



Primary Care
Alberta



teaching
sexual
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Grade 9 Learning Activities

PowerPoint Slides

Safer Sex Practices





What is safer sex?

- Safer sex is sexual activity that lowers the chances of unintended pregnancy and getting a sexually transmitted & blood-borne infection (STBBI).
- It's about reducing the risk to you and your partner(s) from STBBIs and unplanned pregnancy.
- Safer sex helps you stay healthy.





What are STBBIs?

- STBBI stands for sexually transmitted and blood-borne infections.
- STBBIs are infections that can be passed from one person to another during sexual contact (like vaginal, oral or anal sex).
- Some STBBIs can also be passed by skin-to-skin contact or sharing body fluids.
- STBBIs can affect anyone. They are common and often don't have symptoms, so people might not know they have one.
- All STBBIs are treatable and most are curable.





What are symptoms of STBBIs?

- You can have an STI without having any symptoms.
- When there are symptoms, they may include:
 - changes in the fluid (discharge) that comes from your vagina
 - fluid leaking from your penis or anus
 - burning, pain or discomfort when you pee
 - sores on or near your genitals or anus
 - itching in the genital or anal area
 - pain in your belly (abdomen)
 - pain during sex
 - bleeding after sex
 - pain or swelling in your testicles.





When should someone get tested for an STBBI?

- It's important to get tested whenever:
 - You have symptoms of an STBBI.
 - You've had sexual contact with someone who has an STBBI.
 - You have a new partner.
 - Your partner has other sexual partners.
- If you have more than one partner or anonymous partners, it's best to get tested every 3 to 6 months.
- Talk to a healthcare provider to help you decide how often you should get tested.





Ways to have safer sex:

- Talk to your partner(s) about using protection and each other's history of STBBIs.
 - Do you know if you have an STBBI?
 - When was the last time you were tested?
 - Do you usually use condoms and/or dental dams?
 - Have you had an STBBI before? Did you get treatment?
 - Have you ever shared needles with someone for tattoos, piercings or shooting drugs?





Ways to have safer sex:

- Use a barrier method of protection like a condom, vaginal condom or dental dam every time you have vaginal, oral or anal sex.
- Keep condoms nearby –it’s easier to use them when they are available.
- Get tested together with a new partner.
- Have open communication with your partners about STBBIs. This can improve intimacy and trust.





Ways to have safer sex:

- Choose other sexual activities besides vaginal, anal or oral sex (e.g., kissing, self-touching for sexual pleasure).
- Wash hands before and after sexual activity.
- Avoid drinking too much alcohol or doing other drugs. It's harder to remember and care about safer sex when you're drunk or high.





Dual Protection

Using a barrier to protect against STBBIs and another form of birth control is recommended.

Condom



Another method
of birth control

It increases contraceptive effectiveness and reduces risk for STBBIs.





Effectiveness

Birth Control Method	STBBI Protection	Pregnancy Prevention (Typical use) *
Abstinence	Yes	100%
Injection	No	94%
Pill/ Patch/ Ring	No	91%
Implant	No	99.9%
External Condom	Yes	82%
IUD	No	99.2%
Internal Condom	Yes	79%
Pulling Out (Withdrawal)	No	78%
No Method	No	15%



