

A Focus on Kids Intervention

# FOCUS ON YOUTH WITH IMPACT

**An HIV Prevention Program  
for African-American Youth  
with a Complementary Program for Parents**



**An Evidence-Based Curriculum**

## Youth Workbook



# **Focus on Youth with ImPACT**

**(Informed Parents and Children Together)**

*A Focus on Kids Intervention*

**An HIV Prevention Program  
for African-American Youth  
with a Complementary Program for Parents**

## **Youth Workbook**

ETR Associates  
Santa Cruz, California

ETR Associates (Education, Training and Research) is a nonprofit organization committed to fostering the health, well-being and cultural diversity of individuals, families, schools and communities. The publishing program of ETR Associates provides books and materials that empower young people and adults with the skills to make positive health choices. We invite health professionals to learn more about our high-quality publishing, training and research programs by contacting us at 1-800-321-4407 or visiting our website at [www.etr.org](http://www.etr.org).

*Focus on Youth with Informed Parents and Children Together (ImPACT)* was supported by Grant/Cooperative Agreement Number U65/CCU924904 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

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Produced by ETR Associates, 4 Carbonero Way,  
Scotts Valley CA 95066-4200.

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## Fact Sheet

# HIV/AIDS Facts

## What Is HIV? What Is AIDS?

HIV stands for Human Immunodeficiency Virus. AIDS stands for Acquired Immune Deficiency Syndrome.

## What's the difference?

- HIV is the virus that can damage the immune system and reduce the body's level of fighter cells or T-cells.
- When a person tests HIV positive and the T-cells are below 200, the doctor will diagnose that person as having AIDS. You can have HIV and not have AIDS, but you cannot have AIDS and not have HIV.

## How Do You Get HIV?

HIV lives in blood, semen, vaginal fluids and breast milk. To get HIV, one of these infected fluids has to get inside your body.

### There are 3 main ways to get HIV:

- **Sex.** You can get HIV by having unprotected sex (without a condom) with a person who has HIV. This includes vaginal, oral or anal sex.
- **Needles.** You can get HIV by sharing drug needles or equipment with a person who has HIV. You can also get HIV by sharing needles for tattoos, piercing, injecting steroids or vitamins, or and other reason.
- **Being born with it.** Some babies can be born with HIV if the mother has HIV. A baby can also get HIV from breast milk if the mother has HIV.

## How You Don't Get HIV

### You don't get HIV from:

- Touching, hugging, kissing on the lips or hanging out with a person who has HIV.
- Drinking glasses or toilet seats. HIV isn't passed through saliva or urine.
- By giving blood.
- From mosquitoes or other insects.

## How Can You Tell If Someone Has HIV?

You can't tell if people have HIV by looking at them. Most people with HIV look healthy, act healthy and feel healthy. Many people who have HIV don't even know they have the virus.

A simple test can tell if a person has HIV. In many states, teens can get the test without parents' permission. You can get more information about the HIV test from your state or local health department or AIDS agency.

## You Can Protect Yourself

### Here are things you can do to help keep from getting HIV:

- **Don't have sex.** This is called *abstinence*. It means no vaginal, anal or oral sex. It doesn't mean you can't be close, but it does mean keeping somebody else's blood, semen or vaginal fluids out of your body.
- **Use condoms.** For those who choose to have sex, latex condoms can help prevent HIV.
- **Practice monogamy.** This means having sex with only one person. It means being with only one person who doesn't have HIV. Neither of you should ever have sex or share needles with anyone else.
- **Talk with your partner.** Talking may seem hard to do. But if two people decide together to not have sex, to use condoms and/or to only have sex with each other, the plan is more likely to work.
- **Don't share needles** for injecting drugs, body piercing or tattooing.
- **Avoid alcohol and other drugs.** Being drunk or high makes it hard to make safe choices about sex.



## Fact Sheet

# STD Facts

**What Is STD?** Sexually transmitted disease, or STD, is the term used to identify a group of infections that are commonly spread through sexual activity. STD is serious and can cause many health problems.

## What Are Some STDs?

### Common STDs include:

- HIV (the virus that causes AIDS)
- gonorrhea
- syphilis
- chlamydia
- herpes
- hepatitis B
- nongonococcal urethritis (NGU)
- trichomoniasis (“trich”)
- genital warts (also called HPV, or human papilloma virus)

## What Are the Common Signs and Symptoms of an STD?

The most important thing to know about STD is that people may not have any symptom. People without symptoms may still have an STD. This means they can transmit the STD to a partner even if they feel and look fine.

### Possible signs of STD in women and men:

- Need to urinate often
- Swelling in the groin (the area around the sex organs)
- Burning and pain when urinating or having a bowel movement
- Night sweats
- Pain during sex
- Itching around the sex organs
- Flu-like feelings, with fever, chills and aches
- Sores, bumps or blisters near the sex organs, rectum or mouth
- Diarrhea
- Swelling or redness in the throat

### Other possible signs of STD in women:

- An unusual discharge or smell from the vagina
- Pain in the pelvic area—the area between the belly button and the sex organs
- Burning or itching around the vagina
- Bleeding from the vagina that is not a regular period

### Other possible signs of STD in men:

- A drip or discharge from the penis

## What Are the Health Consequences of STD?

### STDs that aren’t treated can lead to many health consequences:

- **More serious infections.** If STDs such as chlamydia and gonorrhea aren’t treated, they can cause damage to the reproductive organs. This can make it difficult or impossible to have children later in life.
- **Damage to the health of others.** Untreated STD can be given to a partner through sexual contact (oral, vaginal or anal, and sometimes by genital touching). Some STDs can be transmitted from a pregnant mother to her baby in the uterus or during birth.

*(continued)*

### STD Facts *(continued)*

- **Damage to other parts of the body.** Some STDs can damage other parts of the body. For example, untreated hepatitis B can lead to permanent liver damage; HIV hurts the body's immune system and eventually makes it impossible to fight off other infections and diseases; gonorrhea can cause heart trouble, skin diseases and even blindness.
- **Constant physical discomfort.** Itching and burning are milder health consequences of STD. But they are still annoying and difficult to deal with on a daily basis. These types of symptoms can become very painful.
- **Some STDs can't be cured.** Herpes, genital warts, HIV and hepatitis B are STDs that can be managed, but not cured. The virus is always in your system and can be transmitted to someone else, whether or not you have symptoms at the particular time.

### What Are the Emotional Consequences of STD?

**Worrying that you have an STD can take up a lot of time and energy. Here are some of the thoughts and emotions people often have:**

- What if I'm one of the people who has an STD but no symptoms?
- Did I get it from my partner? Does that mean I can't trust him or her?
- What if I give my partner an STD? Will he or she ever trust me again?
- How can I talk to my partner about this?
- What if my parents and friends find out? What will they think?
- If I do have an STD, where can I get treated?
- How will this affect me in the future? Will I have permanent damage, or am I really cured?
- If the STD doesn't get treated in time, will I still be able to have children when I'm older?
- Why wasn't I more careful?

*Note:* If you think you might have an STD, see a doctor. Don't let embarrassment stop you. Most local health departments have free STD clinics. They will protect your privacy, treat your infection, and help you avoid future infections.

### What Are Some Ways to Avoid STD?

**The best protection from STD is by not having sex. This is called abstinence.**

**If a person is sexually active, it's important to:**

- Talk to any partners about their sexual history. If you have concerns about someone's sexual history, or you know he or she has had an STD, talk about getting tested before having sex.
- Use latex condoms every time.
- Know the signs of STD.
- Get regular STD checkups.
- Talk to a parent or trusted adult about sex and STDs

**Fact Sheet**

# Chlamydia

## What is it?

Chlamydia is a common sexually transmitted disease caused by the bacteria *Chlamydia trachomatis*. This is the most common sexually transmitted disease among youth.

## How is it transmitted?

Through unprotected sex.

