

## Information and Resources

Age	Topics	Theme	Resources
Up to 8	Names for body parts & functions, pregnancy, consent, touching, hygiene	"Keeping your body safe and healthy"	<b>It's Not the Stork</b> by Robie & Harris Website: <a href="http://www.amaze.org">www.amaze.org</a>
8-11	Puberty, reproduction, beginning sexuality, identity, making good decisions	"Changes and responsibility" "Who am I?" "Social Media and phone safety"	<b>It's So Amazing</b> by Robie & Harris Website: <a href="http://www.amaze.org">www.amaze.org</a> The Gender Unicorn: <a href="http://www.transstudent.org">www.transstudent.org</a>
11-13	Assessing risk & values, safe relationships, identity/sexuality, birth control and condoms	"Making safe decisions" "Beyond the birds and the bees"	<b>It's So Amazing</b> By Robie and Harris <a href="http://www.amaze.org">www.amaze.org</a>
14+	Where to go to access birth control and condoms, STI testing, relationship safety	"Risk reduction" "Accessing resources" "Healthy Relationships" "Future planning"	<b>It's Perfectly Normal</b> by Robie and Harris Websites: <a href="http://www.Plannedparenthood.org">www.Plannedparenthood.org</a> <a href="http://www.Loveisrespect.org">www.Loveisrespect.org</a> <a href="http://www.nationwidechildrens.org/bc4teens">www.nationwidechildrens.org/bc4teens</a>

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# How to Talk to Kids about Relationships and Sexuality



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# Beyond 'The Talk'

Engaging your child in a difficult topic  
effectively and painlessly... for a lifetime

