



Warren Mott High School Health Education

Growth & Development

Relationships & Dating

- A balanced relationship that promotes mutual respect and healthful behavior is a **Healthy Friendship**.
- Having balanced friendships improves the **quality** of your life.



Relationships & Dating

- Questions to ask yourself before beginning a friendship:
 - ❑ What do I know about this person?
 - ❑ Does this person have good character?
 - ❑ Do my parents know this person?
 - ❑ Will they approve of me spending time with this person?



Relationships & Dating

- How to start a relationship:
- Having a conversation and/or enjoying a social activity.
- Usually developing the relationship depends on your ability to carry on a conversation.
- A **conversation** is a verbal exchange of feelings, thoughts, ideas and opinions.



Relationships & Dating

■ Conversation Keepers

- ❑ Asking Questions.
- ❑ Showing interest in what someone else is saying.
- ❑ Listening carefully.
- ❑ Responding to others.
- ❑ Considering other ideas.
- ❑ Encouraging another person.
- ❑ Being positive.
- ❑ Making eye contact.

■ Conversation Killers

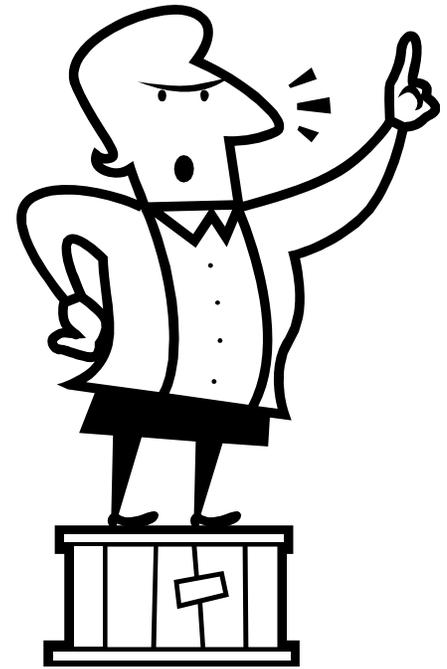
- ❑ Talking only about yourself.
- ❑ Not listening to what the person is saying.
- ❑ Interrupting someone.
- ❑ Changing the topic.
- ❑ Being a “know-it-all”.
- ❑ Complaining
- ❑ Talking negative about others.
- ❑ Not making eye contact.

Relationships & Dating

- Having a positive Self-Concept, Self-Esteem and Self-Confidence is important when developing relationships.
- **Self-Concept** is the ideas a person has about himself/herself.
- **Self-Esteem** is how one feels about themselves.
- **Self-Confidence** is believing in one-self because of prior accomplishment. (Visualization, Modeling etc.)
- If one has negative ideas & feelings and no self-confidence in themselves then it is going to be hard for someone else to like them.
- You first must learn to like and accept yourself before anyone else can.

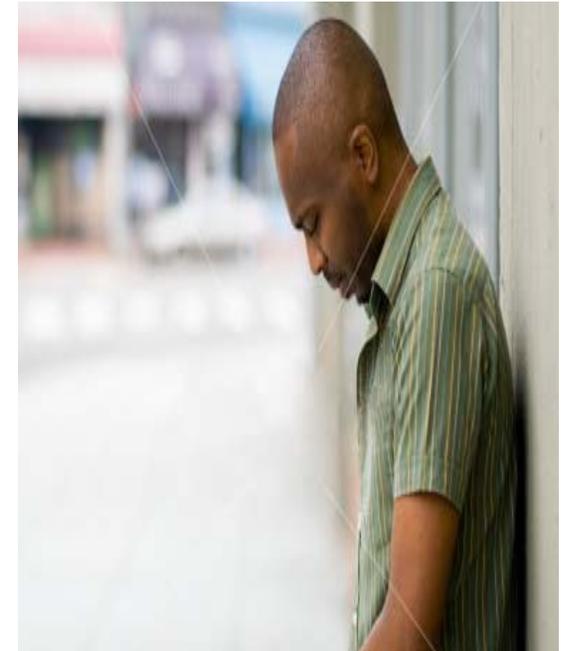
Relationships & Dating

- Assertiveness goes hand in hand with effective communication.
- **Assertiveness** is telling someone exactly how you feel, not worrying about what they will say and not being indecisive.



Relationships & Dating

- Handling Rejection
- **Rejection** is the feeling of being unwelcome or unwanted.
- <http://www.youtube.com/watch?v=fcwIEupH7UU>
- Has someone you liked ever ignored you or failed to include you?
- With your shoulder buddy, list some healthy ways of expressing your disappointment with someone. Write your responses in your notes.



