



## Part Two

# *“Protecting Your Future”*



# Honest Success





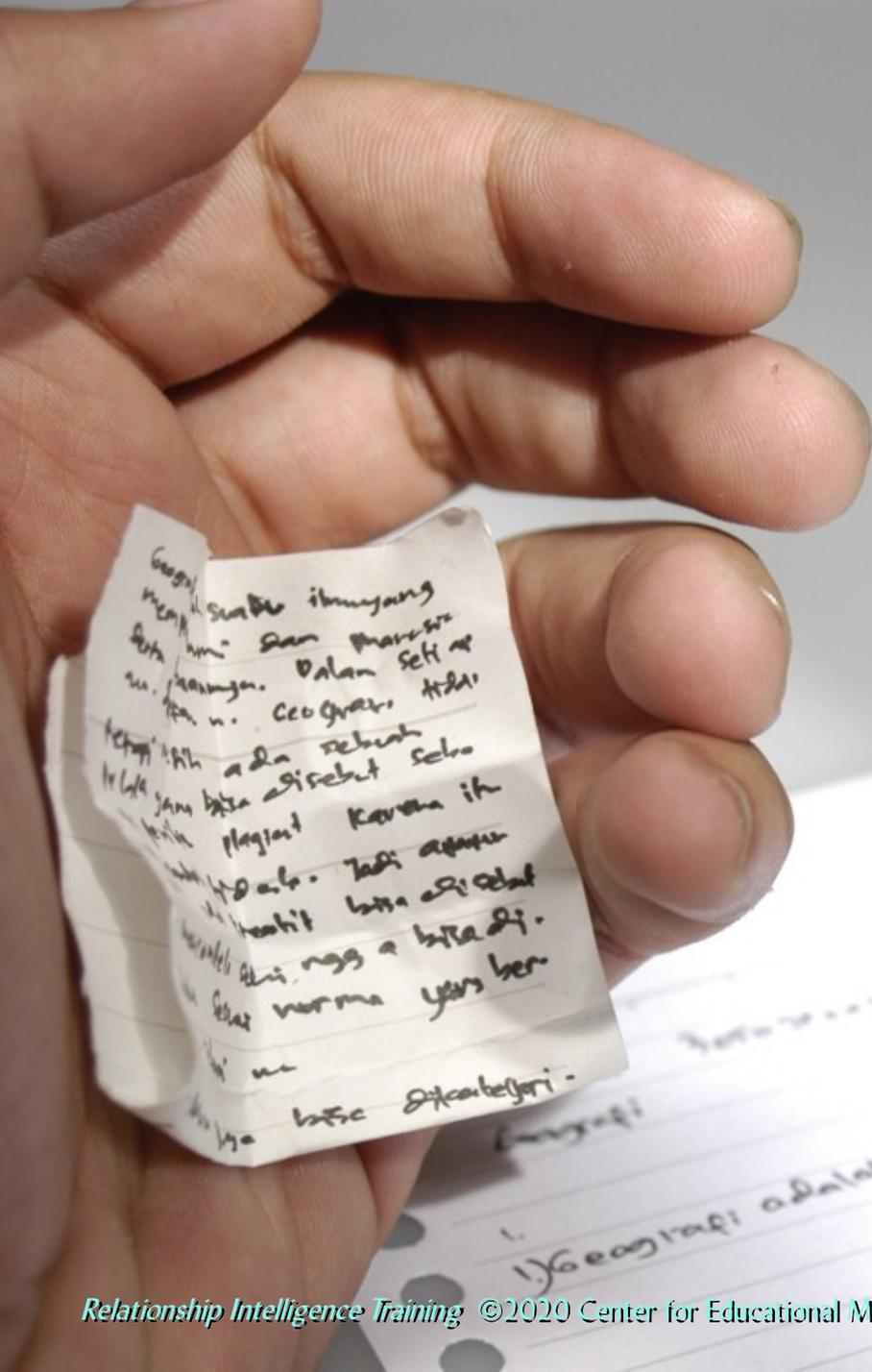
# Lasting Happiness

# True Freedom



*The Quick*  
and Easy?

# Quick & Easy?



Gagal suatu imyung  
memiliki dan proses  
sifat yang. Dalam self  
no. n. Coogner, Adh  
terpilih ada sebuah  
kele yang bisa disebut selo  
yang sangat karena ih  
adalah. Tapi apaku  
kehidupan bisa disebut  
adalah ngg a bte di.  
sekar norma yang ber  
kele  
kele bisa dikategori -

1. Geografi adalah suatu ilmu yang...





*Quick & Easy?*



**Quick & Easy?**

Quick & Easy?





Quick & Easy?

# Quick & Easy?



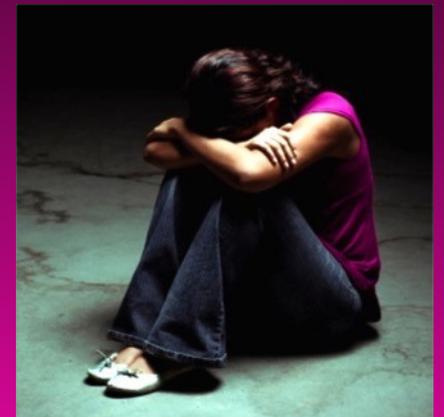
# Quick & Easy?



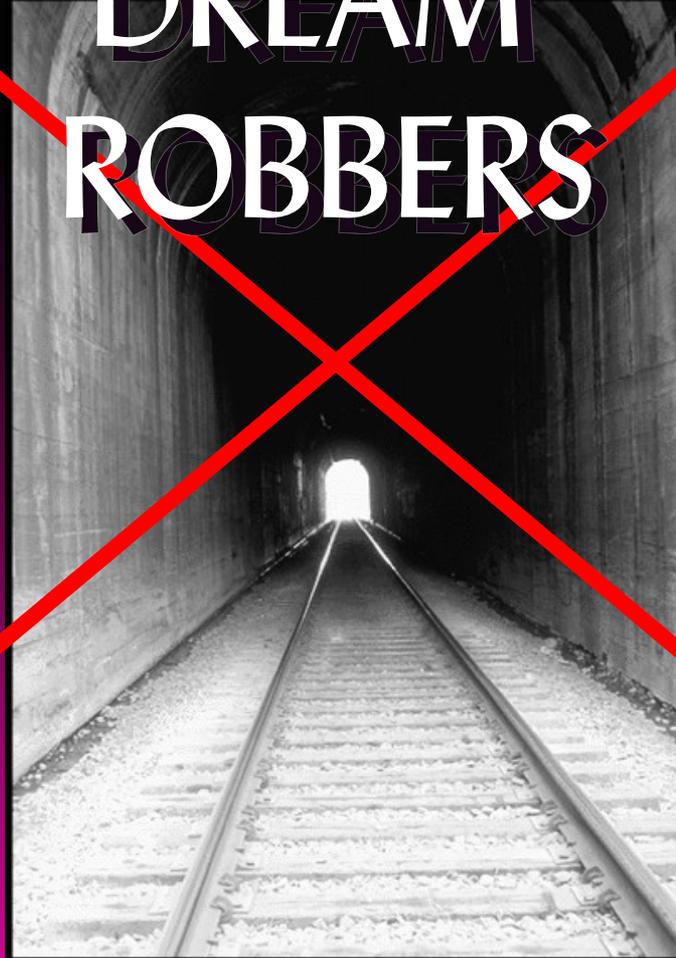


Are You REALLY Getting what

You Want?

