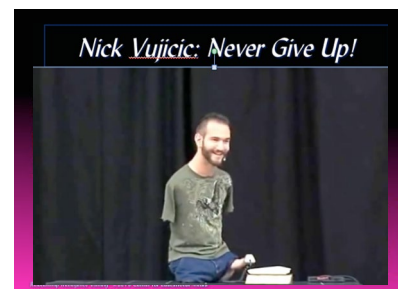
Later, during marriage the person with a [dual-focused] brain is usually not content. Sex with his wife becomes less than exciting due to his inability to be intimate or solely conditioned sexually toward his wife. He will often complain about sex or her “imperfect body.” This man’s brain will usually maintain dual sexuality, of which his wife may or may not be aware. He may be having a secret life of masturbation with the involvement of pornography, fantasy or objects. This man may technically not be having sex with others, but his sexuality is definitely split. Do you think their marriage will be happy?

He explains that, *During sex, chemicals called endorphins and enkephalins rush to the excitement center (preoptic neuron) of a man’s brain. The preoptic neuron is the section of the brain where excitement and risk are experienced. Whatever he looks at while having an ejaculation is what he will sexually connect or “glue” to. Whatever his eyes focus on when he sexually releases—a person, image or object—will become etched in his brain as a photographic attachment toward that person, image or object. I call it “sex glue.” Consistent viewing of anything or anyone during a sexual experience creates a sexual desire for that object or person. Sadly, many men have badly trained their brain hundreds or thousands of times by being sexual with themselves before their first legitimate sexual encounter.*¹²

69. According to Urologist Carlo Foresta, head of the Italian Society of Andrology and Sexual Medicine, 7 in 10 young men seeking clinical help for sexual performance problems admit to using Internet pornography habitually. He says that, “It starts with lower reactions to porn sites, then there is a general drop in libido and in the end it becomes impossible to get an erection”.

70. Play Terry Crews’ Dirty Little Secret videos (#1 OF 7) on his porn addiction. DISCUSSION: Ask students: “do you think it took courage for him to speak about his porn addiction publicly? What was the main reason he stopped? (wife was going to leave him and he didn’t want that.) Do you think it’s better not to start? If someone has already started a porn habit, what should they do? (Get help.) Bottom line- porn use can become an addiction that interferes with your intimate relationships or future marriage. (This is the first of 7 videos. Stop at 4:40 if playing from internet. <https://www.youtube.com/playlist?list=PLtNtkzey8LLSyyumAN0L6DnVZvnrnuURu>)

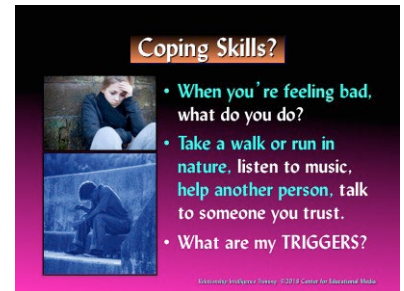
71. Show Nick Vujicic “Never Give Up!” video. He was born without arms or legs. AFTER VIDEO: discuss how he could easily have given in to the scorn and ridicule, and taken his life. (at one point, he did try to drown himself) Don’t let others or your own negative thoughts lead you to do things which you’ll later regret!



72. **Bullying Activity:** Take out a dollar bill and ask for a volunteer to come to the front. Ask the volunteer, “this is a dollar bill, right?” Then say, “I want you to stomp on this bill as much as you can, okay?” After student stomps on the bill for a full minute, pick up the bill and ask the student, “is this still a dollar bill? Is this still worth a dollar? If you go to the store, can you still buy \$1 worth of things with this? It may look beaten up, but it’s still a \$1 bill!” Don’t let anyone persuade you that you’re not valuable! They can call you names or disrespect you, but they can never take your value, unless you let them by believing their lies!



73. When you’re feeling bad, what do you do? Some people turn to activities such as video games, alcohol, arguing, TV, Internet, hanging out, porn. But if done too much, these can become distractions that become hardwired habits for how you deal with stress.. What are other things you could do to relieve sad feelings or stress? Ideas: Sports, take a walk in nature, listen to music, help another person, talk to someone you trust.



Also, pay attention to what triggers you to be sad, have negative thoughts, or do self-destructive things. Are the friends or crowd you’re hanging around, helping you to go in a positive direction? If not, avoid anything that is dragging you down!

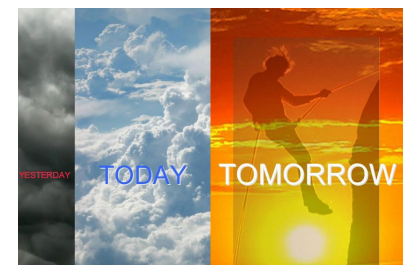
74. Many people are consumed with their past joys, past mistakes, past resentments, or past loves. They are constantly dwelling in "yesterday," sometimes unable to see the joys and needs of people right now, right in front of them. They drown their sorrow in alcohol, drugs, uncommitted sex, porn and other addictions. Do you think that’s a healthy way to live?



