

APPENDIX

ADDITIONAL GAMES/ACTIVITIES

The information in the sections that follow should be viewed as supplemental. The authors encourage use of this section when you are attempting to address issues and needs that may emerge in the group.

Appendix A provides additional roleplays that integrate varying sexual orientations. Three games, AIDS Basketball, HIV/STD Jeopardy and Survivor, have also been provided as a fun way to review HIV information. There are also several activities provided to cover basic information about healthy relationships, sexual messages and an optional birth control demonstration.

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OPTIONAL ACTIVITY

ADDITIONAL ROLEPLAY SITUATIONS/ABSTINENCE

FACILITATOR'S NOTE

The following roleplays are additional situations that you might wish to use during the roleplay.

ROLEPLAY 1: TARYN AND TANYA

Theme: Two females; STD/HIV concerns in a lesbian relationship; abstinence

Observe: TARYN using SWAT

Taryn

You have just started your first sexual relationship with Tanya.

You are not sure if two women involved in a sexual relationship have to worry about STDs, including HIV.

You do not want to have sex. You would rather hold hands, kiss and body rub.

Your role: Tell Tanya that you want to abstain from sex.


Tanya

You and Taryn have been dating for two weeks. You like Taryn a lot.

You have never thought about STDs or HIV.

You hope Taryn wants to take this relationship to another level and have sex with you.

Summarize Roleplay 1 by saying,

 Communication is the most important aspect of any relationship no matter what your sexual orientation. The more knowledge and understanding you have, the better able you are to protect yourself. Remember that abstinence is the only 100 percent effective way to protect yourself from STDs, including HIV.

ROLEPLAY 2: ALONZO AND WILL

Theme: Two males; HIV and abstinence

Observe: ALONZO using SWAT

Alonzo

You really like Will.

You feel you are too young to have sex.

You have goals and dreams for the future. You want to wait.

Your role: Get Will to agree that it is better to wait to have sex.


Will

You and Alonzo have just started dating.

You have never protected yourself during sex because you think you are too young to get HIV. You think only older guys get HIV and that young ones are safe.

You really like Alonzo and want to have sex with him.

Summarize Roleplay 2 by saying,

 People are at risk for HIV infection regardless of whether they are straight, gay or bisexual, young or old. It's better if you know who you are and what you want out of life before you get involved with anyone sexually. Remember, abstaining from sex is the best way to protect yourself from STDs, including HIV.

ROLEPLAY 3: DIANE AND LAUREN

Theme: Concerns about HIV and STDs when one partner is bisexual; abstinence

Observe: LAUREN using SWAT

Diane

You really, really like Diane. She is your second girlfriend.

You know Diane has had unprotected sex with men before.

You just aren't ready to have sex with her yet. You have concerns about HIV and other STDs.

Your role: Talk to Diane about your concerns, tell her you want to be abstinent and explain that you are not ready to have sex.

Lauren


You have been sexually active with guys; sometimes you had unprotected sex.

Lauren is your first female partner.

You care for Lauren a lot. You feel no one understands you like she does.

Lauren excites you and you want to have sex with her.

Summarize Roleplay 3 by saying,

 Everyone who has unprotected sex is at risk for HIV infection. It is best to abstain from sex since that is the only way to be 100 percent sure you will not contract HIV or other STDs. Discuss your decision to abstain from sex with your partner. Communication is the key to a good relationship.

ROLEPLAY 4: COURT AND ASH

Theme: One partner wants to abstain; they discuss their options

Observe: COURT using SWAT

Court

You and Ash have been dating for 6 months and have talked about having sex.

You have had some physical contact, like kissing, hugging and grinding.

You are not ready to have sex yet.

Ash is becoming impatient and wants to have sex with you.

Your role: Tell Ash that you want to abstain from having sex, and explain why.

Ash


You have been dating Court for 6 months.

You are in love and want to have sex to show how you feel.

You are tired of foreplay, getting excited and then nothing.

Court wants to talk to you after school. You are ready to have sex and you are going to tell Court what you want.

Summarize Roleplay 4 by saying,

 It is important to talk about your decision to abstain from sex before you are in the heat of the moment. Be confident in your decision. Discuss other ways of being intimate such as holding hands, kissing, hugging, etc. Remember, the only way to be 100 percent sure that you will not get HIV or another STD through sexual contact is to abstain from sex.

OPTIONAL ACTIVITY

THE AIDS BASKETBALL GAME

PREPARING FOR THE ACTIVITY

RATIONALE

This activity is a way to review and reinforce the information about HIV transmission covered in this program. It also allows you to end the class with a fun and high-energy activity.