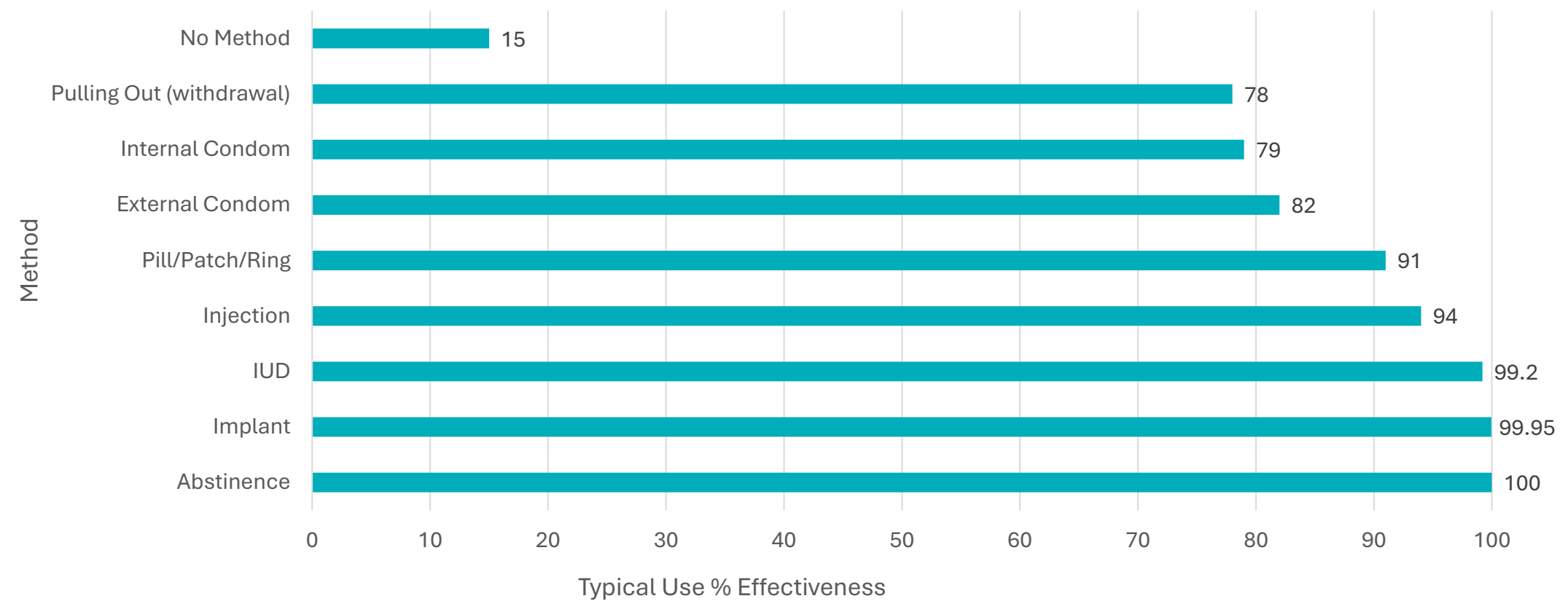


What Is Birth Control?

- Birth control refers to the different methods used to prevent pregnancy.
- Birth control is also called contraception.
- Some forms of birth control also protect against sexually-transmitted and blood-borne infections (STBBIs).



Birth Control Effectiveness





Communication Styles

Using healthy communication can support consent and safer sex practices.





Types of communication

There are four main types of communication styles:

- Assertive
- Passive
- Aggressive
- Passive-aggressive





Types of communication

Using assertive communication means you:

- Stand up for your rights without denying other people theirs.
- Respect yourself as well as others.
- Ask for what you want in a straightforward manner.
- Express your emotions (both positive and negative) in a healthy way.





Types of communication

Using passive communication means you:

- Give in and say yes even when you don't want to.
- Put the feelings and concerns of others before your own.
- Keep your concerns to yourself.





Types of communication

Using aggressive communication means you:

- Think of yourself first, at the expense of others.
- Dominate others.
- Use threats or force.





Types of communication

Using passive-aggressive communication means you:

- May seem to agree to avoid confrontation (passive).
- Will manipulate others to say things for you, or say things behind someone's back (aggressive).





When you are using assertive communication, you:

- Speak openly using ‘I messages’:
I feel _____ when _____ and I want _____.
- Use a conversational tone and volume.
- Show expressions and body language that match your words.
- Relax and adopt an open posture.
- Speak to the point in a firm, clear and calm voice.
- Listen openly to the other person.
- Recognize that your own needs matter as much, but not more than, other peoples’ needs.





Alcohol facts

Alcohol use can impact safer sex practices.

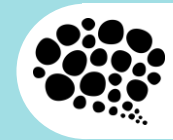




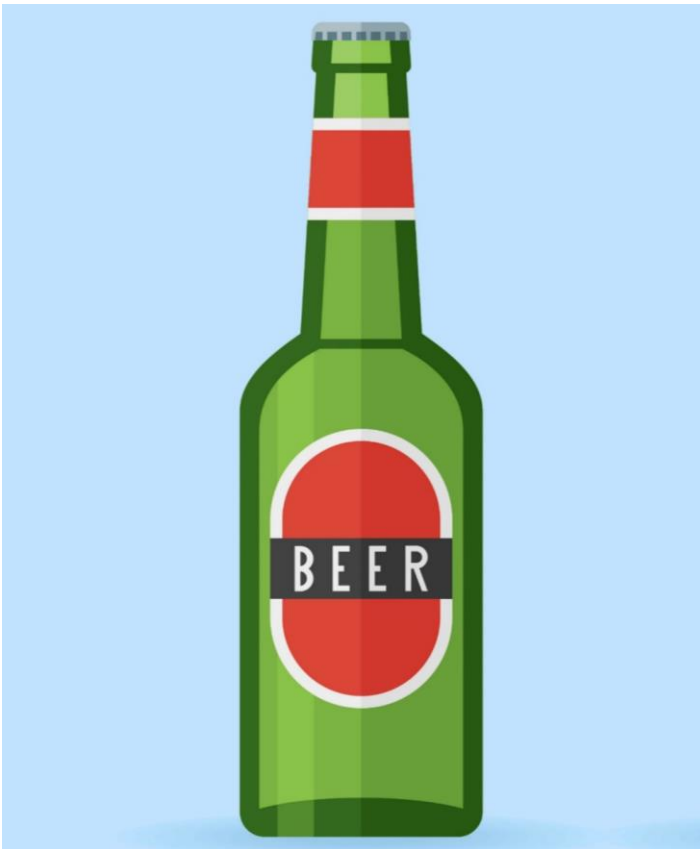
Alcohol Facts

- The legal drinking age in Alberta is 18.
- Drinking alcohol is associated with acute and long-term harms.
- For those who choose to drink alcohol, understanding more about how alcohol affects the body is part of being able to reduce their acute and long-term risks.
- About 40% of Alberta students in grades 7-12 have had more than just a sip of alcohol.
- About 30% of Alberta students in grades 7-12 have had 5 or more drinks on one occasion (binge drinking).





How much is one drink?



*Share answers
with the class*



How much is one drink?