## What are the symptoms in young men?

- May have no symptoms at all
- Sores, bumps or blisters near genitals, anus (butt) or mouth
- Burning or pain when you urinate (pee)
- Drip or discharge from the penis

## What are the symptoms in young women?

- May have no symptoms at all
- Sores, bumps or blisters near genitals, anus (butt) or mouth
- Burning or pain when you urinate (pee)
- Itching
- Bad smell or unusual discharge from the vagina or anus
- Belly ache—normally in the lower abdominal area
- Bleeding from the vagina between menstrual periods

## What are the health consequences?

- In young women, it can lead to scarring of the fallopian tubes, which can lead to infertility (the inability to have a baby).
- Complications in young men are rare, but sometimes infection can spread to the epididymis (a tube that carries sperm from the testes), testicles and prostate, causing pain, fever and, rarely, sterility.
- Increases susceptibility to HIV infection.

## How is it treated?

Chlamydia can be treated easily and cured with antibiotics.

**Fact Sheet**

# **Nongonococcal Urethritis (NGU)**

## **What is it?**

NGU is a treatable bacterial infection of the urethra (the tube within the penis), often associated with chlamydia. NGU refers to symptoms young men may have when they have an STD.

## **How is it transmitted?**

Through unprotected sex.

## **What are the symptoms in young men?**

- Pain when you urinate (pee)
- Painful discharge from the penis

## **What are the symptoms in young women?**

While men are primarily infected by NGU, women can easily be infected with the main cause of NGU—chlamydia. Symptoms can include:

- Painful urination
- Unusual vaginal discharge

## **What are the health consequences?**

- In young women, it can lead to scarring of the fallopian tubes, which can lead to infertility (the inability to have a baby).
- Complications in young men are rare, but sometimes infection can spread to the epididymis (a tube that carries sperm from the testes), testicles and prostate causing pain, fever and, rarely, sterility.
- Increases susceptibility to HIV infection.

## **How is it treated?**

NGU can be treated easily and cured with antibiotics.

**Fact Sheet**

# **Gonorrhea (The Clap)**

## **What is it?**

Gonorrhea is a bacterial infection of the penis, vagina or anus (butt) that causes pain or a burning feeling, as well as a pus-like discharge.

## **How is it transmitted?**

Through unprotected sex.

## **What are the symptoms in young men?**

- A yellowish discharge from the urethra (the tube within the penis)
- Burning or pain when you urinate (pee)
- Sore throat (with oral gonorrhea)
- Symptoms may vary in severity, including sometimes having no symptoms at all

## **What are the symptoms in young women?**

- Women often have no symptoms, or mild symptoms
- Burning or pain when you urinate (pee)
- An unusual, sometimes smelly discharge
- Increased vaginal discharge
- Vaginal bleeding between periods
- Sore throat (with oral gonorrhea)

## **What are the symptoms of an infection in the anus?**

- Discharge
- Anal itching
- Soreness
- Bleeding
- Painful bowel movements

## **What are the health consequences?**

- Gonorrhea is a common cause of PID (Pelvic Inflammatory Disease) in young women, and can sometimes lead to sterility.
- Because of PID, it can cause internal abscesses (pus-like pockets that are hard to cure), infertility, and ectopic pregnancy (a pregnancy that occurs outside of the uterus—primarily in the fallopian tubes—which can be fatal if untreated.)
- If a woman is pregnant, gonorrhea may affect the baby at birth and cause blindness.
- Severe abdominal pain.
- Fever.
- Epididymitis (a painful condition of the tube that carries sperm from the testicle), which can lead to infertility.
- Increases susceptibility to HIV infection.
- Gonorrhea can spread to the blood or joints. If this happens, it can be life threatening.

## **How is it treated?**

Gonorrhea can be treated easily and cured with antibiotics.

**Fact Sheet**

# Herpes

## What is it?

Herpes is a sexually transmitted disease caused by herpes simplex viruses Type 1 (HSV-1) and Type 2 (HSV-2). Most genital herpes is caused by HSV-2.

## How is it transmitted?

Through direct skin to skin contact (not just sex), as well as by anal, vaginal and oral sex, even when using a condom. It can be transmitted even if there are no sores present.

## What are the symptoms?

The symptoms are the same in young men and young women. Most people who have herpes don't even know it because they don't have signs or symptoms that they notice. When signs occur (usually 2-10 days after infection) they appear as one or more blisters on or around the genitals or rectum (butt). The blisters break, leaving tender ulcers (sores) that may take 2-4 weeks to heal. The sores are usually quite painful. The person may also have discharge, fever and body aches.

Herpes sometimes starts out as bumps or blisters in and around the genital area, which then scab over. It also can look like an irritated red area or bumps that many people mistake for something else, such as an ingrown hair, pimple, bug bite or rash.

Many men mistake herpes for jock itch, zipper burn or abrasions from rough sex. Many women mistake it for a yeast infection, razor burn or an irritation from rough sex.

## What are the health consequences?

- Genital herpes frequently causes psychological distress in people who know they are infected.
- Can cause potentially fatal infections in babies.
- Increases susceptibility to HIV infection.

## How is it treated?

There is no cure for herpes; a person remains infected for life. However, outbreaks can be controlled and the severity lessened with medicine.

**Fact Sheet**

# **Trichomoniasis (“Trich”)**

## **What is it?**

Trich is a sexually transmitted disease that affects both young men and young women, although symptoms are more common in women.

## **How is it transmitted?**

Through unprotected sex.

## **What are the symptoms in young men?**

- Most young men have no signs or symptoms.
- An irritation inside the penis
- Slight burning after urination or ejaculation
- Mild discharge
- A rash or itching

## **What are the symptoms in young women?**

- A frothy or cheesy yellowish-green discharge with a strong odor
- May cause discomfort during intercourse (sex) or urination
- Irritation in the genital area, with itching, burning or redness
- In rare cases, lower stomach pain may occur

## **What are the health consequences?**

- Increases susceptibility to HIV infection.
- Skin infections from scratching.

## **How is it treated?**

Trich can be treated easily and cured with antibiotics.

**Fact Sheet**

# Syphilis

## What is it?

Syphilis is an STD caused by a bacterium.

## How is it transmitted?

Passed from person to person through direct contact with a syphilis sore. Sores occur mainly on the external genitals (vagina and anus) or in the rectum (butt). Sores can also occur on the lips and in the mouth and throat. It may affect a baby before birth, if the mother has it.

## What are the symptoms?

These symptoms apply to both young men and young women. They occur in three stages:

### Primary Stage

This is usually marked by the appearance of a single sore (called a chancre) but there may be multiple sores. The sore is usually firm, round, small and *painless*. It appears at the spot where syphilis entered the body. The sore lasts 3 to 6 weeks and heals without treatment. However, without adequate treatment, it will progress to the secondary stage.

### Secondary Stage

This is usually marked by a non-itchy skin rash that may appear as rough red or reddish brown spots on the palms of hands or the bottoms of the feet. However, rashes may occur on other parts of the body and sometimes look like rashes caused by other diseases. Sometimes the rash associated with secondary syphilis is so faint that it's not even noticed.

In addition to rashes, symptoms of secondary syphilis may include fever, swollen lymph glands (under the ear and under the arms), sore throat, patchy hair loss, headaches, weight loss, muscle ache and fatigue (tiredness).

### Latent or Hidden Stage

This stage begins as secondary symptoms disappear. Without treatment, the infected person will continue to have syphilis even if there are no signs or symptoms; the infection remains in the body. In latent stages, syphilis may damage the internal organs, including the brain, nerves, eyes, heart, blood vessels, liver, bones and joints. This internal damage may show up many years later. Signs and symptoms of the late stage of syphilis include difficulty coordinating muscle movement, paralysis, numbness, gradual blindness, and dementia (severe brain damage).

## How is it treated?

Syphilis is easy to cure in its early stage with antibiotics. In the secondary and latent stages, additional doses of antibiotics may be required.

**Fact Sheet**

# Hepatitis B

**What is it?**

Hepatitis B is a serious disease caused by a virus that attacks and causes inflammation of the liver.