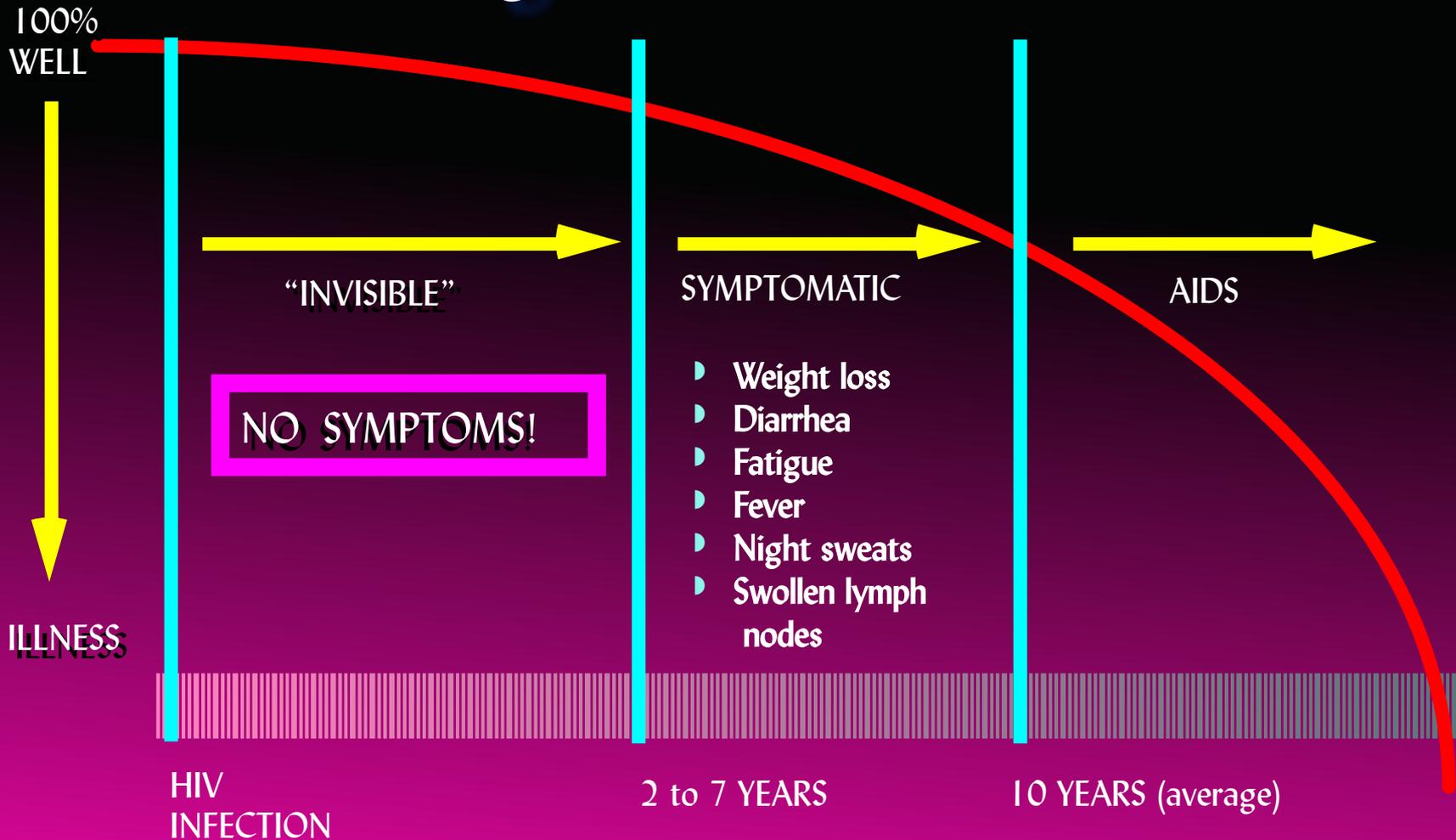


# ~~DREAM ROBBERS~~





# 3 Stages of HIV Disease



## Cumulative U.S. AIDS Cases as of 2/83 N~1,000



## Cumulative U.S. AIDS Cases as of 5/85 N~10,000



CDC

## Cumulative U.S. AIDS Cases as of 7/89 N~100,000



# Cumulative U.S. AIDS Cases as of 12/95 N~500,000

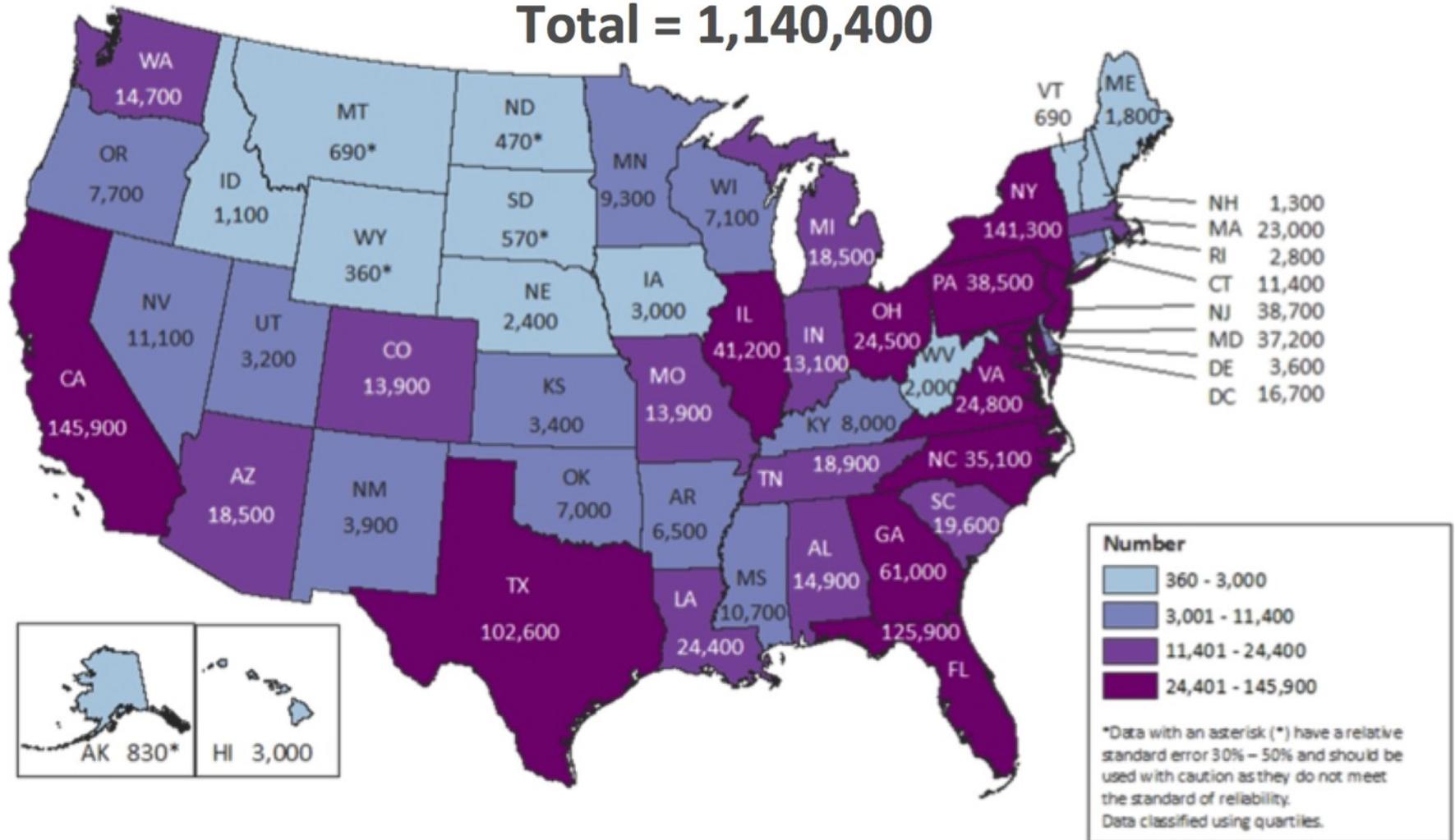


# Cumulative U.S. AIDS Cases as of 9/97 N~626,334



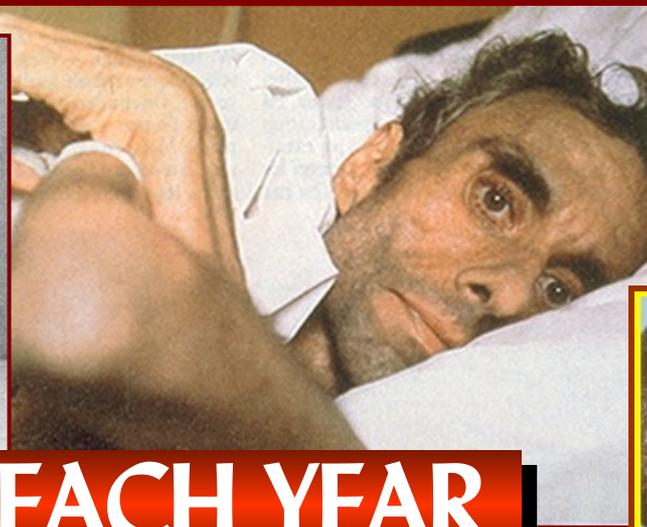
# Estimated HIV Prevalence among Persons Aged $\geq 13$ years, by Area of Residence 2016—United States

Total = 1,140,400





- ➔ **1 in 4 babies born to HIV-infected moms develop AIDS**
- ➔ **TESTING mom & TREATMENT reduce by 90%**



**EACH YEAR**



- 1.7 million worldwide become HIV infected
- 690,000 DIE of AIDS-related illnesses
- 1 in 4 don't know they're infected!

