

TTP

Tell It

Like It Is

Workbook

www.healthyteenrelationships.org

POP QUIZ

1. Which STD's can be passed through giving or receiving Oral Sex?
 - a. Gonorrhea and Chlamydia
 - b. HPV and Herpes
 - c. All of the Above
2. What is the only 100 % effective method of Birth Control and STD Prevention?
 - a. The Pill
 - b. Condoms
 - c. Abstinence
3. What percentage of high school students nationally are sexually active?
 - a. 85%
 - b. 76%
 - c. 47%
4. By age 25, how many sexually active Americans will have had an STD?
 - a. 1 out of 8
 - b. 1 out of 2
 - c. 1 out of 4
5. What percentage of high school students do not say no to unwanted sexual touch?
 - a. 67%
 - b. 43%
 - c. 85%
6. What percentage of sexually active teens regret their decision to have sex?
 - a. 82%
 - b. 28%
 - c. 65%
7. Sex makes your relationship better.
 - a. True
 - b. False

MYTHS AND FACTS SHEET

DON'T BELIEVE THESE MYTHS

Most teens are sexually active

Sex makes relationships better

Withdrawal is a reliable method of birth control

Teens rarely get STD's/STI's

You can't get STDs/STI's from oral sex

Condoms are the safest way to protect from disease

Having sex proves you love someone

Birth control pills protect against some sexually transmitted diseases

All guys want in a relationship is sex

FACTS REGARDING TEEN SEXUAL BEHAVIOR

Nationally 47% of high school students have had sex.(Grade 9-12)

Boys and girls have almost the same rate of sexual activity. Boys report being pressured by girls almost as often as girls are pressured by boys.

One in two sexually active Americans will contract an STD by age 25.

One in five people in the U.S. are infected with Herpes.

21% of people with HIV don't know they have it. 50% of other STD/STI carriers don't know they have one

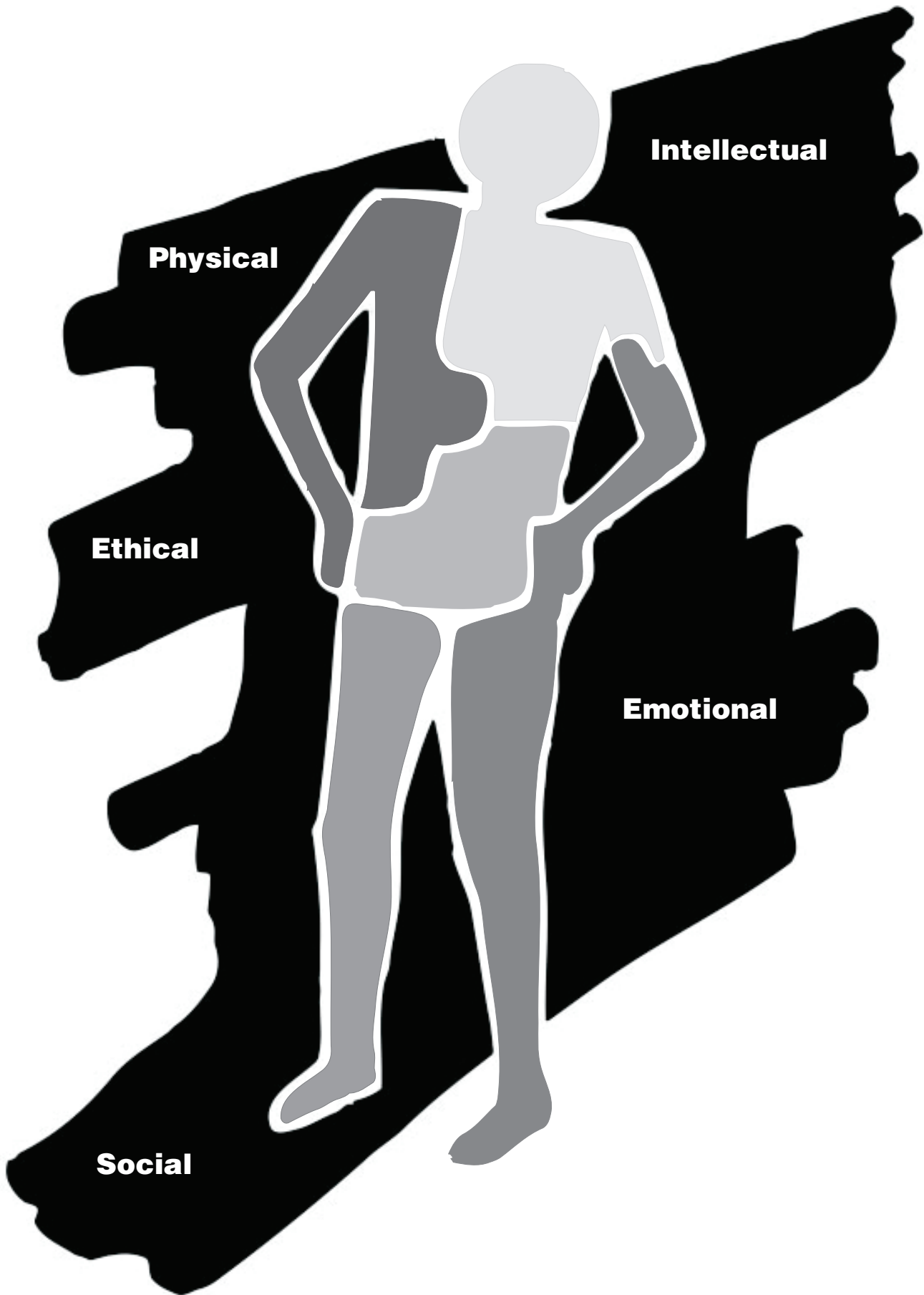
Most STDs, including Gonorrhea and Herpes can be transmitted through giving or receiving oral sex. Herpes and HPV can be passed in areas a condom doesn't cover.