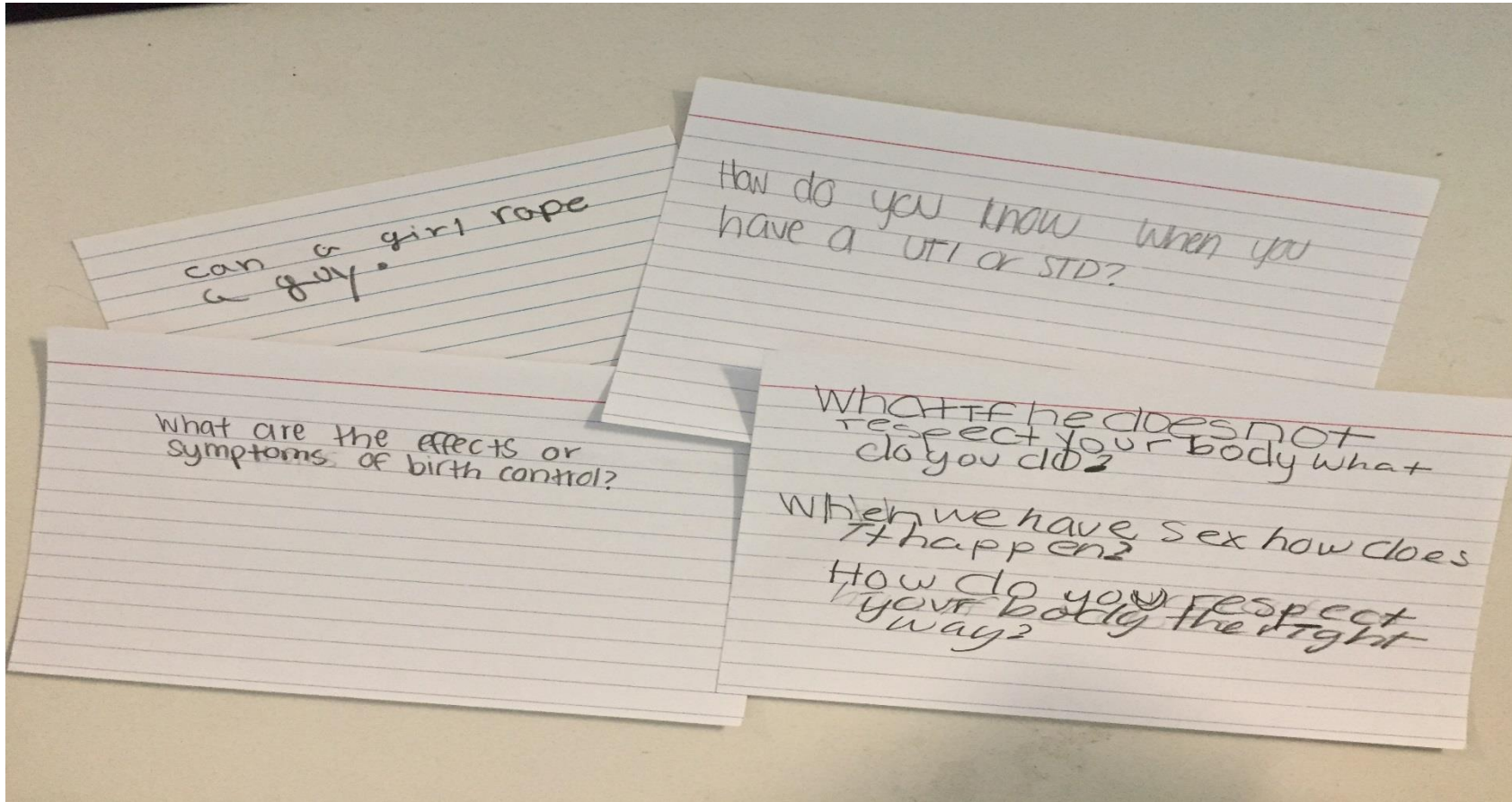


Sarah Saxbe, MS, LISW-S



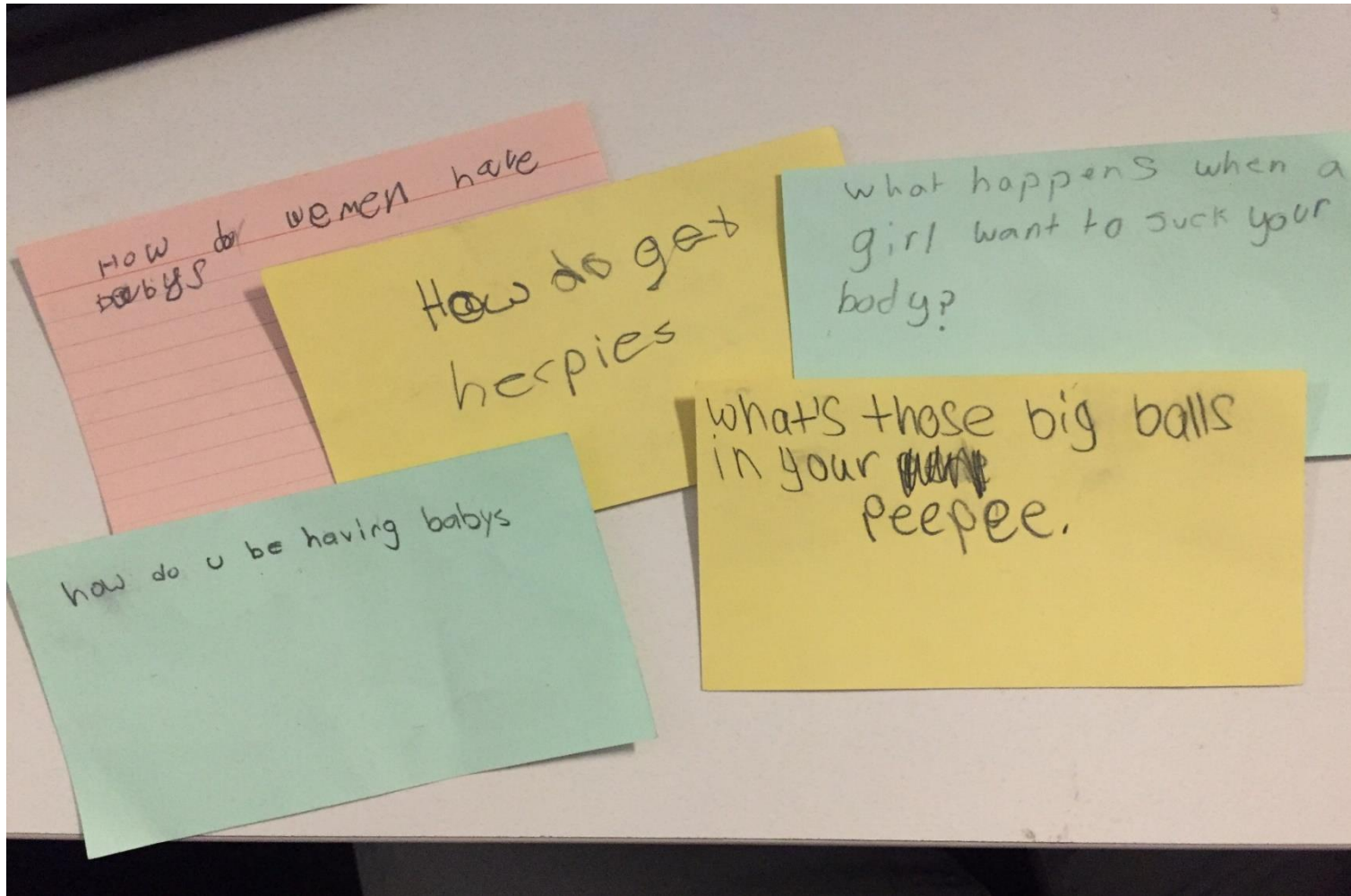
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# Why is Sex Ed Important?