**How is it transmitted?**

Spread most commonly through the exchange of blood, semen and vaginal secretions. It's also spread through sharing needles for injecting drugs or steroids.

**What are the symptoms?**

The symptoms are the same in young men and young women. Symptoms include:

- Jaundice (yellowing of the skin)
- Tiredness
- Stomach pain
- Muscle aches
- Loss of appetite
- Nausea and vomiting
- Joint pain
- Dark urine

**What are the health consequences?**

Many cases of hepatitis are not a serious threat to health. But the disease can lead to chronic liver problems, cancer, liver failure and death.

**How is it treated?**

Hepatitis B can be treated with medicines, but treatment isn't always successful.

**How is it prevented?**

Vaccinations against Hepatitis A and B are routinely provided to youth ages 0-18.

**Fact Sheet**

# **Human Papilloma Virus (HPV or Genital Warts)**

## **What is it?**

HPV is the name of a group of viruses—there are over 100 types of HPV. About 30 of these are sexually transmitted and cause genital HPV.

## **How is it transmitted?**

Genital HPV is spread through skin-to-skin contact, not through an exchange of body fluids. It cannot be entirely prevented with condom use. Nearly three out of four Americans between the ages of 15 and 49 have been infected with genital HPV in their lifetimes.

## **What are the symptoms?**

- Sometimes the virus lives in the skin and causes no symptoms at all. (This is called hidden or latent HPV infection.)
- Visible growths in the genital area.
- Tiny changes on the skin, usually only recognizable by a doctor or nurse.
- Warts can be smooth on the skin or raised like a bump. The bumps can appear alone, or in a group. They can be small or large. Sometimes they itch.
- Some women with HPV may have abnormal cell changes on the cervix which can only be found by a Pap smear.

## **What are the health consequences?**

- HPV can cause cervical cancer in women.
- Warts can block vaginal, penile or rectal openings.

## **How is it treated?**

There is no cure for HPV, although in most people the infection goes away on its own. Warts or other cell changes caused by the virus can be treated.

## **How is it prevented?**

There is a vaccine for women that protects against most types of HPV that cause cervical cancer and genital warts. The vaccine is given in 3 shots over a 6-month period.

**Fact Sheet**

# HIV and STD Testing

**People can get tested to find out whether they have HIV or another STD.**

## **Why Get Tested?**

If you get tested and find out you have HIV or another STD, you can get treated. The earlier you are treated, the better the outcome is likely to be.

- Most STDs can be cured.
- You can learn how to protect your partner so he or she doesn't get it.
- You can tell past partners if they are at risk and should be tested.
- You can make better choices about your future.
- You can take care of your health.
- If you are a woman and you are pregnant, you can take steps to protect your baby.

Remember, many STDs don't have any symptoms, and some STDs threaten your life. Untreated STD can interfere with your ability to have a baby in the future. It's important to get tested and treated if you have an STD.

## **Who Should Get Tested?**

### **You are at risk for HIV or other STD if:**

- You've had sex (vaginal, anal or oral) without using a condom.

### **The risk is higher if:**

- You've had more than one partner.
- Your partner has had more than one partner.
- Your partner has used injection drugs.
- You've ever shared needles to inject drugs, vitamins or steroids.
- You've ever shared needles for body piercing, tattooing or any other reason.
- You've had other STDs in the past.
- You are a young male having sex with multiple male partners.
- You've engaged in unprotected anal intercourse.

### **You are at risk for HIV and hepatitis B if:**

- You've ever shared needles to inject drugs, vitamins, hormones or steroids.
- You've ever shared needles for body piercing, tattooing or any other reason.

*(continued)*

**HIV and STD Testing** *(continued)***Where Can You Get Tested?**

**You can get tested at clinics, doctor's offices, or health departments.**

**Before you go, call first to find out:**

- How much do the tests cost?
- Do you need your parents' permission to get tested? (Many states do not require permission for teens to be seen and treated.)
- Does the testing center offer counseling after testing?
- What are the clinic/office hours?

**Your local testing sites:**

**1** Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**2** Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**3** Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**Worksheet****Rank Your Values**

**Directions:** Cut the statements into strips along the lines. Then put them in order from most important to least important to you.

Making it on my own

Getting good grades

Preparing for my future

Getting along with my parents and family

Getting a partner or getting married

Living by my religion or spiritual beliefs

Being artistic or creative

Being safe and secure

Making money

Being accepted by my friends

Getting a job I really like

Proving I am strong

Being independent

Helping others

Being good in sports

Having children

Being nice to others

Having my own car

Being healthy

Falling in love

Treating my body with respect



**Worksheet**

# Values Voting

- Agree    Disagree   1. Men should be able to cry.
- Agree    Disagree   2. Teens should be able to get birth control only with their parents' permission.
- Agree    Disagree   3. Sex should only happen between married people.
- Agree    Disagree   4. Condoms should be given out free of charge to anyone who wants them.
- Agree    Disagree   5. I would approve of an interracial relationship for myself.
- Agree    Disagree   6. When a person says no to sex, his or her partner should believe it.
- Agree    Disagree   7. When people dress sexy, it means they want to have sex.
- Agree    Disagree   8. It's important to make a lot of money.
- Agree    Disagree   9. People should be sure they could support a child financially and emotionally before they get pregnant or get someone pregnant.
- Agree    Disagree   10. People who have HIV shouldn't have sex.



## Fact Sheet

# A Time of Change

Puberty is the time when your body changes from a child's body to an adult body. Puberty usually begins between ages 9 and 16. Many things change in the body. Emotions and friendships change too.

## How It Starts

During puberty, your body begins to produce hormones. These are chemicals that cause the body to change and grow in new ways.

## The Body Changes

Both males and females go through many physical changes during puberty. Young people often wonder, "Is this normal?" when they don't understand these changes.

### Here are the main ways the body changes:

#### Boys

- Shoulders get broader.
- Muscles grow.
- Voice gets deeper (and may crack at first).
- Hair grows under arms, and on arms, legs, chest and face.
- Hair grows around the penis and testicles (pubic area).
- Penis and testicles grow larger. One testicle usually hangs lower than the other. This is normal.
- Ejaculations, including wet dreams, begin to occur.
- Boys' breasts may feel tender and grow a little. This is normal. It will go away.

#### Girls

- Hips get wider.
- Waist gets smaller.
- Hair grows under arms.
- Hair grows around the vulva (pubic area).
- Breasts develop. One breast sometimes grows larger than the other. This is normal.
- Nipples grow larger and may become darker in color.
- The vagina makes a white, sticky substance. This is normal. It's how the vagina cleans itself.
- Menstruation (having periods) starts any time from age 9 to 16.
- Girls usually begin puberty 1-2 years before boys do.

#### Boys and Girls

- Grow very quickly.
- Get oilier skin and may have pimples.
- Have aching muscles and joints (growing pains).
- Sometimes feel clumsy.
- Sweat more and have body odor.

*(continued)*

## **A Time of Change** *(continued)*

### **Emotions Change**

Young people's feelings change during puberty too. This can be confusing.

#### **Many boys and girls may have:**

- More ups and downs
- Moods that change quickly from happy to sad
- Sudden crying or laughing
- Feelings of excitement, then of being let down

#### **Most girls and boys also have feelings about the ways their bodies are changing:**

- If they start puberty early, they may feel self-conscious.
- If they start puberty later, they may worry that they'll never catch up.
- Even if they start when their friends do, they still feel confused about the new, unfamiliar changes in their bodies.

Every person's body has its own clock. In a few years, the changes even out. Around ages 16 to 18, the physical changes of puberty are almost complete for most people.

### **Friendships Change**

As you grow older, friends become more important. You want to be liked and fit in.

#### **Here are some things that can help:**

- Be open to making new friends.
- Find friends who are like you in some way.
- Find friends who like you for who you are.
- If you feel you don't fit in, changing friends might make things better.