UNAIDS: Global HIV & AIDS statistics — 2020 fact sheet

# ARVs Save Lives of Many



Antiretroviral drugs prolong lives of **MANY**,  
but disagreeable **SIDE EFFECTS, EXPENSE &**  
**burden of taking powerful drugs every day**



***Denial = Protection?***

# WARNING!

Following slides on Sexually Transmitted Diseases contain graphic images that may be disturbing to some viewers.

# Gonorrhea



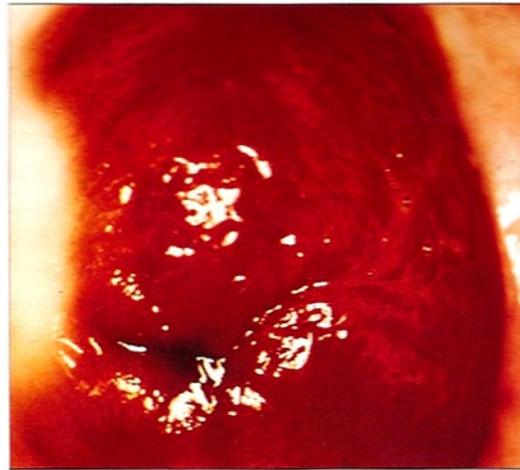
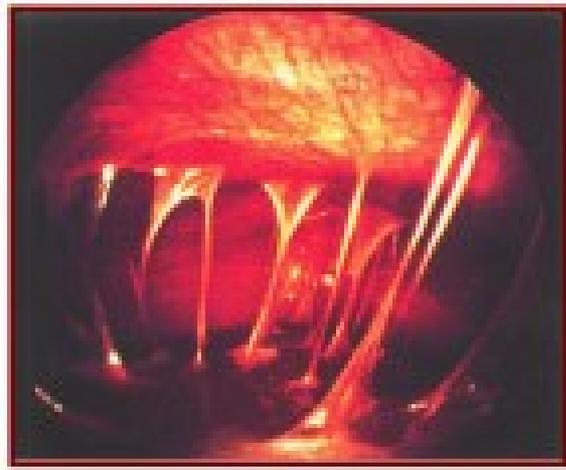
Infection in genitals, rectum, or throat

**PAINFUL BURNING** when urinating

White, yellow, or green **DISCHARGE** from penis

Vaginal discharge or bleeding between periods

Untreated gonorrhea → **SERIOUS & PERMANENT**  
health problems in both sexes.

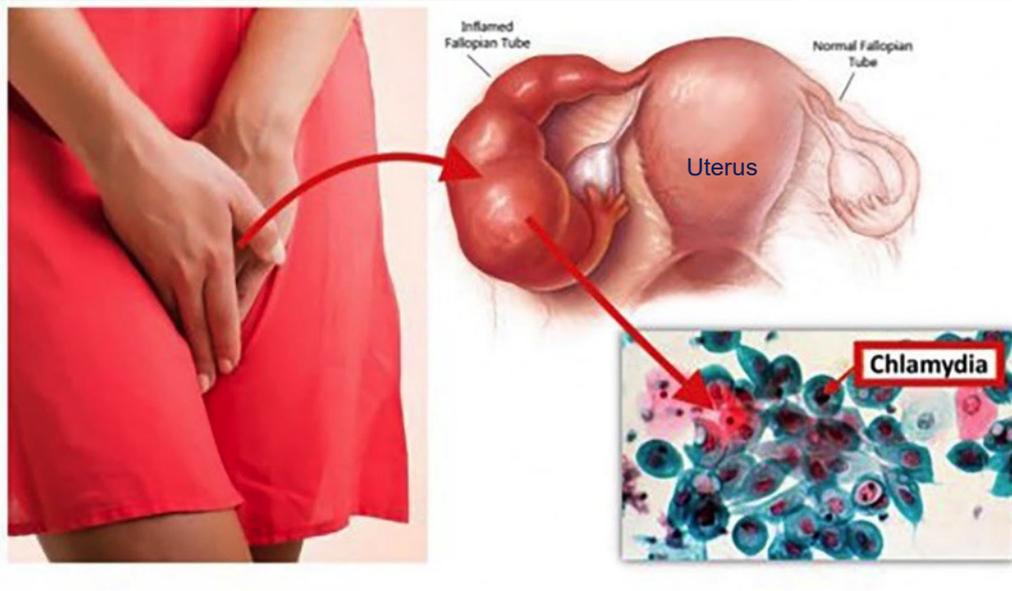
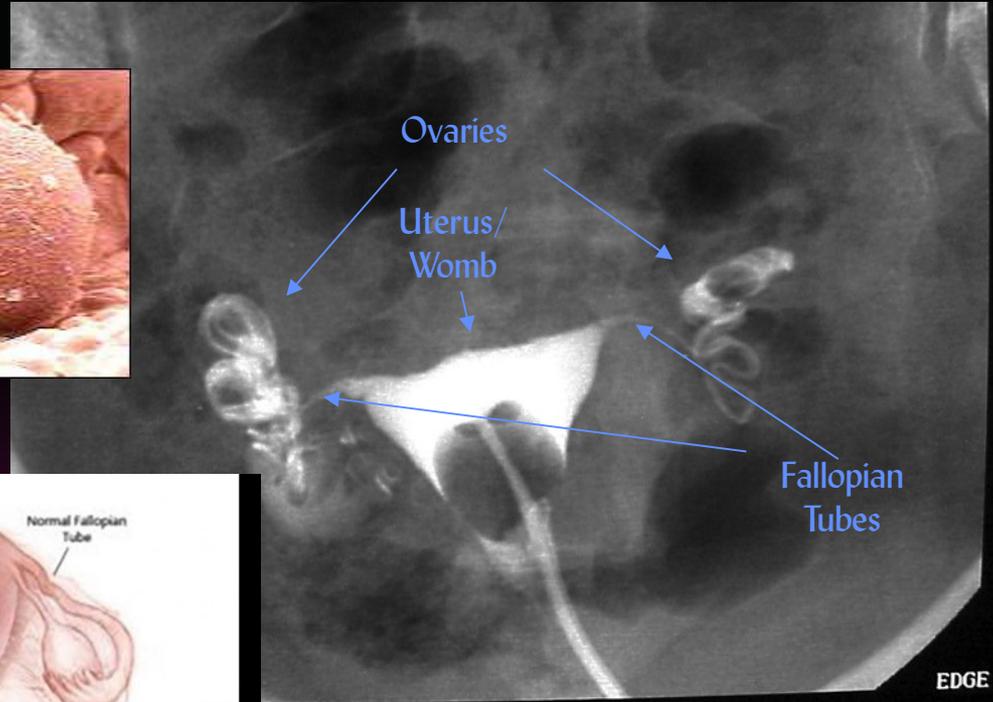
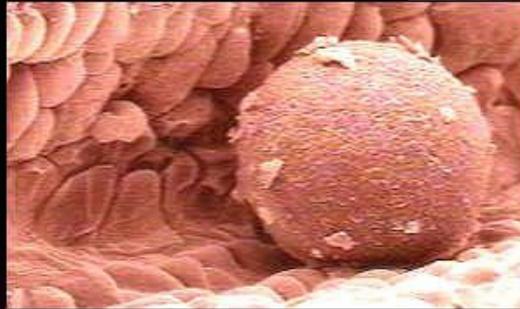