With a Shoulder buddy:

1. Discuss ways to handle rejection.
2. Make a Venn Diagram
3. List Positive ways to handle rejection and Negative ways to handles rejections.
4. Share thoughts on board.

Relationships & Dating

- There are healthful ways of expressing your disappointment such as sharing your feeling with that person or someone close to you.
- Lastly, remember that you are someone important, even when a person does not want to have a relationship with you.

Relationships & Dating

- When to start dating???
- Teens who begin dating before the age of 15 may base their identity on their dating experiences rather than on developing their unique personality.
- Have you developed your personality yet or are just basing who you are off of who you have been dating?

Relationships & Dating

- Research shows that teen who begin dating at a young age are more at risk of becoming sexually active.
- This increases their risk of becoming a teen parent and being infected with HIV or other sexually transmitted diseases.



Review

- Define a healthy friendship
 - a balanced relationship that promotes mutual respect
 - What do healthy relationships do?
 - Add quality to life
 - Review: define self-concept, self-esteem, & self-confidence
 - A _____ is a verbal exchange of feelings, thoughts, ideas, & opinions
 - Conversation
 - _____ is the process through which you send & receive messages
 - Communication
 - What are the major components of communication?
 - Speaking, listening, writing, body language
 - _____ is telling someone exactly how you feel
 - Assertiveness
 - _____ is the feeling of being unwelcome or unwanted
 - Rejection
-

Growth & Development

Abuse is the intentional injury of one person by another

- Physical
- Emotional
- Sexual
- Verbal.



Physical Abuse

- **Physical abuse consists of anything one person does to another that causes physical pain.** This includes slapping, pinching, punching, pushing, throwing objects at another person, assaulting someone with an object or anything that brings about physical pain or discomfort to another. Physical abuse can result in bruises, black eyes, knocked out teeth, broken bones, internal organ injuries, miscarriage, brain concussions, and even death.
- http://www.youtube.com/watch?v=r_1WQJPLd-8
- Domestic Abuse
- https://www.youtube.com/watch?v=DNqppAk_geM

Emotional Abuse

- Unlike physical or sexual abuse, where a single incident constitutes abuse, emotional abuse is made up of a series of incidents, or a pattern of behavior that occurs over time. Emotional abuse is more than just verbal insults.
- **Emotional abuse is a series of repeated incidents - whether intentional or not - that insults, threatens, isolates, degrades, humiliates, and/or controls another person.**

Emotional Abuse

- It may include a pattern of one or more of the following abuses: insults, criticisms, aggressive demands or expectations, threats, rejection, neglect, blame, emotional manipulation and control, isolation, punishment, terrorizing, ignoring, or teasing.
- <http://www.youtube.com/watch?v=V5gsKQd5pHg>

Sexual Abuse

- Is forcing undesired sexual behavior by one person upon another.
- Under the definition of sexual abuse there are two categories: **non-contact** and **contact**.

Sexual Abuse (Non Contact)

- **forced to watch sexual acts**
- **forced to listen to sexual talk, including comments, tapes, and obscene phone calls**
- **sexually explicit material such as videos, DVDs, magazines, photographs, etc.; can be in-person, on the computer via e-mails, and otherwise through the Internet**
- **forced to look at sexual parts of the body-- includes buttocks, anus, genital area (vulva, vagina, penis, scrotum), breasts, and mouth**

Sexual Abuse (Contact)

- being touched and fondled in sexual areas, including kissing
- forcing a child or youth to touch another person's sexual areas
- forced oral sex--oral sex is when the mouth comes in contact with the penis, the vagina or the anus; many children believe that oral sex is "talking dirty"
- forced intercourse--can be vaginally, anally or orally; penetration *must* occur; penetration can be with body parts and/or objects (the most common body parts used are the fingers, tongue and penis)
- <http://www.youtube.com/watch?v=saAVcrI49nM>

Verbal Abuse

- **Verbal abuse is the use of words to cause harm to the spoken person.**
- It is difficult to define and may take many forms. Similarly, the harm caused is often difficult to measure. The most commonly understood form is name-calling. Verbal abuse may consist of shouting, insulting, intimidating, threatening, shaming, demeaning, or derogatory language, among other forms of communication.
- <http://www.youtube.com/watch?v=Mj-3CGhHCPM>

You might be in an abusive relationship if...