### **Romance**

You may begin to have romantic feelings towards others. This is normal.

Learn to express these feelings in healthy ways.

*(continued)*

### **A Time of Change** *(continued)*

#### **Making good decisions about sexuality is important:**

- Think through how you really feel about sex and relationships and know your limits.
- Learn to communicate your limits with confidence.
- Respect and love yourself. Make a commitment to valuing who you are.
- Respect and love others.
- The safest choice is to not have sex (abstinence).
- If you do decide to have sex, protect yourself from pregnancy, HIV and other STD by using condoms.
- Protect your future.

### **Families Change**

Some young people have problems at home during their teen years. They're ready to be more like the adults in their families. This is a time of change for parents, too. They need to learn how to live with their more grown-up teens. It can be hard for everyone.

#### **Here are some things that can help:**

- Make a special effort to talk to your parents, even if you feel you can't. They may be confused about how to talk to you. They may feel you've pulled away from them and not know how to approach you.
- Use the guidelines you were taught in *Focus on Youth*. Ask your parent to set aside some time for the two of you to talk. Write down your thoughts before you have the discussion.
- Let them know what you're thinking and how you're feeling.
- Let them know you appreciate the things they do for you.
- Ask for their support and guidance.
- Help them build respect for and trust in you as a young adult by making responsible decisions.

### **You're Not Alone**

Some changes of puberty happen quickly. A person might grow 6 inches over a single summer. But most changes happen more slowly. Growing up takes years. Like everyone else, you have your own way of growing and developing—a way that's right just for you.

Take good care of yourself. Eat well. Get enough rest. Exercise. Keep your body and clothes clean. This will help you look and feel good. Think about the person you want to be. **Value the person that you are.** This can help you make smart and proud choices.

## Fact Sheet

# Tips About Women's Bodies

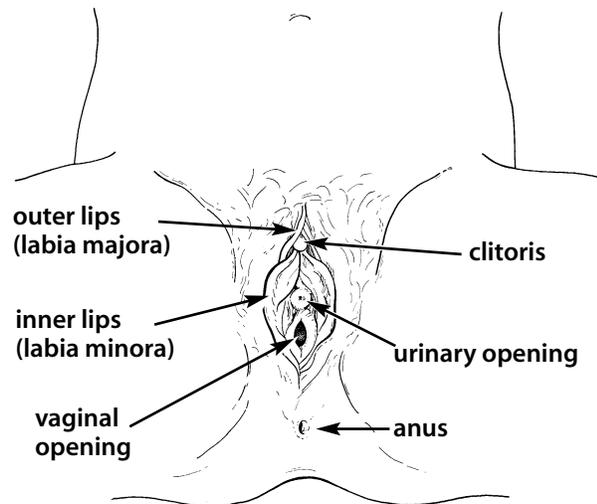
## Staying Healthy

- **Have good hygiene.** Shower or take a bath daily. Use mild soap. Keep the genital area clean and dry. (A healthy vagina has a normal discharge that helps keep it clean and protects it from infection.)
- **Avoid HIV and other STD.** Protect yourself from pregnancy or disease. Choose not to have sex (abstinence). Use a condom if you do have sex.
- **Use sanitary pads safely.** If you use pads, change them every 3–4 hours.
- **Use tampons safely.** If you use a tampon while on your period, change it every 3–4 hours. Wear a pad at night. Tampons have been connected to a rare but serious disease called *toxic shock syndrome*. See your doctor if you have any of these symptoms while using a tampon: high fever, vomiting, diarrhea, feeling light-headed, aching muscles, headache and a rash that looks like sunburn.
- **Do monthly self-exams.** Check your breasts each month. A doctor can show you how. If you find any lumps, or anything that worries you, see a doctor right away.
- **Have a pelvic exam** at age 18 or as soon as you become sexually active. During the exam, a doctor checks your reproductive organs through your vagina and will test you for STD and other problems. Tell your doctor if you are sexually active.
- **See your doctor if...**
  - You have severe menstrual cramps that aren't relieved by over-the-counter pain relievers.
  - You have any sores inside or outside your vagina.
  - You have a heavy vaginal discharge that itches, burns or smells.
  - You have pain in the pelvic area, or deep inside the vagina or pain while urinating.
  - You have bleeding that isn't part of a regular period.

## Body Parts: What's Outside?

The organs that are on the outside of the body are called **genitals**. They play a role in pregnancy and sexual feelings.

- **Outer lips.** These are also called the *labia majora*. These soft pads of fatty tissue help protect the vaginal opening.
- **Inner lips.** These are also called the *labia minora*. They lie between the outer lips and are sensitive to touch. When stimulated during sex or other times, they swell and get deeper in color.
- **Clitoris.** This small, pea-shaped organ is full of nerve endings and is very sensitive. Its purpose is to provide sexual pleasure. It's protected by a fold of skin.



(continued)

### Tips About Women's Bodies *(continued)*

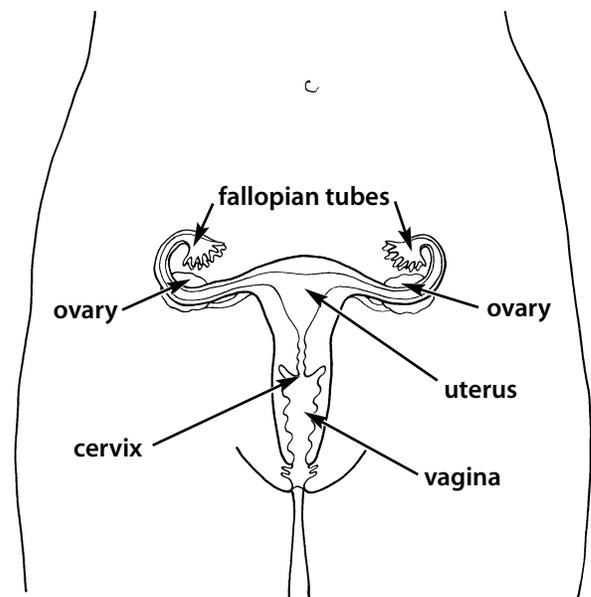
#### Women have 3 openings in the genital area:

- **Urinary opening.** This is where urine comes out.
- **Vaginal opening.** This is where menstrual fluid leaves the body. It's also where a baby leaves the body during childbirth. It's where a man's penis enters the woman's body during sex.
- **Anus.** This is where a bowel movement leaves the body. Because the anus is close to the vagina, it's easy for bacteria from bowel movements to get inside the vagina. To prevent this, women should wipe from front to back and wash the genital area daily.

### Body Parts: What's Inside?

#### These organs inside the body make it possible for a woman to have a baby:

- **Vagina.** This is the tunnel that goes from outside the body up to some of the inside organs (the cervix and the uterus). The vagina produces a fluid that keeps it moist and clean. When a woman is sexually excited, the amount of fluid increases. This makes it easier for the penis to enter the vagina.
- **Cervix.** The cervix is the part of the uterus that connects to the vagina. During pregnancy, it stays tightly closed to protect the fetus (developing baby).
- **Uterus.** This organ is where a fertilized egg grows and develops into a baby when a woman is pregnant. It's about the size of a fist, and is shaped like a pear. When a woman isn't pregnant, the inside walls of the uterus touch each other. When she's pregnant, they move apart to make room for the fetus.
- **Fallopian tubes.** These tubes lead from the uterus to the ovaries. There are two of them, one on each side. They are about 5 inches long, and as big around as a strand of spaghetti. The egg travels through the tube from the ovaries to the uterus.
- **Ovaries.** Women have 2 ovaries. They are about the size and shape of an unshelled almond. They make female hormones and hold the eggs. When a baby girl is born, her ovaries contain more than 300,000 egg cells. During the years a woman can get pregnant, her body releases about 500 of these eggs, 1 each month or so. The ripe egg is as small as the point of a needle.