50% infection/encounter **Chlamydia**

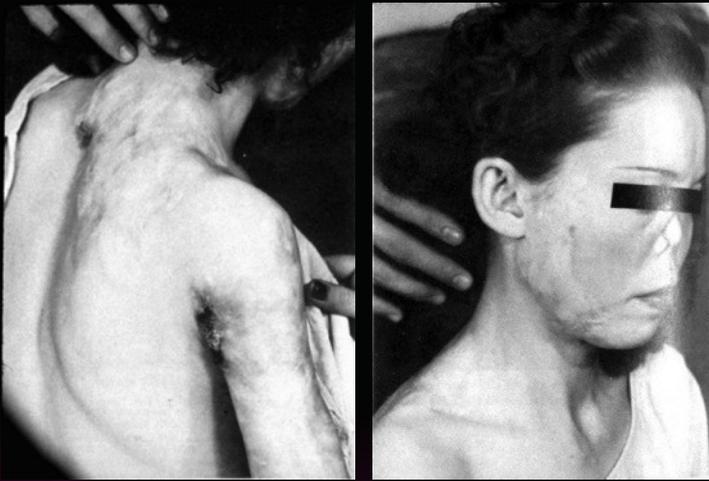
Painful pee, itching, discharge, often “invisible”

Without treatment, Pelvic Inflammatory Disease

Teenage girls- **HIGHER RISK** than older women



# Pelvic Inflammatory Disease (PID)



# Syphilis

Woman born infected with syphilis

- Sores on genitals & rash on hands or feet heal, but infection still in body!
- **UNLESS CURED** with **ANTIBIOTICS**, spreads to heart, eyes, brain eventually causing blindness, paralysis, or death
- Danger to unborn child of meningitis, deformities or stillbirth



# Genital Herpes

- Viral STD causes sores, PAINFUL blisters
- 1 in 8 adults infected in U.S.
- Can be controlled, but NO CURE



# Genital Herpes

Pregnant women w/active herpes need surgical delivery to avoid **BRAIN DAMAGE OR DEATH** to birthchild



# Human Papilloma Virus

- 1 in 4 females in U.S. ages 14 to 59 infected
- 90% of GENITAL CANCERS (penile, cervical, etc.)
- Some strains cause genital warts
- **Teen girls - 200% HIGHER RATE cervical cancer as adults**



# Emotional Impact of Oral Sex



Many girls are tricked into believing that “Oral Sex Hook-ups” are a way to avoid STDs. **How do they feel when they have an STI in their throat?**

Some assume that they will be more popular after engaging in oral sex. **Do you think that’s true?**

# STDs spread through

- **Vaginal Sex** (sexual intercourse)
- **Anal Sex**
- **Oral Sex** “the viruses that cause genital herpes, genital warts, and hepatitis can all be transmitted through oral sex. The same is true of bacterial STDs like syphilis, chlamydia, and gonorrhea. There have been cases of HIV linked to O.S.”
- **Skin Contact in Genital Area for HPV and Herpes**

Having sex = any activity between 2 persons involving contact with the genitals for the purpose of sexual arousal





35,000

Teens/young adults infected with an STD  
EACH DAY

[www.cdc.gov/std/life-stages-populations/stdfact-teens.htm](http://www.cdc.gov/std/life-stages-populations/stdfact-teens.htm)

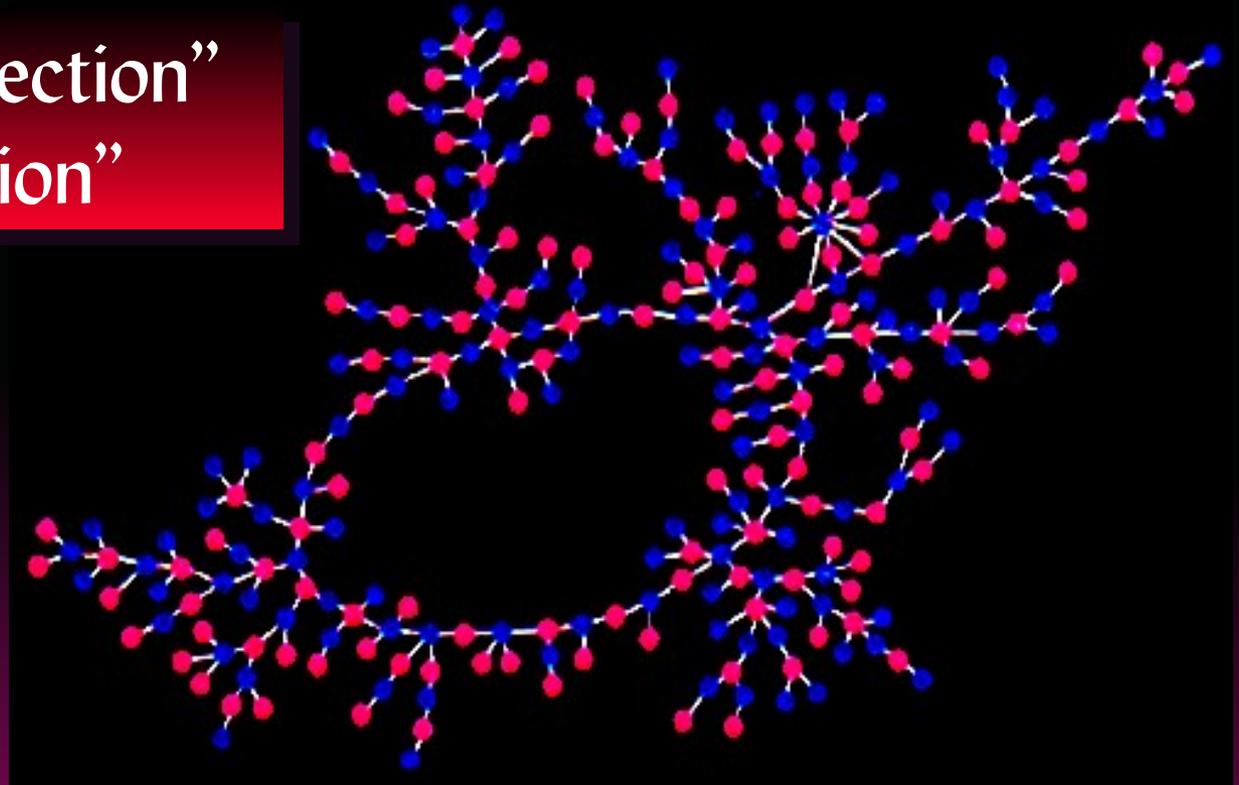


# 4 in 10

**sexually active girls are infected w/ 1 + STDs**

Forhan, S.E., et al. (2009) Prevalence of Sexually Transmitted Infections among Female Adolescents Aged 14 to 19 in the United States. *Pediatrics* 124 (6), 1505 – 1512.

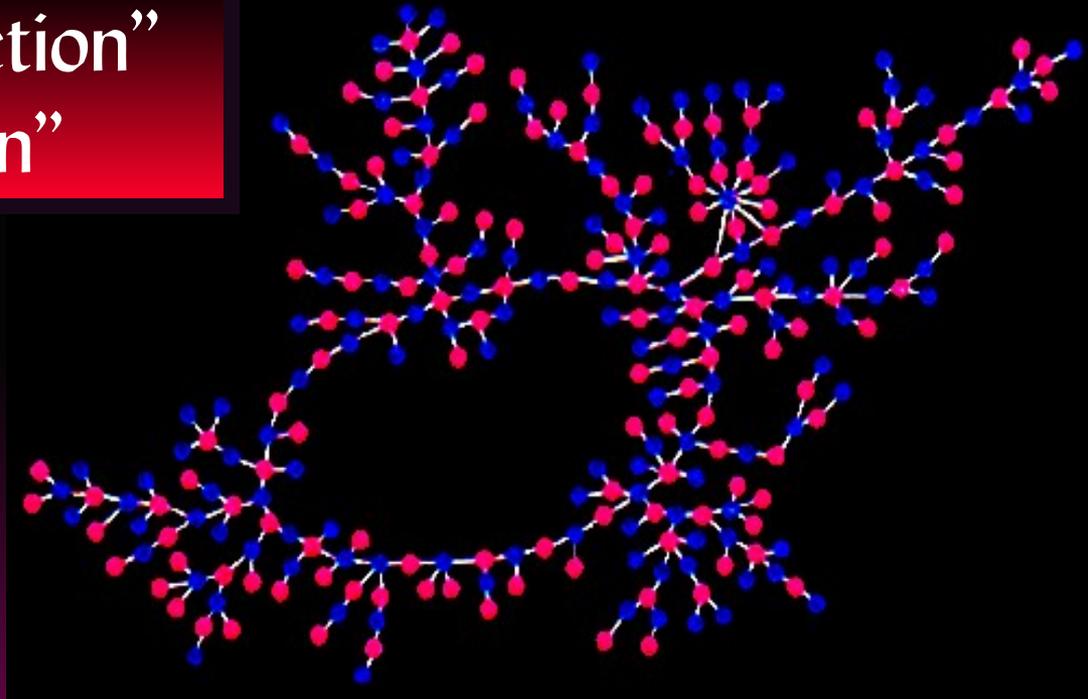
# Linked by “Affection” and “Infection”