What are the effects of alcohol?

Think of both the short-term effects and the long-term effects.

Share answers with the class





What does alcohol do to your body?

- Short-term effects
 - Lowered inhibitions
 - Dizziness
 - Nausea
 - Vomiting
 - Lack of coordination
 - Memory loss
 - Hangovers

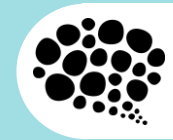




What does alcohol do to your body?

- Long-term effects -increased chance of:
 - Cancer
 - Heart disease
 - Liver disease
 - Weight gain
 - Anxiety
 - Depression
 - Alcohol dependence/addiction





How might
alcohol
affect sexual
decision
making?

*Share answers
with the class*





How might alcohol affect sexual decision making?

- Alcohol makes it harder to think clearly and can lead people to do things they normally wouldn't.
- More likely to make decisions that are later regretted
- Less likely to practice safer sex
- More at risk for committing sexual assault





Consent

Consent is permission for something to happen or an agreement to do something.





Consent and the law

- Canadian law states that the age of consent is the age when a person can legally agree to sexual activity.
- Age of consent laws apply to all forms of sexual activity, ranging from kissing and fondling to sexual intercourse.
- By law, 16 year olds can consent to sexual activity, except if the:
 - Other person is in a position of authority (e.g., teacher, coach, or employer)
 - Sexual activity is exploitative (e.g., pornography, prostitution, or trading sex for safety)





Consent and the Law

- There are “close in age” exceptions to this law:
 - 14 and 15 year olds can consent to sexual activity if the partner is less than 5 years older.
 - 12 and 13 year olds can consent to sexual activity if the partner is less than 2 years older.
 - Children younger than 12 cannot consent to any type of sexual activity. Having sex with a child younger than 12 is against the law and is sexual abuse.





Consent is more than the law.

What else do people need to know about consent?

Think about your personal values, morals and ethics.

*Share answers
with the class*





What is sexual consent?

- Consent must be given for every sexual activity, every time.
- Sexual activity includes kissing, sexual touching and sexual intercourse (oral, anal, vaginal, hand sex).
- Sexual consent means both partners agree to the sexual activity and understand what they're agreeing to.
- Sexual consent is about a person's right to make their own choice about sexual activity.





Consent should be free and voluntary

- Consent is freely given. Agreeing to do something is consent only if it's voluntary.
- Consent is a positive, voluntary, active and conscious agreement to engage in sexual activity.
- When someone's consenting, they agree and are confident in their decision to consent.
- When there's consent, both people feel safe and comfortable. Safety and comfort (with themselves, their body, their partner and the situation) create an environment where both people can freely take part in all aspects of the consent conversation.





Communicating consent

- A consent conversation includes asking, answering and negotiating.
- The conversation needs to continue as the activity continues or changes.
- Body language and verbal language should both give the same positive message.
- At any point, people can change their mind and withdraw consent.
- Consent given in the past doesn't apply to any activities that happen later.





Assumptions are not consent

Consent can't be assumed or implied:

- Because people are in a relationship.
- If there was previous sexual activity.
- If someone was flirting with you.
- Based on what someone is wearing.
- If someone has shared sexual texts or posts.





Yes, no, maybe?

- 'No' always means 'no' whether given verbally or non-verbally.
- A lack of an affirmative, positive, freely given 'yes' is also a 'no.'
- A 'yes' isn't consent if someone is coerced. Examples of coercion are if the person pressures, pesters, threatens, guilt trips, blackmails, intimidates, bullies or harasses someone.
- For consent to happen, a person needs to be given the chance to say 'no.'





What isn't consent?

- Communication that's unclear or confusing.
- Uncertainty.
- Silence or not responding.
- Freezing or not physically resisting.
- People who are drunk, high, sleeping or unconscious can't give consent, either legally or practically.
- To have clear communication about consent, both people should be sober and alert.





**Sex without consent
is sexual assault**





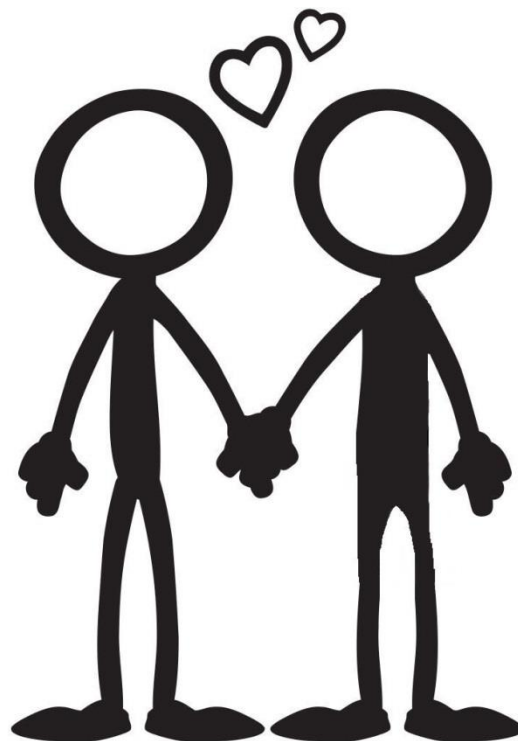
Consent story

Which path would you take?





