



Human Development & Sexuality

PPL20 Grade 10 Mrs. Longval
Lesson 3

Choices Related To Sexual Intimacy

Effects of choosing NOT to have sexual intercourse (abstinence)

- Maintain self-esteem, maintain parental trust, no pregnancy, no STI's,
- fear of conflict or continual pressure from partner, remain curious about
- sex, may lose partner, maintain religious beliefs and/or personal values.



ABSTINENCE

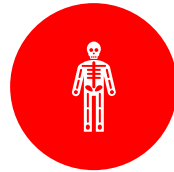
Choices Related To Sexual Intimacy

Effects of Saying Yes



Stress, fear of parents/friends finding out, loss of virginity, risk of pregnancy/STI's, discussion with partner regarding contraception

Choices Related To Sexual Intimacy



EFFECT OF CHOOSING TO USE ONLY PREGNANCY PROTECTION (PILL, DEPO, RING, PATCH)



TAKING RESPONSIBILITY FOR THE TYPE OF BIRTH CONTROL (E.G., DOCTOR VISITS, BUYING BIRTH CONTROL, DISCUSSION WITH PARTNER), EFFECTS OF LIVING WITH AN STI.

Choices Related To Sexual Intimacy

Effects of choosing to use only the
contraception method that protect against
STI's (condom)

Reduced risk of STI's, reduced risk of
pregnancy, less stress about pregnancy/STI's

reduced sensitivity during intercourse

reduced spontaneity, increased
responsibility (purchasing condoms, doctor
visits).