- You are afraid of your partner when he or she is angry
- You are afraid to disagree
- You are constantly apologizing for your partners behavior
- You have to justify everything you do to avoid anger.
- Your partner puts you down and then tells you he or she loves you.

You might be in an abusive relationship if...

- You have been hit, kicked, shoved, or had things thrown at you
- **Your partner keeps you from seeing your friends or family**
- You have been forced or coerced to have sex or engage in sexual activities that make you feel uncomfortable and that you didn't want to do.
- You are afraid to break up with your partner because he or she has threatened to hurt you, him/herself, other friends and family, or pets

Someone you know might be in an abusive relationship if you notice...

- He or she is missing school and/or withdrawing from activities
- His or her grades fall.



Someone you know might be in an abusive relationship if you notice...

- His or her moods change. He or she might be depressed, withdraw from friends and family, act out, be secretive, seem insecure and put themselves down, seem unable to make independent decisions.
- He or she starts to wear baggy clothes or clothes which cover most of his or her body.
- He or she has signs of injury, such as bruises, cuts, broken bones.

You might be an abuser if...

- You constantly check up on your partner.
- You feel like you cant be away from your partner.
- You are extremely jealous or possessive
- You have an explosive temper
- You hit, kick, shove, or throw things at others



You might be an abuser if...

- You constantly criticize or insult your partner
 - You have threatened your partner
 - You damage things when you and your partner are together
 - You have forced or coerced your partner to have sex
 - You have threatened to hurt your partner or someone else
 - You have threatened to hurt yourself if your partner breaks up with you.
-

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Phases of an Abusive Relationship

Tension builds:

the abuser becomes edgy and tense. He or she seems easily irritated. Their partner may feel scared or nervous and try harder to keep the abuser happy



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Phases of an Abusive Relationship

Explosion

the abuser becomes more aggressive and verbally and/or physically attacks his or her partner.

The partner may feel like he or she deserved the abuse and will most likely try to cover it up.



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Phases of an Abusive Relationship

The Honeymoon:

the abuser tried to keep the relationship together. He or she promises to change and says it won't happen again. The abuser can be apologetic, passionate, and often romantic. Over time this stage may disappear. (Temporary lessening of abuse)



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How to Avoid Abuse: 3R's

- **Recognize:** learn to recognize abusive behavior in its many forms
 - **Resist:** should someone use or try to use offensive touching, suggestive talk, or inappropriate behavior, resist in any way you can be assertive
 - **Report:** get away and tell someone.
-

Review

- _____ is the intentional injury of one person by another.
 - *Abuse*
- What are the 4 types of abuse
 - *Physical, Emotional, Sexual, Verbal*
- Is a girlfriend keeping their boyfriend from their family and friends abuse?
 - *YES!*
- List other examples of abuse
- What are the 3 phases of an abusive relationship
 - *1-Tension Builds 2-Explosion 3-Honeymoon*

Avoiding Risky Situations

- A **Risk Behavior** is an action a person chooses that threatens health and can cause disease, injury and premature death.
- A **Risk Situation** is circumstance or place that one puts/finds themselves in that threatens health and can cause disease, injury and premature death.

Avoiding Risky Situations

- Some action strategies you can use to help avoid a risky sexual situation are:
 - Think ahead
 - Act before the risky situation occurs
 - Communicate your expectations
 - Plan what you will say

Avoiding Risky Situations

- Some action strategies you can use to help avoid a risky sexual situation are (continued):
 - ❑ Listen respectfully
 - ❑ Be firm
 - ❑ Don't back down
 - ❑ Go out with another couple or group of friends
 - ❑ Do not use alcohol or other drugs
 - ❑ Have several ideas in mind for other things to do
 - ❑ Keep your curfew
 - ❑ Make sure your body language matches your words

Avoiding Risky Situations

- What to say to set limits when dealing with risky sexual situations:
 - Tell the person what you've decided and, if you want to tell why.
 - Make a specific request
 - If the person says “no”, you could ask why or accept the answer and leave the situation

Avoiding Risky Situations

- What to say to set limits when dealing with risky sexual situations (continued):
 - Restate the decision
 - Try another way to solve the problem, but do not change your decision
 - Restate your decision, if you choose, leave the door open.

