

Promoting Healthy Sexuality
and
Pregnancy Prevention
with Children and Youth in Care

Session Two:

*Helping Youth Make Healthy
Decisions about Sex*

Welcome Back



Objectives & Outcomes

- ▶ Demonstrate effective communication techniques to discuss sexual development and sexual health with children and youth
- ▶ Describe how immature judgment in youth affects their view of loving relationships and decision making related to those relationships
- ▶ Recognize that choices about sexual orientation are also part of healthy sexual development, including same-sex relationships
- ▶ List and explain methods of contraception effective for pregnancy delay or prevention
- ▶ Describe healthy sexuality in youth

Homework Review

S.A.F.E Formula

Stay Patient

Accept the Situation

Focus on next steps

Express care

- *Youth shut down due to feelings of shame, guilt or living up to someone's standards. The overall goal in relationships with youth is you want them to feel safe.*

Icebreaker Activity: T/F Quiz

1. Condoms provide 100% protection from pregnancy.
2. Young people can get confidential sexual health information starting at age 12.
3. Providing information to youth on sex and contraceptives encourages them to do it sooner than they would have otherwise.
4. If a teen couple decide to have sex twice during the same evening, they can safely use the same condom since the male already has it on.

T/F Quiz (Cont'd)

5. Instead of going on birth control pills, young women are able to get a prescription for morning-after pills and just take one as needed to avoid pregnancy.
6. Oral sex is not really sex.
7. For protection from HIV infection, any condom will work.
8. A young person can be cured of homosexuality through psychotherapy.
9. Children who get sex education in school don't need parents to discuss it at home.

T/F Quiz (Cont'd)

10. These words are a real part of a popular hip hop song:

*I'm a different man, kiss my ***, kiss my lips, chick why ask? Kiss my ****, get my cash? I'd rather have you whip my ****

Don't put out, I'll put you out. Won't get out, I'll push you out...

11. Birth control pills also provide protection from STIs.
12. Girls having sex with other girls need to use protection to prevent STIs.

Video Clip



Eminem – Superman
(Clean/edited version)

Self-Esteem

- *Do the children and youth in your care usually come with positive self-esteem?*
- *What might be the reasons for this?*
- *What have you found to be helpful in building the child's self esteem?*



Healthy Sexuality: Definition

“Healthy Sexuality starts at an early age being knowledgeable of connections between mental, physical, and emotional well being. Sexuality is a continuum of awareness uncovering the social misconceptions and accepting oneself. In the process of understanding sexuality, one gains confidence when learning about choices and current resources.”

Keeping Youth Safe



*Helping youth make healthy decisions
about sex is essential in our current
society.*

Why?

What's Love Got To Do With It?



- *What was your reaction to "What's Love ..." back in the day?*
- *Listen to "Love the Way You Lie."*
- *How do you address today's music with children in your care?*

Perception Activity: What is Love?

Young Females' Perception of Love	
Adults	Youth

Young Males' Perception of Love	
Adults	Youth

Three Emotions (sometimes mistaken for love)

- **LUST** – *an intense, unrestrained and sudden attraction or sexual craving towards somebody you know or hardly know*
- **OBSESSION** – *a compulsive, “all the time” preoccupation with a feeling or emotion towards someone*
- **REBOUNDING** – *a quick recovery from a disappointment or loss of one relationship by pursuing another right away.*



10 Things Youth Need to Know About Love

- ▶ Love does not hurt.
- ▶ Love is not manipulative
- ▶ Love takes many different forms but is always about caring.
- ▶ Love does not compromise your values or being true to yourself.
- ▶ When you love another person you don't ask them to sacrifice a part of themselves in the name of that love.

*Resource- About.com:Teen Advice



10 Things Youth Need to Know About Love cont..

- Know the difference between lust, obsession and rebounding.
- It is possible to feel romantic love for more than one person at a given time.
- Sex is not love.
- Romantic love can fade.
- Love should make you feel happy, secure and appreciated.