75. Living in the present is better than being a prisoner of the past and it’s good to keep your eyes open to the possibilities to be embraced and enjoyed, but often people who focus on TODAY, pay little attention to how their actions impact their future, and fail to plan and act to fulfill dreams that take more time to accomplish. (image is of teenagers after a long night of binge drinking)

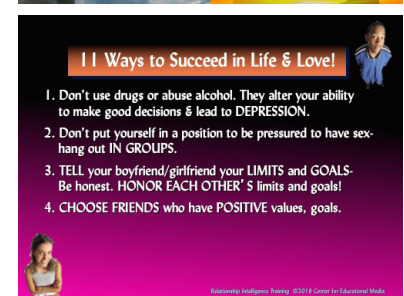


76. Any one who wants to achieve something important in their future realizes that some sacrifice is necessary to accomplish those future goals. They are willing to invest in TOMORROW while others are spending most of their time just to enjoy today. ASK: are you willing to invest today to benefit your future?



77. Here are 11 ways to succeed in life and love! (Ask for male and female volunteers to read out loud.)

1. Don’t use drugs or abuse alcohol. They alter your ability to make good decisions & lead to DEPRESSION.
2. Don’t put yourself in a position to be pressured to have sex- hang out IN GROUPS.
3. TELL you’re a person you like your LIMITS and GOALS- Be honest. HONOR EACH OTHER’S limits and goals!
4. CHOOSE FRIENDS who have POSITIVE values, goals.

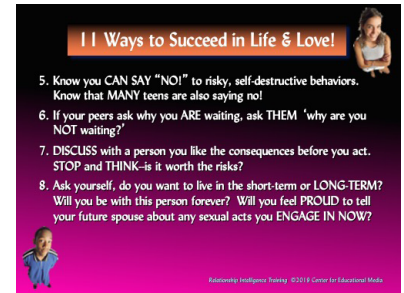


78. 5. Know you CAN SAY “NO!” to risky, self-destructive behaviors.

Know that MANY teens are also saying no!

6. If your peers ask why you ARE waiting, ask THEM ‘why are you NOT waiting?’ 7. DISCUSS with a person you like the consequences before you act. STOP and THINK--is it worth the risks?

8. Ask yourself, do you want to live in the short-term or LONG-TERM? Will you be with this person forever? Will you feel PROUD to tell your future spouse about any sexual acts you ENGAGE IN NOW?



79. (11 ways- continued) 9. THINK: how could your FUTURE GOALS be influenced by YOUR DECISIONS TODAY?

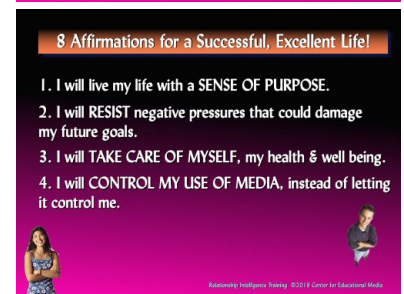
10. Hard to resist or deal with self-destructive behaviors? GET HELP!

11. It is NEVER TOO LATE to start practicing HEALTHY RELATIONSHIPS and AVOIDING RISKY BEHAVIORS!



80. Here are 8 Affirmations for a Successful, Excellent Life! (READ OUT LOUD TOGETHER)

1. I will live my life with a SENSE OF PURPOSE.
2. I will RESIST negative pressures that could damage my future goals.
3. I will TAKE CARE OF MYSELF, my health & well being.
4. I will CONTROL MY USE OF MEDIA, instead of letting it control me.

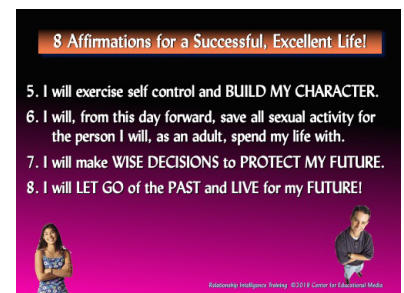


81. 5. I will exercise self control and BUILD MY CHARACTER.

6. I will, from this day forward, save all sexual activity for the person I will, as an adult, spend my life with.

7. I will make WISE DECISIONS to PROTECT MY FUTURE.

8. I will LET GO of the PAST and LIVE for my FUTURE!



82. Don't let life just HAPPEN TO YOU. Instead, EMBRACE YOUR FUTURE! Read Dr. Seuss poem:

You have *brains* in your head,
 You have *feet* in your shoes,
 You can steer yourself,
 any *direction* you *choose*,
 You're on your own,
 and you know what *you* know,
 and *you* are the one who'll
 decide where you'll go!



