

Pregnancy Prevention and Disease Control

Learning Targets

- I can list and describe 3 benefits of abstaining from sexual activity.
- I can describe various ways to prevent pregnancy.



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What are your Goals?

What if you could do or be anything you wanted to be in the next five to fifteen years? Where would you be, and what would you be doing? List five possibilities.



What actions will you need to take between now and then to help you achieve those goals?



Sexual Abstinence

- Voluntarily choosing not to have sexual intercourse.
- The key to responsible sexual behavior is to know the consequences of one's actions and developing personal feelings of self-discipline and self-control.
- Respect for self is most important.

Personality Quotes

They cannot take away our self-respect if we do not give it to them



Mahatma Gandhi

Some benefits of sexual abstinence include...



Possible consequences of not choosing abstinence include...

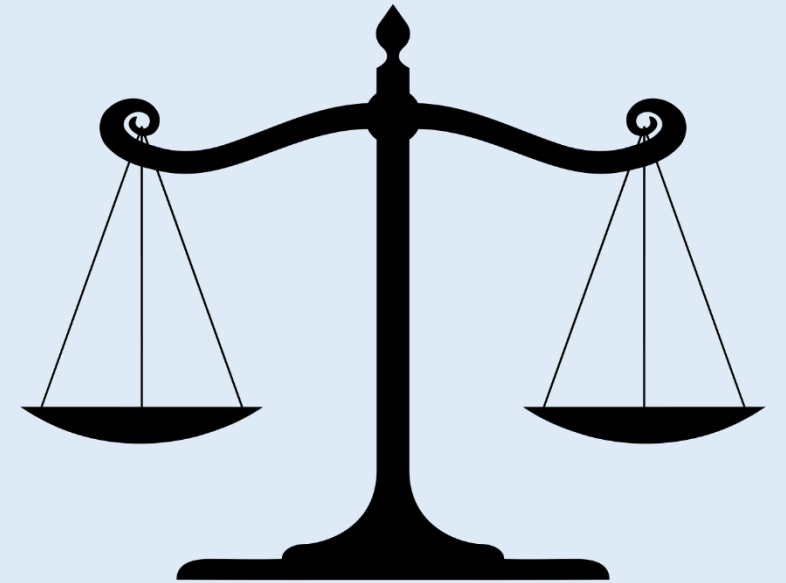
What are some consequences of not choosing abstinence?

- Pregnancy
- Legal implications
- STIs
- Reputation
- Depression



What are some benefits of sexual abstinence?

- Opportunity to fulfill educational and career goals
- Empowerment (YOU decide)
- Social Adjustment
- Respect
- Emotional and physical maturity



Did You Know...



- **There were 229,715 teen pregnancies in 2015.** While the teen pregnancy rate in the United States has decreased over the past decade, the United States still has the highest rate of teen pregnancy among industrialized nations.
- **The majority of teen pregnancies occur among 18-19-year-olds,** but that doesn't mean that you're immune if you are under 18.
- **Parenthood is the leading reason why teen girls drop out of school.** Only 50% of teen mothers will graduate high school by age 22, compared to 90% of women who were not teen mothers.

Too Young

Teen parents from a variety of backgrounds share their stories and—in their own words—offer their candid views about the difficulties they have faced.