This is Alex and Riley. They are in grade nine and have been dating for almost 6 weeks.



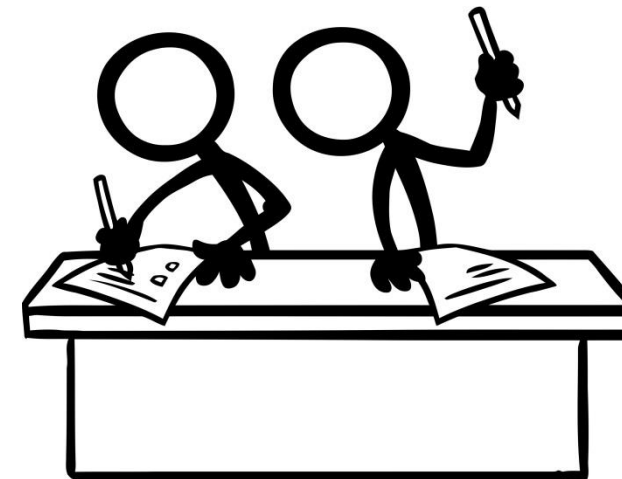


They met at _____

a) a friend's house

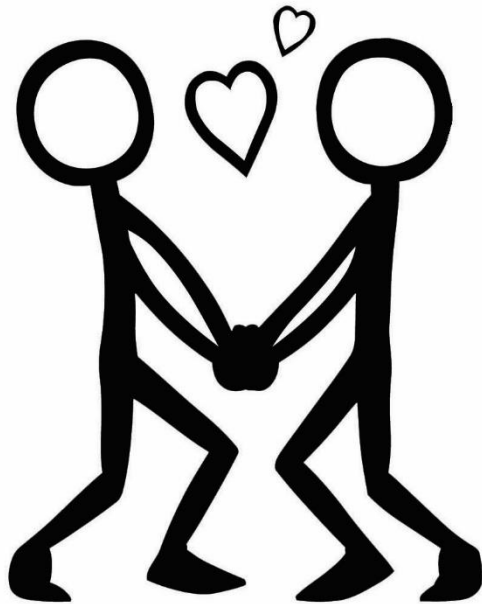
b) a soccer game

c) school





Alex and Riley spend a lot of time together. They like to hold hands and hug. But Alex really wants to make out with Riley. So Alex...



- a) goes for it and kisses Riley.
- b) asks Riley, “Can I kiss you?”
- c) says, “I would really like to kiss you.”





Riley responds...

- a) by kissing Alex.
- b) “I would like to kiss you too!” So they kiss.
- c) “No, I’m not ready to kiss you.”





Because Riley agrees to kissing, Alex thinks it's the green light to touch Riley's butt. Riley responds by...

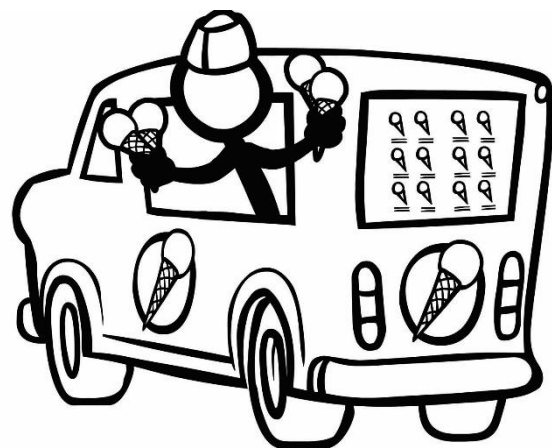
- a) saying, "That feels nice" and also touches Alex's butt.
- b) pushing Alex's hand away.
- c) freezing, not knowing what to do or say.



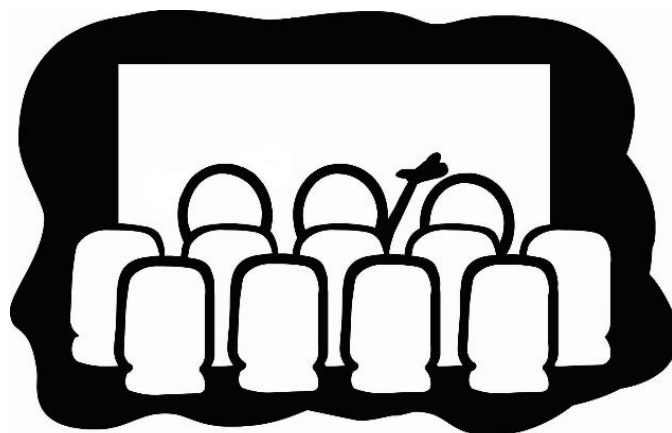


Alex realizes that consent was not received to touch Riley's butt and knows it's time to stop making out. Alex asks Riley, "So what do you want to do now?" Riley says...

a) Go for an ice cream



b) Go to a movie



c) Finish homework



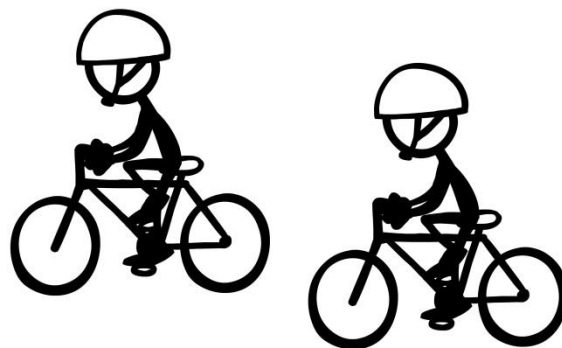


Alex senses that something is off and says “You don’t seem into this, should we stop?”
Riley says “I’m not ready to take this further.” Alex replies, “Ok, so what do you want to do now?”