Choices Related To Sexual Intimacy



Effects of choosing to have sexual intercourse without protection

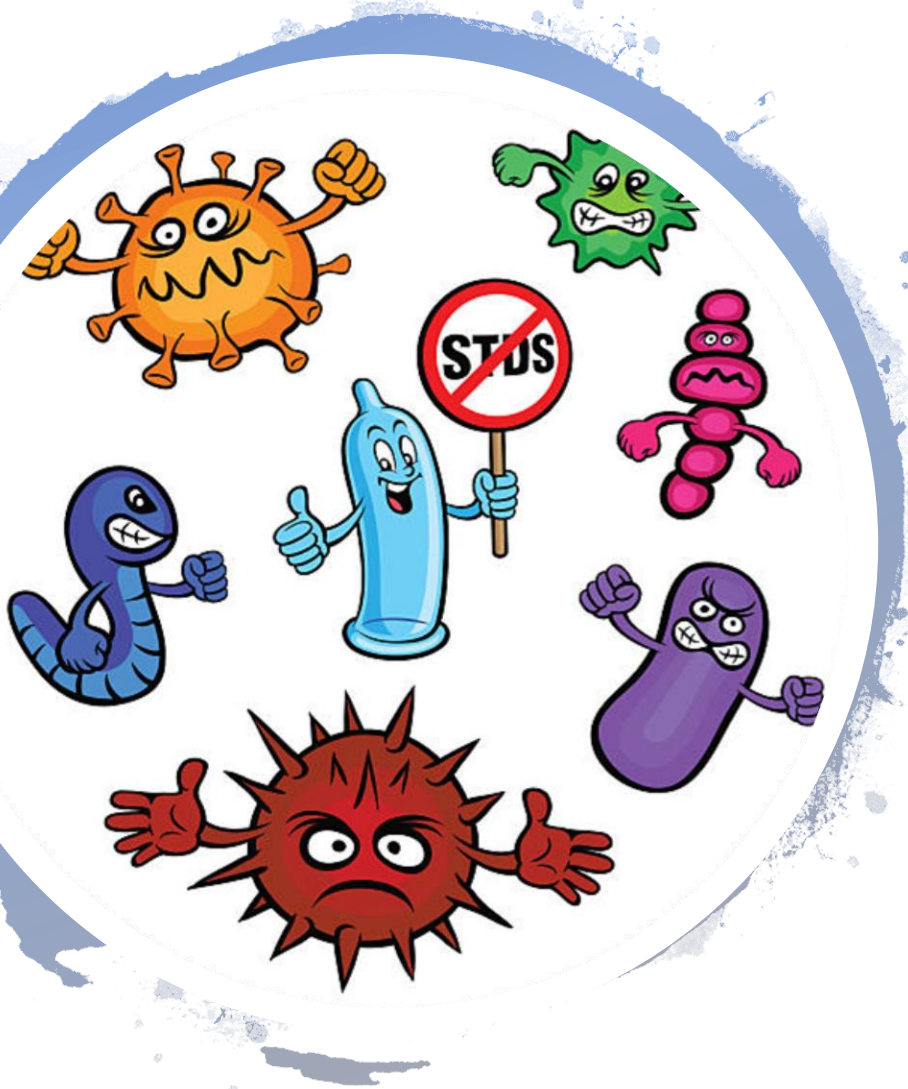
Increased risk of pregnancy/STI's

maintain spontaneity

stress about risk,

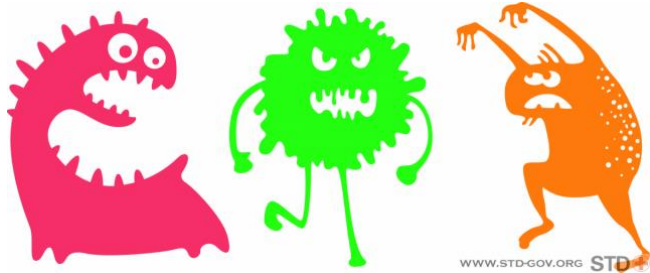
no cost for protection,

What is an STI?



- Any infection (bacterial) or disease (viral) passed from person to person through sexual contact including oral, anal or vaginal sex
- STIs are caused by tiny organisms that are passed from one person to another through an exchange of body fluids
- Examples of these fluids:
 - Semen
 - Vaginal fluids
 - Blood
 - Breast milk
- Some STIs can be spread by direct contact with infected skin.

Types of STIs



- Bacterial/Parasitic
- If bacteria or a parasite causes an infection, it can be treated with antibiotics or an antimicrobial medication
- Examples:
- Bacterial:
- Chlamydia
- Gonorrhea
- Syphilis
- Parasitic:
- Pubic lice
- Scabies

Types of STIs



Viral:

- If a virus causes an infection, it is possible for it to remain “asymptomatic” for periods of time. It’s possible to have the virus and not know it, and it is possible to pass it on to another person without either person knowing it.
- Viral STIs can be treated but not cured.
- Examples:
 - HIV/AIDS
 - Genital warts
 - Herpes
 - Hepatitis B & Hepatitis C



SYMPTOMS WHICH CAN SIGNAL AN S.T.I

- Itching or Burning - may be due to discharged caused by S.T.I or bites from mites, ticks or insects
- Burning after or during urination may be a symptom
- Growths or Sores - which appear in genital area (or elsewhere)
 - - may disappear shortly
 - - may be painful or no pain
- Discharge
 - - may or may not have an odor
 - - may or may not cause itching
- Abdominal Pain - may be symptom of many different problems
 - - could indicate severe secondary infection

Reduce the risk of STI's

Wash genitals before and after sex

Observation

Use a condom

Avoid contact if infected

Do not exchange bodily fluids

Do not engage in unprotected sex (even if your partner claims to be free of infection)

Avoid use of alcohol and drugs (they can impair your judgement and affect the immune system)

Regular STI Check ups (urine/blood sample)

PREVENTING SEXUALLY TRANSMITTED INFECTIONS



Abstain from sexual contact
(abstinence)



Discuss the topic with every sexual
partner



Share a monogamous relationship
with an infection free partner



limit partners



know their history

- I need to make sure it's my choice.
- Being sexually active is not something that you should feel pressured into doing.
- I would think about the benefits and consequences of a sexual relationship.
- I need to consider my values and beliefs to be sure my actions are consistent with them.
- I want to make sure that my relationship with my partner is affectionate and respectful.
- We feel comfortable discussing what we find pleasurable and what our sexual limits are.
- I must be confident that we would use safer sex practices, such as using condoms and some other form of b/c to protect against unintended pregnancy or STIs, which are much more common than most people think they are.
- It's important to know that it's okay to delay having sex with my partner until both of us feel ready, so that we're able to enjoy sex without regrets.