If you don't use birth control, you have an 85% chance of getting pregnant within one year. (If you have sex regularly.)

Abstinence is the only 100% effective method of birth control and disease prevention.

A national study of expectations met by sex showed that 65% of teens wished they would have waited to have sex.

20 million new STD cases are reported each year. Almost half are teens! That equals a teen being infected every 8 seconds.



Physical

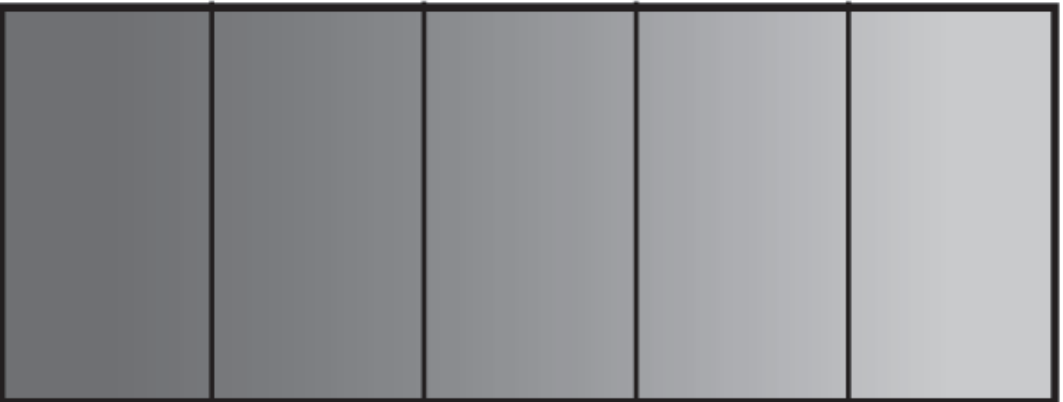
Intellectual

Ethical

Emotional

Social

COMMUNICATION LEVELS



CLICHES

FACTS

IDEAS

FEELINGS

TRANSPARENCY

SHOWING FEELINGS IN PHYSICAL WAYS



1) "Don't Really Know"

2) Hands Off!! Talking/Get to know each other.