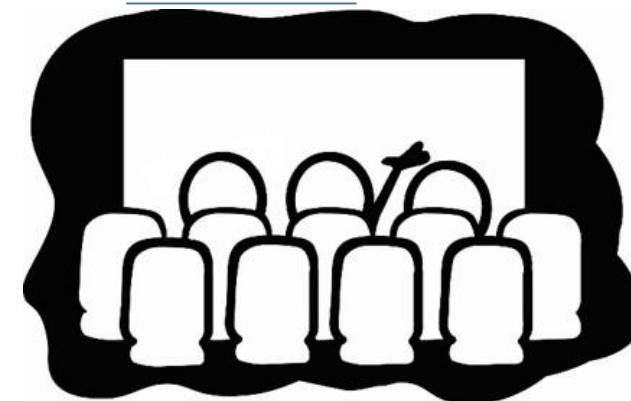
a) Go eat pizza?



b) Go for a bike ride?

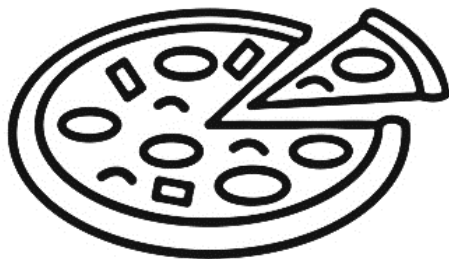


c) Go watch a movie?

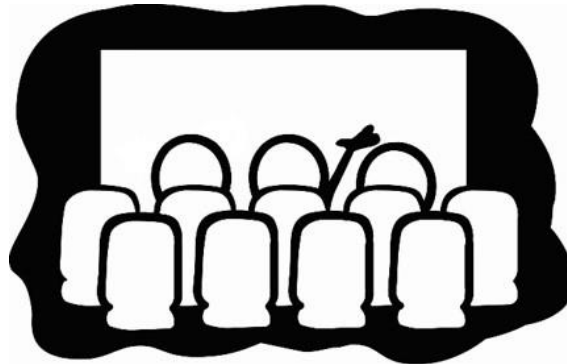


After a while of making out, Alex and Riley decide to stop. It's time to do something different so they...

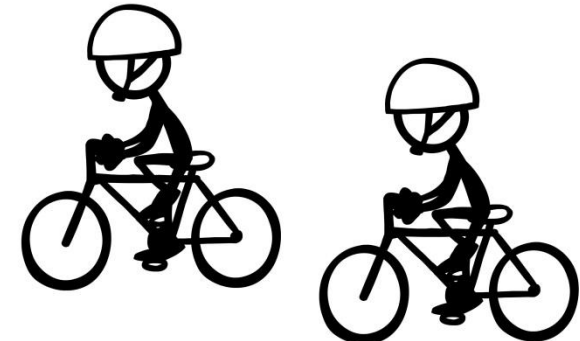
a) eat pizza



b) go to a movie



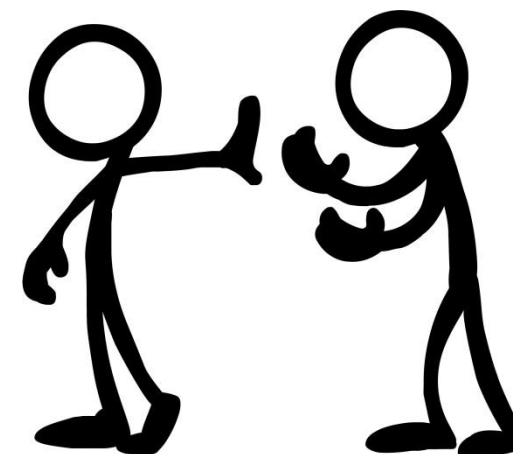
c) go for a bike ride





Riley...

- a) is thrilled and wants to kiss Alex back. But first Riley says “Hey, you should ask first before you kiss someone. I want to kiss you, okay?” Riley nods and then Alex and Riley kiss.
- b) says “Please stop I’m not ready for this.”
- c) freezes, not knowing what to do or say.





Because Riley is fine with kissing, Alex thinks it's the green light to touch Riley's butt. Riley responds by...

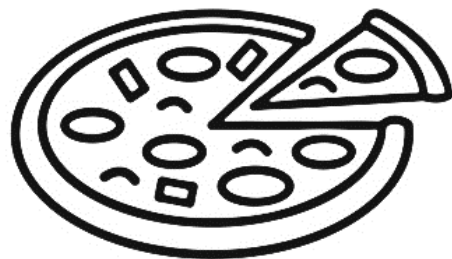
- a) saying, "That feels nice" and also touches Alex's butt.
- b) pushing Alex's hand away.
- c) freezing, not knowing what to do or say.