*(continued)*

## **Tips About Women's Bodies** *(continued)*

### **Menstruation**

Menstruation, or having periods, begins during puberty. Most women have a period about once a month. Some cycles are as short as 22 days, others are as long as 40 days. During the first year or so, a girl's cycle may not be as regular. Even for adult women, the cycle may change a little from month to month.

When a woman menstruates, bloody fluid leaves her body through the vagina. The amount of fluid, and the number of days a period lasts, is different for different women. A period may last up to 7 days.

#### **Here's what happens in the menstrual cycle:**

1. The lining of the uterus gets thicker. It's preparing itself for a fertilized egg.
2. About 14 days before a woman's period, one of her ovaries releases an egg into the fallopian tube. This is called ovulation.
3. The egg travels through the tube to the uterus. If it reaches the uterus without being fertilized, it begins to fall apart.
4. The egg and the lining leave the uterus through the vagina as menstrual fluid. This is a period.
5. Then the lining of the uterus gets thicker, and the whole cycle starts again.

### **How Pregnancy Happens**

A pregnancy can happen if a woman has unprotected sex around the time when the egg leaves the ovary and travels through the fallopian tube. If a sperm reaches the ripe egg while it is in the fallopian tube, it combines with the egg and the egg is fertilized.

When the fertilized egg reaches the uterus, it attaches to the thick, blood-filled lining and begins to grow. This is the start of a pregnancy. The woman will not have periods again until her pregnancy ends.

### **The Breasts**

A woman's breasts are also reproductive organs. After a woman has a baby, her body tells her breasts to make milk.

Breasts come in many sizes and shapes. It's normal for one breast to be larger than the other. Breast size doesn't matter when nursing a baby.

## Fact Sheet

# Tips About Men's Bodies

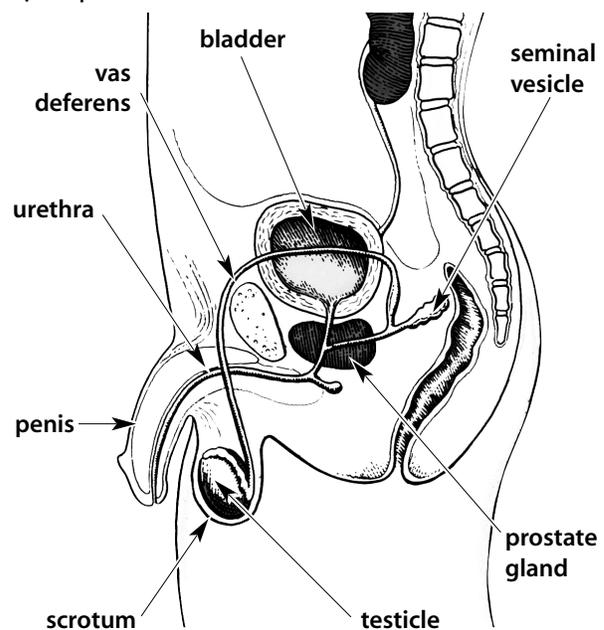
## Staying Healthy

- **Have good hygiene.** Shower or take a bath daily. Use mild soap. Keep the genital area clean and dry.
- **Avoid HIV and other STD.** Protect yourself and your partner from pregnancy or disease. Choose not to have sex (abstinence). Use a condom if you do have sex.
- **Do monthly self-exams.** Check your testicles each month. Even young men can get testicular cancer. This cancer can usually be cured if it's found early. Testicles should feel solid, but a little spongy, like hard-boiled eggs without the shell.
- **See your doctor if...**
  - You find any lumps in or near your testicles.
  - Your testicles ache or feel painful.
  - You see any sores, bumps or other changes on your penis or scrotum.
  - You have burning or pain when you urinate.
  - You have a white or yellow drip or discharge from your penis.

## Body Parts: What's Outside?

The organs on the outside of the body are called **genitals**. They play a role in pregnancy and sexual feelings.

- **Penis.** The penis is made up of spongy tissue. Most of the time it's soft and limp. When a man is sexually excited the penis becomes firm and erect. This is called an *erection*. Soft penises come in many sizes. There is no "average." Erect penises are usually about the same size—5-1/2 to 6 inches long. (Younger men's erections may be smaller.)
- **Scrotum.** This wrinkled pouch of skin hangs behind the penis and holds the testicles.



## Body Parts: What's Inside?

These organs inside the body play a role in pregnancy:

- **Testicles.** These 2 organs are found inside the scrotum. They are about the size and shape of small plums. They make male hormones and produce sperm. It's normal for one testicle to hang lower in the scrotum. It's also normal for one testicle to be slightly larger.

(continued)

### Tips About Men's Bodies *(continued)*

- **Vas deferens.** This tube leads out of each testicle. Sperm swim out of the testicle and up the vas deferens to reach the prostate gland.
- **Seminal vesicles.** These 2 glands are about the size of a finger. They make fluid that gives the sperm energy and helps them move.
- **Prostate gland.** This gland is about the size of a walnut. It makes more fluid that mixes with the sperm to form semen.
- **Urethra.** This tube carries sperm to the outside of the body through the penis. The urethra is also the way urine leaves the body. But urine and semen never travel through the urethra at the same time.

## Circumcision

In newborn boys, a flap of skin called the *foreskin* covers the tip of the penis. Sometimes this skin is removed in an operation called *circumcision*. Circumcision is performed for religious and cultural reasons. It doesn't affect penis size or how the penis works.

Uncircumcised men should gently pull the foreskin back and wash it when they take a shower or bath.

## Semen and Sperm

The testicles start making sperm cells when a young man reaches puberty. They keep making sperm for the rest of his life.

Semen is the fluid the sperm swim in. When a man ejaculates ("cums"), semen spurts out the end of his penis. A normal ejaculation has about 1 teaspoon of semen and contains 200–500 *million* sperm.

Men can't "run out" of sperm. Masturbation and sex don't use them up. The body keeps making sperm as long as a man has at least one normal testicle.

## Erections

When a man becomes sexually aroused, blood fills the spongy tissue in the penis. The penis grows large and becomes firm. This is an erection.

Erections happen when the penis is rubbed during masturbation or sex with a partner. Many men also have erections when they think about sex. Sometimes riding a bicycle or motorcycle might cause an erection. Sometimes erections happen for no reason at all.

This is all normal. It's also normal to have erections at night, while sleeping. A "wet dream" is when a man ejaculates semen while sleeping. It's normal for a man to wake up with an erection.

*(continued)*

## Tips About Men's Bodies *(continued)*

### How Pregnancy Happens

For a pregnancy to start, a man's sperm must join with a woman's egg.

#### Here's how it works:

- The testicles make sperm.
- The sperm move into the vas deferens.
- During sex, the man places his penis inside the woman's vagina.
- When the man ejaculates, his sex organs contract (like tightening a muscle). This forces sperm out of the vas deferens, past the seminal vesicles, through the prostate, along the urethra, and out of the penis.
- The sperm enter the woman's vagina and travel through her uterus and fallopian tubes toward the egg. If a sperm reaches a ripe egg, it enters it. When the sperm and egg combine, it's called *fertilization*. When the fertilized egg reaches the woman's uterus it attaches and begins to grow. This is the start of pregnancy.

### The "Pull-Out Method" Is All Bad!

Withdrawal, or pulling the penis out of the woman's body before a man ejaculates, is *not* a good way to prevent pregnancy.

#### Here's why:

The body cleans itself naturally. Just like a woman secretes a sticky fluid that cleans the inside of her vagina, a man secretes fluid that cleans the urethra of anything that could harm the sperm. This "pre-semen" or "pre-cum" washes the urethra to make a clean trail for the sperm. Often, some semen and sperm come out with this pre-seminal fluid. So, during sex and before the man comes, the penis is leaking—like a faucet that drips before the water flows through it. If the pre-seminal fluid enters the partner's body, it's not safe sex or pregnancy prevention because HIV/STD infection or pregnancy could occur.