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# Yes, these are real!



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# ACTUAL quotes!

**From teachers:** “I want to teach sex ed but I don’t feel like the kids will take it seriously.” “I’m not comfortable teaching sex ed.” “I don’t feel like an expert.”

“Our kids are too immature to learn about condoms and birth control.” (8th grade principal)

**From teens:** “My parents would NEVER talk about sex with me. They just tell me not to do it.” “I learn about sex from my friend’s older brother.” “Boys watch tons of porn.” “All girls send nudes when they start dating boys.” “I got pregnant when I was 13 and I didn’t know how it happened at first.”

**From parents:** “My kid isn’t sexually active. When she is going to have sex she’ll tell me and I’ll take her to get birth control.” “I would know by now if my kid were gay.” “Can’t you just figure out how to use a condom?”

“My kid doesn’t have access to porn.” “I have no idea what kind of sex ed my kid has in school. I assume it’s something..”

“I rely on the school to teach sex ed. I’m too nervous to have the talk and my husband won’t do it either.” (Kid is 15)



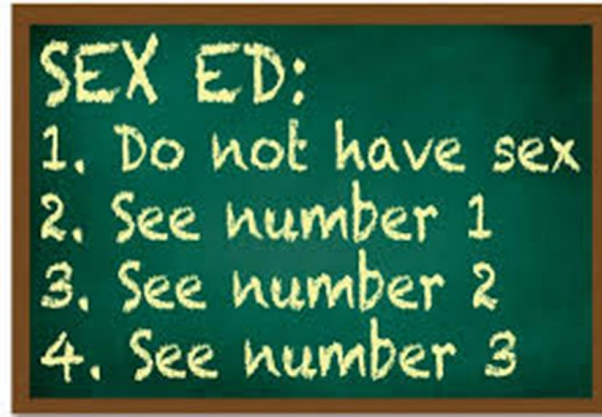


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# Quality Sexuality Education\*