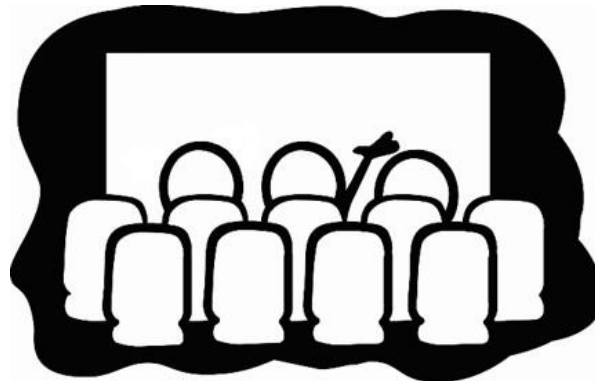


Alex realizes that they did not get consent to touch Riley's butt and knows it's time to stop making out. Alex asks Riley, "So what do you want to do now?" Riley responds...

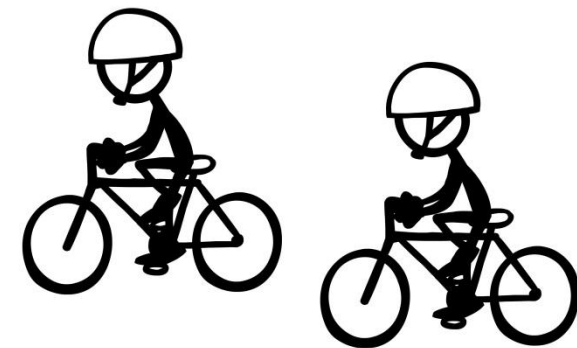
a) Eat pizza



b) Go to a movie



c) Go for a bike ride

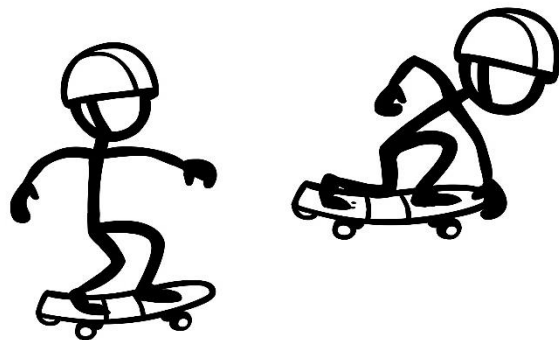


Alex senses that something is off and says “You don’t seem into this, should we stop?”

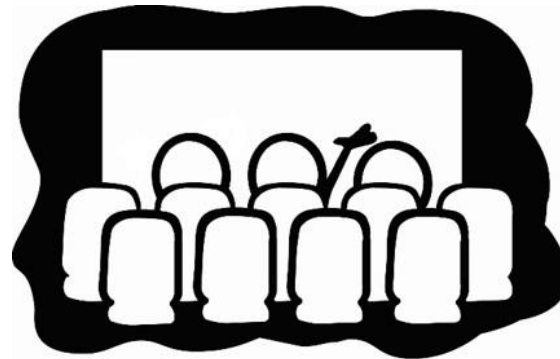
Riley says “I’m not ready to take this further.”

Alex replies, “Ok, so what do you want to do now?”

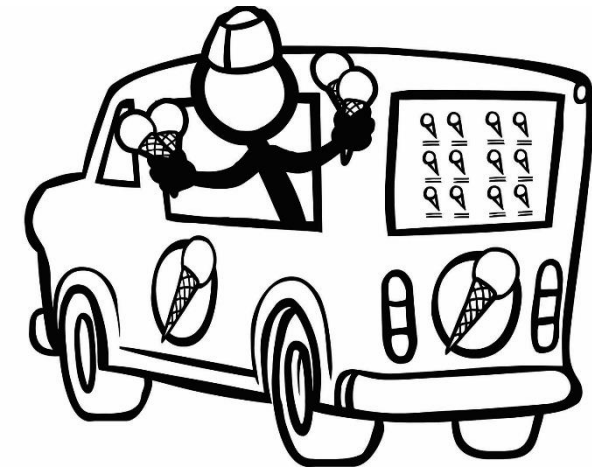
a) Go
skateboarding?



b) Go watch a
movie?



c) Go eat ice cream?





Alex says...

- a) “Please can we kiss? Come on... I really want to take this to the next level.”

- b) “Ok, I understand but can we talk about this again sometime?”





Once again, Riley says “no.” Alex replies...

- a) “Come on! We’ve been dating forever. Besides, you’re such a tease. You hug me all the time so that means we should make out.”

- b) “Ok, I’m sorry if I was pressuring you. I just really like you a lot. Can we talk about this again when you’re ready?”





Riley says, “No, I’m not ready.”

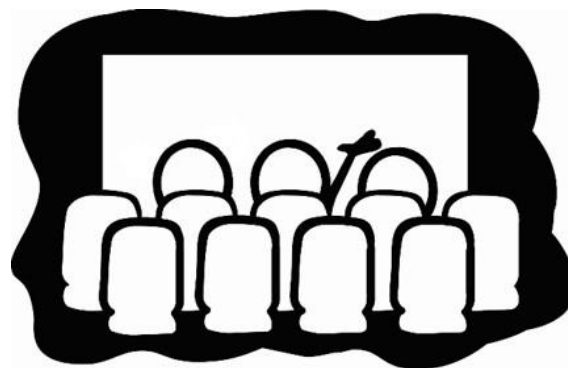
Alex replies, “You clearly don’t like me as much as I like you. Maybe we should break up.”

