

Unit Fourteen

*Taking Care
of Yourself:*
Building
Healthy
Relationships

UNIT FOURTEEN:

Taking Care of Yourself:

Building Healthy Relationships

Suggestions for the Instructor

Pg. 14-14 - 14-16 -- Words of Wisdom: Healthy Relationships

Ask volunteers to take turns reading the quotes aloud. Ask students to pick a quote that interests them and to write about it, reflecting on:

- what they think the speaker means
- whether they agree and why or why not
- how the quote is or is not relevant to their lives
- specific examples from their lives or the lives of others which highlight its meaning

Ask students to share their reflections with the class.

Pg. 14-17 -- The Vocabulary of Self-Esteem

Use this handout to facilitate a discussion of self-esteem and to remind students that each of us is important and has value. Remind them that believing we are important and valuable leads to positive self-esteem, and that sometimes our environment or the people around us can have a negative impact on our self-esteem. Ask them to read the definitions of each of the terms, then answer questions about their own self-esteem.

Encourage them to share with the class and discuss.

Pg. 14-18 -- The Power of Self-talk

People can find themselves in very difficult situations. Remind students that our attitude about ourselves has a huge effect on whether we have the strength and courage to overcome problems. Our self-talk is the expression of our attitude. Negative self-talk is discouraging and self-defeating and disempowering.

Ask students to read the examples of negative and positive self-talk and discuss how each comment might affect the speaker's actions. Individually or in small groups, have students fill in the blanks with positive self-talk that is encouraging, self-affirming and empowering.

(continued)

Negative Self-talk	Positive Self-talk
My problems are terrible /horrible / awful.	Everybody has problems and with help and support I can get through this.
I can't get along without ... (person / drug / thing)	I am not a victim. I am an independent person.
I am a total failure.	I have done a lot of things right and I need to remind myself of my successes.
I am worthless.	I am valuable and my life is meaningful.
I am stupid.	I'm smart and there are a lot of things I know how to do.
I made so many mistakes I can never get through this.	Everybody makes mistakes. I've made mistakes and I need to deal with them and move on with confidence.
No one understands what I'm going through.	I can find someone to talk to who understands what I am going through.
I feel so guilty / terrible / depressed and I don't think I can get through this.	I've gotten through difficult times before and I know I can get through this.
Nobody else has ever gone through anything like this.	Everybody has problems. There are lots of people who are going through what I'm experiencing right now. I'm not alone.
I can't do it.	I am a strong, capable person who can get through this. I can do it.
I can't stand the pain.	I am a strong, brave person. I can get through the pain of what is happening now because I know things will get better.
Everybody hates me.	I am a likable, lovable person. There are people who like me and care about me.

Page 14-19 -- The Vocabulary of Communication

Have students read **The Vocabulary of Communication** aloud, as a large group or in small groups. Then ask them to reflect on the meaning of those words in their own lives by answering the questions that follow each term.

support: *assistance, willingness to help or listen (n); to uphold by aid or encouragement (v)*

- Who can you turn to when you are in need of support?
- What can people in a relationship do to support each other?

mutual: *shared or felt by two people*

- Can you think of a relationship that is mutually supportive?

(continued)

respect: *admiration, consideration or thoughtfulness (n); to show reverence or regard for (v)*

- Who are some of the people in your life whom you respect?
- What do you think people in a relationship can do to demonstrate respect for each other?

communication: *the act of sharing thoughts, feelings and ideas*

- Do you think communication is important in a relationship? Why or why not?

Page 14-20 -- The Value of Words: Just for Fun

Using the values assigned to each letter of the alphabet, have students calculate the “value” of various communication words, using mental math then checking with a calculator. Discuss the monetary “value” as well as their opinions about the actual value of the worlds in real life.

Pg. 14-21 -- Building Healthy Relationships

On this handout, students read about the qualities a healthy relationship should have -- mutual respect, honesty and trust, support, and good communication.

Ask students to discuss questions about these qualities as they read, then to reflect in writing on whether they or someone they know has been in a healthy relationship. Ask them to answer the following questions:

- How did it feel to be in a healthy relationship?
- What were the benefits of it?
- What positive effects did it have?

Page 14-22 - 14-23 -- Using the “Nine Important Communication Skills”

Tell students that the “Nine Important Communication Skills” can be followed in many different relationships. Whether they are in a committed relationship with a partner, married, a child or a parent or a sibling, or a friend, communication is a skill that will help both people in the relationship understand each other and get along better.

Review the “Nine Important Communication Skills”. Ask students to think about these questions: What do you feel you and your partner do well? What you and your partner need to work on?

Pg. 14-24 - 14-26 - What is Abusive Behavior?

On this handout students read about unhealthy relationships. They learn that a relationship is unhealthy if it involves mean, abusive, disrespectful or controlling behavior. Have them read the handout as a group then work together to answer the questions about what they have read.

Answers

1. What is the definition of abusive behavior?

Abuse is mistreatment or bad treatment of another person.

2. What are four different ways a relationship can be abusive?

Abuse can be:

- **emotional (affecting how a person feels)**
- **verbal (using hurtful words)**
- **sexual (forcing someone into sexual acts against his or her will)**
- **physical (hurting the body)**

3. What types of people can be victims of abusive behavior?

Anyone can be a victim of abusive behavior. Victims can be married or not married; heterosexual, gay, or lesbian; living together, separated or dating. Victims can be any age, sex, race, or religion or have any type of education or employment. Although both men and women can be abused, most victims are women.

5. What types of relationship violence are criminal?

Physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking are all criminal behaviors.

6. What might be some of the effects of growing up in an abusive home?

- **People who grew up with this kind of behavior may think it is normal or okay.**
- **People who grew up around disrespectful or violent behavior may not know how to treat their partners with kindness and respect, or may not believe they have a right to expect good treatment from their partner.**
- **Children from abusive homes may have emotional and behavior problems.**

7. What could you do or say if a friend told you that his or her partner was showing one (or more) of the abusive behaviors listed above?

- **Tell her it's not her fault.**
- **Tell her to seek help.**
- **Tell her to take care of herself and to not stay in a relationship that involves abusive behavior of any kind.**

Pg. 14-27 – 14-28 -- Tamara’s Story

Have students read **Tamara’s Story**, about a woman who lived with domestic violence and decided to leave her abusive partner. Have them answer the following questions, using evidence from the reading to support their answers.

Answers:

1. What were the warning signs of abusive behavior in Tamara’s relationship?
He threatened to kill her, acted really jealous, called her names and told her she was stupid; he said she was “too stupid for words.”
2. How did Tamara’s boyfriend’s abusive behavior affect her physically?
**He slapped her.
He hit her so hard with a belt buckle that her eye swelled shut and she lost hearing in one ear.**
3. How did it affect her emotionally?
 - **She became seriously depressed. She felt like she was always walking on eggshells.**
 - **One day she saw the look of terror on her child’s face and that was finally what helped her get the courage to leave.**
 - **Her self-esteem was so low.**
 - **She started to believe his constant put-downs.**
4. How did Tamara finally get or of her abusive relationship?
She went to the domestic violence shelter and got counseling, legal advice and financial help.
5. What did Tamara come to understand that she deserved?
She finally started to understand that she deserved to be happy, loved and fulfilled. She deserves a life where that is positive, safe and free.
6. What advice does Tamara give?
To anyone in my situation: please don’t waste another minute of your life trying to change an abuser. Take good care of yourself because you are all you’ve got.
7. Do you agree with her advice? Why do you hold this opinion?
Answers will vary.

Pg. 14-29 – 14-30 -- Power and Control Wheel / Scenarios

Review the Power and Control Wheel with students, telling them this tool was designed to help people see the ways in which relationships can become abusive and to help alert people to the warning signs. Review the scenarios and ask students to identify which of the attitudes and behaviors on the Power and Control Wheel are being exhibited.

Pg. 14-31 – 14-32 -- Equality Wheel / Scenarios

Review the Equality Wheel with students, telling them this tool was designed to help people see what qualities constitute non-violent, equal relationships. Read it aloud with students, then review the scenarios and ask students to identify what attitudes or behaviors on the Equality Wheel are being exhibited.

Pg. 14-33 -- What Do You Know about Staying Sexually Safe?

Have students read each of the statements on the handout and decide if it is true or false. Review the answers with the class and tell them they will be learning more about these topics in upcoming lessons.

Answers

1. F Only people of a certain age, sex, race or sexual orientation can get HIV/AIDS.
2. T HIV / AIDS is an infectious, contagious disease.
3. F You can get HIV / AIDS from hugging, shaking hands, using swimming pools and using public toilets.
4. F If a pregnant woman has HIV / AIDS, she cannot pass the virus on to her baby.
5. T HIV / AIDS is a preventable disease.
6. T The more sexual partners a person has, the greater the risk of getting HIV/AIDS.
7. F Using condoms does not help prevent the spread of HIV / AIDS.
8. F You can't get pregnant the first time you have unprotected sex.
9. T Abstinence can help prevent the spread of the HIV virus.
10. T Young people are more vulnerable to STDs than older adults.
11. T People increase their risk of HIV infection if they do NOT use a condom when they have sex with a person whose HIV status they do not know.
12. T A major reason condoms break is because they have been used incorrectly with an oil-based lubricant.
13. T People without any symptoms of illness may carry and transmit HIV to a sex partner,
14. T People who have had one sexually transmitted disease are at higher risk of contracting a second STI, including HIV.
15. T Sexual abstinence is the only 100% sure way to prevent pregnancy and sexually transmitted disease.
16. F You can't get pregnant if you pee or douch (with anything) after sex.
17. F Marijuana and alcohol slow a man's sperm, so you have less chance of getting pregnant if you are drunk or high when you have sex.

Pg. 14-34 – How to Avoid HIV / AIDS and STDs: Vocabulary

Have students study the terms related to sexually transmitted diseases, and write a sentence for each.

- **intimate** -- very close
- **transmission** -- the act of passing something from one person to another
- **infectious** -- communicable, transferable, catching
- **contagious** -- able to be transmitted from one person to another by direct contact with the person, or by indirect contact with infected materials
- **preventable** -- able to be avoided by taking care in advance

Pg. 14-35 -- Taking Care of Yourself: How to Prevent HIV/AIDS

Ask students to read the handout to learn how HIV can be spread and how it can be prevented. Ask students to work alone or together to answer the true or false questions based on the information on the handout.