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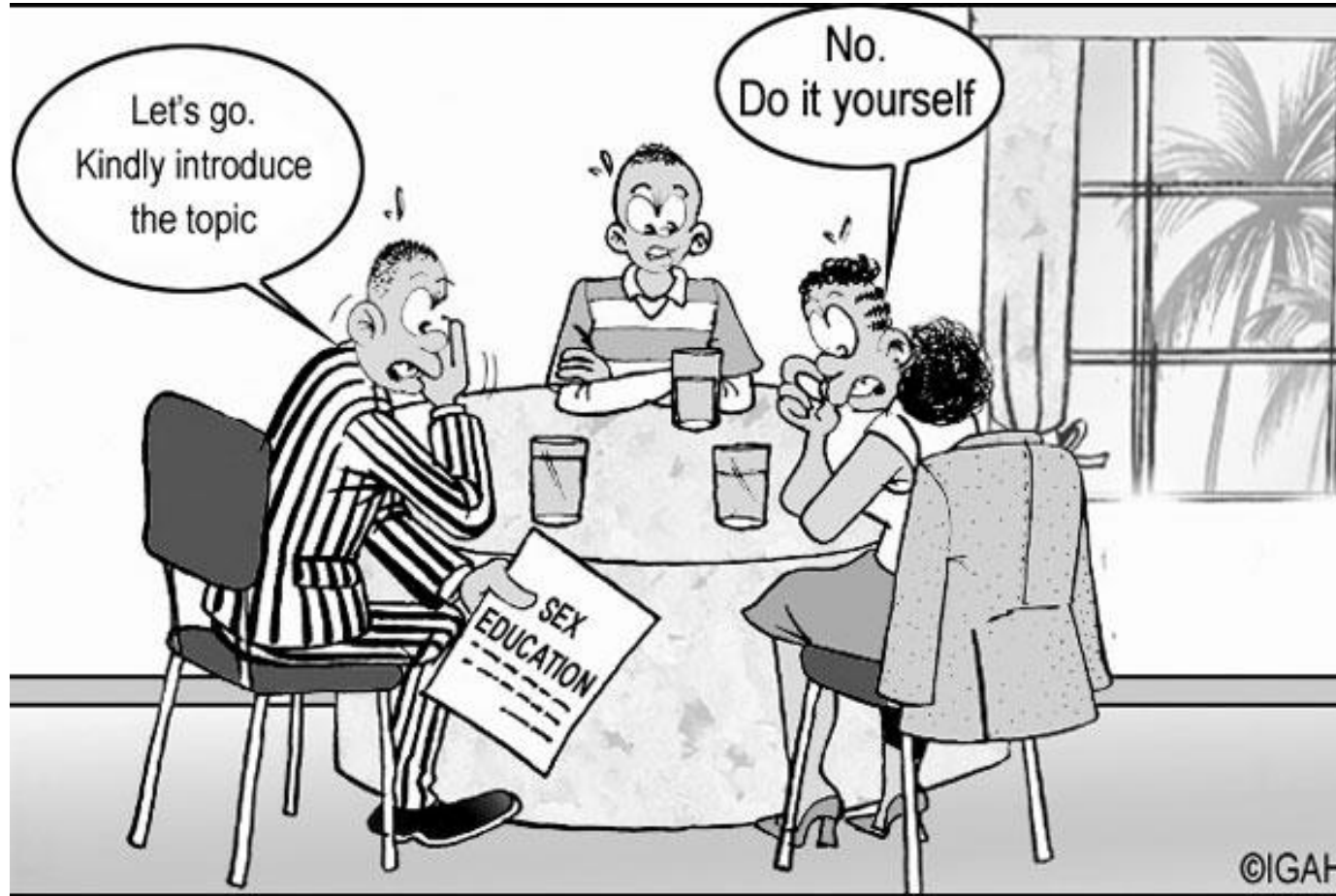
- Delays risky sexual behavior
- Relationship skills, boundaries, and consent
- Medically accurate
- Gives teens the tools and trust to make the best decisions about their health and their future



\*Refers to evidence-based comprehensive education, not abstinence-only-until-marriage programs



# The “talk” is a **lifetime** process!



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# The “talk” is a **lifetime** process!