MATERIALS

- Markers
- Newsprint
- Masking tape
- AIDS Basketball Questions (included in module)


TIME

20 minutes


* "AIDS Basketball" from *AIDS: What Young Adults Should Know*, 2nd ed., by William L. Yarber. Adapted with permission from the Association for the Advancement of Health Education.

PROCEDURE

1. Introduce the next activity by saying,

 We are going to play a game called AIDS Basketball* that will review everything you've learned about HIV and AIDS.

2. Divide the group into two teams.
3. Start by giving the rules,


-  • Each team will get the chance to answer a question.
- The team member responsible for answering the question will rotate so that each team member gets a turn.
- The other team members can help, but the answer must be given within 10 seconds.
- Only correct answers earn points. Correct answers are worth two or three points.
- The team members answering the question can choose whether they want a two- or three-point question.
- If the answer is incorrect or not given in time, I will give the correct answer and the other team will get a foul shot (a one-point question).
- If someone answers out of turn, the interrupter's team receives a foul. The other team then gets a chance to answer a one-point foul shot question.

4. Keep score (or ask a student to keep score) on the board or on newsprint.
5. Try to get through all the questions, but remember you have only 20 minutes. The game goes quickly and is stimulating.

FACILITATOR'S NOTE

If no one is given a foul shot, use the foul questions in the game for one point each. You may be able to create other situations that result in foul shots being awarded.

6. Use the questions that follow for the game. Correct answers are provided. Correct answers for True and False questions are in parentheses.
7. At the end of the game total the team scores and declare a winning team.
8. Summarize by saying,

 Wow! What a game! You all remembered a lot of information. Remember to use all the strategies you have learned to make proud and responsible decisions.

AIDS BASKETBALL QUESTIONS AND ANSWERS

TWO-POINT QUESTIONS

- 1. What does AIDS stand for?**
 - Acquired immunodeficiency syndrome
- 2. What causes AIDS?**
 - HIV, the human immunodeficiency virus
- 3. Which body system does HIV damage?**
 - Immune system
- 4. What happens to a person with AIDS that usually does not happen to people with a healthy immune system?**
 - They get certain rare diseases called opportunistic infections.
- 5. Name three of the body fluids through which HIV is transmitted.**
 - Semen, vaginal secretions, rectal fluids, blood and breast milk (any 3)
- 6. What are the most common ways HIV is transmitted?**
 - Unprotected sexual intercourse and exchange of blood
- 7. What drug-related behavior allows the exchange of blood?**
 - Sharing needles or works
- 8. How do most children get infected with HIV?**
 - From their infected mothers during pregnancy, at birth or through breastfeeding
- 9. (True) or False. Anyone who has unprotected sex or shares needles can get HIV.**
- 10. (True) or False. Anal sex increases your chances of getting HIV.**
- 11. True or (False). There is now a cure for AIDS.**
- 12. (True) or False. Performing oral sex increases the chance of getting HIV.**

13. True or (False). You can catch HIV like you catch a cold, because HIV can be carried in the air.

14. (True) or False. Sexual abstinence is the only 100% sure way to prevent pregnancy and sexually transmitted diseases.

THREE-POINT QUESTIONS

15. What are two ways to prevent HIV?

- Abstinence
- Not sharing needles or works

16. Name three ways HIV is passed.

- During unprotected sex
- By sharing needles and syringes
- From an infected woman to her fetus or newborn child

17. Name three types of sexual practices in which HIV can be passed.

- Anal sex
- Vaginal sex
- Oral sex

18. (True) or False. People without any symptoms can have HIV and pass it to a sexual partner.

19. True or (False). The only reason people practice abstinence is because of religious beliefs.

20. Name three sexual behaviors that do not involve any exposure to body fluids that can carry HIV. (Any 3)

- Hugging
- Massage
- Touching
- Masturbation
- Sexual fantasy
- Grinding
- Romantic talking
- Cuddling

21. Name two things that can make practicing abstinence easier.

- Knowing why you want to practice abstinence, telling your friends about your choice to abstain, talking to your partner about your choice early in the relationship, avoiding risky situations, knowing your physical limits

FOUL SHOOTING QUESTIONS (ONE POINT)

22. Yes or No. Which of these can transmit HIV?

Stress	no
Dry kissing	no
Sharing needles with someone who is HIV positive	yes
Touching someone who has HIV	no
Using the same fork as someone who is HIV positive	no
Using someone's comb	no
Being around someone with AIDS	no

23. (True) or False. People can have HIV and give it to others even if they do not look or feel sick.

24. True or (False). You cannot get HIV from sex if you have sex with only one person during your whole life.

25. True or (False). People infected with HIV through injecting drugs are not likely to pass the virus to sex partners unless the partner also injects drugs.