Answers

- _T__ Anyone can get HIV, regardless of sex, race or sexual orientation.
- _T__ HIV is an infectious, contagious disease.
- _T__ If a pregnant woman has HIV, she can pass the virus on to her baby.
- _F__ HIV is not preventable.
- _F__ Abstinence cannot prevent the spread of HIV.
- _T__ The more sexual partners a person has, the greater the risk of getting HIV.
- _T__ Using condoms may help prevent the spread of HIV.
- _T__ Using alcohol or other drugs may increase the chances of getting HIV.

Pg. 14-36 – Taking Care of Yourself: How to Prevent STDs

Ask students to read the handout to learn how HIV can be spread and how it can be prevented. Ask students to work alone or together to answer the true or false questions based on the information on the handout.

Answers

- _T__ Abstinence can prevent the spread of STDs.
- _T__ Using alcohol or other drugs may increase the chances of getting an STD.
- _T__ Anyone can get an STD, regardless of sex, race or sexual orientation.
- _F__ STDs are not infectious, contagious diseases.
- _T__ The more sexual partners a person has, the greater the risk of getting STDs.
- _T__ Using condoms may help prevent the spread of STDs.
- _T__ STDs are preventable.

Pgs. 14-46 - 14-47 -- Myths about Pregnancy

Adapted from <http://stayteen.org/ask/series/sex-myths>

Review the various myths some people – young and old – may have about pregnancy. Then ask students to write them down on the handout. If they have access to the internet, tell them they might be able to find answers at the following websites. Tell them if they have additional question sot feel free the share them with you and that you will attempt to find the answers. Tell them there are no bad questions.

- <http://stayteen.org/ask>
- <https://sexetc.org>
- <https://www.plannedparenthood.org/all-access/chat>
- <https://www.cdc.gov/reproductivehealth/contraception/>

Pgs. 14-48 - 14-49 -- Leeah’s Story

Have students read **Leeah’s Story** aloud as a class or in small groups, then to write any thoughts or feelings they have after reading. Ask volunteers to share their reflections with the class.

Pgs. 14-50 - 14-51 -- Don’t Get Pregnant By ACCIDENT

Whether or not to get pregnant is one of the most important decisions a woman (and her partner) can make. Use the handout to help students reflect on the questions they should consider in order to help them avoid becoming accidentally pregnant.

Pg. 14-52 -- Using Contraceptives for Safe Sex

In this handout, students learn that there are two very important reasons for finding out about and practicing safe sex:

1. Safe sex prevents the spread of sexually transmitted diseases.
2. Safe sex prevents unwanted pregnancy.

They learn that abstinence and latex condoms are the only two contraceptive methods that prevent both STDs and pregnancy. They learn that all other birth control methods should only be used if both partners have been tested and there is no risk of transmitting STDs.

Pgs. 14-53 – 14-54 -- How to Avoid Pregnancy and STDs

Adapted from https://www.cdc.gov/teenpregnancy/pdf/teen-condom-fact_sheet-english-march-2016.pdf

Use this handout to help students understand that if they are sexually active and not ready to become a parent, it is important to use birth control to protect themselves from pregnancy and to reduce the risk of getting sexually transmitted diseases (STDs), including HIV.

Pg. 14-55 -- Love Language: Communicating About Condoms

Acknowledge that talking about condom use with a partner can be awkward and embarrassing at first, but talking honestly about condoms is important so that each partner’s feelings are considered and neither person feels they are taking risks. Ask students to read the statements and think about what they can say to communicate feelings and desires honestly to a partner.

Pg. 14-56 – 14-59 -- How Do You Decide Which Birth Control Method is Right for YOU? What You Need to Know

Adapted from www.health.com/health/gallery/0,,20306647,00.html and www.reproductiveaccess.org/wp-content/uploads/2014/06/contra_choices.pdf

There are a many methods available to help prevent pregnancy. Tell students they will need to consider the following questions when deciding which contraceptive methods are right for them:

- Future pregnancy plans – When do you WANT to get pregnant? When is the RIGHT time for YOU to take on the responsibility of having a baby?
- Cost – Which birth control method can you afford to you consistently and correctly?
- Convenience – Is it easy enough to use that you will use it correctly and consistently?
- Reliability – What evidence is there that it is effective? Is there research to show that it actually works?
- Side effects – Are there side effects that might make this method not right for YOU?
- Partnership and cooperation -- What’s right for you and your partner? What method do you both agree to use consistently and correctly?
- Sexually Transmitted Disease -- Does this method also protect against sexually transmitted diseases?

(continued)

Tell students the handouts can help them decide which method is right for them. Review the information as a group, in order to compare and contrast contraceptive methods to analyze the advantages and disadvantages of each and how effective each is against pregnancy and against STDs.

- Abstinence
- Combination pill
- Progestin-only pill
- Vaginal ring
- Diaphragm
- IUD
- Female condom
- Male condom
- Patch
- Implant
- Emergency contraception

Pg. 14-60 -- "Desiderata" by Max Ehrmann

Share the classic poem, "Desiderata" by Max Ehrmann with the students.
(Source: Creative Commons Attribution-ShareAlike License)

Have students read it through a couple of times, asking students to reflect on the wisdom of the advice it contains:

- Do you agree or disagree with this advice?
- Is this advice useful to you in jail or prison?
- Would it be useful to you after you are released?
- Is this advice that would be useful for parents to share with their children?
- Why or why not?

Ask volunteers to recite sections of the poem, standing up and performing as a group.

Pg. 14-61 -- Words of Self-Esteem

Encourage students to write themselves a message to guide them through times of difficulty or transition. Encourage them to refer to these words when they need a reminder to help them stay self-confident and self-respecting. Remind them that healthy relationships are built on self-confidence and positive self-esteem.

Unit Fourteen

Taking Care of Yourself: Building Healthy Relationships

Student Activities

◆●◆●◆ WORDS OF WISDOM ◆●◆●◆
Healthy Relationships

*"Communication to a relationship is like oxygen to life. Without it, it dies."
Tony Gaskins*

*"Don't assume your partner knows everything you expect in a relationship.
Let him or her know. A relationship should be based on communication,
not assumption."*

**"Never make an assumption of someone based on past experience with someone else."
Wiz Khalifa**

**"The reason many of us struggle in relationship is because
we talk about other people rather than say how we feel.
So we must change our communication style. Say the words 'I' or 'me' more often.
Say how you feel rather than what other people are doing."
Jennifer Wardowski**

*"People may hear your words, but they feel your attitude."
John C. Maxwell*

*"Most communication problems are due to the reason
that we don't listen to understand.
We listen only to reply."*

**"Learn to be open minded and respectful of people's opinions even when you don't agree."
Mylknhoney**

*"Trust is the glue of life. It's the most essential ingredient in effective
communication. It's the foundational principle that holds all relationships."
Stephen Covey*

**“Cutting some people out of my life doesn’t mean I hate them;
it simply means I respect ME.”**

**“It’s funny how we feel so much but don’t say a word.
We’re screaming inside but can’t be heard.”
Wiz Khalifa**

**“Some of the biggest challenges in relationships come from the fact
that most people enter a relationship in order to get something;
they’re trying to find someone who’s going to make them feel good.
In reality, the only way a relationship will last is if you see it as a place you go to give,
and not a place that you go to take.”
Anthony Robbins**

**“I’ve got some issues that nobody can see and all of these emotions are
pouring out of me. I bring them to the light for you; it’s only right.”
Kid Cudi**

*“A woman brought you into this world,
so you have no right to disrespect one.”
Tupac Shakur*

**“I’d rather work on this with you than to go ahead and start with someone new.”
Big Sean**

**“Communicate. Even when it’s uncomfortable or uneasy.
One of the best ways to heal is simply getting everything out -
and if you live bitterly, you live a lonely existence.”
Mylknhoney**

**“Communication must be HOT.
That’s Honest, Open, and Two-way.”
Dan Oswald**

The Vocabulary of Self-Esteem

Each of us is important. Each of us has value. Believing we are important and valuable leads to positive self-esteem. Sometimes our environment or the people around us can have a negative impact on our self-esteem. Read the definitions of each of the terms below, then answer questions about your own self-esteem. Share with the class and discuss.

self-esteem: *a person's measure of his or her own worth. A person who has positive self-esteem thinks she is worthy and valuable.*

Do you feel you have positive self-esteem? Why or why not? _____

What are some things you might do to improve your self-esteem? _____

self-confidence: *the knowledge that you can do something and do it well. People gain self-confidence by practicing skills until they can do them well.*

What do you feel self-confident about?

What do you feel less self-confident about that you would like to work on?

self-respect: *the belief in your own dignity and right to be treated well. People who are assertive about their own needs are showing self-respect.*

Do you think you have self-respect? _____

What are some ways you show self-respect? _____

What are some things you have done that show a need to improve your self-respect?

How might you improve your self-respect?



The Power of Self-talk



People can find themselves in very difficult situations. Our attitude about ourselves has a huge effect on whether we have the strength and courage to overcome problems. Our self-talk is the expression of our attitude. Negative self-talk is discouraging and self-defeating and disempowering.

Read the examples of negative and positive self-talk below and discuss how each comment might affect the speaker's actions. Fill in the blanks with positive self-talk that is encouraging, self-affirming and empowering.

Negative Self-talk	Positive Self-talk
My problems are terrible /horrible / awful.	Everybody has problems and with help and support I can get through this.
I can't get along without ... (person / drug / thing)	I am not a victim. I am an independent person.
I am a total failure.	I have done a lot of things right and I need to remind myself of my successes.
I am worthless.	I am valuable and my life is meaningful.
I am stupid.	I'm smart and there are a lot of things I know how to do.
I made so many mistakes I can never get through this.	Everybody makes mistakes. I've made mistakes and I need to deal with them and move on with confidence.
No one understands what I'm going through.	
I feel so guilty / terrible / depressed I don't think I can get through it.	
Nobody else has ever gone through anything like this.	
I can't do it.	
I can't stand the pain.	
Everybody hates me.	

The Vocabulary of Communication

support: *assistance, willingness to help or listen (n); to uphold by aid or encouragement (v)*

Who can you turn to when you are in need of support?

