

Topic 7 — Sexual & Reproductive Health

Introduction

The following two activities are designed for Year 8 students and are primarily focused on sexual and reproductive health information. They are adapted from *SHARE Education Resource* (Health Scotland, 2014). Depending on your group, you may want to alter the quiz to ensure it is appropriate.

If you have made a question box available for students to ask questions anonymously, keep an eye on any questions they have written – the next few sessions will provide a good opportunity to answer them.

Time

60 minutes

Activities

- 1: What do you know?
2. Sexual and reproductive health quiz

Handouts

- H1: Sexual and reproductive health quiz

Background information

- B1: Teacher notes: Sexual health and reproductive health quiz

Links:

Teacher links:

- SHARE is an “evidence-informed educational resource for use by teachers and others to support learning about Relationships, Sexual Health and Parenthood outcomes” There is a 22-lesson pack, which focuses on the knowledge, attitudes and skills to develop positive and healthy relationships. <http://www.healthscotland.com/documents/4946.aspx>

Websites for student research into sexual health:

Students could look up Family Planning and Sexual health clinic websites in your state or territory. Some other trustworthy youth-specific sites include:

- Queensland Health site for young people and their sexual health <https://www.qld.gov.au/health/staying-healthy/sexual-health/index.html>
- KidsHealth is the most visited website for children's health and development. <http://kidshealth.org/kid/>
- minus18 provides support and wellbeing information, including information about sexual health. It is a youth-led organisation for gay, lesbian, bisexual and trans* youth <https://minus18.org.au/index.php/sex-love>
- Child and Youth Health web site of the Women's and Children's Health Network (WCHN) www.cyh.com/HealthTopics/HealthTopicCategories.aspx?p=291

ACTIVITY 1: WHAT DO YOU KNOW?

Time: 20 minutes

Overview: This session is an opportunity for you and students to check their existing knowledge around STIs, BBVs, contraception, conception and sexual safety. The experience, knowledge and understanding of students is likely to vary widely, so you may need to offer an explanation that some students have learnt a lot from previous school programs and some will have learnt less. The students will create a set of mind maps to canvas their knowledge. Remind them of the group agreement.

Key Messages

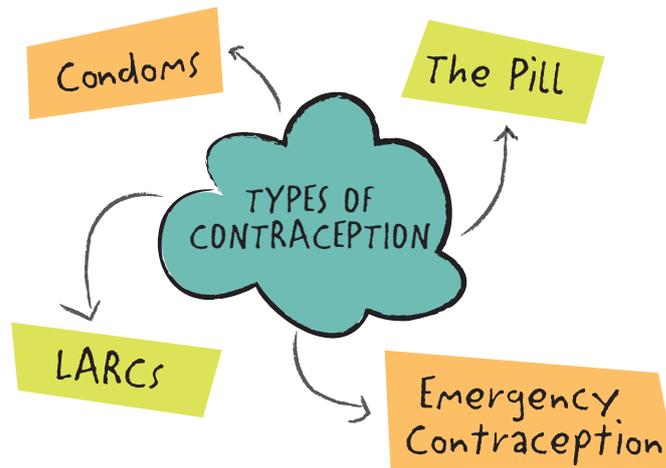
- Young people have a right to health information and services.
- If a person is going to have sex, safe sex is important to prevent STIs and unplanned pregnancy.
- There are sources of information and services that will provide confidential help.

Preparation and Materials

- Butchers paper for each group (5 groups).
- At least one red and one green texta for each group.
- Online access

Method

1. Explain to students that this session is a chance for them to think about what they already know about sexual health and to identify any gaps in their knowledge or understanding.
2. Remind the class about the **Group Agreement** and the need to work together in a supportive way.
3. Ask the class to self-select into five groups. Each group should have a large sheet of paper and at least one green and one red texta. If students are not familiar with mind maps, explain what these are. There will be five mind maps and each group will have the chance to add to all of them.



4. Each group should start by writing one of these topics in the middle of their paper (ensure each group has a different heading).