OPTIONAL ACTIVITY

HIV/STD JEOPARDY

PREPARING FOR THE ACTIVITY

RATIONALE

Using a familiar game format that is popular and fun will enhance student learning of HIV-related facts and/or serve as a review of the facts.

MATERIALS

- HIV/STD Jeopardy Questions
- Board for keeping score

TIME

15 minutes

PROCEDURE


1. Explain that the activity will reinforce information covered so far. It is a game called HIV/STD Jeopardy.

FACILITATOR'S NOTE

Explain that in the real game of Jeopardy, the contestants receive an answer and must come up with the correct question. In HIV/STD Jeopardy, students will be asked a question and then must come up with the correct answer.

2. Divide the group into two teams.
3. One person from each team chooses a category and a point value. If he or she gets the correct answer, the team receives the points. If not, the other team has the opportunity to confer and reply and earn the points.
4. The next team has the chance to choose a category and a point value. The game continues until the board is cleared and the game is over. The team with the highest number of points wins the game.
5. Have someone keep score on a sheet of paper or on the board.

6. At the end of the game say,

 **WOW! What a game! You all remembered a lot of the information. The important thing to remember is that you have learned lots of strategies in this program to help keep yourselves safer. I hope you enjoyed it and learned a lot.**

HIV/STD JEOPARDY QUESTIONS

HIV FACTS

\$100

What does AIDS stand for?

- Acquired immunodeficiency syndrome

\$200

What is HIV?

- The virus that causes AIDS

\$300

Who can get HIV?

- Anyone. It's not who you are but what you do. People are not high risk, but their behaviors may be.

\$400

What system does HIV affect?

- The immune system

\$500

What happens to a person with HIV that usually does not occur in people with a healthy immune system?

- They acquire certain rare diseases.

STD FACTS

\$100

What does STD stand for?

- Sexually transmitted disease

\$200

Name 3 STDs.

- Syphilis, HPV, herpes, gonorrhea, trichomoniasis, chlamydia, HIV, hepatitis B

\$300

Name 2 symptoms of STDs.

- Burning when urinating, discharge from penis/vagina, sores, bumps, itching, rash.
Sometimes there are no symptoms.

\$400

What is the difference between an STD that is caused by a bacteria and an STD that is caused by a virus?

- Bacterial STDs can be treated and cured. Viral STDs cannot be cured, just treated.

\$500

What happens if a person does not get treated for an STD?

- It leads to other health problems, such as pelvic inflammatory disease, sterility, blindness, death.

PREVENTION

\$100

What are two ways to prevent HIV transmission?

- Abstinence and not sharing needles

\$200

True or False: The only reason people practice abstinence is because of religious beliefs.

- False

\$300

Name two high-risk behaviors.

- Unprotected anal, oral or vaginal sex, sharing needles

\$400

What are the steps in SWAT for preventing an unsafe situation?

- Say NO, Explain Why, Provide Alternatives, Talk It Out

\$500

What are some safe sexual behaviors that won't transmit HIV or other STDs?

- Kissing, massage (with clothes on), masturbation, fantasy

TRANSMISSION

\$100

Name two ways that HIV is transmitted.

- Unprotected sex, sharing needles, from mother to fetus during pregnancy or childbirth, from mother to child through breastfeeding

\$200

What are two ways you cannot contract HIV?

- Sharing drinking glasses, touching, sitting in a classroom together, toilet seats, other casual contact

\$300

Name two body fluids that can transmit HIV.

- Blood, semen, vaginal secretions, rectal fluids, breast milk

\$400

How were most children with HIV infected?

- From mother to fetus during pregnancy, at birth, or through breast milk

\$500

Why is early treatment for HIV important?

- There is no cure for HIV, but anti-retroviral treatments (ART) can be started while the person still feels healthy. If people with HIV remain in medical care and continue to take the medicines to keep low viral loads, they can live long, healthy lives.

ABSTINENCE FACTS

\$100

What is the best way to prevent HIV/ STD transmission?

- Abstinence

\$200

True or False. People practicing abstinence can still participate in oral sex.

- False. Abstinence means not having anal, vaginal or oral sex. It also means not engaging in skin-to-skin genital touching that could transmit certain STDs (herpes, syphilis, HPV).

\$300

Name two things that can make practicing abstinence easier.

- Knowing why you want to practice abstinence, telling your friends about your choice to abstain, talking to your partner about your choice early in the relationship, avoiding risky situations, knowing your physical limits

\$400

What is the difference between practicing abstinence and never having had sex?

- Practicing abstinence means choosing not to have sex. A person who has had sex in the past can decide to stop having sex and be abstinent. Anyone who chooses not to engage in any sexual activities that could cause pregnancy or transmit HIV or other STD is practicing abstinence.