What can people in a relationship do to support each other?

mutual: *shared or felt by two people*

Can you think of a relationship that is mutually supportive?

respect: *admiration, consideration or thoughtfulness (n); to show reverence or regard for (v)*

Who are some of the people in your life whom you respect?

What do you think people in a relationship can do to demonstrate respect for each other? _____

communication: *the act of sharing thoughts, feelings and ideas*

Do you think communication is important in a relationship? Why or why not?

The Value of Words: Just for Fun

A	\$ 1.00	J	\$ 5.50	R	\$ 9.50
B	\$1.50	K	\$ 6.00	S	\$ 10.00
C	\$ 2.00	L	\$ 6.50	T	\$ 10.50
D	\$ 2.50	M	\$ 7.00	U	\$ 11.00
E	\$ 3.00	N	\$ 7.50	V	\$ 11.50
F	\$ 3.50	O	\$ 8.00	W	\$ 12.00
G	\$ 4.00	P	\$ 8.50	X	\$ 12.50
H	\$ 4.50	Q	\$ 9.00	Y	\$ 13.00
I	\$ 5.00			Z	\$ 13.50

- How much do you think your name is worth? _____
- Add up the letters in your name using mental math. _____
Now add up the letters using pencil and paper to check your mental math.
Were you correct? _____
- Write down a word you like. _____
What is its value? _____
- Using the dollar amounts above, which is worth more, LOVE or PEACE?
_____ Do agree? _____
- Using the dollar amounts above, which is worth more, TIME or MONEY?
_____ Do agree? _____
- Using these dollar amounts, which is worth more, TALKING or LISTENING?
_____ Do agree? _____
- How much is COMMUNICATION worth? Calculate to find out. _____
- Can you find a word that's worth exactly \$100? _____

Building Healthy Relationships

In a healthy relationship, both partners treat each other well. A healthy relationship should have these qualities:

Mutual respect: Does your partner like you because of who you are? Does she listen when you say you are uncomfortable with doing something and respect your right to decide for yourself? Does she value you and your beliefs? Does he talk to you in a way that shows he believes you have the same rights as he does?

Honesty and trust: Getting a little jealous sometimes is normal. But how a person acts when feeling jealous is what's important. Healthy relationships have to include trust. Does your partner make you feel bad if you want to spend time with friends? Does he ask you a lot of questions to make sure you're telling the truth? Does she check up on you behind your back? Do you tell your partner the truth?

Support: Partners should support each other in good times as well as bad times. In a healthy relationship, partners are there for each other when things go wrong (by listening and helping) but are also there to celebrate for each other and encourage each other when things go right. Does your partner support you when you are having a tough time? Does he or she respect and honor you when you accomplish something or feel proud of yourself?

Good communication: In a healthy relationship, both partners take the time to listen to each other and try to understand what the other person means. Do you feel like your partner tries to understand you and gives you the space to express what you feel? Does he or she give you time to think before speaking? Do you make time to sort out differences together and not let things "bottle up" until they explode?

*Have you or has someone you know ever been in a healthy relationship?
How did it feel? What were the benefits of it? What positive effects did it have?*

Using the “Nine Important Communication Skills”

The “Nine Important Communication Skills” below can be followed in many different relationships. If you are in a committed relationship with a partner, if you are married, if you are a child or a parent or a sibling, or if you are a friend, communication is a skill that will help both people in the relationship understand each other and get along better.

Review the “Nine Important Communication Skills. What do you feel you and your partner do well? What you and your partner need to work on?

You	Partner	<i>The Four Don'ts</i>
		Don't Criticize – Don't attack someone's personality or character with accusation and blame (e.g., "You never think of anyone else," or "How can you be so selfish?").
		Don't Use Contempt – Don't use intentional insulting, name-calling, mocking, rolling the eyes, or sneering.
		Don't Become Defensive – Recognize when you are feeling injured by others in response to criticism and contempt and refusing to take responsibility for personal actions. Being defensive blocks a couple's ability to deal with an issue. Even if one partner feels completely justified in his/her actions, becoming defensive will only add to the couple's problems.
		Don't Stonewall – Don't withdraw from interactions and refuse to communicate at all. When couples refuse to communicate about their issues, the relationship becomes fragile. (Note: It is completely fair in a relationship to explain to your partner that you are overloaded emotionally and that you need to call a "Time Out" to take a break and calm down before you say something you don't mean).

You	Partner	<i>The Five Do's</i>
		<p>Calm Down – If your heart is beating more than 90 beats-per-minute, it becomes more difficult to access the "logical" part of your brain. Take a break and walk away long enough that you can really calm down. Otherwise, it is easy to say things that are hurtful and damaging to the relationship.</p>
		<p>Express (Using I-messages) – Be honest and assertive, not passive or aggressive. Tell the other person what you are feeling and thinking by focusing on yourself and your emotions, not on blaming and using “you” messages.</p>
		<p>Speak Non-Defensively – Try to not react and fight back out of anger and hurt, but to take a deep breath and express how you are feeling. Speak in a soft voice, using statements that start with "I feel..." rather than "You..."</p>
		<p>Validate – To validate another person is to let them know that you hear them and believe their feelings are important. To validate another person we must:</p> <ul style="list-style-type: none"> • Listen with our eyes, ears, mind, and heart. • Listen to the needs and emotions being expressed. • Use phrases and words to let them know you are listening. such as: " And then what happened?" " How did that make you feel?" " Really?" " How can I help?"
		<p>Overlearn Skills – To overlearn means to master the eight other skills so that you can use them even when you are tired, stressed, or angry.</p>

(Adapted from Gottman 1994 -- www.edis.ifas.ufl.edu/fy1277)

What is **ABUSIVE** Behavior?

Abuse is mistreatment or bad treatment of another person. *Anyone can be a victim of abusive behavior.* Victims can be married or not married; heterosexual, gay, or lesbian; living together, separated or dating. Victims can be any age, sex, race, or religion or have any type of education or employment. Although both men and women can be abused, most victims are women.

Abuse can be:

- emotional (affecting how a person feels),
- verbal (using hurtful words),
- sexual (forcing someone into sexual acts against his or her will), or
- physical (hurting the body).

When a partner uses mean language, verbal insults or put downs; when he or she gets physical by hitting, slapping or punching; when he or she forces someone into sexual activity; when he or she controls the other person and does not let them act freely -- these are examples of verbal, sexual, emotional or physical abuse. A relationship is abusive if a spouse or partner:

- gets angry if a partner doesn't do what he or she says
- criticizes the way a partner looks or dresses
- insults or puts a partner down in front of other people
- threatens a partner with violence
- tells a partner to quit doing something that is important to him or her
- raises a hand when angry, like he or she is about to hit
- tries to force his partner to go further sexually than she wants to
- withholds money
- stops a partner from getting or keeping a job
- stalks his partner
- intimidates his partner
- makes a partner feel stupid or bad about herself
- tries to isolate a partner (keeping a partner away from other people)
- hurts a partner physically or sexually

A relationship is unhealthy if it involves mean, abusive, disrespectful or controlling behavior. Some people grew up with parents who fought a lot or abused one another verbally, emotionally or physically. People who grew up with this kind of behavior may think it is normal or okay. IT ISN'T! People who grew up around disrespectful or violent behavior may not know how to treat

their partners with kindness and respect, or may not believe they have a right to expect good treatment from their partner. Children from abusive homes may have emotional and behavior problems.

People who do not know how to treat their partner with kindness and respect may not be ready for a relationship. They may need to seek help from a counselor. Meanwhile, while you might feel bad for someone who was treated badly when they were young, you need to take care of yourself. Don't stay in a relationship that involves abusive behavior of any kind.

Relationship violence can be criminal. Physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking are all criminal behaviors. Emotional, psychological and financial abuse are not criminal, but they are forms of abuse and may be warning signs of criminal violence.

Partner violence can take many forms and can occur once in a while or all the time. The **Power and Control Wheel** outlines the many kinds of abusive behaviors. An important first step in helping yourself or those who know and love is by becoming aware of what behaviors qualify as abusive.

If a person is being abused, it is very important to remember that it is not her fault and that help is available.

1. What is the definition of abusive behavior? _____

2. What are four different ways a relationship can be abusive? _____

3. What types of people can be victims of abusive behavior? _____

4. What types of relationship violence are criminal? _____

5. What might be some of the effects of growing up in an abusive home? _____

6. What could you do or say if a friend told you that his or her partner was showing one (or more) of the abusive behaviors listed above? _____

Tamara's Story

My boyfriend abused me emotionally and physically. I knew there would be problems because there had been warning signs. He had threatened to kill me, acted really jealous, called me names and told me I was stupid; he said I was "too stupid for words." But he also could be sweet at times and he always apologized if he hit me. Somehow I thought things would change --and that my love would save him.

After we had our first child, his anger came out on a daily basis. He slapped me in front of the baby and screamed at me if the baby cried too much. He was jealous of the baby and jealous of my friends. He punched the wall and kicked the dog. There wasn't anything I could do or say to calm him down. It seemed that if I apologized or tried to change, it would only make him more furious.

I became seriously depressed. I felt like I was always walking on eggshells.



But I still loved him.

One day he hit me so hard with a belt buckle that my eye swelled shut and I lost hearing in one ear. I saw the look of terror on my child's face as he watched him beat me and that was finally what helped me get the courage to leave.

My self-esteem was so low. I had started to believe his constant put-downs. But finally I left and I am proud of myself for that. But I couldn't have done it alone. I went to the domestic violence shelter and got counseling, legal advice and financial help.

I finally started to understand that I deserve to be happy, loved and fulfilled. I had to learn the hard way. I wish I had left as soon as I saw the warning signs. It took me a long time, but finally I am living a life that is positive and safe and free.

To anyone in my situation: please don't waste another minute of your life trying to change an abuser. Take good care of yourself because you are all you've got.

Image from Creative Commons <https://pixabay.com/en/broken-heart-love-loss-heartbroken-1207381/>

Avoiding **UNHEALTHY** Relationships: QUESTIONS TO CONSIDER

After reading "Tamara's Story," answer the following questions. Use evidence from the readings to support your answers.