Review

- A _____ is an action a person chooses that threatens health and can cause disease, injury and premature death.
 - **Risk Behavior**
- A _____ is circumstance or place that one puts/finds themselves in that threatens health and can cause disease, injury and premature death.
 - **Risk Situation**
- List an actions strategies that you will use to avoid risky situations
- Describe a way you will set limits when it comes to risky situations

Sexual Assault

- Define sexual assault:
 - *Unwanted/ illegal sexual penetration or touching*
- What's it called in Michigan?
 - *CSC-Criminal Sexual Conduct*
- What is the age threshold?
 - *16*

Sexual Assault

- What is consent?
 - Permission -YES -No means No!
 - **What is coercion?**
 - To persuade an unwilling person to do something by using:
 - Force, threats, seduction, blackmail.
 - Sexual abuse and rape is not about sex but about?
 - **Power & Control**
-

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 - *Physical, Emotional, Sexual, Verbal*
- What are the 3 phases of an abusive relationship
 - *1-Tension Builds 2-Explosion 3-Honeymoon*
- A _____ is an action a person chooses that threatens health and can cause disease, injury and premature death.
 - *Risk Behavior*
- A _____ is circumstance or place that one puts/finds themselves in that threatens health and can cause disease, injury and premature death.
 - *Risk Situation*

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-

Teenage Pregnancy

- If you were to become a parent as a teen, what would you need to think about?
 - How would I get health insurance for pregnancy care, delivery, and baby care?
 - How would I pay for baby expenses?
 - How much could I work if I had a baby?
 - Who would care for my baby while I work?
 - How much would day care cost?
-

Teenage Pregnancy

- ❑ How would I arrange visitation with my baby's other parent?
- ❑ Would I be able to get child support to help?
- ❑ Would I have to pay child support?
- ❑ Will I have any money to pay for items I like to buy?



Why is it difficult for teens to parent?

- Difficult to finish high school?
- Give up sports, clubs, extra-curricular act.
- Miss out on parties, dances, dating, hanging out with friends.
- Difficult to spend time with friends.
- Less likely to reach educational goals, athletic goals, relationship goals, career goals.

Why is it difficult for teens to parent?

- More likely to live in poverty.
- More likely to be single parents and lack the support of a co-parent.
- Physical and emotional stress.
- Strain family relationships.
- Where do you live? Are you going to force your parents to parent again? Is that their responsibility???

Michigan Laws:

Parental Responsibility

- Parents must protect their children from abuse and neglect.
- Parents must provide shelter, food, care, and clothing.
- Parents, even if they don't live with the child, are responsible for contributing to the child's support.

Adoption

- Adoption is a loving gift to your child; it provides permanency and stability with a loving family.
 - Choosing adoption is not a failure!
 - Infant adoptions are handled by licensed private adoption agencies.
 - Adoption laws allow birth parents to have the opportunity to select the adoptive family and in many cases the adoptive family will send pictures and provide updates through the child's 18th birthday.
 - **Safe Delivery of Newborns: Police Station, Fire Station, or Hospital**
-

SEXUALLY TRANSMITTED DISEASES

FACTS

- Every year more than 3 million teens get a STD/STI
- **Chlamydia** is the most common STI in the United States.
- About 333 million new cases of curable sexually transmitted diseases (STDs) occur each year among young adults around the world.

FACTS

- **One in five** people in the United States has an STD.
- **One in four** people will have an STD at some point during his or her life.

Concepts and Terms

- Communicable disease- A disease that can be passed from one person to another.
 - Virus- **Infective agent that is not curable.**
 - Bacteria-microorganisms that are curable; treated w/ antibiotics
 - Acute- Having severe symptoms that last a short time.
 - Chronic- Having symptoms that last a long time and show little change and very slow progression.
 - **Vaccination**- A mixture that is given to help stimulate the body's own immune system to produce antibodies to fight a certain disease. Vaccines can be given orally, nasally, or as an injection into the muscle or subcutaneous tissue (fat).
-

STD

- Sexually transmitted disease is an infectious disease that spreads from person to person by sexual contact.
- Over 35 different STD's.
- Can only be acquired, not inherited, through skin-to-skin contact or through exchange of bodily fluids.

STD

- STD's are considered to be an epidemic.
- STD's are may be so mild and overlooked. A person with no obvious signs or symptoms of the disease is considered to be asymptomatic.