\$500

Name two benefits of abstaining from sex.

- Can help you reach your goals and dreams; protects you from unplanned pregnancy; allows you to avoid STDs, including HIV; can feel proud of yourself for making a responsible choice; can make your family proud; can get to know a partner well and do other fun things

OPTIONAL ACTIVITY

HIV/STD SURVIVOR

PREPARING FOR THE ACTIVITY

RATIONALE

Using a familiar game format that is popular and fun will enhance student learning of HIV-related facts and/or serve as a review of the facts.

MATERIALS

- HIV/STD Survivor Questions
- Paper
- Markers

TIME

15 minutes


PROCEDURE

1. Explain that the activity will reinforce information covered so far. It is a game called HIV/STD Survivor.


FACILITATOR'S NOTE

Explain that in the real game of Survivor, the student who remains in the game until the end is the winner. In HIV/STD Survivor, the team with the most survivors is the winner.

2. Hand each student a sheet of paper.
3. Divide the class into teams. Each team should have an equal number of students.
4. Read the following directions.

 I will need one member from each team to come to the front of the room. I am going to ask a question. Each person at the front of the room should answer the question on the sheet provided. You will have 15 seconds. If you get the correct answer, the next member of the team should come to the front. If you are unsure of the answer, you can poll your team. Each team can do this only twice during the game. If you answer incorrectly, you are eliminated and the next team member comes to the front, ready to play.

5. The game continues until each team member has come to the front of the room at least once. The team with the most survivors wins.
6. Have someone keep a record of which teams used the "Ask for Help" option. Remember each team can do this only twice during the game.
7. At the end of the game say the following,

 **WOW! What a game! You all remembered a lot of the information. The important thing to remember is that HIV and other STDs can be prevented. The key is to use the strategies you learned in this program. I hope you enjoyed the game and learned a lot.**

HIV/STD SURVIVOR QUESTIONS

HIV FACTS

What does AIDS stand for?

- Acquired immunodeficiency syndrome

What is HIV?

- The virus that causes AIDS

Who can get HIV?

- Anyone. It's not who you are but what you do. People are not high risk, but their behaviors may be.

What system does HIV affect?

- The immune system

What happens to a person with HIV that usually does not occur to people with a healthy immune system?

- They acquire certain rare diseases.

STD FACTS

What does STD stand for?

- Sexually transmitted disease

Name 3 STDs.

- Syphilis, HPV, herpes, gonorrhea, chlamydia, trichomoniasis, HIV, hepatitis B

Name 2 symptoms of STDs.

- Burning when urinating, discharge from penis/vagina, sores, bumps, itching, rash.
Sometimes there are no symptoms.

What is the difference between an STD that is caused by a bacteria and an STD that is caused by a virus?

- Bacterial STDs can be treated and cured. Viral STDs can not be cured, just treated.

What happens if a person does not get treated for an STD?

- It leads to other health problems, such as pelvic inflammatory disease, sterility, blindness, death.

PREVENTION

What are two ways to prevent HIV transmission?

- Abstinence and not sharing needles

True or False: The only reason people practice abstinence is because of religious beliefs.

- False

Name two high-risk behaviors.

- Unprotected anal, oral or vaginal sex, sharing needles

What are the steps in SWAT for preventing an unsafe situation?

- Say NO, Explain Why, Provide Alternatives, Talk It Out

What are some safe sexual behaviors that won't transmit HIV or other STDs?

- Kissing, massage (with clothes on), masturbation, fantasy

TRANSMISSION

Name two ways that HIV is transmitted.

- Unprotected sex, sharing needles, from mother to fetus during pregnancy or birth, from mother to child through breastfeeding

What are two ways you cannot contract HIV?

- Sharing drinking glasses, touching, sitting in a classroom together, toilet seats, other casual contact

Name two body fluids that transmit HIV.

- Blood, semen, vaginal secretions, rectal fluids, breast milk

How were most children with HIV infected?

- From mother to fetus during pregnancy, at birth, or through breast milk

Why is early treatment for HIV important?

- There is no cure for HIV, but anti-retroviral treatments (ART) can be started while the person still feels healthy. If people with HIV remain in medical care and continue to take the medicines to keep low viral loads, they can live long, healthy lives.

ABSTINENCE FACTS

What is the best way to prevent HIV/ STD transmission?

- Abstinence

True or False. People practicing abstinence can still participate in oral sex.

- False. Abstinence means not having anal, vaginal or oral sex. It also means not engaging in skin-to-skin genital touching that could transmit certain STDs (herpes, syphilis, HPV).

Name two things that can make practicing abstinence easier.