1. What were the warning signs of abusive behavior in Tamara's relationship?



2. How did Tamara's boyfriend's abusive behavior affect her physically?
3. How did it affect her emotionally?
4. How did Tamara finally get or of her abusive relationship?
5. What did Tamara come to understand that she deserved?
6. What advice does Tamara give?
7. Do you agree with her advice? Why do you hold this opinion?

Power and Control Scenarios

Review the Power and Control Wheel. This tool was designed to help people see the ways in which relationships can become abusive and to help alert people to the warning signs.

Review the scenarios below and work in small groups to identify which of the attitudes and behaviors on the Power and Control Wheel are being exhibited.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Marissa wants to go to Adult & Community Education to study for her GED diploma. Her boyfriend Jim tells her she's too stupid to go to school. If she goes against his wishes, he says, he'll lock her in the house.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Jasmine comes home late after working two shifts at the hospital. Her husband Doug has been working all day, too. The dishes have piled up for a week. Doug screams at her that she's a lousy housekeeper and says he feels like slapping her. He says she's supposed to keep the house clean because she's a woman.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Bob doesn't have a job, so he stays home and watches the kids while his girlfriend Felicia works. When she comes home, she tells him he's a slacker and a bum and he needs to get a job. If he doesn't, she says, she'll leave him and take the kids away and make him pay child support.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Brenda wants to go out dancing with her friends at a local club. Her boyfriend Dave tells her he doesn't want her to go because he doesn't trust her and thinks she might cheat on him. She goes out anyway. He waits up for her and is sitting on the couch holding a gun when she gets back. When she yells at him to put the gun away, he tells her she made him do it and he'll use it if she goes out against his wishes again.

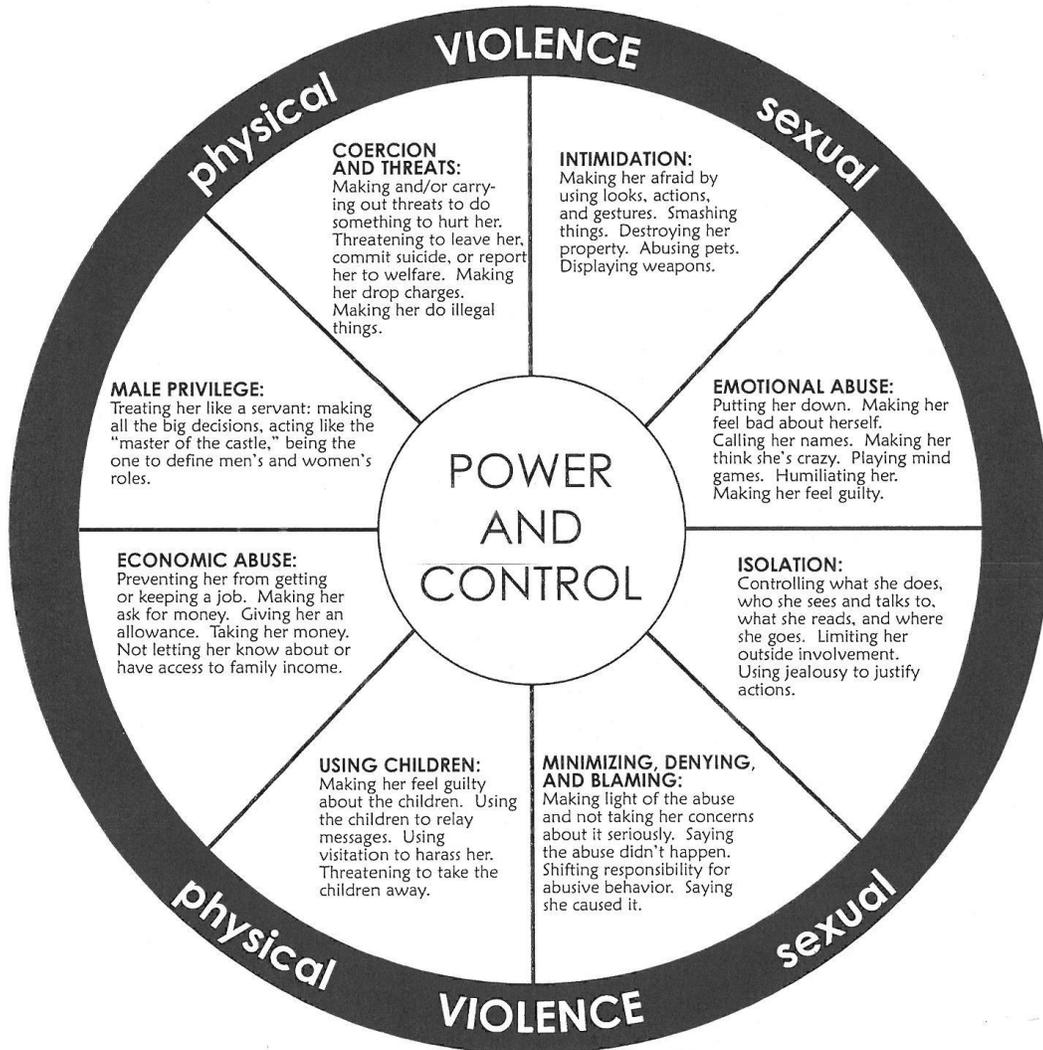
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Devon steals Linda's food stamps from her and uses them to buy drugs. He tells Linda that if she doesn't sell drugs for him, he'll beat her. She feels trapped, so she does what he tells her to do, but he hits her anyway. When she threatens to leave him, he says she's making too big a deal about it.

POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



Developed by:
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Produced and distributed by:

NATIONAL CENTER
on Domestic and Sexual Violence
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Equality Scenarios

Review the Equality Wheel. This tool was designed to help people see what qualities constitute non-violent, equal relationships.

Review the scenarios below and work in small groups to identify which of the attitudes and behaviors on the Equality Wheel are being exhibited.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Marissa wants to go to Adult & Community Education to study for her GED diploma. Her boyfriend Jim tells her he's proud of her and asks how he can help her balance work and school so she can achieve her goal.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Jasmine comes home late after working two shifts at the hospital. Her husband Doug has been working all day, too. The dishes have piled up for a week. Doug asks her if they can talk about the housework because he's frustrated by how dirty the house is. They make time to talk about it in the morning and listen to each other's feelings about being so busy. They agree that they need to make a plan for doing chores. They decide to take turns doing the dishes and to clean the house together every weekend.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Bob doesn't have a job, so he stays home and watches the kids while his girlfriend Felicia works. When she comes home, she tells him she appreciates him taking care of the kids and being a good role model for them. She tells him she's also worried about money, so they decide together that he will look for part time work and find childcare for the children.

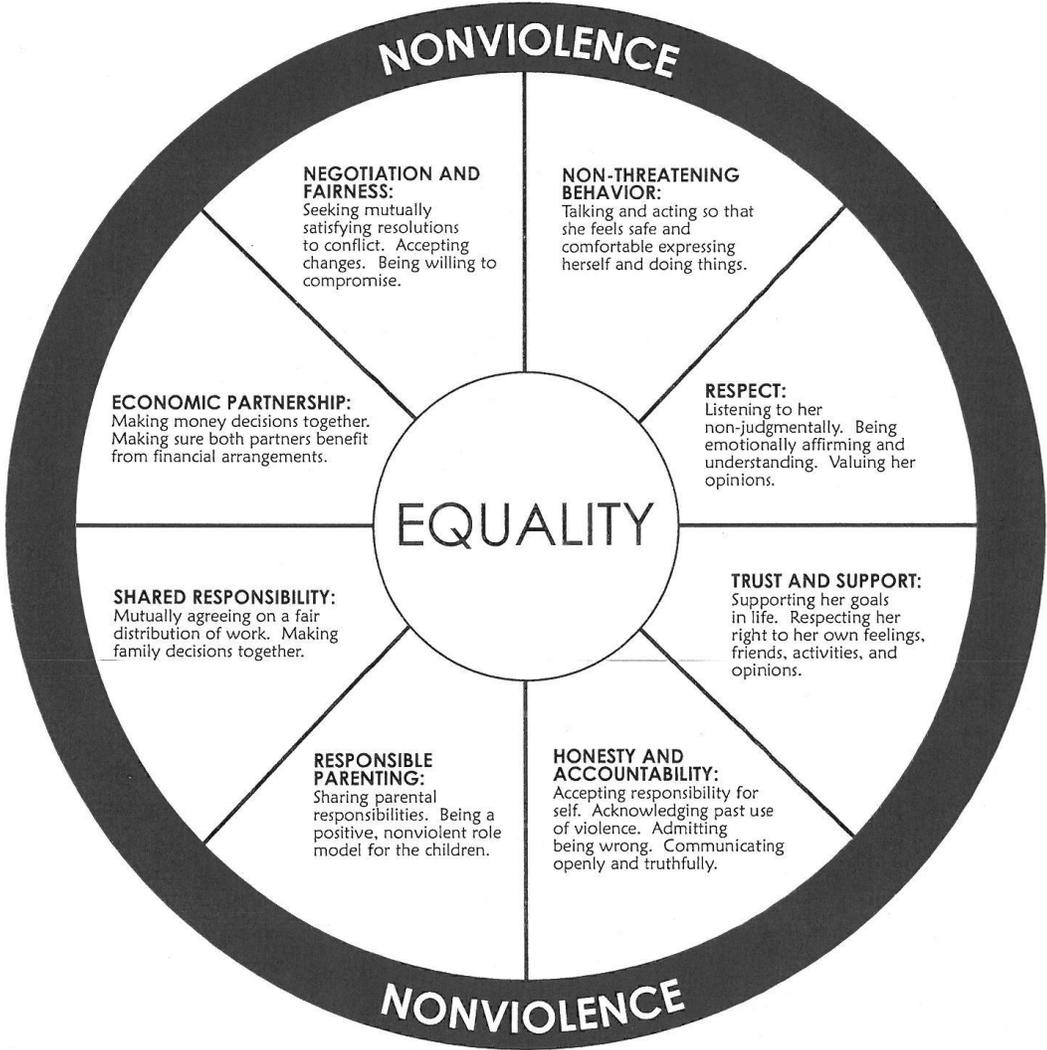
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Brenda wants to go out dancing with her friends at a local club. Her boyfriend Dave tells her he feels jealous. She assures him she's just going to be hanging out with her girlfriends and won't be home too late. He tells her he appreciates her listening to him and tells her to have a good time.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Devon slaps Linda during a fight. She tells him violence is unacceptable and she can't stay with him anymore and put herself and their kids at risk. She tells him he needs to seek help for his abusive behavior. He agrees he has a problem, moves out and gets into counseling.