Factors to
Consider
when
deciding
whether or
not to be
involved
sexually with
someone?

SEXUAL RIGHTS (something you are entitled to)

As a sexual being, each person has the right to:

Be respected

Learn about sexuality

Wait until ready for sexual involvement

Choose when sexual activities will be experienced

Choose when sexual activities will be avoided

Change these decisions

Say no to any sexual activity

Enjoy sexual experiences

SEXUAL RESPONSIBILITIES (something you are expected to do)

Each Person has the
responsibility to:

Respect the rights of
other people

Honour the decisions
and choices of others

Respect their sexual
partner

Consider the feelings of
their sexual partner

Make personal choices
decisions rather than
being talked into
actions which cause
guilty or uneasy feelings

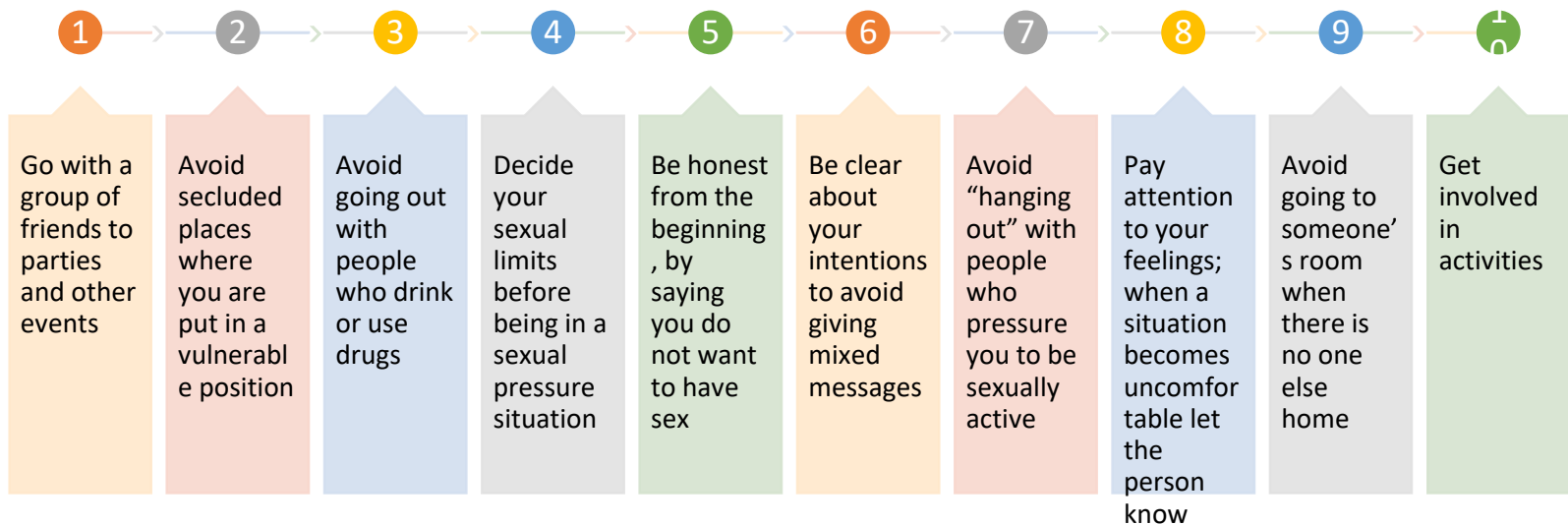
Take and share the
actions necessary for
sexual health

Share the decisions and
actions regarding birth
control/STI protection

Never pressure anyone
into any sexual activity

Never use sexual
experiences as a threat,
manipulation, or
punishment.

Strategies to Remain Abstinent



CONSENT:
What is it?
Who can
give it?
Who can't
give it?

Consent:

agree (freely, enthusiastically) – “Yes” to anything

active – constant – ongoing (consent to change if the activity changes)

shared, clear, negotiated

legally able to

No Consent:

alcohol/drugs/passed out/bullied/power of position of
authority/mental capability

coerced (not on own terms, uncomfortable, threatening)

silence

assumed or implied