- Knowing why you want to practice abstinence, telling your friends about your choice to abstain, talking to your partner about your choice early in the relationship, avoiding risky situations, knowing your physical limits

What is the difference between practicing abstinence and never having had sex?

- Practicing abstinence means choosing not to have sex. A person who has had sex in the past can decide to stop having sex and be abstinent. Anyone who chooses not to engage in any sexual activities that could cause pregnancy or transmit HIV or other STD is practicing abstinence.

Name two benefits of abstaining from sex.

- Can help you reach your goals and dreams; protects you from unplanned pregnancy; allows you to avoid STDs, including HIV; can feel proud of yourself for making a responsible choice; can make your family proud; can get to know a partner well and do other fun things

OPTIONAL ACTIVITY

HEALTHY RELATIONSHIPS

PREPARING FOR THE ACTIVITY

RATIONALE

By identifying characteristics of healthy and unhealthy relationships, students will be able to distinguish the differences. Many teens aren't clear about behaviors that are unhealthy in relationships, believing for example, that extreme jealousy is normal and a sign of love.

MATERIALS


- Markers
- Pre-labeled newsprint
 - *Characteristics of Healthy Relationships*
 - *Characteristics of Unhealthy Relationships*
- *TREO: Four Components of Healthy Relationships* poster

TIME

20 minutes

PROCEDURE

1. Introduce the activity by saying,

 Let's think about what is required for a healthy relationship. Imagine for a minute a relation-SHIP. *(Draw a picture of a ship on top of waves.)*

What are the characteristics of a relation-SHIP that will help keep it afloat? *(These are characteristics of healthy relationships.)*

What are the sharks in the water that will cause the relation-SHIP to sink? *(These are characteristics of unhealthy relationships.)*

2. You can process this activity in several ways depending on your group. You can divide students into small groups or pairs and have them brainstorm the two lists. Or you can brainstorm both lists in the large group. Record students' responses on charts. Add any characteristics from the lists below. Post these charts and keep them available for future sessions.

Expected Answers:

Characteristics of Healthy Relationships

- » Trust—The trust goes both ways.
- » Open communication.
- » Equality—The two people are of a similar age and have an equal say in how they spend time and make decisions. (Partners who are older and more mature tend to control what happens in the relationship because they have more experience and more resources such as money.)
- » Shared interests—They like to do many of the same things.
- » Shared values—They have similar views about what is important in life and what is right and wrong.
- » Caring, love, and affection—These feelings go both ways.
- » Respect for self and for partner.
- » They manage conflict well—When they disagree or have arguments, they can talk things out so each person feels OK about what happened.
- » Nonviolence and emotional safety—There is no violence of any type (verbal, physical, emotional or sexual).

Characteristics of Unhealthy Relationships

- » Frequent miscommunication or lack of communication
- » Controlling behavior
- » Frequent and excessive jealousy
- » Differences in age, power, maturity
- » Disrespect—name calling, put-downs, public humiliation
- » Pressure to do things you don't want to do
- » Being willing to do anything to hold on to a partner
- » Doing things you don't want to do because a partner expects it
- » Isolation from friends and family
- » Frequent arguments that don't get resolved
- » Stress, sadness, fear or feelings of desperation
- » Engaging in behaviors that are risky to your health
- » Physical, emotional or sexual abuse/violence

FACILITATOR'S NOTE

Tune in to any cultural differences with respect to relationships. In some communities there may be cultural beliefs about what is valued in relationships. Also, make sure you are knowledgeable about state laws regarding relationship violence and assault.

3. As students offer characteristics, ask clarifying questions to help deepen their understanding of healthy relationships. For example,

- How do you know when you have (the characteristic, e.g., trust) in a relationship?
- What does it look like when two people trust each other?
- Give me some examples of open communication in a relationship.

4. Display the *TREO: Four Components of Healthy Relationships* poster and say,

- You did a great job on the brainstorming. To help you remember four of the most important components of healthy relationships, we'll use the acronym "TREO."
- **Trust:** Partners trust each other and feel safe in a relationship.
- **Respect:** First you respect yourself. Second, you respect each other.
- **Equality:** Partners have equal amounts of power and control in the relationship.
- **Open communication:** Partners talk openly and listen to each other.


5. Ask the following question,

- How would being in a healthy relationship affect your ability to make proud and responsible choices about sex?

Answers should include:

- » A partner would care about you and want to keep you safe.
- » You would trust each other.
- » A partner would treat you like an equal and make decisions jointly instead of pressuring you or forcing you to do things.
- » You would have open communication and it would be easier to talk about sexual feelings and decisions.

6. Summarize the activity by saying,

 Now that you know the difference between healthy and unhealthy relationships, look for partners who can form a healthy relationship with you. When something happens and you get that “uh oh” feeling in your stomach... that’s a warning sign of an unhealthy relationship. Pay attention.