Riley answers, “Fine, we are broken up. I’m going to _____ with my friends now. Bye!”

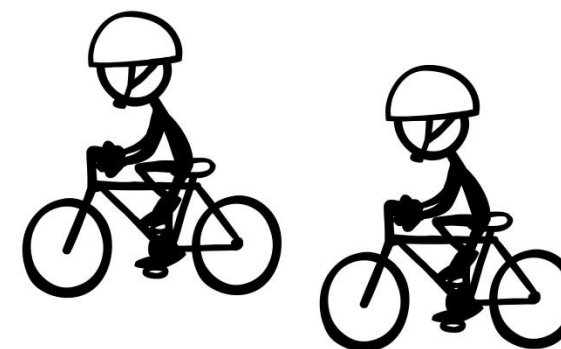
a) eat pizza



b) go to a movie



c) go for a bike ride





Riley says, “Thanks for being cool about it. Let’s talk about this again sometime.” What do you want to do now?

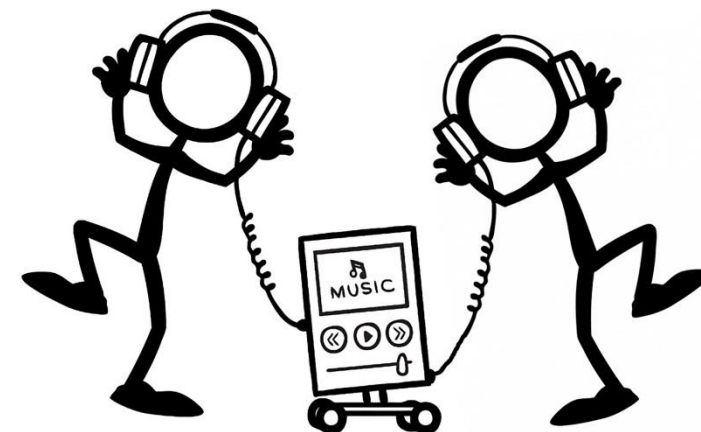
a) Go to band practice



b) Shoot hoops



c) Listen to music





Alex...

- a) senses that something is off and says “you really don’t seem into this.”

- b) keeps kissing Riley who must be ok with this since Riley did not say “stop” or push Alex away.





Riley says “I’m not ready for this.” Alex replies...

- a) “Come on! We’ve been dating forever. Besides, you’re such a tease. You hug me all the time so that means you should kiss me. If you don’t kiss me, I’ll break up with you.”

- b) “I’m sorry, I should have asked you before I tried to kiss you.”





Riley becomes even more distant and is not responding. Alex says...

- a) “Why aren’t you kissing me back? You don’t seem to like me as much as I like you. Maybe we should break up.”

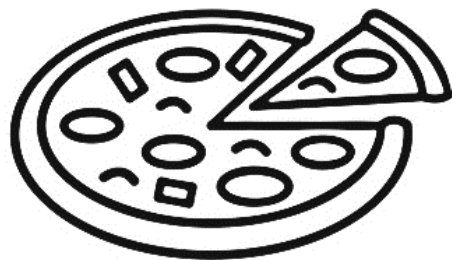
- b) “Are you ok with making out?”



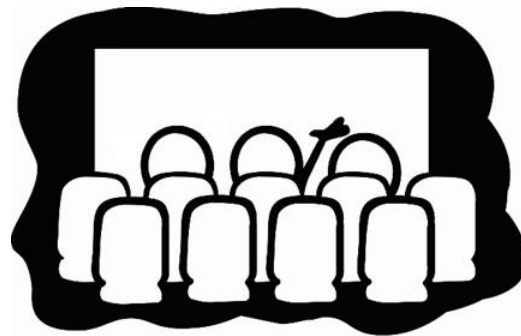


Riley says, “I’m just not ready for this. I hope you understand.” Alex replies, “Of course I understand. But can we talk about this when you’re ready?”
Riley says, “Absolutely. What do you want to do now?”

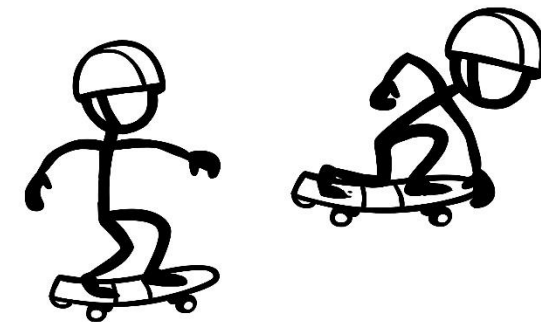
a) Eat pizza?



b) Go to a movie?



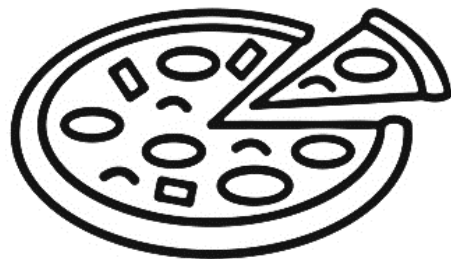
c) Go skateboarding?



