

Individual Homework: Blogging about Preventing Pregnancy and STDs

NAME	DATE	CLASS PERIOD
------	------	--------------

FOR FULL CREDIT, THIS EXERCISE IS DUE: _____

Directions: Imagine you write a very popular blog that answers questions other teens send to you about trouble with relationships and questions about sex, birth control, and STDs. You should use the communication skills found on the two handouts we used in class today: *Assertiveness Handout* from Lesson 2: Abstinence and *Talking to Partners about Sex, STDs, and Birth Control Handout* when you answer the question.

Alternative: you can make a video where you read the questions and then answer them verbally. Bring it in or post it to YouTube for credit.

URL: _____

Situation 1: Hi, I am a 16 year old girl. My boyfriend and I are talking about having sex for the first time. He doesn't think I need birth control because we are both virgins. I don't want to scare him away because I really love him, but I don't want to get pregnant! I have things I want to do before I have kids. What should I tell him?

Sincerely,
Got Plans

Situation 2: Uh, this is pretty embarrassing, but I'm on the football team and my teammate and I recently realized that we like each other. Like really like each other. We are pretty excited but also scared and nervous other people will find out. We have no idea who to talk to about sex, how to get condoms, and all that stuff. I know the

pharmacist at the local drug store so I can't get them there. Both of us have messed around with other guys before. My buddy doesn't think we need them, but I think we do. Help!

Sincerely,
Helmet N Cleats

Situation 3: I feel really stuck. My girlfriend wants to stop using condoms because she is using the patch. I've known her for a long time, but I am not sure if we are ready to be exclusive with each other. I did hook up with this other girl at a party last week... anyway! That was a mistake, and I want to stay with my girlfriend. I want to insist we keep using condoms but am afraid she will think I suspect she is sleeping around or she will suspect that I am sleeping around. What do I say to her???

Sincerely,
Patched Jeans

Family Homework: Talking about Preventing Pregnancy & STDs

All Family Homework is optional. You may complete an Individual Homework assignment instead.

PURPOSE: This is a chance to share with one another some of your own (and your family's, your religion's) beliefs about sexuality and relationships. It will also give you a chance to get to know one another a little better.

DIRECTIONS: Find a quiet place where the two of you – the student and the trusted adult (parent, guardian, stepparent, adult friend of the family, best friend's parent, etc.) – can talk privately. Set aside about 10 minutes. During this time, please give full attention to one another ... no texting, watching TV and so on.

ASK THE STUDENT: What are your life goals at this time? Career, family, travel? What would a pregnancy or STD do to change those goals?

ASK THE ADULT: How do you communicate with your boss at work when you want or need something? Can you think of an example? How do you communicate with your partner (present or past) when you want or need something? Got an example?

ASK THE STUDENT: How would you say "no" if your partner wanted to have sex but you didn't want to? How would you talk about birth control and condoms with a partner?

ASK THE ADULT: What do you think I could say to my partner about preventing pregnancy or disease, if I got into a relationship and we decided to have sex? What if my partner said he or she didn't want to use birth control or condoms?



Family Homework: Talking about Preventing Pregnancy & STDs – Confirmation Slip

FOR FULL CREDIT, THIS HOMEWORK IS DUE: _____

We have completed this Homework Exercise.

Date: _____

_____ student's signature

_____ signature of family member or trusted adult