EQUALITY WHEEL



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What Do You Know about Staying Sexually Safe?

Read each of the statements below and decide if it is true or false.

1. ____ Only people of a certain age, sex, race or sexual orientation can get HIV/AIDS.
2. ____ HIV / AIDS is an infectious, contagious disease.
3. ____ You can get HIV / AIDS from hugging, shaking hands, using swimming pools and using public toilets.
4. ____ If a pregnant woman has HIV / AIDS, she cannot pass the virus on to her baby.
5. ____ HIV / AIDS is a preventable disease.
6. ____ The more sexual partners a person has, the greater the risk of getting HIV/AIDS.
7. ____ Using condoms does not help prevent the spread of HIV / AIDS.
8. ____ You can't get pregnant the first time you have unprotected sex.
9. ____ Abstinence can help prevent the spread of the HIV virus.
10. ____ Young people are more vulnerable to STDs than older adults.
11. ____ People increase their risk of HIV infection if they do NOT use a condom when they have sex with a person whose HIV status they do not know.
12. ____ A major reason condoms break is because they have been used incorrectly with an oil-based lubricant.
13. ____ People without any symptoms of illness may carry and transmit HIV to a sex partner,
14. ____ People who have had one sexually transmitted disease are at higher risk of contracting a second STI, including HIV.
15. ____ Sexual abstinence is the only 100% sure way to prevent pregnancy and sexually transmitted disease.
16. ____ You can't get pregnant if you pee or douch (with anything) after sex.
17. ____ Marijuana and alcohol slow a man's sperm, so you have less chance of getting pregnant if you are drunk or high when you have sex.

How to Avoid HIV/AIDS and STDs

Vocabulary

Study the terms related to sexually transmitted diseases below. Write a sentence for each.

intimate -- very close

- Sexual contact with another person is very intimate contact.
- Careful thought should be given before a person chooses to be intimate with someone.

Sentence: _____

transmission -- the act of passing something from one person to another

- There are a few important methods of transmission of STDs and HIV/ AIDS that everyone needs to know.

Sentence: _____

infectious -- communicable, transferable, catching

- The common cold is an infectious disease, so be careful not to spread it to others.
- Sexually transmitted diseases are infectious and are spread through intimate contact.

Sentence: _____

contagious -- able to be transmitted from one person to another by direct contact with the person, or by indirect contact with infected materials

- A person who has an STD has a contagious disease..

Sentence: _____

preventable -- able to be avoided by taking care in advance

- HIV is preventable if partners get tested and use protection.

Sentence: _____

TAKING CARE OF YOURSELF: How to Prevent HIV/AIDS

HIV (the human immune-deficiency virus) is spread through intimate contact with body fluids and blood containing the virus. HIV may develop into AIDS (auto-immune deficiency syndrome). HIV can be **spread** by:

1. *sexual contact with an infected person.*
2. *sharing drug needles that are contaminated with infected blood.*
3. *Pregnant women may also transmit the virus to their babies during pregnancy, at birth, and sometimes through breast milk.*

It is important to remember that age, sex, race, sexual orientation or social behavior has nothing to do with anyone getting HIV. Anyone who is exposed to the virus can transmit it by engaging in these behaviors. HIV can be **prevented** by:

1. *choosing not to have sex (abstinence).*
2. *not using drugs that involve needles.*
3. *not having multiple (many) sexual partners.*
4. *avoiding sex with people who have not been tested for STDs.*
5. *ALWAYS using a condom.*
6. *choosing sexual behavior that is less likely to transmit disease – like touching, hugging, or massage.*
7. *avoiding using alcohol and other drugs before and during sex. Alcohol and other drugs can make sex unsafe by causing you to take chances you wouldn't normally take.*

True or false?

- ___ Anyone can get HIV, regardless of sex, race or sexual orientation.
- ___ HIV is an infectious, contagious disease.
- ___ If a pregnant woman has HIV, she can pass the virus on to her baby.
- ___ HIV is not preventable.
- ___ Abstinence cannot prevent the spread of HIV.
- ___ The more sexual partners a person has, the greater the risk of getting HIV.
- ___ Using condoms may help prevent the spread of HIV.
- ___ Using alcohol or other drugs may increase the chances of getting HIV.

TAKING CARE OF YOURSELF: How to Prevent STDs

STDs are sexually transmitted diseases. All STDs are acquired through intimate sexual contact or by mouth or skin-to-skin contact with an infected person. These diseases are caused by small organisms -- bacteria and viruses -- that can be found in the vagina, penis, mouth, rectum or on skin. The STDs that are caused by bacteria can be treated with prescription medication. STDs caused by viruses cannot be eliminated but their symptoms can usually be treated.

Anyone who is sexually active can get STDs. The more sexual partners a person has the greater their chances of contracting a disease. Teenagers and young adults are very vulnerable to getting STDs. STDs can be **spread** by:

1. *sexual contact or mouth or skin contact with an infected person.*
2. *A pregnant, infected woman may transmit the STD to her baby before or during birth.*

Age, sex, race, or sexual orientation have nothing to do with anyone getting an STD. Anyone who is exposed to an STD can transmit it by sexual contact or by mouth or skin contact with another person. STDs can be **prevented** by:

1. *choosing not to have sex (abstinence).*
2. *not having multiple (many) sexual partners.*
3. *avoiding sex with people who have not been tested for STDs.*
4. *ALWAYS using a condom.*
5. *choosing sexual behavior that is less likely to transmit disease – like touching, hugging, or massage.*
6. *avoiding using alcohol and other drugs before and during sex. Alcohol and other drugs can make sex unsafe by causing you to take changes you otherwise wouldn't take.*

True or false?

- ___ Abstinence can prevent the spread of STDs.
- ___ Using alcohol or other drugs may increase the chances of getting an STD.
- ___ Anyone can get an STD, regardless of sex, race or sexual orientation.
- ___ STDs are not infectious, contagious diseases.
- ___ The more sexual partners a person has, the greater the risk of getting STDs.
- ___ Using condoms may help prevent the spread of STDs.
- ___ STDs are preventable.

Avoiding Bacterial Vaginosis

Adapted from CDC Fact Sheet available at
<https://www.cdc.gov/std/bv/bv-fact-sheet-dec-2016.pdf>

Any woman can get bacterial vaginosis. Having bacterial vaginosis can increase your chance of getting an STD.

What is bacterial vaginosis?

Bacterial vaginosis (BV) is an infection caused when too much of certain bacteria change the normal balance of bacteria in the vagina. Bacterial vaginosis is the most common vaginal infection in women ages 15-44.

How is bacterial vaginosis spread?

Researchers do not know the cause of BV or how some women get it, but we do know the infection typically occurs in sexually active women. BV is linked to an imbalance of “good” and “harmful” bacteria that are normally found in a woman's vagina. You cannot get BV from toilet seats, bedding, or swimming pools.

How can I avoid getting bacterial vaginosis?

Doctors and scientists do not completely understand how BV is spread, and there are no known best ways to prevent it. The following basic prevention steps may help lower your risk of developing BV:

- Not having sex;
- Limiting your number of sex partners; and
- Not douching.

Avoiding Chlamydia

Adapted from CDC Fact Sheet available at
<https://www.cdc.gov/std/chlamydia/chlamydia-factsheet-june-2014.pdf>

Chlamydia is a common STD that can infect both men and women. It can cause serious, permanent damage to a woman's reproductive system, making it difficult or impossible for her to get pregnant later on. Chlamydia can also cause a potentially fatal ectopic pregnancy (pregnancy that occurs outside the womb).

How is chlamydia spread?

- You can get chlamydia by having vaginal, anal, or oral sex with someone who has chlamydia.
- If your sex partner is male you can still get chlamydia even if he does not ejaculate (cum).
- If you've had chlamydia and were treated in the past, you can still get infected again if you have unprotected sex with someone who has chlamydia.
- If you are pregnant, you can give chlamydia to your baby during childbirth.

How can I reduce my risk of getting chlamydia?

The only way to avoid STDs is to not have vaginal, anal, or oral sex. If you are sexually active, you can do the following things to lower your chances of getting chlamydia:

Being in a long-term mutually monogamous relationship with a partner who has been tested and has negative STD test results;

Using latex condoms the right way every time you have sex.

Avoiding Genital Herpes

Adapted from CDC Fact Sheet available at
<https://www.cdc.gov/std/herpes/herpes-factsheet-july-2014.pdf>

Herpes is a common sexually transmitted disease (STD) that any sexually active person can get. Most people with the virus don't have symptoms. It is important to know that even without signs of the disease, it can still spread to sexual partners.

What is genital herpes?

Genital herpes is an STD caused by two types of viruses. The viruses are called herpes simplex type 1 and herpes simplex type 2.

How common is genital herpes?

Genital herpes is common in the United States. In the United States, about one out of every six people aged 14 to 49 years have genital herpes.

How is genital herpes spread?

You can get herpes by having oral, vaginal, or anal sex with someone who has the disease. Fluids found in a herpes sore carry the virus, and contact with those fluids can cause infection. You can also get herpes from an infected sex partner who does not have a visible sore or who may not know he or she is infected because the virus can be released through your skin and spread the infection to your sex partner(s).

How can I reduce my risk of getting herpes?

The only way to avoid STDs is to not have vaginal, anal, or oral sex. If you are sexually active, you can do the following things to lower your chances of getting herpes:

- Being in a long-term mutually monogamous relationship with a partner who has been tested and has negative STD test results;
- Using latex condoms the right way every time you have sex.

Herpes symptoms can occur in both male and female genital areas that are covered by a latex condom. However, outbreaks can also occur in areas that are not covered by a condom so condoms may not fully protect you from getting herpes.

Avoiding Gonorrhea

Adapted from CDC Fact Sheet available at
<https://www.cdc.gov/std/gonorrhea/gon-factsheet-july-2014.pdf>

Anyone who is sexually active can get gonorrhea. Gonorrhea can cause very serious complications when not treated, but can be cured with the right medication.