*Resource About.com: Teen Advice

Strategies for Healthy Relationships

- ▶ You have to love yourself and know who you are
- ▶ You have to take a risk and try something new
- ▶ You have to start knowing what you like and what you dislike – and what you want and what you don't want
- ▶ You start by creating and setting goals for yourself
- ▶ You develop a mind set of what you want your relationship to have and recognize the warning signs if the relationships starts to consume your energy and sacrifices your own desires and goals
- ▶ Don't be so hard on yourself. This can be an on going process of emotional awareness.

Break Time



Helping Youth with Sexual Feelings and Behaviors

Role Play Activity:

What Do You Think and Feel?

Pregnancy Prevention & Delay Research

- Researchers agree that sexual intercourse is not always planned by either parties
- It may be planned by one but not by the other.
- Regardless of the planning only 1/3rd of sexually active adolescents consistently use any form of contraceptive.

Teenage Pregnancy: The Problem That Hasn't Gone Away (New York: Alan Guttmacher Institute).

Research (Cont'd)

- First intercourse for a large number of our female youth occurs under pressure on a date. One study reports that 39% of female youth engage in unplanned intercourse under pressure.
- For youth-in-care the number is higher. Therefore, sharing in the responsibilities that goes along with sexual freedom needs to be a joint ownership between both partners

“Parents tend to LOVE their sons, but RAISE their daughters.”

Given the research we just covered, what implications does this have for our youth?

What are the implications for boys in particular?...girls in particular?...youth in care?

What kinds of information do you need to meet the needs of today's youth in dealing with issues of sexuality and sexual behavior?

Contraceptives

Call out the names of all the types of contraceptives you are aware of.



The Conversations



Are you ready to have the conversations with youth regarding whether they are ready for sex?

Adolescent Reasons for Having Sex

(625 American Teens-) -1979- undergraduate students at the University of Northern Iowa

■ Girls

- Not to hurt boy's feelings
- To avoid fighting with boyfriend
- Means a lot to boy
- Afraid of losing boyfriend
- Unable to say no when pressured
- Persistent Demands
- Everyone is doing it
- To show love, give assurance
- Obligated, payback for date
- Led him on, don't want to be a tease
- High on drugs, alcohol

■ Boys

- Not to hurt girl's feelings
- Afraid she may think I do not like her
- Because girls want it
- It is expected
- Everyone is doing it
- To prove manhood
- To see what it is like
- Nothing else to do on a date
- High on drugs, alcohol

Teaching child to say “NO” the “N.I.C.E.” way

N – *say “No,” not “Maybe” or “Later.”*

I – *Follow with an “I” statement.*

C – *If pressure continues, “Change.” Teach your child to change the topic.*

E – *If these things don’t help, your child needs an “Exit” plan. They should leave the situation right away.*

Windows of Opportunity

- Something small which can be done or said that can trigger the youth to start thinking about “what if” outcomes before the actual act.
- A situation that provides one with a chance to share information or advice or get the youth to think about the situation from a different view point.
- That small opening that allows you to start a conversation, provide a gem of wisdom or ask a thought provoking question.

Planting Seeds



*What do you know about seeds
when they are first planted?*

Greek Proverb



A society grows great when old men plant trees
whose shade they know they shall never sit in.

Small Group Activity

- *Is this a window of opportunity?*
 - *How so, or why not?*
- *How would you handle the situation to make use of this window of opportunity?*
 - *How would you start the conversation?*
 - *What specifically would you say?*

One Pregnant Teenager Express her motivation to have a baby..

" I'm going to live at home for a while. My baby's going to be in the room with me because the house is crowded and all....As soon as I can I'm going to get welfare, to help out, and after I graduate from high school, I'm going to get a job save lots of money and then I'll get an apartment of my own just for me and my baby. I want us to be close, so we can sit and talk about things and not be hush-hush about everything, the way me and my mom are. Right now, though, I don't have a lot to give a baby really. All I got, I guess is love.

Session Two – Wrap Up

- Session Summary
- Questions and Answers
- “Take Aways”



Thank You

*Please complete the Post
Assessment and Evaluation*