**Handout**

# How to Use a Condom

Putting on a condom—the RIGHT way—is important! You need to know how to do it whether you are a guy or a girl. You can even use this sheet to teach a friend or someone you are having sex with. Remember: Better safe than sorry.

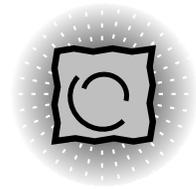
1. Talk to your partner. Tell him/her you want to use condoms.
2. Buy or get latex condoms.
3. Check the expiration date and package.
  - Do not use past expiration date.
  - Do not use if package is torn or damaged.
4. Open package carefully. Handle the condom with care.
5. Determine which way the condom unrolls. (Do not unroll the condom before putting it on.)
6. Pinch the top of the condom to squeeze air out.
7. Leave about 1/2 inch of room at the top to catch the semen.
8. Continuing to hold the tip of the condom, place it against the head of the erect penis.
9. Use your other hand to carefully unroll the condom over the penis, all the way down to the base.
10. After ejaculation, hold the rim of the condom around the base of the penis.
11. Take the penis out while it is still erect (hard).
12. Make sure the penis is away from the partner's body. Remove the condom.
13. Throw the used condom away in the trash—NOT in the toilet!

*Never* use a condom more than once.



## Challenge Worksheet

Name \_\_\_\_\_



# Condom Hunt

**Directions:** Go to a store with a parent or trusted adult to look for condoms. Then answer these questions.

Name of store: \_\_\_\_\_ Store hours: \_\_\_\_\_

Location: \_\_\_\_\_ Time you went: \_\_\_\_\_

1. Are there any signs in the store to identify birth control or family planning items?

 Yes  No2. Are all the family planning methods in the same place?  Yes  No3. Did you talk to any of the store employees?  Yes  No

(For example, ask: "Can you please tell me where the condoms are?")

If yes, how did they react?  Positive 😊  Negative ☹️  Neutral 😐

4. Where are the condoms located?

 Behind a counter  Next to a counter  In a locked glass case With the feminine hygiene products  Family planning section  Other

5. What is the cheapest price for 3 condoms? \_\_\_\_\_

6. What brand is the cheapest? \_\_\_\_\_ The most expensive? \_\_\_\_\_

7. Does the store have the following kinds of condoms?

Lubricated  Yes  No  Don't knowNon-lubricated  Yes  No  Don't know

8. Where are the lubricants located?

 Behind a counter  Next to a counter  In a locked glass case With the feminine hygiene products  Family planning section  Other

9. Does the store have the following kinds of lubricants?

Oil-based  Yes  No  Don't knowWater based  Yes  No  Don't know

10. Where are the other contraceptive methods located?

 Behind a counter  Next to a counter  In a locked glass case With the feminine hygiene products  Family planning section  Other

11. Describe how this experience made you feel and why: \_\_\_\_\_

\_\_\_\_\_



## Handout

# Communication Styles

	<b>Nonassertive (Timid or shy)</b>	<b>Assertive (Strong)</b>	<b>Aggressive (Bossy)</b>
Content	often unclear nonspecific indirect	clear specific direct problem-oriented suggests a solution	nonspecific, especially in terms of outcome wanted from the other person
Voice	soft trailing off	clear moderate in tone	usually loud, harsh
Facial expression	avoids eye contact, eyes downcast	eye contact	glaring
Posture	hunched over fidgety	straight comfortable	rigid tense
Your feelings	shy anxious scared	confident self-respecting comfortable	self-righteous angry
The other's feelings	confused unclear	respected	hurt angry
Goal of the behavior	avoid conflict	a change in the situation; a change in the other's behavior	put the other person down



## Fact Sheet

# Abstinence

Abstinence means not having sex. For some people, abstinence means no sexual touching at all. For others it can mean doing everything except having intercourse. It's important for couples to communicate about what abstinence means to each of them so that their efforts to remain abstinent succeed.

**Effectiveness:** When adhered to, abstinence is 100% effective in preventing pregnancy. Different definitions of abstinence can have an impact on its effectiveness. A couple who practices abstinence as meaning "no sexual touching at all," definitely will not get pregnant or contract an STD. If they practice abstinence as meaning "everything except intercourse," there is a chance they can be exposed to HIV or other STD.

### Advantages:

- You don't have to worry about HIV, STD or unplanned pregnancy.
- You can have lots of fun without sex. It's easier to relax when you're not worried about HIV or other STD.
- Choosing to be abstinent may fit with your moral or religious beliefs.
- You get time to learn more about yourself and your partner without the pressures sex can bring.
- Abstinence is about more than not getting pregnant or getting an STD. It's about making up your own mind and choosing what's right for you.
- It's empowering. The skills that help you make a choice to be abstinent help you in other areas of your life too. You learn how to resist pressure, set goals and make smart decisions.
- It's free! You don't have to go to a store, clinic or doctor to get it.

### Disadvantages:

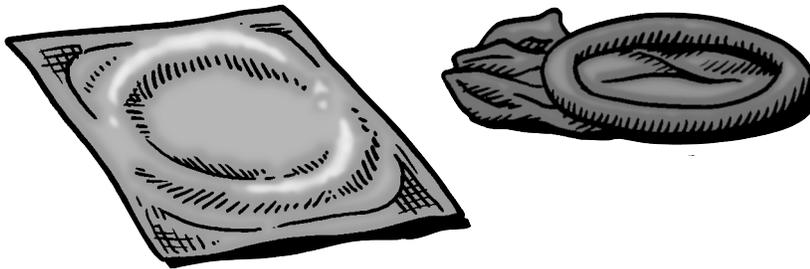
- Friends may talk about sex or tease you about not having it.
- It may be difficult to maintain under pressure.
- A partner may pressure you or push you to go beyond your limits. You might feel like you have to have sex or you'll lose the relationship.
- The media can influence ideas about sex. Media messages suggest that sex has no consequences or that everyone is doing it.
- Your own feelings can put pressure on you. You might be curious, feel left out, think that having sex would help you get or keep a partner, or start having sexual desires.

### Tips for Staying Abstinent:

- Be clear about your reasons for not having sex.
- Have a vision of what you want for your life and your future.
- Find friends who've also chosen to wait. You can support each other.
- Remember the benefits of abstinence. This can help you resist pressure.
- Avoid situations where it might be hard to wait or where sexual feelings might make things confusing.
- Plan how you'll deal with pressure. Practice ways to say no ahead of time and ways to explain your choice.
- Speak up. Take a stand if you feel pressure from friends. Explain that you've decided to wait and that their teasing bothers you.
- Decide what your limits are. Then communicate them to your partner.
- Share your decision to be abstinent with your parents so they can support you.

## Male Condom

A male condom is a latex or plastic barrier that fits over an erect penis to catch the semen when the man ejaculates. It keeps the sperm from entering the woman's body or a male sex partner's body. Condoms are also used for safe oral sex and will help protect people from oral STDs such as herpes. Flavored condoms are designed for oral sex and may cause irritation with vaginal or anal sex.



### Effectiveness:

- If condoms are used correctly every time a person has sex, they are 98% effective in preventing pregnancy.
- If they are not used correctly, the effectiveness drops to 85%.

### Advantages:

- Condoms can be bought in drugstores.
- Condoms are easy to use and carry, so they can be readily available when needed.
- Latex condoms help protect people from HIV and other STD.

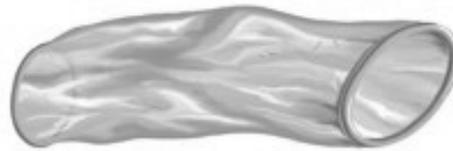
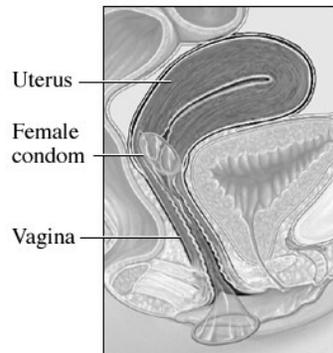
### Disadvantages:

- There are generally no side effects or risks from using condoms.
- Occasionally, people are allergic to chemicals in the spermicide in lubricated condoms. If this happens, switch brands.
- Condoms may decrease spontaneity and sometimes some people are uncomfortable using them. Talking about condoms before sex and practicing can help!