What is gonorrhea?

Gonorrhea is a sexually transmitted disease (STD) that can infect both men and women. It can cause infections in the genitals, rectum, and throat. It is a very common infection, especially among young people ages 15-24 years.

How is gonorrhea spread?

- You can get gonorrhea by having anal, vaginal, or oral sex with someone who has gonorrhea.
- A pregnant woman with gonorrhea can give the infection to her baby during childbirth.

How can I reduce my risk of getting gonorrhea?

- The only way to avoid STDs is to not have vaginal, anal, or oral sex.
- Being in a long-term mutually monogamous relationship with a partner who has been tested and has negative STD test results;
- Using latex condoms and dental dams the right way every time you have sex.

Avoiding Syphilis

Adapted from CDC Fact Sheet available at
<https://www.cdc.gov/std/syphilis/stdfact-syphilis.htm>

Syphilis is a sexually transmitted disease (STD) that can have very serious complications when left untreated, but it is simple to cure with the right treatment.

What is syphilis?

Syphilis is an STD that can cause long-term complications if not treated correctly. Symptoms in adults are divided into stages. These stages are primary, secondary, latent, and late syphilis.

How is syphilis spread?

You can get syphilis by direct contact with a syphilis sore during anal, vaginal, or oral sex. Sores can be found on the penis, vagina, anus, in the rectum, or on the lips and in the mouth. Syphilis can also be spread from an infected mother to her unborn baby.

How can I reduce my risk of getting syphilis?

- The only way to avoid STDs is to not have vaginal, anal, or oral sex.
- Being in a long-term mutually monogamous relationship with a partner who has been tested and has negative STD test results; and
- Using latex condoms the right way every time you have sex.

Washing your genitals, urinating, or douching after sex will NOT protect you from getting syphilis.

Beware!

Avoiding STDs and HIV / AIDS

Adapted from CDC Fact Sheet available at
<https://www.cdc.gov/std/hiv/hiv-std-factsheet-dec-2014.pdf>

Are some STDs associated with HIV?

Yes. In the United States, people who get syphilis, gonorrhea, and herpes often also have HIV, or are more likely to get HIV in the future.

Why does having an STD put me more at risk for getting HIV?

If you get an STD you are more likely to get HIV than someone who is STD-free. This is because the same behaviors and circumstances that may put you at risk for getting an STD can also put you at greater risk for getting HIV. In addition, having a sore or break in the skin from an STD may allow HIV to more easily enter your body.

What activities can put me at risk for both STDs and HIV?

STDs and HIV are preventable. The following activities should be avoided in order to not be at risk for both STDs and HIV:

- Having anal, vaginal, or oral sex without a condom;
- Having multiple sex partners;
- Having anonymous sex partners;
- Having sex while under the influence of drugs or alcohol can lower inhibitions and result in greater sexual risk-taking.

What can I do to prevent getting STDs and HIV?

The only way to completely avoid STDs is to not have vaginal, anal, or oral sex. If you are sexually active, you can do the following things to lower your chances of getting STDs and HIV:

- Choose less risky sexual behaviors.
- Use condoms consistently and correctly.
- Reduce the number of people with whom you have sex.
- Limit or eliminate drug and alcohol use before and during sex.
- Have an honest and open talk with your healthcare provider and ask whether you should be tested for STDs and HIV.
- Talk to your healthcare provider and find out if pre-exposure prophylaxis, or PrEP, is a good option for you to prevent HIV infection.

Beware! Avoiding STDs and HIV, cont.

If I already have HIV, and then I get an STD, does that put my sex partner(s) at an increased risk for getting HIV?

It can. If you already have HIV, and then get another STD, it can put your HIV-negative partners at greater risk of getting HIV from you.

Your sex partners are less likely to get HIV from you if you:

- Use antiretroviral therapy (ART). ART reduces the amount of virus (viral load) in your blood and body fluids. ART can keep you healthy for many years, and greatly reduce your chance of transmitting HIV to sex partners, if taken consistently.
- Choose less risky sexual behaviors.
- Use condoms consistently and correctly.

The risk of getting HIV may also be reduced if your partner takes preexposure prophylaxis, or PrEP, after discussing this option with his or her healthcare provider and determining whether it is appropriate.

Will treating STDs prevent me from getting HIV?

No. It's not enough. If you get treated for an STD, this will help to prevent its complications, and prevent spreading STDs to your sex partners. Treatment for an STD other than HIV does not prevent the spread of HIV. If you are diagnosed with an STD, talk to your doctor about ways to protect yourself and your partner(s) from getting reinfected with the same STD, or getting HIV.



HIV / AIDS / STDs

The Vocabulary of Birth Control

Individually or in small groups, use a dictionary to find a definition of each of these words, write the definition in your own words, and use the word in a complete sentence.

conception

Definition: _____

Sentence: _____

contraception

Definition: _____

Sentence: _____

prevention

Definition: _____

Sentence: _____

consequences

Definition: _____

Sentence: _____

The Vocabulary of Birth Control, cont.

consistent

Definition: _____

Sentence: _____

convenient

Definition: _____

Sentence: _____

effective

Definition: _____

Sentence: _____

reliable

Definition: _____

Sentence: _____

MYTHS about PREGNANCY

Adapted from <http://stayteen.org/ask/series/sex-myths>

What are some stories you have heard about pregnancy and birth control? It can be hard to know if the stories and information you receive from friends, family and the media are true or not! Why is it important to know the truth behind myths about birth control?

MYTH: You can't get pregnant if you pee or douch (with anything) after sex.

Neither douching nor peeing kills sperms or flushes it out. The only way to prevent pregnancy is to use birth control.

MYTH: In a pinch, a sandwich bag or plastic wrap will work as a condom.

Always use a real condom and don't improvise. If you don't have one, don't talk yourself into thinking a piece of plastic wrap or a baggie is going to do the trick, because it won't work. Go to the drug store or visit a health clinic to get some. For maximum pregnancy prevention, use condoms with another form of birth control, be sure to check the expiration date, and follow the instructions carefully every single time.

MYTH: You can't get pregnant if the guy pulls out.

It is possible to get pregnant or to be infected with an STD if you begin having intercourse without protection, even if the guy pulls out. Always put on a condom before intercourse begins. Better yet, consider using condoms along with another method, like the birth control pill, patch, or ring or even a long acting method like an IUD or implant.

MYTH: Marijuana and alcohol slow his sperm, so you have less chance of getting pregnant if you are drunk or high when you have sex.

Any time that you have sex (especially if it's unprotected), there's a risk of pregnancy—it doesn't matter whether or not you're sober! Since being drunk or high probably makes you or your partner less likely to remember to use a condom or take a birth control pill, it may actually increase the chance of a pregnancy. That's why it's so important to plan your birth control ahead of time.

MYTH: You can't get pregnant if you have sex in the ocean or in the pool.

Where you are doesn't really matter—any time that you have sex, especially if it's unprotected, there's a chance of pregnancy. Having sex underwater doesn't flush out or kill the sperm, so you ALWAYS have to use protection.

MYTHS about PREGNANCY, cont.

MYTH: *You can't get pregnant the first time you have unprotected sex.*

You absolutely can get pregnant the first time, especially if it's unprotected sex. All sex is created equal. You have the same chance of getting pregnant, no matter when you do it. That's why it's super important to use protection.

MYTH: *If you have sex while you're on your period, you can't get pregnant.*

Any time that you have sex, especially if it's unprotected sex, there's a risk of pregnancy. It doesn't matter if you're underwater, on your period, or planning to do jumping jacks afterward—you can still get pregnant. Sperm can live in the vagina for up to seven days, so there's a possibility that they will survive until the girl is off her period and fertile again, which could result in a pregnancy. Whether you're on your period or not, it's always really important to use protection when you're having sex.

???? QUESTIONS ????

What other questions do you have about pregnancy? Write them here. You might be able to find answers at the following websites, or share your questions with your teacher who may find resources that can help you. There are no bad questions.

- <http://stayteen.org/ask>
- <https://sexetc.org>
- <https://www.plannedparenthood.org/all-access/chat>
- <https://www.cdc.gov/reproductivehealth/contraception/>

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

LEEAH'S STORY



It was peer pressure. All of my friends were talking about how they were having sex, how they felt loved because they had a boyfriend, so I felt I had to, too, even though in my heart I knew I wasn't ready. I wanted a boyfriend, somebody to hang out with, but I wanted to hang out with my girlfriends, too, or be alone, or be with my family.

I didn't even really love the guy I was hanging out with, but I didn't know how to tell him that I wanted to go slow. And I was too embarrassed to ask him to use a condom. So I had sex without birth control. I honestly wish I had waited till I was in love, not just in *like*, not just because everybody else was doing it... I honestly think it's such a personal, private - intimate - thing to do, that I wish the first time I had sex I was in love.

I was 16. I was too young. I wish now that I had waited.

I found out pretty early on that I was pregnant because I missed my period. I got my so-called boyfriend to go to the drug store to get me a pregnancy test because I was too embarrassed and freaked out to get it myself. He went, but he cursed at me and yelled, "You better not be pregnant." When I did the test, it came out positive, and I just cried and cried.

Ever since I was a little kid I wanted to go to college. Nobody else in my family ever did, but I wanted to be the first one. I wanted to be a veterinarian. I love animals and I wanted a job where I could take care of them, and I thought it would be fun to spend four years in college learning all about them.

When I told my mom I was pregnant, she cried. Then she got mad. She told me, "I'm so disappointed. I had such hopes for you! You were going to be the first to graduate from high school then go to college!" Then she got worried. "How are we supposed to pay for a baby? Am I supposed to quit my job to help you? Are you going to quit your job? Are you going to quit school? How will you ever become a veterinarian?"

I went to counselor to find out my choices. I found out I couldn't get an abortion without my mother's permission because in my state I was considered too young to choose for myself. And my mother doesn't believe in abortion, so I had no choice but to have the baby. I cried almost every day of my pregnancy.

I like kids, but I didn't know anything about them. I babysat before, but only for a couple of hours, and mostly with older kids. I didn't have the first clue what it was like to have a baby 24/7, and I was scared to death to find out.

The baby's father disappeared, because he's still a baby himself. He's into drugs and partying anyway, so he would be a terrible father. He's even more immature than I am.