**Chain of 288 one-to-one sexual contacts at Midwest HS.  
Even those with only 1 partner linked to 287 others.**

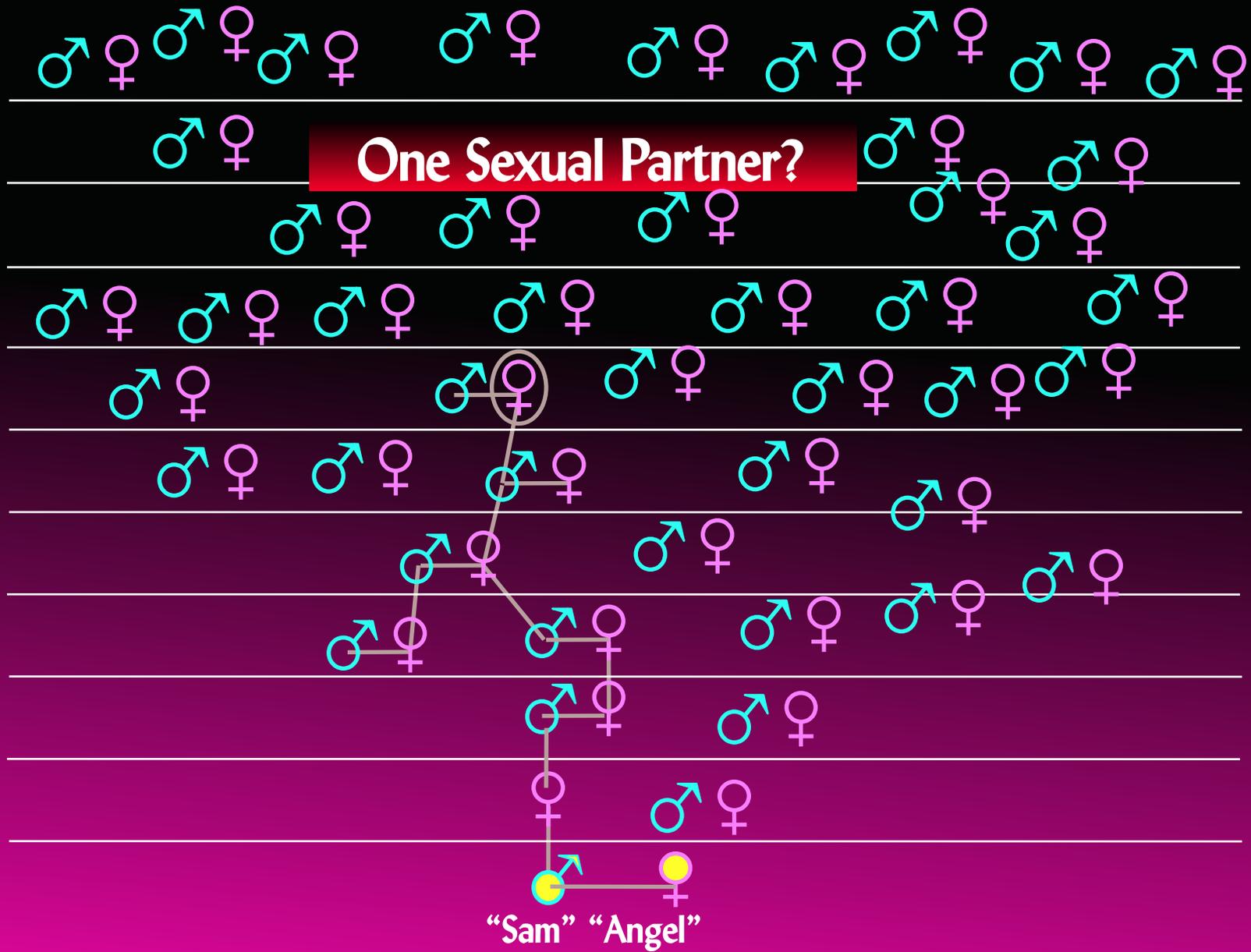
Bearman, PS, Moody, J, & Stovel, K. Chains of Affection: The Structure of Adolescent Romantic and Sexual Networks, *American Journal of Sociology* 110 (1), July 2004: 44-91.

# Linked by “Affection” and “Infection”



- How to break the chain?
- What about sexually active at YOUR HS?  
WHO & HOW MANY are they connected to?
- Half who abstained – NO RISK

10 years  
9 years  
8 years  
7 years  
6 years  
5 years  
4 years  
3 years  
2 years  
1 years



# Nerf Ball Activity



# How much protection?



1 in 5

teen girls using condoms  
become pregnant within 1 year

Trussell J. Contraceptive failure in the United States. *Contraception*. 2011; 83(5):397-404.

# PARTIAL Protection

## against STDs



- **80% risk reduction for HIV**

Weller, S.C., Davis-Beaty, K., “Condom effectiveness in reducing heterosexual HIV transmission,” *Cochrane Database of Systematic Reviews* 2002, Issue 1.

- **50% risk reduction- Gonorrhea, Chlamydia, Genital Herpes, HPV & Syphilis**

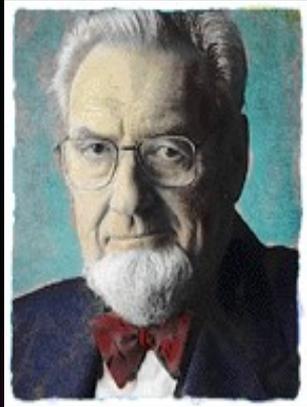
Shlay JC, McClung MW, Patnaik JL, Douglas JM Jr., “Comparison of sexually transmitted disease prevalence by reported level of condom use among patients attending an urban sexually transmitted disease clinic,” *Sexually Transmitted Diseases* 31(3), 2004, 154-160.



# Writing Activity

Imagine you are in your 30s or 40s. Write a letter to a niece or nephew telling them you were beginning chemo treatments for penile or cervical cancer, and telling them looking back what you realize now and what you wish you had done differently as a teenager.





*Former U.S.  
Surgeon General  
Dr. Everett Koop*

*“Young people must be told the truth... the BEST WAY to avoid AIDS (& other STDs) is to refrain from sexual activity until as adults they are ready to establish a mutually faithful monogamous relationship.”*

# 2/3



reduced HIV infections in Uganda by using “ABC”