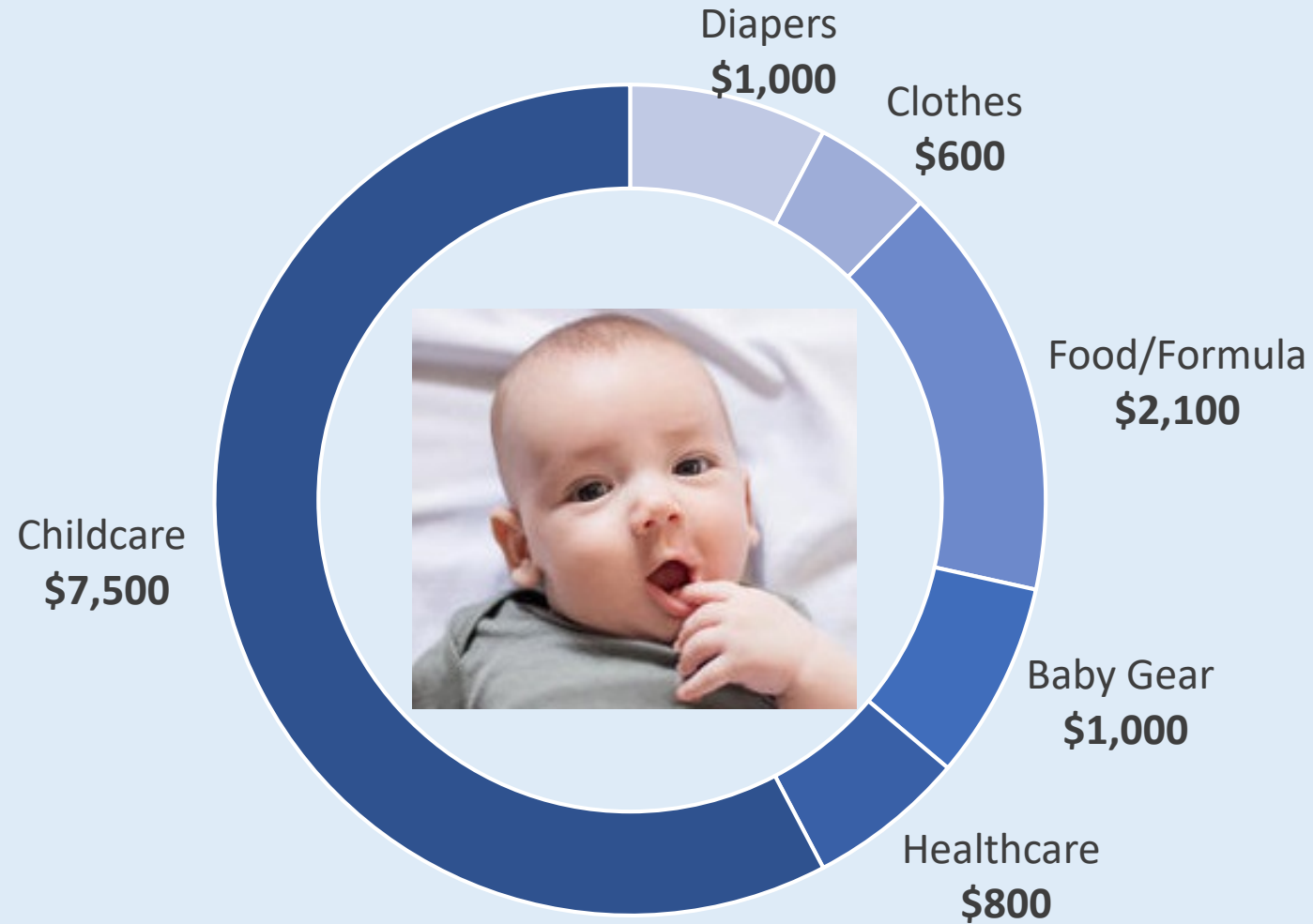
<https://www.youtube.com/watch?v=n8UEX2R-uGo>

Show Me... the Money

Baby Costs



Average Cost of a Baby's First Year



Total: \$13,000

Something to Think About...

- The Commonwealth of Virginia has specific laws that relate to sexual behavior and sexual offenses.
- The Virginia Code - Title 18 states that a man a woman who are not married to each other are breaking the law if they engage in sexual intercourse.
- An individual can be found guilty of a class 4 misdemeanor.
- The authorized punishment is a fine, and conviction of this offense results in a criminal record.