DON'T GET PREGNANT BY ACCIDENT



Whether or not to get pregnant is one of the most important decisions a woman (and her partner) can make. It is not a decision to be taken lightly! And it's not something that needs to happen by accident! You can decide when the time is right for you to change your life and take on this awesome responsibility. YOU CAN DECIDE whether or not you are ready to get pregnant. Ask yourself the following questions. Be honest. Take control of your story! Don't get pregnant by accident!

1. What would you like to be doing in five years? How would getting pregnant by accident affect that plan?
2. What's your day-to-day life like now? What do you enjoy? How do you spend your time? How would getting pregnant by accident affect your daily life?
3. If you got accidentally pregnant, what would you lose?
4. If you got accidentally pregnant, what would you have to give up?
5. If you got accidentally pregnant, what would you need?
6. How often have you been alone with a baby? How much do you know right now about what babies, toddlers, and small children need to be healthy and happy? If you became accidentally pregnant, would you know enough about what babies and children need?
7. How do you react to a child crying his or her eyes out? If you became accidentally pregnant, would you know how to deal with a baby crying?
8. If you learned that one of your friends became accidentally pregnant, how would it make you feel? How would your friends and family feel if you became accidentally pregnant?
9. What kind of mother was your mother? What kind of father was your father? If you became accidentally pregnant, would you follow in their footsteps or are there things you still need to learn about how to be a good parent?

Don't Get Pregnant By Accident, cont.

10. If you are in a relationship and having sex, how would your relationship be affected if you became accidentally pregnant? Would you and your partner be willing to stay together to care for and support the child for eighteen years?
11. If you are in a relationship and having sex -- but not planning to get pregnant -- what type of contraception are you using? How do you talk to your sexual partner about contraception?
12. If you are single and having sex -- but not planning to get pregnant -- what type of contraception are you using? How do you talk to your sexual partner(s) about contraception?
13. If you are single and having sex and you became accidentally pregnant, how would you handle caring for a baby without a partner?
14. If you are single and having sex and you became accidentally pregnant, how would having a baby as a single parent affect your relationships in the future?
15. What would you like your life to be like when you are ready to get pregnant?
16. What do you think a person needs to know to be ready to get pregnant?
17. What would you like to learn and do and experience before you are ready to get pregnant?
18. What would you like to accomplish before you are ready to get pregnant?
19. Do you believe you have control over your own life? Don't get pregnant by accident!
20. Do you believe you can make a plan for your life? Don't get pregnant by accident!
21. Do you have goals that believe you can achieve? Don't get pregnant by accident!

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USING CONTRACEPTIVES for SAFE SEX

There are two really good reasons to find out about and practice safe sex.

1. Safe sex prevents the spread of sexually transmitted diseases.
2. Safe sex prevents unwanted pregnancy.

Both men and women have a responsibility to practice safe sex.

Two methods prevent both pregnancy & STDs

ABSTINENCE

Abstinence means not having sex. Some people decide not to have sex until they are in a committed relationship. Other people choose abstinence because it is the best way to guard against unwanted pregnancies and STDs. It is important if you choose this method that you stick with it, because otherwise you won't be prepared. If you change your mind and want to have sex, **be prepared!**

Abstinence is free, and not having sex is the only 100% effective method of preventing sexually transmitted diseases and unwanted pregnancy. Abstinence can be practiced at any time in one's life. Not having sex may encourage you to build relationships in other ways.

A disadvantage of the abstinence method is that if you change your mind at the last minute, you might not be prepared. If you don't have birth control handy, you might accidentally get pregnant or get a sexually transmitted disease.

CONDOMS

Latex condoms (or rubbers) are used by men. You do not need to go to a doctor to buy condoms. They are the best kind of birth control for preventing sexually transmitted disease. But condoms do not provide complete protection against genital herpes, syphilis, chancroid, or HPV because the STDs can be transmitted across infected skin surfaces not covered by the condom.

Never use oil-based lubricants, such as Vaseline or sun tan oil. These products can cause a hole in a condom.

Either the man or the woman can choose this form of birth control. Don't have sex with someone who refuses to use this kind of birth control if this is what you choose.

How to Avoid Pregnancy and STDs

Adapted from <https://www.cdc.gov/teenpregnancy/pdf/teen-condom-fact-sheet-english-march-2016.pdf>

It's your future. You can protect it.

If you are sexually active and are not ready to become a parent, it is important to use birth control to protect yourself from pregnancy. It is also important to reduce your risk of getting sexually transmitted diseases (STDs), including HIV.

Condoms are the only birth control that reduces your risk of both pregnancy and STDs, including HIV. But, in order to work, condoms must be used correctly and must be used *every time* you have sex.

It's important to know, however, that they cannot completely protect you and your partner from some STDs, like herpes, syphilis, or human papillomavirus (HPV), the virus that causes genital warts and cervical cancer.

Also, condoms can break, slip, or leak, especially if they are not put on and taken off properly. The only sure way to prevent pregnancy and STDs is NOT to have sex.

Even if you or your partner is using another type of birth control, agree to use a condom every time you have sex, to reduce the risk to both of you for HIV and most other STDs. If you do have sex, use DUAL PROTECTION.



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How to Put a Condom on Correctly to Avoid Pregnancy *and* STDs

To be effective, a condom must be put on the right way, every time.

A condom should be put on before any genital contact. Sperm may come out of the penis before the male ejaculates, so put the condom on before any skin-to-skin contact begins. You should also know that some STDs can be transmitted without intercourse, through genital (skin-to-skin) contact.

To reduce the risk of pregnancy and STDs (including HIV), males need to wear a condom from the beginning to the end of genital contact, *each and every time*.

- 1** When you are opening the package, gently tear it on the side. Do not use your teeth or scissors because you might rip the condom that's inside. Pull the condom out of the package slowly so that it doesn't tear.
- 2** Put the rolled up condom over the head of the penis when it is hard.
- 3** Pinch the condom tip enough to leave a 1/2-inch space for semen to collect.
- 4** Holding the tip of the condom, unroll it all the way down to the base of the penis. When the condom is on, it should feel snug enough so that it won't fall off during sex, but not too tight.

If you accidentally put on a condom inside-out, throw it away and get a new one. You can tell a condom is inside-out if it won't roll down the length of the penis easily. If the condom ever tears or rips when you are putting it on or when it's being used, throw it away and use a new one.

If you feel the condom break at any point before or during sex, stop immediately. Withdraw. Carefully remove the broken condom and put on a new one.

If the condom breaks, pregnancy can be prevented with emergency contraception. Emergency contraception (the "Morning-After Pill") works best when it's started as soon as possible after sex, but can be started up to 5 days after sex. Remember: Emergency contraception helps prevent pregnancy, but it does NOT protect against STDs.

The most common mistake is not using condoms from the beginning of sexual contact to the very end, after ejaculation. Immediately after ejaculation, hold the bottom of the condom so it stays on and semen cannot spill out. Then, carefully withdraw the penis while it is still hard. Once the penis is out, you can remove the condom, wrap it in tissue, and throw it in the trash. Do not flush it down the toilet because it might clog.

Love Language: Communicating About Condoms



How should you talk about condom use with your partner? It can be awkward and embarrassing at first, but talking honestly about condoms is important so that each partner's feelings are considered and neither person feels they are taking risks. As you read the following statements, think about what you can say to communicate your feelings and desires honestly to your partner.

If your partner says: "We've never used condoms before."

You can say: "I don't want to take risks anymore."

If your partner says: "Using condoms doesn't feel good."

You can say: "Unplanned pregnancy doesn't feel good. Getting AIDS doesn't feel good. Those two consequences are more important."

If your partner says: "Don't you trust me?"

You can say: "I trust that you're telling the truth. But some STDs have no symptoms so we might not know if we have one. Let's be safe and use condoms."

If your partner says: "I know I do not have an STD."

You can say: "I believe you, but I want to use a condom to prevent pregnancy."

If your partner says: "I don't have a condom."

You can say: "I do."

If your partner says: "I will pull out in time. I will practice withdrawal."

You can say: "Women can still become pregnant or get STDs from pre-ejaculation fluid."

If your partner says: "Condoms aren't romantic."

You can say: "I think it's romantic to make love and show each other we care by protecting each other's health at the same time."

If your partner says: "We're not using a condom, and that's it."

You can say: "I won't have sex with you if we don't use one."

If your partner says: "Just this once without it."

You can say: "It only takes once to get pregnant. It only takes once to get a sexually transmitted infection. It only takes once to get HIV."

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How Do You Decide Which Birth Control Method is Right for YOU?

There are a many methods available to help prevent pregnancy. How should you decide which method is right for you? Deciding which contraceptive method to use can be challenging -- because there are many issues to consider.

Thinking ahead about these issues can help you be prepared, so you are prepared if and when you are ready to have sex:

- Future pregnancy plans – When do you WANT to get pregnant? When is the RIGHT time for YOU to take on the responsibility of having a baby?
- Cost – Which birth control method can you afford to you consistently and correctly?
- Convenience – Is it easy enough to use that you will use it correctly and consistently?
- Reliability – What evidence is there that it is effective? Is there research to show that it actually works?
- Side effects – Are there side effects that might make this method not right for YOU?
- Partnership and cooperation -- What's right for you and your partner? What method do you both agree to use consistently and correctly?
- Sexually Transmitted Disease -- Does this method also protect against sexually transmitted diseases?



