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- STIs are common amongst sexually active young people. Most STIs are curable and all are treatable, but most importantly, they are preventable.
- There are many reliable birth control methods available to young people. The best method is the one the user will use correctly and consistently.

- _____
1. How are STIs transmitted?
 2. How can a person reduce or eliminate their risk of transmitting STIs?

Hi P t u C
be facilitating this lesson today.

- Introduction of individual presenters (name/pronouns/grade/school)

★ Teen Council is a peer education program through Mt. Baker Planned Parenthood. Teen C next 3 days we will be here discussing protection, consent, and sexual identity.

Today we are talking about protection including birth control and STI prevention. Some folks either

active or

- At the same time, we want to acknowledge that most people, regardless of sexual orientation or gender identity, have sex that puts them at risk for STIs and/or pregnancy at some point in life. We want everyone to be prepared and safe if and when that happens.

★ We also what to do because we know that you are all capable of making healthy decisions on your own. We just want to make sure you have all the information available to make the best decisions for yourself.

About TC (show/discuss slides)




- ★ Why I joined TC
- Weekly S.t4 Tf1 0 /P AMCID 21 BDC q0.00000912 0 612 792 reW*ETQq0.00000912 0 6



- o Sexually Transmitted Infection an infection that is primarily spread from person to person through sexual contact. You may also hear these referred to as STDs or sexually transmitted diseases. Both terms are correct.
- o Methods of preventing pregnancy, also referred to as contraception



with different shapes on them that will help us demonstrate the statistics. These stats represent our country, individuals in the class, so please be respectful of your classmates. This activity should be done silently. *Speak slowly and use your tone of voice to emphasize the significance of these numbers.*

-  *52% of U.S. high school students who are sexually active in high school.*
- *90% of people who have sex by age 24* Please stay standing.
-  *half of all new STIs occur in those between the ages of 15 and 24.*
- *75% of young people who use a condom the first time they have sex.*
-  *only 1 out of 100 couples get pregnant while using a highly effective method of birth control.*

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- o STIs are common but the good news is that most STIs are curable and STIs are treatable. If a person is sexually active, regular testing is important because many out . Testing is usually low to no cost and is usually just a urine test or self-swab.

Important points to highlight

- More than half of people in high school are not sexually active, but almost all people
- Sex is a part of life that can come with some risks, so thinking about how to be prepared and safe is

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- Now we want to talk about how we can protect ourselves against possible unwanted outcomes of sex.

Go through this information _____ to ensure participant comprehension.

- STIs are generally spread when infected skin or bodily fluids from one person come into contact with susceptible parts on another person.

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- The most common

France)

thought to work by expelling semen after intercourse.

- Birth control is not a new concept. As long as humans have been around there have been people trying to control if, when, and how many children they have.
- Fortunately, the methods we will go over today are much safer and more effective

As we learn about the history of birth control, it is also important for us to acknowledge the history of harm that many marginalized people experienced as these methods were developed.

- In 1956, the first large-scale human trial of the birth control pill was carried out in Puerto Rico on Puerto Ricans was done without informed consent. As many as 1,500 Puerto Ricans participated in the trial. They were told only that the drug prevented pregnancy, not that the drug was experimental or that they might experience potentially dangerous side effects. The pills used in the trial had hormone levels 20 times higher than birth control pills on the market today.
- ★ The United States also has a long history of sterilizing people without their consent. Sterilizing refers to a permanent form of birth control, such as cutting the fallopian tubes. These practices targeted people of color, people with low-incomes, and individuals with intellectual and developmental disabilities.
 - From 1937-1968, 1/3 of people with uteruses in Puerto Rico were sterilized. They were not informed of the permanence of the procedure.
 - In the 1970s, 25% of Native American people with uteruses were sterilized.
 - Incidents like these eventually led to the requirement of medically informed consent. However, in 2020 these requirements were disregarded at ICE detention centers during the forced hysterectomies of immigrants being held there.

As we go forward into learning about the different methods today, we think to keep this history in mind.

Encourage the class to take a deep breath before the next activity.

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- Now we will be learning about what factors are important to people in choosing a birth control method that is best for them
 - ‡ Break you into groups of 3-4, and give each group a pack of birth control methods and some information sheets. Once you get your birth control methods, lay them

out on the table in front of you. Take 2 minutes to read about the different methods you have, and then we will explain the activity.

- (We will give you a category for sorting your methods. Work with your group to decide which methods go to which side.

- Give the class a couple minutes to sort the cards. Walk around and help groups out.
- Once they are shown on the screen, list out the answers briefly.
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