Types of STDs

Bacteria → **Curable**

- Gonorrhea
- Chlamydia
- Syphilis

Viruses → **Not curable**

- HIV
- Human Papilloma Virus (HPV) – genital warts
- Herpes Simplex Virus (HSV)
- Hepatitis A, B & C

Review

- _____ is the most common STI in the United States.
 - **Chlamydia**
 - One in ___ people in the United States has an STD.
 - **5**
 - A _____ is an infective agent that is not curable.
 - **virus**
 - A _____ are microorganisms that are curable; treated w/ antibiotics
 - **bacteria**
 - A _____ is a mixture that is given to help stimulate the body's own immune system to produce antibodies to fight a certain disease.
 - **vaccination**
 - A person with no obvious signs or symptoms of the disease is considered to be _____.
 - **asymptomatic**
-

SYPHILIS

- Syphilis is a bacterial infection that initially attacks the mucous membrane at the site of infection.
- If left untreated can spread to other organs in the body.

SYPHILIS

- **First Stage: Can cause a painless open sore called a chancre.**
- Second Stage: Characterized by flu like symptoms and red rashes.
- Third Stage: Bacteria can attack any organ in body including heart and brain.
- Can be cured during these stages.

CHLAMYDIA

- Chlamydia is a bacterial infection that attacks the cervix and fallopian tubes in females and the urethra in both males and females.
- Symptoms begin 7-14 days after infection.
- Symptoms may include: **discharge, burning and pain in urination.**
- Can be easily cured with antibiotics.
- Chlamydia is the leading cause of **pelvic inflammatory infection (PID)** in females.

GONORRHEA

- Gonorrhea is a bacteria that can grow and multiply easily, like Chlamydia, it infects parts of the reproductive system.
- **One may not have symptoms.**
- Symptoms begin 2-7 days after infection.
- Can be treated and cured with antibiotics.

VAGINITIS

Is an umbrella term for several vaginal infections

- Most common – yeast infections
- Symptoms –
 - Irritation and/or itching of the genital area
 - Inflammation
 - Vaginal discharge

VAGINITIS

- Infectious vaginitis accounts for 90% of all cases vaginal infections of women in the reproductive age.
- **Vaginitis is treated by taking oral and vaginal medications.**

GENITAL WARTS

- Genital Warts (HPV) are soft, cauliflower like growths that occur on the genital areas.
- If untreated the warts will **increase in size and number.**

GENITAL WARTS

- **HPV types 16 & 18 cause about 70% of cervical cancers.**
- Don't cause much physical discomfort.
- Treatments may consist of surgical removal of the wart or application of medication.

GENITAL HERPES

- Genital herpes is a viral disease that causes painful blisters in the genital area.
- Is transmitted by:
 - Intimate sexual contact (Vaginal, Anal & Oral)
 - Contact with the area where the sore is going to appear and with the sore itself.
 - Infected mother to her baby during birth.
- First symptoms can occur within 2-10 days after infection.

HEPATITIS B

- Hepatitis B is a serious disease caused by a virus that attacks the liver.
- The virus, which is called hepatitis B virus (HBV), can cause lifelong infection, scarring of the liver, liver cancer, liver failure, and death.
- There are vaccinations to prevent Hepatitis B , but no specific medication to cure it. The body must heal on its own.

PUBIC LICE – “CRABS”

- Lice are parasitic insects that are yellowish-gray in color and about the size of a pinhead.
- The lice attach themselves to pubic hair, armpit arm, facial hair, even eyelashes, and push their way into the skin where they feed on blood.

PUBIC LICE – “CRABS”

- Pubic lice can be transmitted from one person to another through close sexual contact.
- It is possible for a person to be **infected by sleeping on infected sheets or next to someone**, wearing infected clothing, sharing infected towels.

HIV/AIDS

- AIDS,
 - Acquired Immune Deficiency Syndrome
- a fatal disease of the immune system which occurs in the last stage of HIV when the **white blood cell level is extremely low.**

HIV/AIDS

- HIV, human immunodeficiency virus, a virus that causes AIDS. **This virus destroys important blood cells (T-Helper Cells) in the body's immune system.**
- Diseases that occur as the result of a weakened immune system are called opportunistic diseases.

How is HIV Transmitted?

- HIV can be transmitted:
 - By intimate sexual contact.
 - **Through blood transmissions.**
 - Sharing needles
 - Tattoos
 - From a woman to her fetus during pregnancy.
 - Through breastfeeding
-

HIV/AIDS

- Body fluids that are NOT infectious:
 - Sweat
 - Saliva
 - Vomit
 - Urine
- **HIV is present in semen, vaginal secretions, blood and breast milk.**

SYMPTOMS OF HIV/AIDS

- **Flu-like symptoms**
 - Periods of extreme fatigue, headaches, dizziness.
 - Shortness of breath
 - Fevers/night sweats
 - Unusual skin rashes.
 - Rapid weight loss.
 - **Appearance of symptoms may take up to 10 years to show.**
-

Are there medical treatments for people with HIV disease?