The topics are:

- STIs, BBVs and condoms
 - Conception and Pregnancy
 - Types of contraception
 - Alcohol, drugs and sexual health
 - Youth-friendly information and services (including services for young people who are same-sex attracted or transgender)
5. Students should start to populate the mind maps, using the green pens to write down what they know or believe about the topic on their mind map. They could include myths as well. After about five minutes ask them to switch to the red pens and write down anything they don't know much about, aren't sure of, or would like to know more about. Encourage all the students to participate (the more pens you have the better).
6. After about 5 minutes, move the mind maps round to the next group and follow the same process. Move the mind maps round the groups until all groups have added to all mind maps.
7. When all the mind maps are complete, bring them all together and ask the class to look at all of them. Invite students to comment on anything they notice, taking care to correct misinformation and myths. Through discussion, students may ask questions that you are not able to answer without checking. If this happens, tell students that you will find out the answer to any appropriate question and get back to them as soon as you can. If appropriate you could assign different questions to different students to report back at the next session.

8. Explain which items in red you will be addressing in this session and tell the group that we will be talking about good sources of information in the next session and they may be able to use this information to get answers to the other issues.

ACTIVITY 2: SEXUAL AND REPRODUCTIVE HEALTH QUIZ

Time: 40 minutes

Overview: This session is a quite detailed quiz about basic sexual health knowledge: STIs, pregnancy, contraception, condom use, and sexual anatomy. It also includes questions that challenge some of the misunderstandings and myths around male and female sexuality. Some of the material is sensitive, so make a considered choice about whether your students are ready for this discussion (generally it is a Year 8 activity). It also aims to validate those who are not yet sexually active.

Make clear that the quiz is not a test, that its purpose is to raise points for discussion and that students' opinions and experiences are relevant and useful. Through discussion, students may ask questions that you are not able to answer without checking. If this happens, always tell students that you will find out the answer to any appropriate question and get back to them as soon as you can.

Key Messages

- If you are thinking about having sex, you need to be aware of the risks that are involved which include getting a sexually transmissible infection (STI) like chlamydia and blood borne viruses like HIV. Another risk is unplanned pregnancy.

Preparation and Materials

- *H1: Sexual and reproductive health quiz* for each student. (One per student) Check out the quiz and alter if you feel some of the questions are beyond your group.
- A copy of B1: Teacher notes: Sexual and reproductive health quiz

Method

1. Introduce the session and explain that this is an opportunity for students to confirm what they know already, clarify information they were unsure of and gain new information.
2. Have the class divide into self-selected groups of two or three. Give out the quiz (*H1: Sexual and reproductive health quiz*) and have students spend some minutes filling it in alone. When most have had time to

look through it, encourage each group to discuss their responses among themselves, appointing a spokesperson to note any comments or questions and be prepared to report back.

3. Bring the class back together. Go through the quiz asking the spokesperson from a different group in turn to feed back on each statement. Draw out additional points from other groups, ask students what they think and offer correct information as you go through the quiz (see *B1: Teacher notes: Sexual and reproductive health quiz*).
4. End with a round of 'Something I learned today...', which may be done in the whole group, in the small mixed groups or in the original twos and threes.

SEXUAL AND REPRODUCTIVE HEALTH QUIZ

1. How many teenagers in Australia have not had vaginal sex before they are 16?

- a) Very few
- b) About 33% (1 in every 3)
- c) About 75% (3 in every 4)
- d) Almost all

2. Will masturbation make your palms go hairy?

- a) Yes
- b) No

3. How does a person know if they are gay?

- a) They've had a sexual experience with someone of the same sex
- b) They fantasise about someone of the same sex all the time
- c) They only ever feel physical and romantic attraction to someone of the same sex.

4. Is it true that, once aroused, boys/men have to have sex?

- a) Yes
- b) No
- c) Not sure

5. How do people learn what they enjoy sexually?

- a) It just comes naturally
- b) They learn by experience

6. Do some people choose not to have sex, or is it just that they haven't had the chance?

- a) Yes
- b) No
- c) Not sure

7. Boys can get erections when they are sexually aroused. Do girls get anything?

- a) Yes
- b) No
- c) Not sure

8. How are STIs transmitted?

- a) Vaginal sex without a condom
- b) Oral sex without a condom or dam
- c) Anal sex without a condom
- d) All of the above

9. It's easy to know if you have an STI.

- a) Yes
- b) No

10. Condoms are very good for preventing STIs and/or unwanted pregnancies.

- a) True
- b) False
- c) True and False

11. Can anyone buy a pregnancy testing kit?

- a) Yes
- b) No

12. "Emergency contraception" only works 24 hours after sex to prevent a pregnancy.