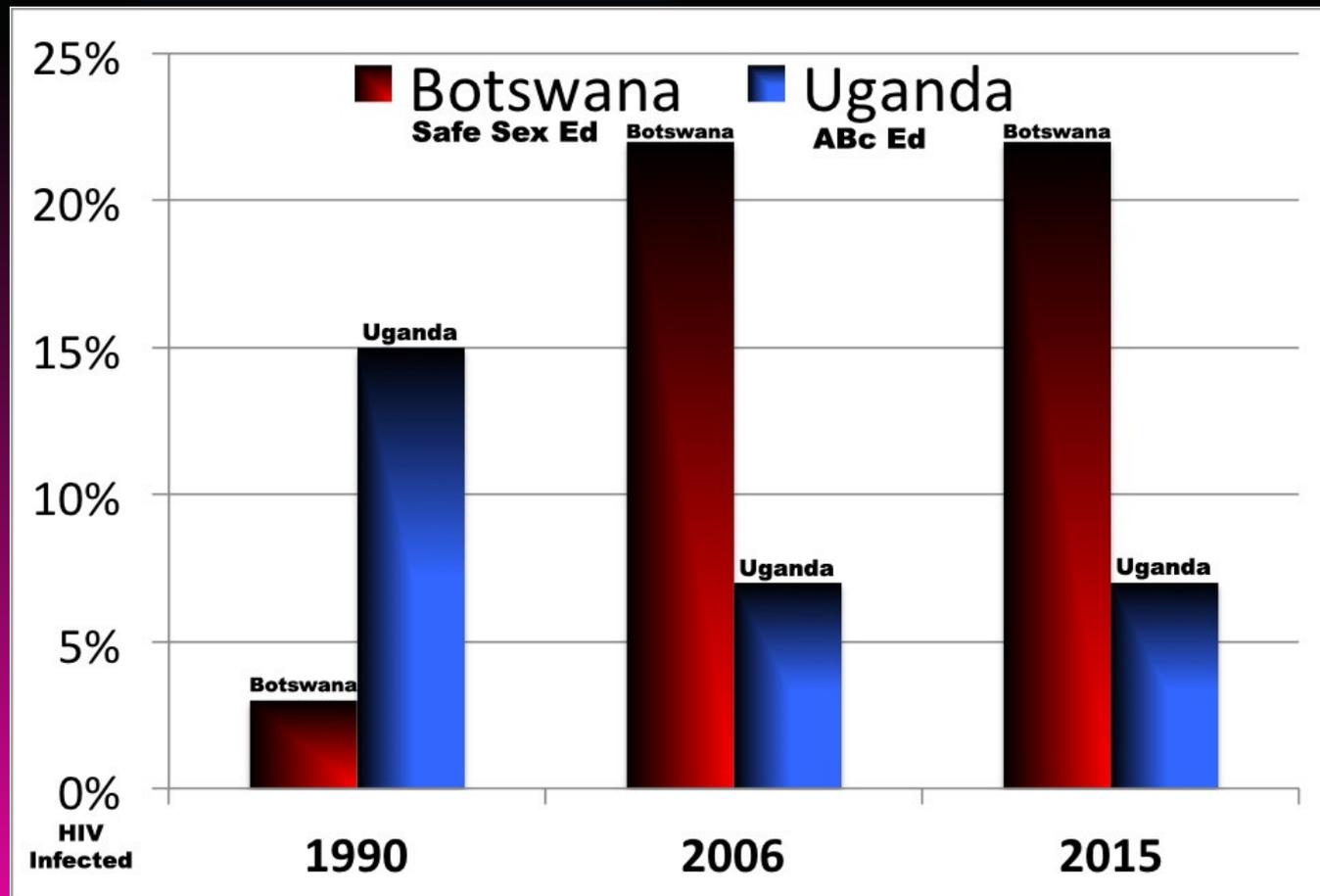
- Uganda: HIV infections fell from 15% in 1991 to 5% in 2001
- Youth ages 13-16: nearly 60% ever had sex in 1994, but in 2001 less than 5%

“What Happened in Uganda? Declining HIV Prevalence, Behavior Change and the National Response,” USAID, Sept. 2002.

# HIV Infection Rates\* in 2 African Countries (Ages 15-49)

**'Safe Sex' Ed**

**vs ABc Ed**





I love you. Don't  
you love me?



I love you. Don't  
you love me?

*If you loved me, you'd  
RESPECT me. I DON'T  
need to prove my love.*

I love you. Don't  
you love me?

*If you loved me, you'd  
RESPECT me. I DON'T  
need to prove my love.*

I can't  
stop!

**I love you. Don't  
you love me?**

*If you loved me, you'd  
RESPECT me. I DON'T  
need to prove my love.*

*I don't think you'll be so turned  
on if I get pregnant & you have  
to support a baby in HS!*

**I can't  
stop!**

I love you. Don't you love me?

*If you loved me, you'd RESPECT me. I DON'T need to prove my love.*

C'mon, Everybody's doing it.

*I don't think you'll be so turned on if I get pregnant & you have to support a baby in HS!*

I can't stop!

I love you. Don't you love me?

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C'mon, Everybody's doing it.

*I don't think you'll be so turned on if I get pregnant & you have to support a baby in HS!*

I can't stop!

*Not with me.  
I'm NOT everybody.*

I love you. Don't you love me?

*If you loved me, you'd RESPECT me. I DON'T need to prove my love.*

C'mon, Everybody's doing it.

*I don't think you'll be so turned on if I get pregnant & you have to support a baby in HS!*

I can't stop!

*Not with me. I'm NOT everybody.*

You can trust me.

I love you. Don't you love me?

*If you loved me, you'd RESPECT me. I DON'T need to prove my love.*

C'mon, Everybody's doing it.

*I don't think you'll be so turned on if I get pregnant & you have to support a baby in HS!*

I can't stop!

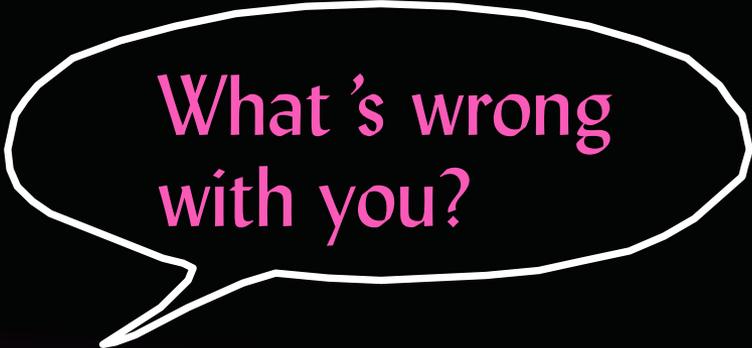
*Not with me. I'm NOT everybody.*

You can trust me.

*I do trust you. To STOP pressuring me.*



What's wrong  
with you?



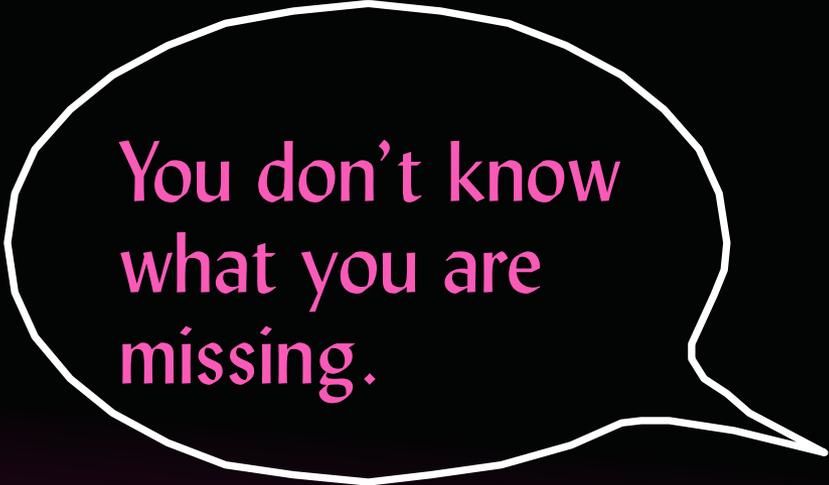
What's wrong  
with you?

*Nothing's "wrong"  
with me. What's  
wrong with YOU!*

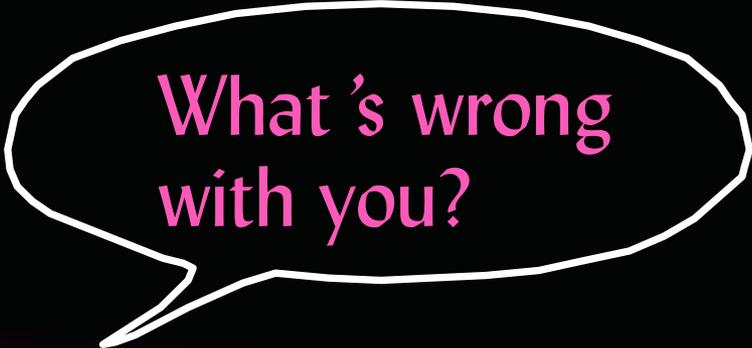


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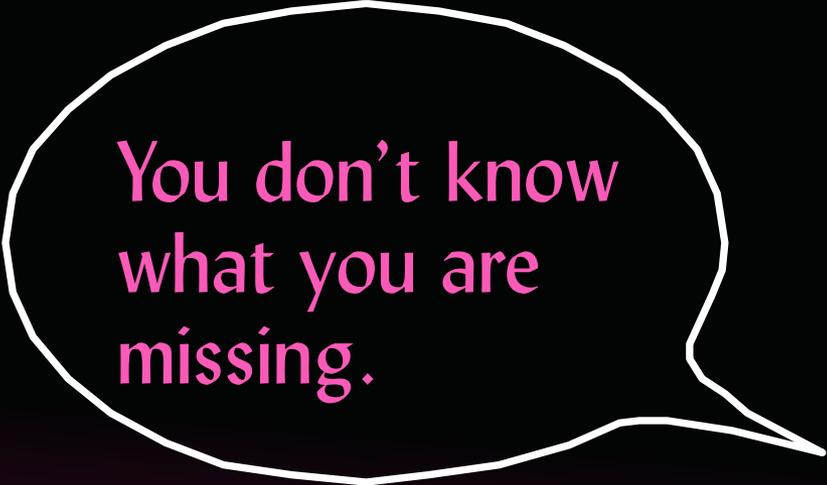


You don't know  
what you are  
missing.



