

# Notes from Sexual Health Education presentation – April 8<sup>th</sup>, 2021

Sara and Althea from SHIFT. (*Sexual Health & Intimacy for Teens*)

The uterus is normally the size of a fist but can stretch up to 500 times its original size.

An egg (or eggs in the case of twins) is/are released every month and once released it only lives 24 – 48 hours.

Vagina is also called the birth canal.

Menstruation is when the uterus' wall is shed.

Men are fertile for their entire life.

When men ejaculate, they release between 40-million to 1.2 billion sperm

A sperm can survive 5 – 6 days inside a woman's body.

Sex:

Sex is best when it is with someone who you are in a trusting and safe relationship.

Sexual Integrity – not using your sexual power to misuse other people or ourselves.

Sex is a serious responsibility.

- Women can get pregnant even when using contraception.

Contraception: Reduces risks of pregnancy

- Fertility – Awareness based methods 76%
- Spermicide – 72%
- Male condom – 82%
- Female condom – 79%
- Withdrawal (pulling out) - 78%
- Sponge – 88% – 76%
- Injectable – 94%
- Pill – 91%
- Patch – 91%
- Ring – 91%
- Diaphragm – 88%
- Implant – 99.95%
- IUD (Intrauterine Device) - 99.8% - 99.2%
- Male Sterilization – 99.85%
- Female Sterilization – 99.5%

## STIs – Sexually Transmitted Infections

- Bacterial: chlamydia, gonorrhea and syphilis
- Parasitic: trichomoniasis

## Sexual Addiction:

Having sex increases Dopamine Levels by 150%

Sex also releases oxytocin which helps create bonds between people.

## Pornography:

- Research indicates that the average person is exposed to pornography by the age of 8 years old.
- It causes people to treat others as an object as opposed to seeing them as a valued person.
- Can lead to reduced levels of intimacy between partners

## Age of consent:

- For sexual activity is 16 years old.
- Your consent is required for any sexual activity.
- Sexting: If you are under the age of 18 it is illegal to send or receive nude photos.

Decision Making: to help plan what type of relationships you want to be involved in.

- Setting priorities
- Organizing plans and ideas
- Forming strategies
- Controlling impulses
- Allocating attention

## Saying "No"

If you can't say "No" to someone that you are in a relationship with, then that is a red flag. You should always be able to say "No" to someone who trusts, values and cares about you.

LOVE	INFATUATION
Occurs in late teens / Early 20s	Young adolescence
Lasts over a long time	Avg. High School dating: 1 – 3 months
Singular focus	Attachment to two or more
Parents tend to approve	Parents tend to disapprove
Broadly involves entire personality	Narrowly focused on a few traits (mostly physical)
Associated with feelings of self-confidence, trust & security	Feelings of guilt, insecurity & frustration
Willingness to face reality & tackle problems	Problems often disregarded - Idealization
Sense of being alive when together	Boredom when there's no sex or fun