## Fact Sheet

# Female Condom

The female condom is a lubricated polyurethane sheath with a flexible polyurethane ring on each end. One ring is inserted into the vagina to cover the cervix, while the other remains outside, partially covering the labia.



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### Effectiveness:

- When used correctly, the female condom is highly effective for protection against pregnancy, HIV and other STD.
- The estimated failure rate ranges from 21 to 26%.

### Advantages:

- Female condoms can be bought in drugstores.
- Female condoms are easy to use and carry, so they can be readily available when needed.
- Female condoms help protect people from HIV and other STD.

### Disadvantages:

- There are generally no side effects or risks from using female condoms.
- Female condoms are more expensive than male condoms and are more difficult to find free in clinics.
- Female condoms may decrease spontaneity and sometimes some people are uncomfortable using them. Talking about condoms before sex and practicing can help!

## Fact Sheet

## Spermicides: Foam, Suppositories & Film

Since condoms are not 100% effective, there are some things people can do to make it even less likely a pregnancy will occur. One of these things is to use spermicidal foam, suppositories or film with the condom.

Foam, suppositories or film should be inserted into the vagina 20 minutes before sex each time you have sex. The spermicide acts as an extra security. In case the condom breaks, spermicides will kill the sperm.

Spermicides should always be used with a condom. Spermicides are not very effective on their own.



### Effectiveness:

- If spermicides are used correctly every time, they are 82% effective in preventing pregnancy.
- If they are not used correctly every time, they are only 71% effective.

### Advantages:

- Like condoms, foam, suppositories and film can be bought in drugstores and are easy to use and carry.
- Spermicides provide extra protection from pregnancy when used with condoms.

### Disadvantages:

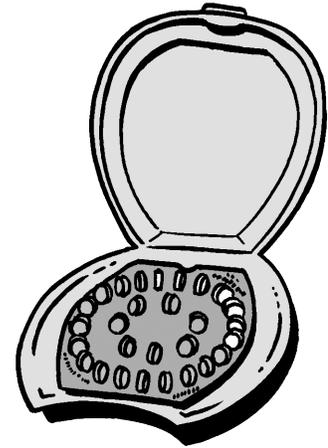
- There are generally no side effects or risks from using foam, suppositories or film.
- Occasionally, people are allergic to chemicals in spermicides. If either partner becomes allergic, try switching to a different brand.
- Spermicides do not protect people from HIV and STD.

**Note: Spermicides do not protect people from HIV or other STD. You must use a condom with this birth control method to be protected from STD.**

## Fact Sheet

# The Pill

Birth control pills are small tablets made of artificial hormones. They prevent pregnancy by stopping the ovaries from releasing an egg each month, and/or thickening the mucus in the cervix (the opening to the womb) so it is hard for sperm to enter the woman's uterus. They must be prescribed by a health care provider.



### Effectiveness:

- Birth control pills are more than 99% effective in preventing pregnancy when they are used correctly. This means the woman has to remember to take a pill regularly and not miss any days.
- If the pills are forgotten or not used correctly, the effectiveness drops to 92% or lower.

### Advantages:

- Birth control pills are simple and easy to use, as long as the woman remembers to take them.
- Birth control pills don't interrupt sex.
- Birth control pills can lessen the bleeding and cramping of heavy or painful menstrual periods.

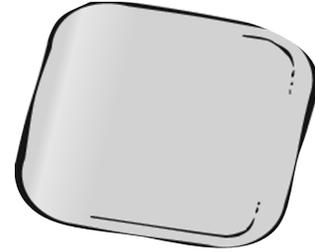
### Disadvantages:

- Most birth control pills must be taken every day whether the woman is having sex or not.
- The pill causes few serious problems in young women, but its use is associated with a small chance of high blood pressure, blood clots, heart attack, and stroke, especially for women who smoke.
- In some women, use of the pill can lead to weight gain, depression, nausea and spotting between periods.
- Some medications make the pill less effective. Always let your doctor know if you are taking birth control pills.
- The pill doesn't protect people from HIV or other STD.

**Note: The pill does not protect people from HIV or other STD. You must use a condom with this birth control method to be protected from STD.**

## The Patch

The birth control patch is a thin plastic square that slowly releases artificial hormones into the body. The patch can be worn on the skin of the buttocks, stomach, upper outer arm or upper torso (but not on the breasts). A new patch is applied each week. It prevents pregnancy in the same ways as the pill. It must be prescribed by a health care provider.



### Effectiveness:

- The patch is more than 99% effective in preventing pregnancy when it is used correctly. This means the woman has to remember to wear the patch and to change it each week.
- If the patch is forgotten or not used correctly, the effectiveness drops to 92%.

### Advantages:

- The patch is simple and easy to use, as long as the woman remembers to wear it and change it weekly.
- The patch doesn't interfere with sex.
- It can lessen the bleeding and cramping of heavy or painful menstrual periods.

### Disadvantages:

- The patch must be worn every day, whether the woman is having sex or not.
- Like the pill, the patch causes few serious health risks for young women, but its use may be associated with a small chance of high blood pressure, blood clots, heart attack and stroke, especially for women who smoke. In some women, use of the patch can lead to weight changes, moodiness and spotting between periods.
- The patch doesn't protect people from HIV or other STD.

**Note: The patch does not protect people from HIV or other STD. You must use a condom with this birth control method to be protected from STD.**

## Fact Sheet

# The Ring

The vaginal ring is a soft, flexible ring inserted into the vagina that slowly releases artificial hormones into the body. The ring is changed once a month. It prevents pregnancy in the same ways as the pill and the patch. It must be prescribed by a health care provider.



### Effectiveness:

- The ring is more than 99% effective in preventing pregnancy when it is used correctly. This means the woman has to remember to insert the ring and to change it each month.
- If the ring is forgotten or not used correctly, the effectiveness drops to 92% or lower.

### Advantages:

- The ring is simple and easy to use, as long as the woman remembers to insert it and change it monthly.
- The ring doesn't interfere with sex.
- It can lessen the bleeding and cramping of heavy or painful menstrual periods.

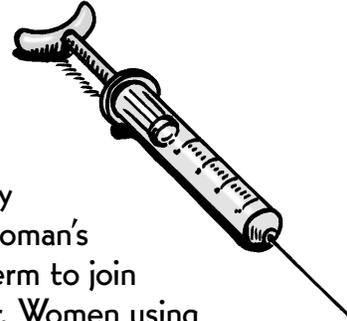
### Disadvantages:

- The ring must remain in the vagina all the time, whether the woman is having sex or not.
- Like the pill and the patch, the ring causes few serious health risks for young women, but its use may be associated with a small chance of high blood pressure, blood clots, heart attack and stroke, especially for women who smoke. In some women, use of the ring can lead to weight changes, moodiness and spotting between periods.
- The ring doesn't protect people from HIV or other STD.

**Note: The ring does not protect people from HIV or other STD. You must use a condom with this birth control method to be protected from STD.**

## Fact Sheet

# The Shot



“The shot” is an injectable form of birth control that uses an artificial hormone to prevent pregnancy. The common brand name for the shot is Depo-Provera®. The shot usually works by keeping the ovaries from releasing an egg. It also can help a woman’s body develop thick cervical mucus that makes it harder for sperm to join an egg. The shot must be prescribed by a health care provider. Women using this method must get a shot every 3 months.

### Effectiveness:

- The shot is more than 99% effective in preventing pregnancy when it is used correctly. This means the woman has to remember to go to her health care provider every 3 months to get an injection.
- Protection is immediate if a woman gets the shot during her first days of her period. Otherwise, she needs to use a back up method of birth control for the first week.