Also, relationships are a two-way street. You have to be the kind of partner that you want to have. You have to be trustworthy and communicate. You have to want to keep your partner safe.

Remember TREO—trust, respect, equality and open communication are necessary for healthy relationships. It’s much easier to choose proud and responsible behavior when you’re in a healthy relationship.

TREO

Four Components of Healthy Relationships

Remember "TREO"

T = Trust

Partners trust each other and feel safe in the relationship.

R = Respect

First, you respect yourself. Second, you respect each other.

E = Equality

Partners have equal amounts power and control in the relationship.

O = Open communication

Partners talk openly and listen to each other.

OPTIONAL ACTIVITY

BIRTH CONTROL METHODS DEMONSTRATION

PREPARING FOR THE ACTIVITY

RATIONALE

Reviewing and discussing the various forms of birth control methods will enhance students' knowledge and empower them to make informed choices about the most suitable method to use.

MATERIALS

- Pre-labeled newsprint:
 - *Contraceptives*
- Markers


TIME

40 minutes

(Note: It is important to allow time to cover all of the different methods.)

PROCEDURE

1. Introduce this activity by saying,

 We're about to review the various methods of birth control. Let me clarify a couple of things. The purpose of this activity is to present factual information about birth control. I don't assume that you're having sex. There may be many different experiences in this group. Some of you may never have engaged in sexual intercourse and won't any time soon. Others may have had sex, not always by choice. Some might be parents already. Regardless of your background and experience, it's important for you to receive factual information about birth control. Being informed about birth control puts you in the driver's seat so you can be in control of when you have children in the future and how close together you have them.


I also understand that personal values about birth control vary. For example, some people don't believe in using birth control because it goes against their religion; other people have no beliefs against it. The bottom line is that most people who decide to have sex need a way to prevent pregnancy and STDs, including HIV. I want you to be able to make informed decisions about protecting yourselves, so we're going to learn about all of the options.

2. Unfold the pre-labeled newsprint titled *Contraceptives* and ask the students to brainstorm all the methods of birth control or contraception that they can think of. Write the list on the newsprint.

Answers should include:

- » Abstinence
- » IUD
- » Implant
- » Depo-Provera (the shot)
- » Birth control pills, patch and ring
- » Male condom (external condom)
- » Female condom (internal condom)
- » Sponge
- » Spermicides

3. Begin your presentation by explaining,

 Contraceptive methods fall into two different categories: over-the-counter methods that can be purchased by anyone at any stores, clinics, supermarkets, convenience stores or online, and prescribed methods, which you have to see a health provider to get. I'll be talking about the methods in order of effectiveness, or how well they work to prevent pregnancy.

4. Using the following information, teach and demonstrate the various contraceptive methods. If you have a birth control kit, show the various methods as you discuss them. Don't pass the methods around while you're educating as it gets the group distracted. Allow students to handle the methods at the end when you've finished the demonstration.

FACILITATOR'S NOTE

Don't try to communicate every fact about the various birth control methods in this presentation. This is an overview. Let students know they will get a more thorough education whenever they go to a health center to obtain contraception. See the section Contraceptive Methods in Appendix B for additional information.

ABSTINENCE

- Abstinence is the safest and most effective pregnancy and STD prevention method.
- There are a lot of different definitions of abstinence. We define it as not engaging in sexual intercourse of any type (oral, anal or vaginal).
- It requires that you avoid any behaviors that might result in exchange of bodily fluids that can result in pregnancy or can transmit STDs, including HIV. It also means not engaging in any skin-to-skin genital touching that could transmit certain STDs.
- Abstinence requires skills—you have to know why you want to say no to risky sex and be able to communicate that assertively to a partner.
- It's important to have a backup method in case you decide to stop using abstinence in order to be able to protect yourself from pregnancy and STDs, including HIV.

PRESCRIBED METHODS

To obtain some methods of birth control, you need a prescription from your doctor. Some of these methods work by regulating hormones involved in the reproductive process. These hormonal methods include some IUDs, the implant, Depo-Provera shots and birth control pills, the patch and the ring. Although these methods are very effective at preventing pregnancy, they do not prevent sexually transmitted diseases. Therefore, if you use one of these hormonal methods for pregnancy prevention, your partner must also use a latex condom so that you will be protected against STDs. Let's discuss the specific methods. These methods are highly effective if used correctly. And with some of them, there's nothing you have to do once they are inserted!