- a) True
- b) False

13. Out of the following two, which is the most effective contraception:

- a) The Pill
- b) Contraceptive Skin Implants

14. Could a girl or woman get pregnant the first time she has vaginal sex?

- a) Yes
- b) No

15. Once a girl has her first period she can become pregnant

- a) True
- b) False

16. Is sexting (sending nude pics) a crime?

- a) Yes
- b) No
- c) It depends

17. The legal age for having sex is the same around Australia.

- a) Yes
- b) No

B1: TEACHER NOTES: LEARNING ABOUT SEXUAL AND REPRODUCTIVE HEALTH QUIZ

1. How many teenagers in Australia have not had vaginal sex before they are 16?

- a) Very few
- b) About 33% (1 in every 3)
- c) About 75% (3 in every 4)
- d) Almost all

Answer: c)

Research tells us that by age 16, 75% of young people have not had vaginal sex i.e. vaginal penetration by a penis.

Ask the students:

- Do these results surprise you?
- Why do you think many believe that the numbers are actually much higher?
- Why do you think that some may have had sex only once?
- Why might some young people regret early sexual intercourse?
- What are the effects of alcohol and illegal drugs on behaviour and decision-making?

2. Will masturbation make your palms go hairy?

- a) Yes
- b) No

Answer: b)

Masturbation is touching or rubbing genitals to produce pleasurable sexual feelings. Some girls and boys will discover masturbation quite young; others will discover it as teenagers or adults. Some people never masturbate. This may be because they don't know about it, they don't like it or because it is against their faith or cultural beliefs.

Why might people masturbate?

Explain to the class that many women and men masturbate alone or with a partner because they enjoy it. It is one form of sexual activity. It does not do any harm.

3. How does a person know if they are gay?

- a) They've had a sexual experience with someone of the same sex
- b) They fantasise about someone of the same sex all the time
- c) They only ever feel physical and romantic attraction to someone of the same sex.

Answer: c)

This is a hard one to answer because not everyone falls perfectly under the labels of "gay", "straight" or "bisexual" - generally someone who is attracted in a physical and/or romantic way to only people of the same-sex might consider themselves to be gay or lesbian. People who are only attracted to people of the opposite-sex might consider themselves to be straight and someone who has some level of attraction to both males and females might consider themselves to be bisexual. Being gay, lesbian or bisexual may not be as common as being straight, but it is considered just as normal.

One sexual experience with someone of the same sex doesn't mean a person is gay. Plus, sometimes our feelings change as we grow older. A lot of people reject these kinds of labels altogether.

Here are some definitions:

heterosexual/straight: a person emotionally and physically attracted to someone of the opposite sex

gay: a man emotionally and physically attracted to other men (sometimes 'gay' is also used to describe lesbians)

lesbian: a woman emotionally and physically attracted to other women

bisexual: a person who is emotionally and physically attracted to men and women

4. Is it true that, once aroused, boys/men have to have sex?

- a) Yes
- b) No
- c) Not sure

Answer: b)

Boys/men do not have to have sex once they have been aroused. Some boys might really believe the myth.

No harm will come to a person who is aroused and does not have sex. If they wish to relieve themselves, they can masturbate.

5. How do people learn what they enjoy sexually?

- a) It just comes naturally
- b) They learn by experience

People learn by experience what they enjoy sexually. We are all sexual beings. We learn through our upbringing and from experience:

- What we feel about sex generally
- Whether we want to have sex
- Whether we enjoy it
- Who we enjoy sex with
- What we like to do sexually.

NB: Young people's 'experience' may include watching sex online or on screen as well as actually engaging in sexual activity with a partner. What they like to watch may not match what they like (or think they would like) in reality, and there may be negative emotional consequences involved in this.

How we feel, think and behave sexually may change as we get older. A good sexual relationship is likely to develop over a period of time when two people care for one another.

Do people always have good sexual experiences? In what circumstances are they sometimes not good? (Discuss lack of consent, ambivalence, worry, boredom- yes boredom, sometimes sex isn't that great)

How might unrealistic images of sex seen online or in magazines affect young people's relationships and expectations about sex?

6. Do some people choose not to have sex, or is it just that they haven't had the chance?

- a) Yes
- b) No

- c) Not sure

Answer: a) Yes

Some people choose not to have sex. Other people do not have the opportunity. A person may choose not to have sex at any stage, for a period of time or for the rest of the life, or they may be celibate because they have no one to have sex with.

Why do you think a person might choose not to have sex?

Discuss faith reasons, negative experiences, not being interested in sex, wanting time alone, happy being single.