- Listen
- Its never too early, its never too late
- Become an ask-able parent
- Use the everyday life like a book, tv show or the news to spark discussion
- Be careful about judging or punitive actions/threats
- Discuss the good, bad and “gray areas” of sexuality
- The **Internet** is a major teacher, like it or not!

# Talking with Kids Makes a Difference

- Discuss and clarify family values
- Kids and teens who have regular conversations with parents / caregivers about sex and relationships are:
  - **More** likely to be **healthy** and **safe**
  - **Less** likely to engage in **risky sexual behaviors**



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# Ages and Stages: Sexual Health Education

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- **K-3**: Proper names for parts, hygiene, consent, appropriate touching, basic reproduction/pregnancy
- **Grades 4-5**: Puberty, identity, beginning sexuality
- **Grades 6-8**: reproduction, STI prevention, gender/sexuality differences, contraception
- **Grades 9-12**: STI types, prevention, and treatment; access to condoms and birth control



# Answering questions about Puberty and Sex

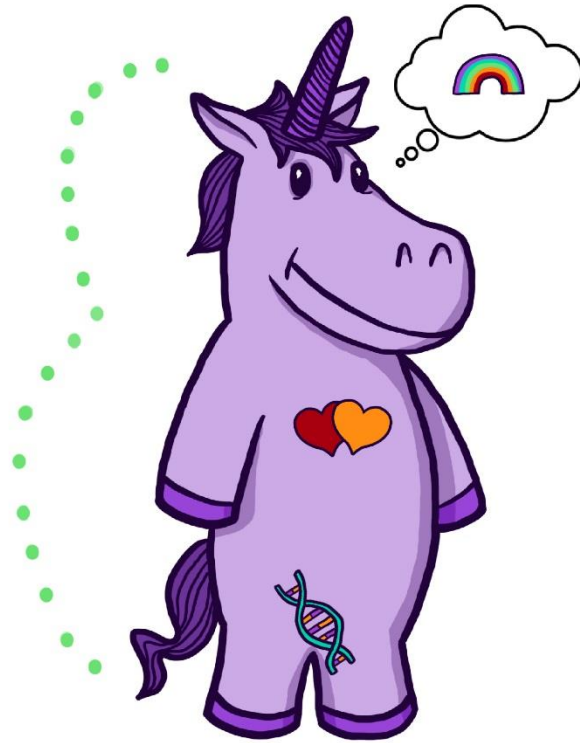
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- Be cool
- Don't assume
- "I'm so glad you asked" "Great question" "Sounds like you are curious \_\_\_\_\_"
- Science-based answers
- Use correct terms
- Answer the question honestly
- "Let me find out and get back to you"

# The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



## Gender Identity

-  Female/Woman/Girl
-  Male/Man/Boy
-  Other Gender(s)

## Gender Expression

-  Feminine
-  Masculine
-  Other

## Sex Assigned at Birth

- Female      Male      Other/Intersex
- 
  - 
  - 

## Physically Attracted to

-  Women
-  Men
-  Other Gender(s)

## Emotionally Attracted to

-  Women
-  Men
-  Other Gender(s)

To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore



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# Contraception 101



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# What percentage of high school students have had sexual intercourse?

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✓ 20.4% 9<sup>th</sup> graders

✓ **57.3%** 12<sup>th</sup> graders



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# At last sex...

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- **46%** NO condom
- **71%** NO birth control pills, patch, shot, ring, implant or IUD
- **91%** NO *dual method*

CDC. Youth Risk Behavior Surveillance Survey — United States, 2017

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# Most commonly used methods among teens

1. Condoms
2. Withdrawal
3. Oral contraceptive pills



Source 2011-2015 NSFG

Image from: <http://www.scarleteen.com>



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# HOW WELL DOES BIRTH CONTROL WORK?