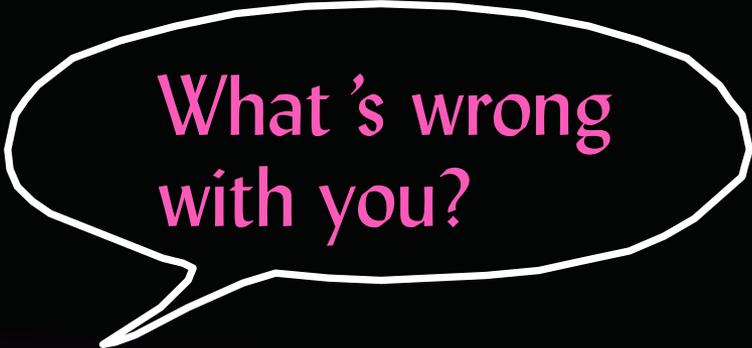
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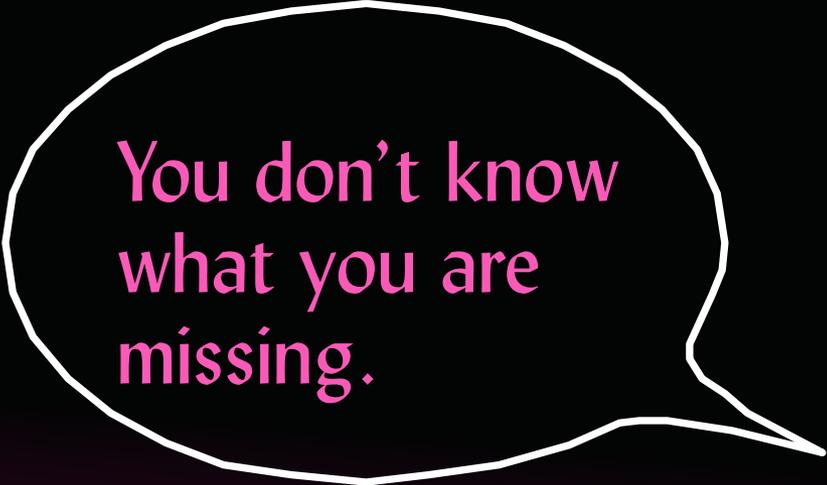
You don't know  
what you are  
missing.

*Yes, I do. I'm missing AIDS,  
STDs, pregnancy, a RUINED  
FUTURE & baby mama drama!.*



What's wrong  
with you?

*Nothing's "wrong"  
with me. What's  
wrong with YOU!*



You don't know  
what you are  
missing.

*Yes, I do. I'm missing AIDS,  
STDs, pregnancy, a RUINED  
FUTURE & baby mama drama!.*

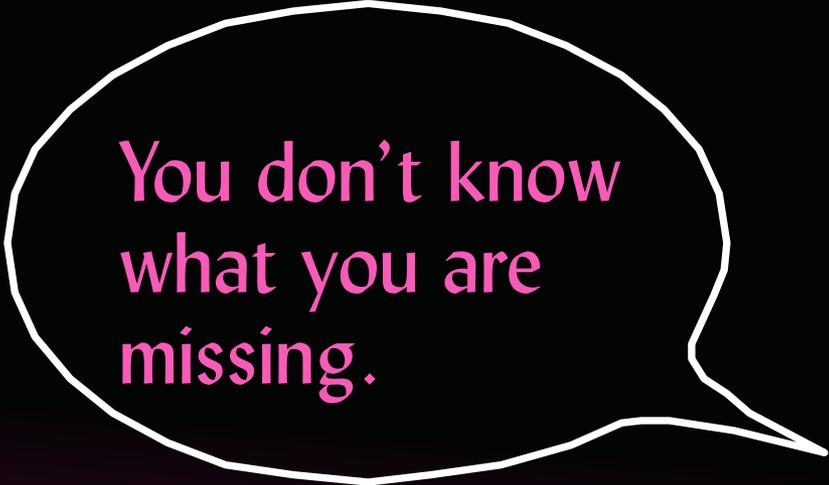


Aren't you  
a man?



What's wrong  
with you?

*Nothing's "wrong"  
with me. What's  
wrong with YOU!*



You don't know  
what you are  
missing.

*Yes, I do. I'm missing AIDS,  
STDs, pregnancy, a RUINED  
FUTURE & baby mama drama!.*



Aren't you  
a man?

*Sex DOES NOT prove manhood.  
Get Outta My Face!*

# Where are you going?





# WHERE are you going?

1. What kind of person do you want to be?  
(Whom do you admire?)
2. What kind of family do you want to have?
3. What kind of job or career?