IUD

- An IUD, or intrauterine device, is a small T-shaped piece of plastic, or plastic and metal, that is inserted into the uterus.
- There are 2 kinds of IUDs in the US.
 - » **Non-hormonal:** The copper-T IUD (ParaGard) is a non-hormonal IUD that creates an environment in the uterus that makes it very hard for sperm to survive and for fertilized eggs to attach to the wall of the uterus, which is necessary for a pregnancy to occur. Once you get this type of IUD inserted, you are protected from pregnancy for up to 10 years.

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- » **Hormonal:** A hormonal IUD does the same thing, but it also releases hormones that stop your body from releasing eggs. There are 3 kinds of hormonal IUDs available in the U. S.: Mirena, Skyla and Liletta. They are effective from 3 to 5 years, depending on which one you get.
- When your body is first adjusting to the IUD, your period might be heavier or more painful. IUDs do not protect you from STDs, so you should also use a condom.

Implant

- The implant is a thin stick about the size of a cardboard match that is placed under the skin of your upper arm and releases hormones to prevent your body from releasing eggs.
- It can be used for up to 3 years.
- It can cause periods to be irregular or stop.
- The implant does not protect you from STDs, so you should also use a condom.

Depo-Provera (the shot)

- Women who use Depo-Provera receive hormonal shots every 3 months.
- Depo-Provera is a highly effective birth control method.
- It can cause periods to be irregular or stop.
- The shot does not protect you from STDs, so you should also use a condom.

Birth control pills

- Birth control pills prevent the ovaries from releasing eggs during the monthly cycle.
- One pill must be taken each day at about the same time of day.
- When you start "the pill," you must use a back-up method for the first 7 days to prevent pregnancy.
- If you miss a day, you must take two pills the next day.
- If you miss more than one day, you must use a back-up method for 7 days to prevent pregnancy. You should also talk to your doctor about finishing the rest of your pack of pills.
- **NEVER** use another person's birth control pills (even your mother's or sister's). A doctor must prescribe the birth control pills that are safe for you.

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* Birgisson, N. E., Zhao, Q., Secura, G. M., Madden, T., Peipert, J. F. (2015). Preventing unintended pregnancy: The contraceptive CHOICE project in review. *Journal of Women's Health* 24 (5): 349–355.

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- The pill does not protect you from STDs, so you should also use a condom.

Birth control patch

- The patch works the same way as the pill, except that instead of swallowing the hormones, you absorb them through the skin.
- The patch is a small, band-aid like sticker that you wear on either your back, hip, butt or upper outer arm and change once a week for 3 weeks, and then the fourth week you don't wear it and get your period.
- The patch does not protect you from STDs, so you should also use a condom.

Vaginal ring

- The ring is a hormonal method just like the pill and the patch. With the ring, the hormones are absorbed through the vaginal wall.
- It is a small flexible ring that you insert into your vagina. It sits just below your cervix. Once you insert it, you leave it in for 3 weeks, and then take it out for a week to have your period.
- The ring does not protect you from STDs, so you should also use a condom.

Prescribed methods summary

So you see you have choices with prescribed methods. Many of the newer methods are easier to use and effective for long periods of time. Let's review:

- With the pill, you have to take a pill once a day at the same time.
- With the patch, you have to replace the patch once a week for 3 weeks and then leave it off for 1 week (the 4th week).
- With the ring, you insert a new one once a month. You leave it in for 3 weeks and then take it out for 1 week (the 4th week) to have a period.
- With the shot, you have to go back to the health provider every 3 months for another shot.
- With the implant, you get one inserted and it's effective for 3 years.
- With the IUD, once it's inserted, it's effective for up to 10 years depending on the type of IUD.

Research shows that when teens use long-acting methods like the implant and the IUD, the rate of teen pregnancy goes down dramatically.*

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OVER-THE-COUNTER METHODS

These methods of birth control can be purchased by anyone of any age, at drugstores, clinics, supermarkets, convenience stores and online without a prescription.

Male (external) condom

- The male condom is a latex sheath that covers the penis and keeps semen from entering a partner's body.
- It should be put on the penis as soon as the penis is erect, and removed after ejaculation, away from the partner.
- Latex condoms are the most common. People who are allergic to latex can use polyurethane or polyisoprene condoms. Lambskin condoms do not protect against HIV, so don't use those.

Female (internal) condom

- The female condom is a soft, loose-fitting polyurethane (plastic) or nitrile sheath that lines the vagina. Polyurethane is strong and unlikely to rip or tear during use. It is also unlikely to cause allergic reactions.
- The female condom can be inserted right before sex, or up to 8 hours ahead of time.
- These are the steps for using the female condom:
 - » Check the expiration date.
 - » Rub the outside of the package to spread the lubricant onto the condom.
 - » Open carefully by tearing at the notch on the top right of the package.
 - » Note that there are two rings. The thinner outer ring covers the area around the opening of the vagina. The thicker inner ring is used for insertion and to help hold the sheath in place during intercourse.
 - » There are different positions you can use to insert the condom—squat, raise one leg, sit or lie down. Choose a position that feels comfortable.
 - » While holding the condom at the closed end, grasp the flexible inner ring and squeeze it with the thumb and second or middle finger so it becomes long and narrow.