- A variety of new medical treatments that slow the progression of HIV.
- Treatments are expensive (\$10-25 thousand a year) and are not available to all people with HIV.
- Treatments don't work on everybody, people often become resistant to drugs.
- *While there is increasing hope for people with HIV there is still NO cure for HIV or AIDS.*

CONDOMS

- Are not 100% effective
- Provides protection against STI's, HIV and pregnancy
- **Abstinence is the only 100% effective way to avoid pregnancy and STI's.**

BARRIERS OF CONDOM USE (EXCUSES)

- Embarrassed to purchase them
- Embarrassed to talk with his or her partner
- Afraid the partner will be opposed
- Afraid partner will assume a person plans to have sex if it is carried

BARRIERS OF CONDOM USE

- Believes it is his or her partner's responsibility to supply
- Using another form of birth control
- Ruins the moment
- Doesn't feel the same
- Trust partner to be free of infections
- No money to purchase

STD Check Ups

- Go to a doctor if you have any of the symptoms that we mentioned today
 - Painful urination
 - Discharge
 - Rashes/blisters/warts
- Many STDs have no symptoms! If you are sexually active, it is a very good idea to get checked by a doctor at least once a year

Tell Your Partner(s)...



If you have an STD like gonorrhea, chlamydia or syphilis, it is **VERY IMPORTANT** that your partner(s) also get treated, otherwise they will pass the STD back to you and you will get sick again!

What you should remember

- Not having sex is the only 100% effective way to protect yourself from STDs and HIV
- If you are having sex, always use a latex condom or barrier
- Gonorrhea and Chlamydia are the most common STDs among young people
- Because people who have STD's often do not have symptoms, it is important to get tested to make sure you are disease free!

PREVENTION

- Having sex is a risk behavior
- **Even if a person has been treated and cured from an STD, he/she can still be re-infected.**
- Decision not to participate in intimate activity is called abstinence.
- **ABSTINENCE is the best way to protect yourself from a STI.**

WEBSITE RESOURCES

- www.stopthinkbesafe.org
- www.cdc.gov

Warren

Macomb County Health Department

27690 Van Dyke

Suite B

(586) 573 2090

HIV/AIDS

- Passed through sexual contact and breastfeeding
- Transmitted through semen, vaginal fluids, blood, and breast milk

HIV/AIDS

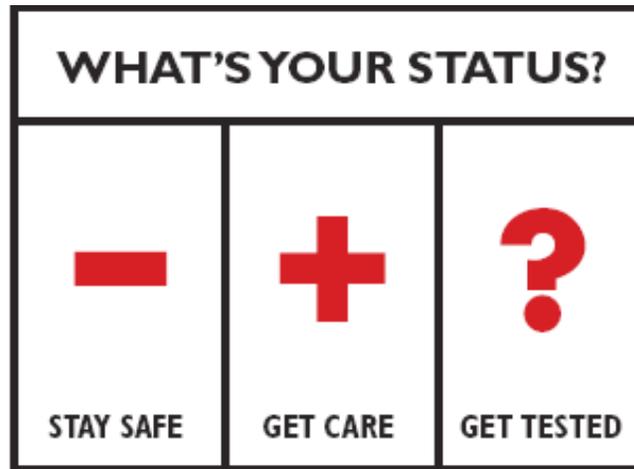
- **Everyone** who is sexually active is at risk of getting HIV!
- Having any other STD will increase your risk of getting or passing HIV during unprotected sex

HIV/AIDS

- Use of a latex condom during sexual intercourse is the only way to protect yourself from HIV and other STDS
- If you're HIV positive, medical treatment will help you feel better and live longer. You also have a responsibility to protect others from becoming infected.

HIV/AIDS

- As of October 1, 2005 in Michigan:
 - 11,932 people living with HIV/AIDS
 - Including 2,690 females over the age of 12 years
 - Including 162 children (age 12 years and younger)



*As many as 1 in 4 people infected
don't know that they're infected.*

There is still no vaccine, and still no cure.

You do NOT need parental consent
to get tested for HIV

WHAT'S YOUR STATUS?

How You Can Protect Yourself

If you are having sex:

- Even if you have already had sex, you can choose not to have sex at any time
- Practice monogamy (only having sex with one person) or at least limit your number of sex partners
- Make sure you have been vaccinated for Hepatitis B and know your and your partner(s)' HIV status