End Part 2, updated 9/7/2021

SUPPLEMENTAL ACTIVITIES:

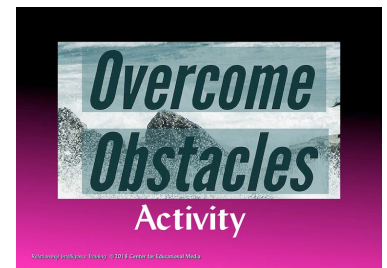
Overcome Obstacles Activity: Lay out 10 feet of masking tape in a straight line in front of the classroom, with a 2' piece of tape at either end perpendicular to the 10 foot long tape. Ask for volunteer. After he/she comes up, explain that "your job is to walk on a straight line on the tape until you reach the end. Can you do that? (volunteer says "yes"). "But before you do that, I need two more volunteers." (ask 2 volunteers to come to the front, but talk to them in private, telling them "your job is to pull the 1st volunteer off of the straight line tape using a piece of rope that each of you will pull on from either side.") Give each of the 2 new volunteers a piece of rope and have them stand on the right and the left of the 1st volunteer. Then tell the 1st volunteer "here are 2 ropes for you to hold."

1st volunteer tries to walk along the straight tape but gets pulled off. Ask the 1st volunteer if he/she wants to try again. Fails a second time. Before the third attempt, tell him/her to let go of the two ropes. Walks easily down the straight line. **Explain:** If you have a lot of other things pulling you in different directions, it's hard to reach your goal, isn't it? What are things that could prevent you from reaching your goals in life? (drugs, alcohol, teen sex, missing school, etc. and friends that are pulling you to do these things) And what is the solution? You've GOT TO LET GO of negative influences and even of friends that want to pull you to do these things! Get it?

The Gift Activity- Choose one boy and one girl from the audience. Ideally, check with the teacher beforehand and have her find very outspoken and expressive kids. Give the kids different names - let's say James and Jessica. Presenter stands between them as all 3 face the class.

Presenter creates a vivid scenario of a budding romance between the two over the last 6 months ie. how they met, what they liked about each other, first date, how feelings grew stronger, how they fell in love etc. The class usually laughs as they see J & J's faces smile, blush and squirm as the scenario is described. Presenter says the relationship hits the 6 month mark and James wants to express how deeply he loves Jessica and prepares a very special gift for her. Presenter produces a beautifully wrapped gift with a big bow in an even bigger gift bag and hands it to James. Presenter: "James, you put a lot of thought and care into this gift in order to express your love. Can you give the gift to Jessica with the same care?" James presents the gift to Jessica. He may give it with 2 hands expressing care, or he may say "it's been an awesome 6 months" as he gives it to her or he may gesture in another way to express care. Jessica opens the gift. There are many layers: bag, bow, wrapping paper, box. Presenter describes every step using the mic, building expectation and emphasizing how beautiful the wrapping is. Presenter may add "man, it looks like James spent a lot of money on Jessica."

As Jessica opens the box, she reveals a new born baby with a sign attached reading, "Congratulations, you're pregnant!" Presenter should hold the mic to her face and make sure to ask Jessica read the sign out loud. Presenter clicks to the next slide which says the same thing. Presenter asks the class to read the slide out loud together in order to properly congratulate Jessica. "Jessica" can have a variety of reactions: laughing, dropping the baby, trying to hand the baby back to the presenter, blushing, hyper ventilating (I found out from students at one school that even after "Jessica" sat down, she was still visibly shaken). Presenter may say, "Wow, this is an amazing day! Jessica, you're 15 and you're a mom! And James, you're 15 and you're a dad!" They usually



squirm uncomfortably in a front of a boisterous crowd. Jessica usually grows more uncomfortable over time holding the baby.³ Questions each for both James and Jessica. I usually start with Jessica.

1) How do you feel?

2) Who will you consult, talk with, get advice from? (I usually prep this question reminding everyone how difficult it would be to have to deal with parenthood at 15.)

3) What will you do? (Keep it, adoption, abortion?) Their answers are usually revealing enough by themselves. Presenter should guide their answers if they are vague, reminding them that very real things have to happen in order to take responsibility. Presenter may have to challenge them a bit with facts.

While J&J are still on stage the presenter can talk ask the class, "if you choose to have sex could this happen to you? Is there a better choice for a 15 year old?" Hopefully they will speak some wisdom at this moment.* Important: commentary by the presenter is important throughout keeping the focus on how difficult a situation the kids have created for themselves as a result of bringing sex into the relationship. For example, if they are unable to answer a question, perplexed by the situation, the presenter could say, "it is normal to be so overwhelmed at this age faced with parenthood that you can even imagine what to do."

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