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- » Insert the inner ring into the vagina and use your index finger to push it up into your vagina as far as it will go. It will fit into place right under your cervix. Be sure the sheath is not twisted. Leave the outer ring on the outside of the vagina—about a half inch of the sheath should remain on the outside of your vagina.
- » You are now ready to guide your partner's penis into the condom's opening with your hand to make sure that it enters properly. Be sure that the penis is not entering on the side, between the sheath and the vaginal wall.
- » To remove the condom, place your finger under the outer ring. Twist it and pull it out. Wrap it in tissue and throw away.
- The female condom can also be used for STD protection during anal sex. Because people of any gender can use these condoms for anal sex, some educators have begun to call them internal or insertive condoms.

Note: Take care to present the female condom in a nonjudgmental fashion. It is a great option for people who choose to have sexual intercourse and don't want to depend on a partner to use a male condom. Although the female condom may not look as familiar as the male condom, it's not too complicated to use. Reassure students that it will simply take a few times to practice and then it will be no problem. Note that the female condom can be inserted well in advance of being with a partner, so that sexual intercourse can be spontaneous.

Sponge

- The sponge is actually a dual method—it works as a barrier and a spermicide. With clean hands, you wet the sponge with clean water, gently squeeze the sponge until it foams up, fold the sides of the sponge and insert it into the vagina just as you would insert a tampon.
- The sponge can be inserted up to 24 hours before intercourse and must be left in place at least 6 hours after intercourse. This allows for more flexibility and spontaneity with sex. The sponge should not stay in for more than 30 hours.
- The sponge does not protect you from STDs, so you should also use a condom.

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Spermicides

- You can also purchase various forms of spermicides—foam, cream, film, gel and suppositories—that prevent pregnancy by killing sperm cells before they can reach the egg cell.
- The sperm-killing substance in most vaginal spermicides is called nonoxynol-9. But nonoxynol-9 can cause an allergic reaction or irritation for some people, and this can increase the risk of STD/HIV infection. Spermicides need to be reapplied for each act of intercourse.
- Spermicides are somewhat less effective than condoms and many of the prescribed methods. However, they are good protection if they're used correctly and consistently, and very good if used along with a condom (which also prevents STDs).

FACILITATOR'S NOTE

Side Effects and Hormonal Methods


Hormonal methods (the pill, patch and ring) are safe, very effective methods of birth control. Most young women who use them have minimal side effects. Smoking cigarettes while using these methods can increase the risk of certain side effects, which is why health professionals advise women who use these methods not to smoke.

The side effects some women have while using these hormonal methods may include:

- irregular menstrual bleeding
- nausea, headaches, dizziness and breast tenderness
- mood changes
- blood clots (these are rare in women under 35 who do not smoke, but there may be a slightly higher risk with the patch than with the pill)

There are a few additional side effects to consider with the birth control shot (also a hormonal method), for example, no menstrual periods at all, weight gain and depression. Studies have linked the use of the long-acting progesterone shot to a loss of bone density. So teens considering getting the shot as a method should talk to their doctors about it.

5. Process this activity with the questions below:

 How does a young person decide whether to use birth control and which method to use?

Make sure answers include:


- » Talk to parents, a health care provider, doctor, counselor, caregiver, caseworker or partner.
- » Ask questions.
- » Do lots of thinking.
- » Ask themselves questions such as:
 - Am I ready for parenthood?
 - Do I want to deal with a pregnancy?
 - Do I respect myself enough to protect myself?

 What are some ways males can participate in the process of using birth control?

Make sure answers include:

- » Help pay for it
- » Go to doctor/clinic with partner
- » Wear a latex (or polyurethane/polyisoprene) condom
- » Ask questions
- » Remind partner to use the method correctly
- » Help decide which method to use in addition to condoms
- » Be supportive

6. Summarize this activity by saying,

 Abstinence is the only 100 percent effective way to prevent pregnancy, HIV and other STDs. But, if you are going to have sex, you have to take steps to help protect yourself by using effective methods to help prevent pregnancy and infections.

You must use a latex or polyurethane/polyisoprene condom in addition to any other form of contraceptive you choose to use. The condom is the only birth control method besides abstinence that also prevents sexually transmitted diseases, including HIV.

Remember, in order to reach your goals and dreams, the proud and responsible thing to do is to abstain from sex, or—if you decide to have sex—to use effective methods of protection every time.