What is your chance of getting pregnant?

**Really, really well**








Works, hassle-free, for up to...


The Implant (Nexplanon)	IUD (Skyla)	IUD (Mirena)	IUD (ParaGard)	Sterilization, for men and women
3 years	3 years	5 years	12 years	Forever



**Okay**







For it to work best, use it...

The Pill	The Patch	The Ring	The Shot (Depo-Provera)
Every. Single. Day.	Every week	Every month	Every 3 months



**Not so well**







For each of these methods to work, you or your partner have to use it every single time you have sex.



# Hormonal Contraception

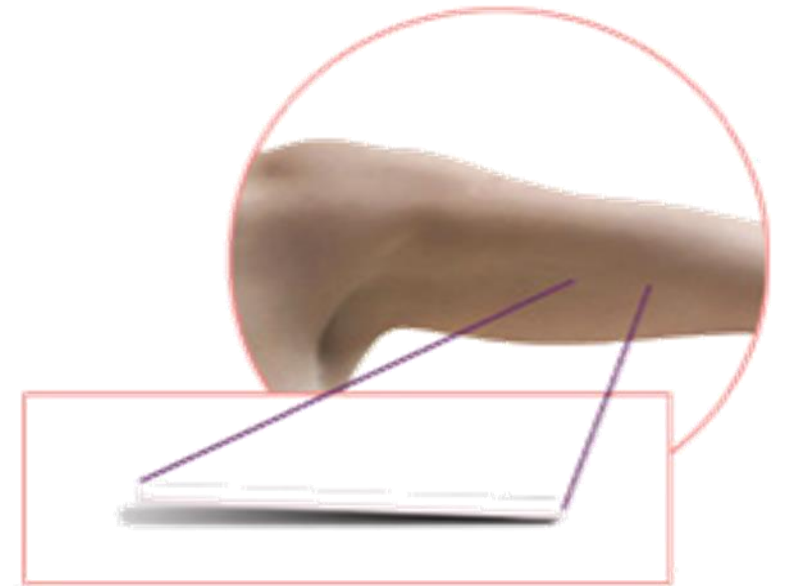
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- Safe
- Reversible
- Available by prescription or placed by a clinician
- A healthy girl with no medical problems who is not pregnant is eligible for any method she chooses
- Used for many gynecologic reasons
- Does not increase adolescent sexual activity

# Nexplanon®

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- A small, thin, **implantable** hormonal contraceptive
- Effective for at least 3 years
- **99.95% effective**
- Inserted under the skin in the inner arm



# Hormonal IUDs

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- A small flexible **intrauterine** device that releases progestin
- Effective 3 or 5 years depending on type
- More than 99% effective
- No effect on bone density or weight
- **Women may have cramping and irregular bleeding**  $\leq$  6 months.
- Many women ovulate



# Copper IUD (Paragard®)

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- A small flexible hormone-free **intrauterine** device wrapped in copper
- Effective for 10 years
- 99.2% effective
- Most effective emergency contraceptive
- Women may experience heavier menses and increased cramping



# Depo Provera

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- Progestin hormonal injection given every 11-13 weeks
- 94% effective with typical use
- Main side effects:
  - Irregular bleeding
  - Weight Gain
  - Decreased bone density