T/F Questions about STIs

- _____ 1. Many people with STIs don't even know they have them.
- _____ 2. People who start having sex at a younger age are more likely to get an STI.
- _____ 3. Using a condom can only help prevent pregnancy, not any STIs.
- _____ 4. A person who only had unprotected sex once doesn't have to worry about an STI.
- _____ 5. The only way to know for sure if you have an STI is to get tested by a medical professional.
- _____ 6. If you ignore an STI, it will probably go away.
- _____ 7. The pill can protect a girl from an STI.
- _____ 8. You can't have more than one STI at one time.
- _____ 9. Having sex with many different partners can increase your risk of getting an STI.
- _____ 10. As long as a person with an STI isn't sexually active while he or she is having symptoms, their partner can't catch the disease.

Vocabulary

High-risk behavior: a decision or action that puts an individual at risk for being infected with HIV

HIV: human immunodeficiency virus; the virus that disarms the immune system and allows AIDS to develop.

Vocabulary cont'd.

AIDS: a fatal, communicable disease that is caused by HIV and is an acronym for Acquired Immunodeficiency Syndrome.

Epidemic: the rapid spreading of a contagious disease among many individuals in a community at the same time.

Vocabulary cont'd.

Opportunistic Infection: uncommon diseases that attack a person with a weakened immune system, such as someone with HIV.

Kaposi's sarcoma: an opportunistic infection; a rare skin cancer, also known as KS, which is often found in persons diagnosed with HIV.

Sexually Transmitted Infections (STIs)

Most commonly transmitted via sexual intercourse are:

- Gonorrhea
- Syphilis
- HIV/AIDS
- Chlamydia
- Herpes
- HPV (Human Papillomavirus)---can lead to cancer



What is HIV?

- Human: Infecting human beings.
- Immunodeficiency: Decrease or weakness in the body's ability to fight off infections and illnesses.
- Virus: A pathogen having the ability to replicate only inside a living cell.

What is AIDS?



- Acquired: To come into possession of something new.
- Immune Deficiency: Decrease or weakness in the body's ability to fight off infections and illnesses.
- Syndrome: A group of signs and symptoms that occur together and characterize a particular abnormality.

AIDS is the final stage of the disease caused by infection with a type of virus called HIV.

Abstinence is the only method of contraception that is **100** percent effective!

Barrier methods include:

- condoms
- chemicals (spermicides, etc.)

Other forms of contraception include:

- birth control pills (oral contraception)
- IUD (Intrauterine Device)
- contraceptive injections

Exit Ticket

Your younger cousin who is entering middle school is starting to hear from peers about sex. Thinking about today's lesson, what are three important points you would want your cousin to know rather than the misinformation he or she is receiving from his or her peers? Write a brief letter to your cousin.



Storm Damage

Residents who sustained storm damage should contact their insurance company. Citizens who still have unmet needs should call 311, so that the City can provide resources and assistance as needed. If you have downed power lines or an emergency, call 911.

TEENS

- New Releases
- Digital Library
- Research and Articles
- Teen Life
- Volunteer
- Get a Library Card

Teen Life

Have questions about teen health and relationships? Looking for help or support? Use the links below to find out what you need to know.

- General
- Sexuality & Relationships
- Mental Health & Substance Abuse
- Crisis Help

- [Go Ask Alice](#) – Questions and answers on many topics, with a health focus.
- [Medline Plus](#) – Links to articles and resources, provided by the National Institute of Health (NIH).
- [NS Teens](#) – Learn how to stay safe online through games, videos, and comics.
- [Reach Out](#) – Peer support and mental health information.
- [Stop Bullying](#) – Information about bullying, how to stop it, and where to find help.
- [Teens Health](#) – Learn about all aspects of living a healthy life.

CONTACT INFORMATION

Virginia Beach Public Library

(757) 385-0150

library@vbgov.com

<https://www.vbgov.com/government/departments/libraries/teens/Pages/Teen-Life.aspx>

Additional Resources

The National Campaign to Prevent Teen and Unplanned Pregnancy

<https://thenationalcampaign.org>





I HAVE A QUESTION.....

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.



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Works Cited

- Center for Disease Control, www.cdc.gov



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