### Advantages:

- The shot is easy to use, as long as the woman remembers to return for her shot every 3 months.
- A woman can use the shot without the knowledge of her partner.
- The shot doesn’t interfere with sex.
- The shot is effective for 12 weeks.

### Disadvantages:

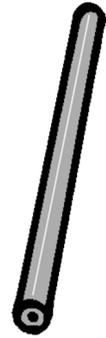
- Women must get a shot every 3 months as long as they want to prevent pregnancy.
- Potential side effects include irregular menstrual bleeding (lighter or heavier). Other less common side effects include change in sex drive, weight gain, headache, nausea, nervousness, dizziness, skin rash and sore breasts.
- The shot is associated with temporary bone thinning. Women using this method should talk with their health care provider about this issue.
- The shot doesn’t protect people from HIV or other STD.
- It can take an average of 9 to 10 months, or sometimes more than 1 year, to get pregnant after taking the last shot.

**Note: The shot does not protect people from HIV or other STD. You must use a condom with this birth control method to be protected from STD.**

## Fact Sheet

# The Implant

The implant is a thin rod of flexible plastic that is put under the skin of the upper arm by a health care provider. It releases an artificial hormone into the bloodstream. The common brand name for the implant is Implanon®. It works by keeping the ovaries from releasing an egg. It also can help a woman's body develop thick cervical mucus that makes it harder for sperm to join an egg. The implant works for 3 years.



### Effectiveness:

- The implant is more than 99% effective in preventing pregnancy. It provides protection for 3 years.
- Certain medicines or substances (such as St. John's Wort or HIV medicines) may reduce the effectiveness of the implant.

### Advantages:

- The implant is easy to use. Once it is implanted there are no other steps to be taken for its use.
- The implant doesn't interfere with sex.
- The ability to get pregnant returns quickly after the implant is removed.

### Disadvantages:

- The use of the implant may cause side effects such as irregular menstrual bleeding (lighter or heavier).
- There are a number of other possible side effects. These include acne, change in appetite, headache and nervousness, among others.
- The implant must be inserted and removed by a health care provider.
- The implant doesn't protect people from HIV or other STD.

**Note: The implant does not protect people from HIV or other STD. You must use a condom with this birth control method to be protected from STD.**

**Fact Sheet**

# Emergency Contraception

Emergency contraception (EC) methods can be used to help prevent a pregnancy after having unprotected sex. EC works best when it is used right away and no later than 3 to 5 days after sex.

EC prevents pregnancy by stopping the egg from being released and/or by changing the lining of the uterus so the egg can't implant and grow. There are 2 types of emergency contraception available in the United States: emergency contraceptive pills, which contain artificial hormones, and the copper-T IUD, a device inserted into the uterus by a health care provider.

Emergency contraception is **NOT** a regular method of birth control. It should be used only in an emergency, when a regular method of birth control has failed, or in cases of rape.

## Effectiveness:

- When taken correctly and used no later than 3 to 5 days after sex, emergency contraceptive pills reduce the chances of pregnancy by 75 to 89%.
- The copper-T IUD reduces the chances of pregnancy by 99%.

## Advantages:

- EC can lessen the chances of pregnancy if it is used within 5 days after having unprotected sex.
- Women who can't use birth control pills on a regular basis may be able to use EC pills safely on a one-time, emergency basis.

## Disadvantages:

- Some women have nausea and vomiting when they take EC pills.
- The IUD EC may cause increased menstrual bleeding, pain and/or cramps at first, and spotting between periods.

**Note: Neither form of EC protects women from HIV or other STD. EC cannot be used as a regular method of birth control.**

## Challenge Worksheet

Name: \_\_\_\_\_

# Being-a-Parent Interview

**Directions:** Using people who are not in your own family, interview at least 2 parents from different families. Interview different types of parents: grandparents raising children, married or single parents, older or younger parents, etc.

### Some rules for interviewing:

1. Explain what you are doing and how long the interview will take.
2. If someone doesn't want to answer a question, don't push it.  
Go on to another question.
3. Write down notes about what you think was most interesting.
4. Thank the person after the interview.

Name of Parent Interviewed \_\_\_\_\_

Ask the parent what positive and negative changes having a baby had on their lives in these areas:

1. Friends and social life \_\_\_\_\_

\_\_\_\_\_

2. Family relationships \_\_\_\_\_

\_\_\_\_\_

3. Education and career plans \_\_\_\_\_

\_\_\_\_\_

4. Money and finances \_\_\_\_\_

\_\_\_\_\_

5. Daily routine and free time \_\_\_\_\_

\_\_\_\_\_



## Worksheet

# I Can Do It!

**Directions:** Use the *I Can Do It!* model to plan and reach your goals.

- **D**iscover your interests and options.
  - What am I good at?
  - What do I like to do?
  - What do I want to do?
- **O**btain and **O**rganize information.
  - **G**ather information about what you like to do.
  - Set priorities.
- **I**dentify your goal and **I**mplement a plan, including safer sex negotiation.
  - Identify your long-term goal. Does it include abstinence or safer sex?
  - Identify the short-term goals you need to reach to achieve your long-term goal. (Can abstinence be one of your goals? What about having protected sex?)
  - Set priorities.
- **T**ake action and **T**ake stock!
  - Take action to reach your first short-term goal.
  - Take action to be healthy sexually.
  - Praise yourself for your efforts.
  - Evaluate how you're doing. If there are problems, setbacks or obstacles, rework your plan. Get help from friends or a trustworthy adult.

1. Make a map to reach your goals! What is your destination (your long-term goal)? Can you reach your long-term goal if you are infected by HIV or get pregnant?

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2. What are some of the steps you'll need to take to get to your long-term goal? (These are short-term goals.) Can one of these steps be to make safer-sex decisions?

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3. What's a step you can take this week?

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**Worksheet**

# Things I Am Concerned About

Examples of things people your age might be concerned about:

- I'm concerned about getting pregnant like my sister and not graduating from high school.
- I'm concerned about my mother. She's sad all the time and isn't able to take care of me or my little brother.
- I'm concerned about the shootings and killings in my neighborhood.
- I'm concerned that I won't be able to pursue my dream of completing my education and going to college.
- I'm concerned that I have to work after school to help support our family.

**Directions:** Please write down some things you are concerned about:

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## Worksheet

# Activity Planning Sheet

Group members' names: \_\_\_\_\_

\_\_\_\_\_

The goal of the activity is: \_\_\_\_\_

\_\_\_\_\_

Describe the activity: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is/are the main message(s) that will be conveyed? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What skills will the people you reach learn? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How many people will be reached? \_\_\_\_\_

When will the activity occur (date)? \_\_\_\_\_

Where will the activity occur? \_\_\_\_\_

What materials will you need? \_\_\_\_\_

\_\_\_\_\_

*(continued)*



A Focus on Kids Intervention

# FOCUS ON YOUTH WITH IMPACT



## Protect High-Risk Youth

This community-based program gives youth the skills and knowledge they need to protect themselves from HIV and other STD.

- Written specifically for African-American youth
- Stories and discussion topics for and about African-American youth
- Gives youth real skills to deal with real, high-risk situations

### ***Focus on Youth with IMPACT:***

- Builds skills in decision making, communication, assertive refusal, advocacy and accessing resources.
- Empowers youth to resist pressures, clarify personal values, communicate and negotiate around risk behaviors, and learn to use a condom correctly.
- Includes a variety of interactive activities—games, roleplays, discussions and community projects.
- Makes use of naturally occurring “friendship groups” to strengthen peer support of alternatives to risky behaviors.
- Addresses HIV and other STD, abstinence and condom use.
- Offers a parent session to strengthen parental involvement and family support for avoiding risky behaviors.

## Research Proves It Works!

### ***Focus on Youth with IMPACT:***

- Increased condom use and intention to use condoms among sexually active youth.
- Lowered rates of sex, sex without a condom, and alcohol and tobacco use among youth in the parental monitoring group.
- Has been successful in both school and community settings across cultures, throughout the United States and internationally.



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