# Combined hormonal contraceptives

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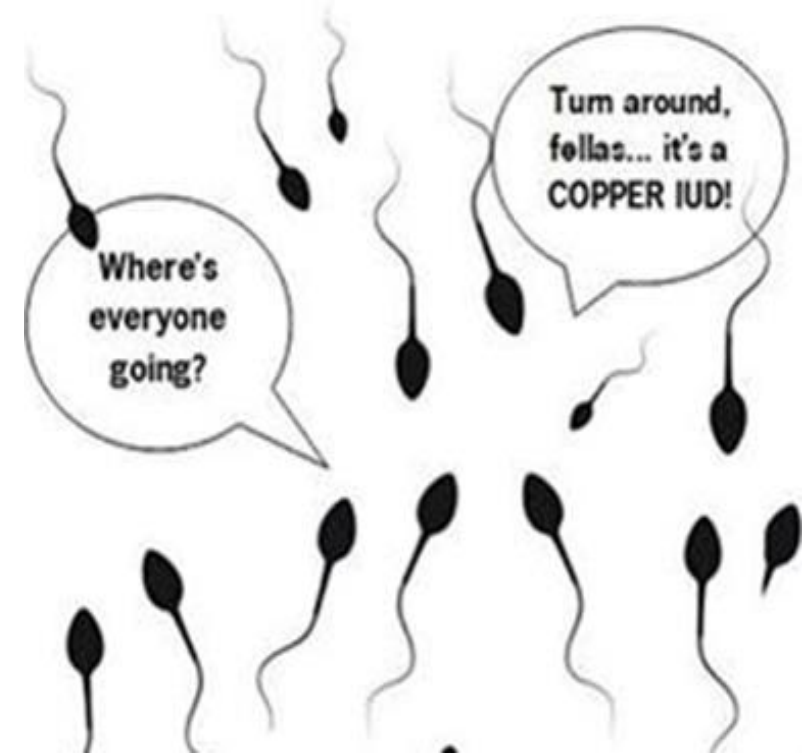


- 91% with typical use
- Adherence is the main problem for adolescents
- Side effects (irregular bleeding, nausea, breast tenderness) are the primary reason for discontinuation (53%)



# Emergency Contraception

- “Not abortion pills”
- Options include:
  - Copper IUD
  - Ella by prescription
  - Plan B/Next Choice [AVAILABLE over the counter]
- Take within 5 days unprotected sex, the sooner the better.
- Pregnancy test if no period within 2-4 weeks



# Condoms:

## All the time, every time, the whole time

- 82% effective with typical use
- Only contraceptive method to also prevent sexually transmitted infections
- Discreet
- Easily available
- Two kinds available, male and internal condom
- Recommended for use by adolescents even if they are on a hormonal contraceptive



# Other recommended services

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- PAP at age 21
- Routine HPV vaccination
- HIV screening
- For sexually active girls
  - Screen for Chlamydia, Gonorrhea
  - Trichomonas screening for some higher risk patients



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# BC4Teens

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- Outpatient teen-centered contraceptive services
- Contraceptive of choice if medically eligible
- **Same day start of IUD and implants**
- Same day appointments available
- STI testing and treatment
- Parent required at first visit
- **614-722-6200 to schedule**

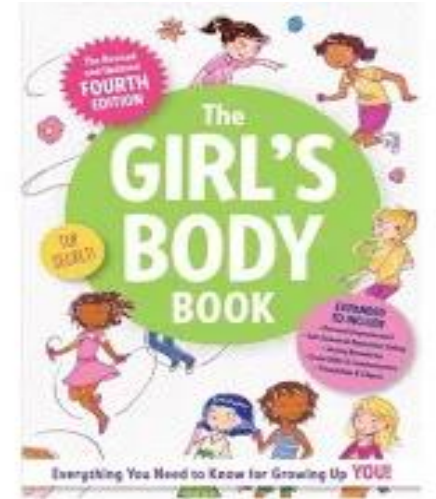


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# Resources

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- BC4Teens [www.nationwidechildrens.org/bc4teens](http://www.nationwidechildrens.org/bc4teens)
- Robie Harris and Boys/Girls Body books
- [www.amaze.org](http://www.amaze.org)
- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- Equitas Health [www.ohiv.org](http://www.ohiv.org) (STI testing, free mail-order condoms and LGBTQ Health Care)



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# Questions

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# Thank you!

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\*No personal medical questions will be answered via email



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