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How Do You Decide Which Birth Control Method is Right for YOU?, *cont.*

CONTRACEPTIVE METHOD What is it?	Advantages	Disadvantages	How effective is it against pregnancy?	Is it effective against STDs?
<p><i>Abstinence</i></p> <p>Abstinence means eliminating any sexual behavior involving skin to genital, genital to genital, or body fluid to genital contact.</p>	<p>No prescription is needed. Abstinence is completely safe.</p>	<p>It's important to be careful! Pregnancy can occur without intercourse if sperm is ejaculated near the vagina and STDs and HPV can be passed through skin-to-skin genital contact.</p>	<p>100%</p> <p>Abstinence completely eliminates the risk of unintended pregnancy.</p>	<p>100%</p> <p>Abstinence completely eliminates the risk of STI.</p>
<p><i>Combination pill</i></p> <p>Estrostep Fe, LoEstrin, Ortho-Novum, Ortho Tri-Cyclen Lo, Yasmin, Yaz</p>	<p>It's also known for easing hot flashes and restoring regular periods.</p>	<p>It must be taken daily. It should be avoided by smokers and those 35 or older. The estrogen may cause dangerous blood clots. If you suffer from migraines, it may trigger painful headaches.</p>	<p>91 – 99%</p> <p>Very effective against pregnancy if taken around the same time every day.</p>	<p>NO</p>
<p><i>Progestin-only pill</i></p> <p>Micronor, Nora-BE, Nor-QD, Ovrette</p> <p>Known as the mini pill, progestin-only meds don't contain estrogen.</p>	<p>This pill is safer for smokers, diabetics, and heart disease patients, as well as those at risk for blood clots. It also won't reduce the milk supply for women who are breast-feeding.</p>	<p>It must be taken daily. It must be taken at exactly the same time every day; if you're more than three hours late, plan on using a backup method.</p>	<p>91 – 99%</p>	<p>NO</p>
<p><i>Vaginal ring</i></p> <p>The NuvaRing is a small ring inserted into the vagina. It needs to be changed every month.</p>	<p>It can make periods more regular and less painful. It does not require spermicide to use.</p>	<p>Women who smoke, or have blood clots or certain cancers, should not use the NuvaRing.</p>	<p>91 – 99%</p>	<p>N</p>

CONTRACEPTIVE METHOD What is it?	Advantages	Disadvantages	How effective is it against pregnancy?	Is it effective against STDs?
<p><i>Diaphragm</i></p> <p>Milex Wide Seal, Ortho All-Flex, Semina, SILCS</p> <p>The diaphragm is a round rubber dome that prevents sperm from fertilizing an egg by covering the cervix.</p>	<p>It has to be used every single time a couple has sex and must always be used with a spermicide.</p>	<p>Women must be fitted for a diaphragm in their doctor's office. If you gain or lose weight, you'll need to be refitted. Not recommended for people prone to bladder infections or who have had toxic shock syndrome.</p>	<p>88-94%</p>	<p>NO</p>
<p><i>IUD</i></p> <p>Mirena, ParaGard, Sttakyla, Liletta</p> <p>The IUD is a surgically implanted copper device that prevents sperm from reaching the egg.</p>	<p>Must be placed in the uterus by a health care provider. Depending on the type, it can be left in from 3 to 12 years.</p>	<p>May cause more cramps and heavier periods.</p>	<p>99%</p> <p>Intrauterine devices (IUDs) are more than 99% effective and good for 10 years.</p>	<p>NO</p>
<p><i>Female condom</i></p> <p>Femy, Protectiv, Reality</p> <p>The female condom is made of soft plastic, and protects against STDs. It is inserted deep into the vagina, over the cervix, much like a diaphragm.</p>	<p>No prescription needed.</p>	<p>Unlike the male condom, the female condom can be put into place up to eight hours before sex.</p>	<p>79 - 95%</p>	<p>Protects against HIV and other STDs</p>
<p><i>Male condom</i></p> <p>Durex, LifeStyles, Trojan</p> <p>If male condoms are worn properly, condoms prevent sperm from entering the uterus.</p>	<p>No prescription needed.</p>	<p>Male condoms offer more protection—both against STDs and pregnancy—than female condoms.</p> <p>Not good if either partner is allergic to latex or polyurethane. Needs to be used with an oil-free lubricant or spermicide.</p>	<p>82-98%</p>	<p>Protects against HIV and other STDs</p>

CONTRACEPTIVE METHOD What is it?	Advantages	Disadvantages	How effective is it against pregnancy?	Is it effective against STDs?
<p>Patch</p> <p>Ortho Evra</p> <p>The hormone-releasing patch is put on an arm, buttock, or abdomen for three weeks and removed for week four.</p>	<p>The patch can make periods more regular and less painful.</p>	<p>If you're particularly at risk for blood clots, this patch can put you at greater risk.</p>	<p>91-99%</p>	<p>NO</p>
<p>Implant</p> <p>Implanon, Norplant</p> <p>About the size of a matchstick, the implant is placed under the skin on your upper arm by a health care provider.</p>	<p>Implants last for three to four years.</p>	<p>Implanon may not work as well for women who are overweight.</p> <p>Can cause irregular bleeding.</p>	<p>99 - 100%</p>	<p>NO</p>
<p>Emergency contraception</p> <p>Copper T IUD, Next Choice, Plan B, Plan B One-Step</p> <p>Emergency contraception is a backup for regular birth control. Plan B contains a higher dose of the same synthetic hormones found in the combination pill. It works best if taken within 72 hours of unprotected sex, but may work up to five days later.</p> <p>There's also the copper T IUD, which a doctor can insert into your uterus five to seven days after unprotected sex.</p>	<p>Works better the sooner you use it after unprotected sex.</p> <p>It can be taken up to five days after unprotected sex.</p> <p>It is available over-the-counter at most pharmacies.</p>	<p>May cause stomach upset.</p> <p>Minors may need a prescription.</p>	<p>58-94%</p>	<p>NO</p>

Adapted from www.health.com/health/gallery/0,,20306647,00.html and www.reproductiveaccess.org/wp-content/uploads/2014/06/contraceptive_choices.pdf

Desiderata

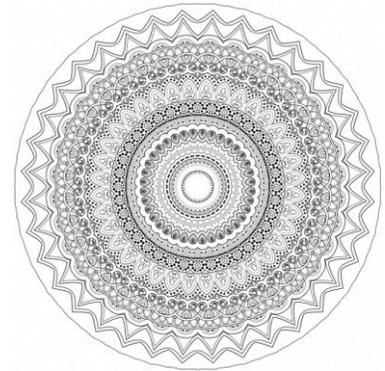
by Max Ehrmann

Read the classic poem, "Desiderata." Volunteers may want to recite sections of it, standing up and performing the poem as a group.

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.



Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

(Source: Creative Commons Attribution-ShareAlike License)

After reading the poem a couple of times, reflect on the wisdom of the advice it contains by discussing the following questions:

1. Do you agree or disagree with this advice?
2. Is this advice useful to you in jail or prison? Would it be useful to you after you are released?
3. Could heeding this advice help people have a healthy relationships with themselves and others?
4. Is this advice that would be useful for parents to share with their children? Why or why not?

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Words of Self-Esteem

Write yourself a message in the mirror to guide you through times of difficulty or transition. Refer to it when you need a reminder to help you to be confident and self-respecting.

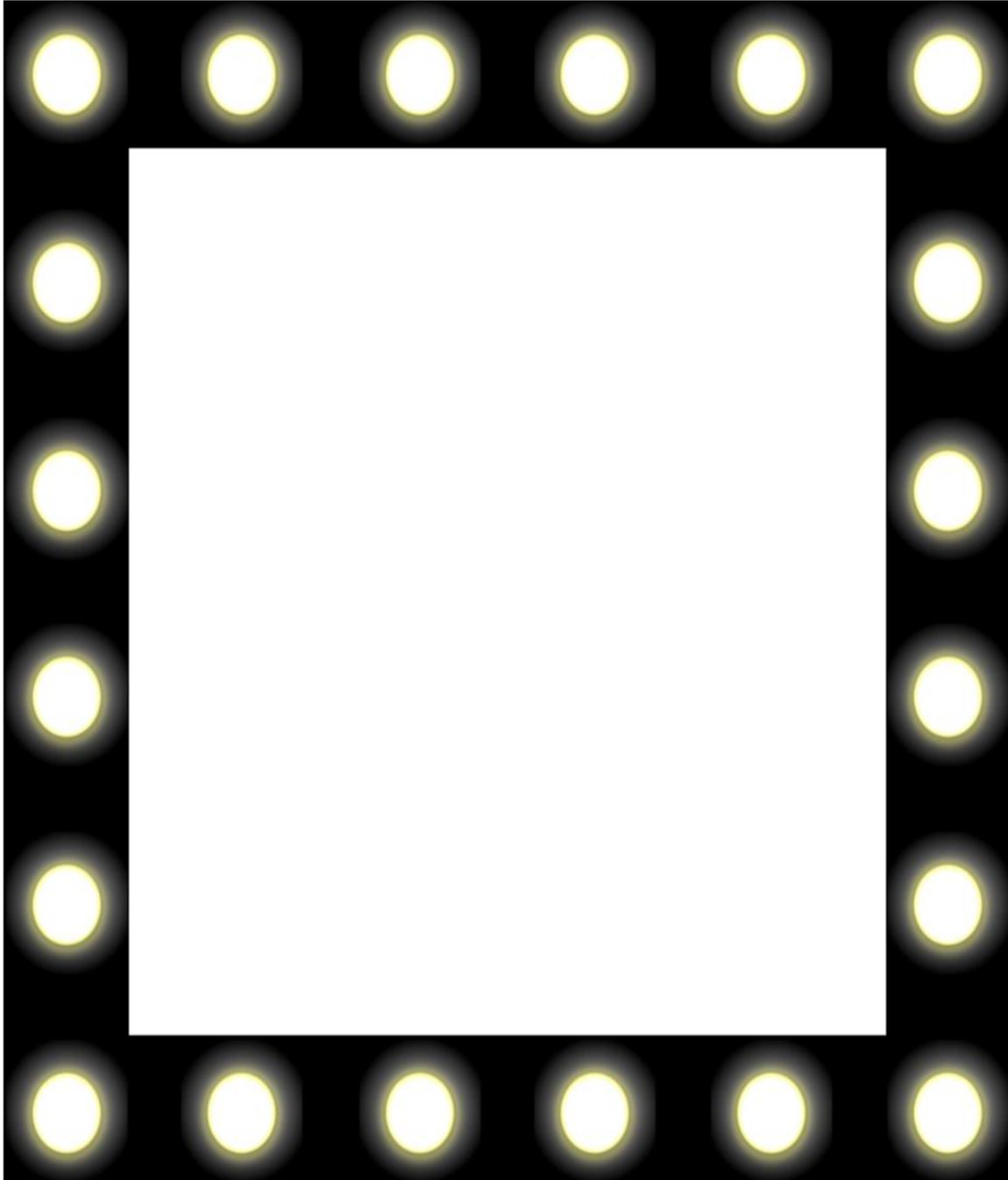


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