7. Boys can get erections when they are sexually aroused. Do girls get anything?

- a) Yes
- b) No
- c) Not sure

Answer: a)

Yes. When a male becomes sexually aroused the blood supply to the penis increases and the penis becomes hard, erect and more sensitive. When a female is sexually aroused her vagina stretches, expands, gets softer and lubricated (wet). The vagina actually doubles in length (on the inside so you cant see it). The blood supply to her genital area increases and her labia and clitoris become larger and more sensitive.

8. How are STIs transmitted?

- a) Vaginal sex without a condom
- b) Oral sex without a condom or dam
- c) Anal sex without a condom
- d) All of the above

Answer: D)

All of the above. STIs (like chlamydia or herpes) are commonly transmitted through sex without a condom. HIV can also be transmitted in this way and through sharing any drug injection equipment as well.

9. It's easy to know if you have an STI.

- a) Yes
- b) No

Answer: B)

No. Sometimes there may be no symptoms for males and females. Sometimes there are symptoms that last for a week then go away (but you still have the infection). Symptoms might be for something else that is NOT an STI. Symptoms for STIs include: Sores, blisters, redness, bumps or lumps on or around the genitals; unusual, coloured or smelly discharge from the vagina or penis; irritation or itching in or around the genitals; pain in the lower abdomen, especially when peeing or having sex.

10. Condoms are very good for preventing STIs and/or unwanted pregnancies.

- a) True
- b) False
- c) True and False

Answer: c)

True and false. They ARE very good for STI prevention during anal and vaginal sex, and can be quite handy for oral sex too. When it comes to pregnancy prevention, they aren't always used properly so that the statistics are that 18 women out of 100 will become pregnant if she only uses condoms. That's why for young people having sex between a male and a female, other methods of contraception as well as condoms are the best methods to use.

11. Can anyone buy a pregnancy testing kit?

- a) Yes
- b) No

Answer: a)

Yes. A person at any age can buy one from a pharmacy or from a supermarket. They will show an accurate result very soon after conception. Any sexual and reproductive health service/youth clinic or GP will carry out a pregnancy test. They will also offer information and advice, and prescribe contraception if appropriate. The service is often free and confidential.

12. "Emergency contraception" only works 24 hours after sex to prevent a pregnancy.

- a) True
- b) False

Answer: b)

False. Emergency contraception (sometimes called the morning-after pill) can be taken after sex and can be taken up to 120 hours (five days) after unprotected sex but it is most effective if taken within 24 hours. It is available from pharmacies for those aged 13 and over. It is also available from a GP or sexual and reproductive health services.

Ask students if they know any friendly pharmacist or health clinic that they would feel comfortable to go to.

13. Out of the following two, which is the most effective contraception:

- a) The Pill
- b) Contraceptive Skin Implants

Answer: b)

Contraceptive Skin Implants are more effective. With typical use (meaning, what happens in real life, such as when people forget to use a condom or didn't put it on right; or forget to take the Pill everyday), 1 out of 100 women will become pregnant.

With the Pill, 9 out of 100 women will become pregnant.

14. Could a girl or woman get pregnant the first time she has vaginal sex?

- a) Yes
- b) No

Answer: a)

Yes. It is possible to get pregnant the first time a girl has sex. She does not have to enjoy sex (or have an orgasm) to get pregnant.

15. Once a girl has her first period she can become pregnant

- a) True
- b) False

Answer: a)

True. Once a girl starts having periods it means her reproductive organs have begun working and that she can become pregnant if she has vaginal sex. Its important to note that a girl could become pregnant before her first period if her ovaries have released the first egg/ovum but she hasn't yet had he period.

16. Can sexting (sending nude pics) be a crime?

- a) Yes
- b) No

Answer: a)

Sexting may be a crime depending on certain conditions and the State or Territory you are in. When sexting involves someone under 18, it can be 'child pornography', 'indecent filming', or an 'indecent act'. It's also a crime when it involves harassing people of any age. For the laws in your state or territory go to:

www.lawstuff.org.au/sa_law/topics/Sexting

17. The legal age for having sex is the same around Australia.

- a) Yes
- b) No

Answer: b)

The legal age of consent is usually 16 years of age to have vaginal sex (if both people agree to it). It is 17 years in Tasmania and South Australia. It is usually legal to have anal sex at 16 except in QLD where a person must be 18. Sex means sexual penetration – we are not talking here about kissing or touching that does not involve sexual penetration.

It is never okay for any person to have sex with another person who is under 12.

Ask: why do we have legal ages for consent?

These laws balance your human right to choose when and with who you will have sex and your human right, as a child or young person, to be protected from sexual abuse, particularly by adults.

www.lawstuff.org.au