3) Put Arms Around/Hold Hands/Kissing

4) Hold Close/Serious Kissing

5) Intimate Touching Over Clothes

6) Intimate Touching with Clothes Off/Under Clothes

7) Have Sex, including Oral Sex

ASSERTIVE

**Expressing what you feel *and*
think in a positive way.**

“I” Statement Sheet

I feel (*name the feeling*) _____

when (*describe the behavior*) _____

because (*state the facts / why you feel this way*) _____

I want/need (*say what would solve the problem*) _____

Ways You Can Use I Statements

- ✓ You don't always have to use the order shown above. Sometimes you can start with "When..."
Example to Parent: When you call me "Suzy" I feel embarrassed because it sounds like you're treating me like a little kid. I want you to call me Susan."
- ✓ When talking about something that already happened, sometimes it's not always necessary to use the "I want..." part of the message. Just saying how you feel is enough.
Example to boyfriend: I felt embarrassed when you told all the guys about our entire date, please don't do it again.
- ✓ A common mistake: Don't disguise an accusation as a feeling.
Example to a Friend: When you copy answers off my paper, I feel you're just a cheater, or I feel you're a lousy friend. Remember when you say, "I feel..." the next word has to be a feeling, not an action or allocation.
- ✓ "I" Messages do not have to be negative, or something that you use only when you're mad about something. Positive "I" Messages are also useful ways of letting others know how you feel.
Example to a Girlfriend: I felt respected, when you told me the truth about what happened.

Assertiveness — Standing Up For Yourself Without Putting Others Down

Three Ways to Communicate

- I. **PASSIVE: Not expressing your feelings. Allowing yourself to be disrespected, always giving in or avoiding the real issue.**
Speech: say nothing, lots of “ums,” lying about what you think or feel.
Voice: soft, whining
Eyes: looking down, looking away
Posture: shoulders and head down, rocking back and forth
Hands: fidgety
The Results: You don't get hurt. You usually don't get what you want.
You feel like you've been used.

- II. **AGGRESSIVE: Expressing how you feel by disrespecting someone else. Getting what you need by yelling, put-downs, threats, or physical violence.**
Speech: putdown words, insults, threats
Voice: loud, cold, tense
Eyes: staring, angry
Posture: hands on hips, stiff, rigid
Hands: clenched, pointing finger, pounding fist
The Results: Both people can get hurt. You may get what you want but the relationship is damaged. Or consequences for aggressive or violent behavior.

- III **ASSERTIVE: Expressing what you think and feel in a positive way. Solving a problem so that both people are respected.**
Speech: honest, direct, feeling words included
Voice: clear, firm, loud enough to hear but not too loud
Eyes: eye contact is maintained - calm, direct look
Posture: balanced, head and shoulders up, facing the person directly
Hands: relaxed motions
The Results: No one gets hurt. You often get what you want. You keep your self-respect. You show respect and improve the relationship.

Signs of an Unhealthy Relationship

- Is jealous and possessive. Won't let you have friends. Checks up on you. Won't accept breaking up.
 - Tries to control you by being busy, giving orders, making all the decisions. Doesn't take your opinion seriously.
 - Is scary. You worry about how he/she will react to things you say or do. Threatens you. Uses or owns a weapon.
 - Believes that boys and men should be in control and powerful. Believes that girls and women should be passive and submissive.
 - Blames you when he/she mistreats you. Says you provoked him/her, pressed his/her buttons, made him/her do it, lead him/her on.
 - Pressures you for sex. Is forceful or scary around sex. Thinks women or girls are sex objects. Attempts to manipulate or "guilt trip" you.
 - Is violent. Has a history of fighting. Loses temper quickly. Brags about mistreating others
-

Signs of a Healthy Relationship

- Accepts the other partner's friends and family without jealousy.
- Allows for growth and change without one or the other partner being threatened.
- Allows for each partner's individuality.
- Does not attempt to control or change the other partner.
- Encourages self-sufficiency in each partner.
- Encourages high self-esteem in each partner.
- Trusts partner.

Name _____

SEXUAL OPINION HOMEWORK

Ask an adult relative how she/he feels about young people having sex. What might be some of the consequences that result from teens having sex **other than physical ones**? What are the benefits of waiting?

ETHICAL -

SOCIAL -

EMOTIONAL -

INTELLECTUAL -

BENEFITS -

Parents:

Did this homework assignment give you an opportunity to have a discussion with your child that you may not have had otherwise? Yes No

Parent Comments:

Parent/Guardian Signature _____