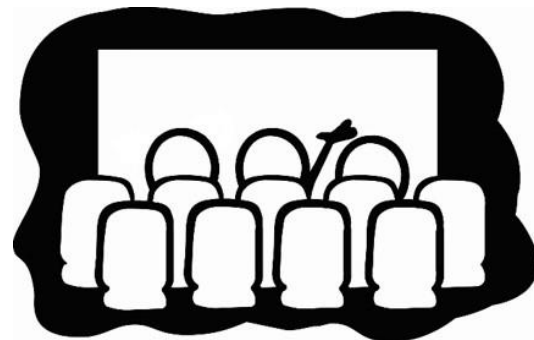


Riley says, “That’s ok we’re cool. Yes we should talk before we take things further. What do you want to do now?”

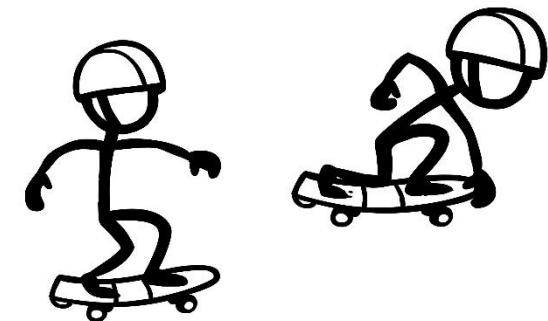
a) Eat pizza?



b) Go to a movie?



c) Go skateboarding?





Riley says, “Fine, then let’s break up. I’m going to _____ with my friends now.”

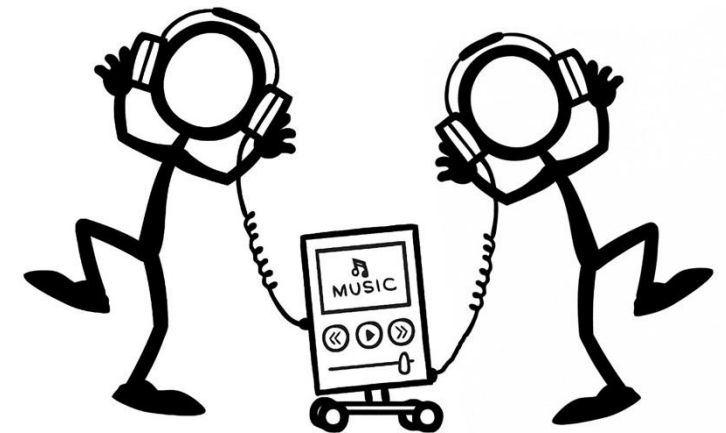
a) go for a walk



b) shoot hoops



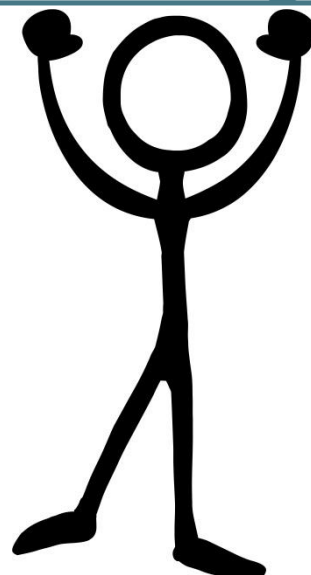
c) listen to music





The End

Back to the beginning





Consent Conversations





What are some ways someone can ask for consent?

Share answers with the class





What are some ways someone can ask for consent?

Some examples include:

- “Is it ok if...”
- “Would you like it if...”
- “I would really like to...”
- “Can we talk about...”
- “Is this ok?”
- “I want to check with you before we go any further, do you want to do this?”
- “Are you comfortable?”
- “Do you want to stop?”





What are some ways a person can clearly communicate their consent?

Share answers with the class





What are some ways a person can clearly communicate their consent?

Some examples include:

- “Yes!”
- “I definitely want to do that.”
- “Let’s do this.”
- “I am good with ... but not with ...”





What are some things someone could do or say to refuse consent or show the answer is “no”?

Share answers with the class





What are some things someone could do or say to refuse consent or show the answer is “no”?

Some examples include:

- “No.”
- “Not now.”
- “Stop.”
- “I don’t want to.”
- “I have to go home now.”
- “I need to use the bathroom.”
- “I need to study.”
- “I’m not feeling well.”
- “I’m not ready.”
- “Let’s talk about this later”
- Push the other person away.
- “Can we _____ instead?”
- “I don’t want to go any further than holding hands or kissing on the cheek.”
- “I really like you but I am not comfortable with that. I am okay with _____. Is that something you would like to do?”





What are some ways to respond that respects a “no” answer?

Share answers with the class





What are some ways to respond that respects a ‘no’ answer?

Some examples include:

- “I wish you wanted to, but I get it.”
- “Thanks for telling me. I don’t want to push you.”
- “Ok. Can we talk about this again sometime?”
- “I’m kind of glad you said no. I wasn’t sure I wanted to either, but I thought you did.”



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