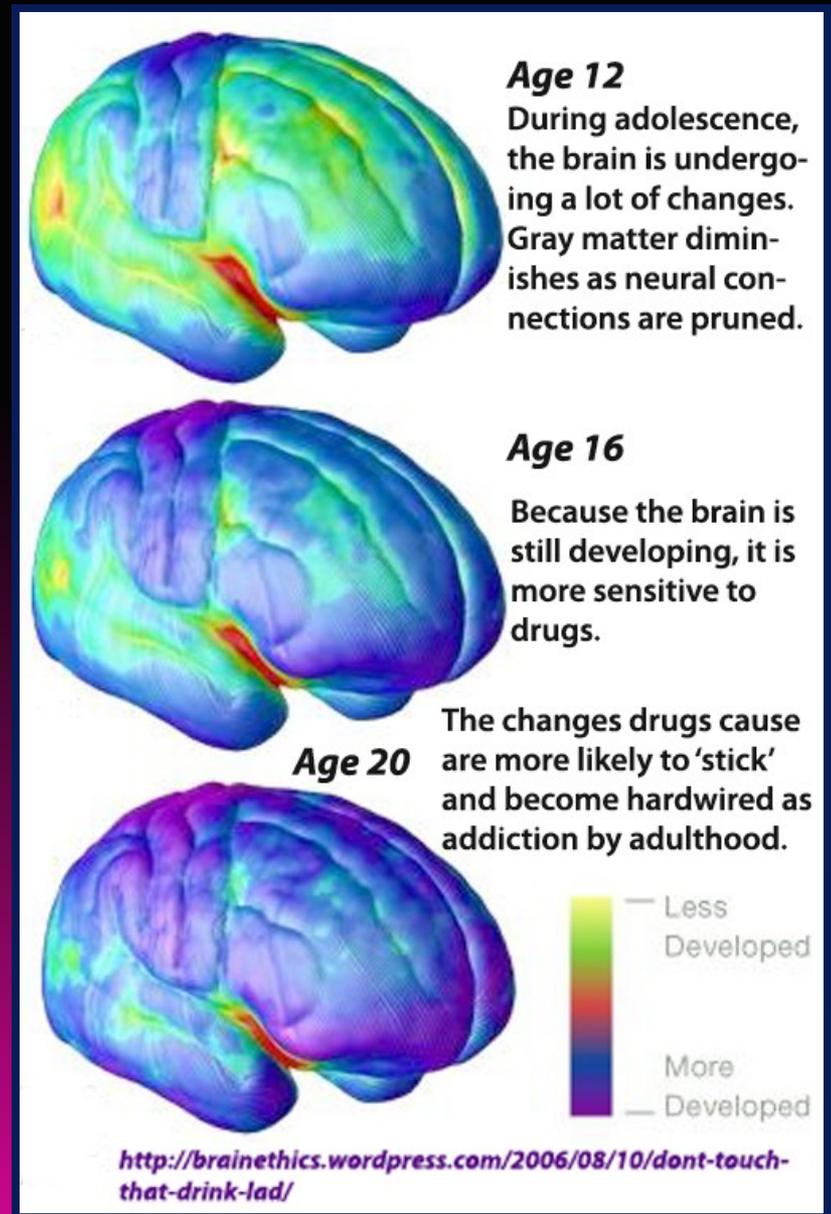


# “Guarding Your Future” Workbook activity #3

# The Teen Brain?



# Changes in Teen Brain → 'Hardwired'



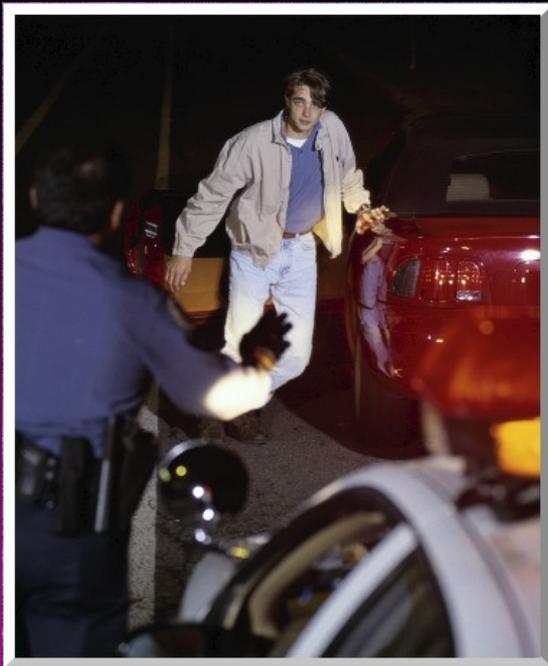
**Marijuana use →**  
abnormalities in brain regions  
(hippocampus) involved in  
memory, attention, decision-  
making, language and  
executive functioning skills

***Weekly or frequent use***  
***doubles a teen's risk of***  
***depression, anxiety, suicidal***  
***thoughts, paranoia &***  
***schizophrenia***

**Heavy marijuana use may damage developing brain in teens, young adults, 2/2/2009, [www.physorg.com/news/152807191.html](http://www.physorg.com/news/152807191.html). Patton, GC et al. (2002) Cannabis use and mental health in young people: cohort study. *British Medical Journal*, 325:1195-1198. Greenblatt, J. (1998), Adolescent self-reported behaviors and their association with marijuana use. National Household Survey on Drug Abuse, 1994-1996 SAMHSA.**



# Binge Drinking, Drugs ---> *LASTING DAMAGE*



- To memory, learning ability
- Kills cells in hippocampus, blocking brain receptors that form memories



Teen Drinking Leads to

60%

of Teen **STD Infections**

List of Alcohol and other Drug Facts, Center for Substance Abuse and Prevention



2/3

of DOMESTIC VIOLENCE cases  
involve ALCOHOL or DRUG use

Friend, J., Langhinrichsen-Rohling, J., Eichold, B., "Same-Day Substance Use in Men and Women Charged With Felony Domestic Violence Offenses," *Criminal Justice and Behavior*, June 2011 vol. 38.

# Binge Drinking—Fun? except when it isn't...



Signs of Alcohol Poisoning:  
mental confusion, coma, vomiting,  
slow or irregular breathing, paleness,  
hypothermia, bluish skin color

National Advisory Council on Alcohol Abuse and Alcoholism. Facts About Alcohol Poisoning July 2007.



# 9 in 10

adults with alcoholism/dependence began  
drinking at age 20 or younger

“Early Drinking Linked to Higher Lifetime Alcoholism Risk,” National Institutes of Health, July 2006.

# BEFORE You Press 'Send'...



- DON'T ASSUME it will remain private
- Anything you send will NEVER REALLY DIE
- LEGAL Consequences
- DON'T GIVE IN to peer pressure!



# PORN Harmless?

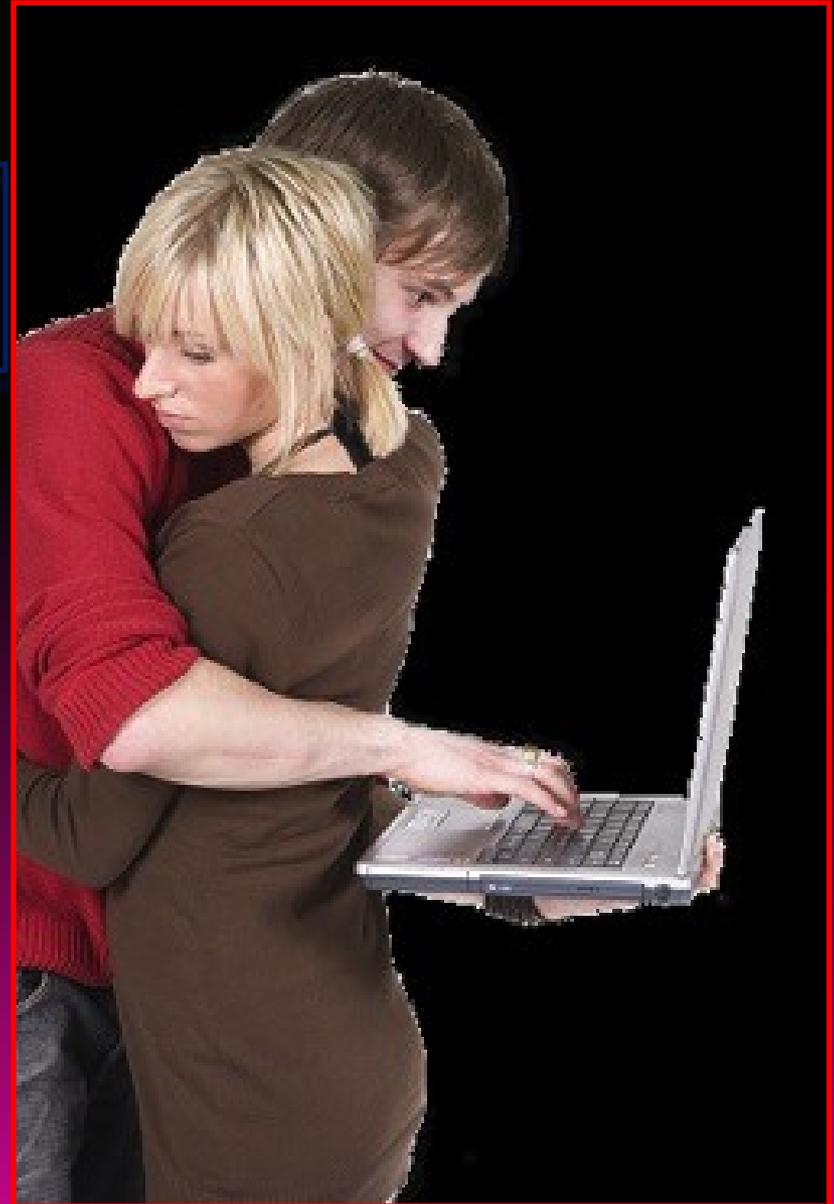


“Who needs the  
hassle of dating  
when I’ve got  
online porn?”

# Girls = Just Sex Objects?



# Porn Addiction





# Pornography & Brain Conditioning



*“Consistent viewing of anything or anyone during a sexual experience creates a sexual desire for that object or person. Sadly, many men have badly trained their brain hundreds or thousands of times by being sexual with themselves before their first legitimate sexual encounter.”*

*Douglas Weiss, Ph.D., Sex Therapist*

# SEX GLUE



# Porn Use & Impotence

"It starts with lower reactions to porn sites, then there is a general drop in libido and in the end it becomes impossible to get an erection."

7 in 10 young men seeking clinical help for sexual performance problems **admit to using Internet pornography habitually**

Urologist Carlo Foresta, head of the Italian Society of Andrology and Sexual Medicine

# Actor Terry Crews on “Dirty Little Secrets”



# VALUE Yourself!



Nick Vujicic “Never Give Up” Video

# Dollar Bill ACTIVITY



# Coping Skills?



- When you are feeling bad, what do you do?
- Take a walk or run in nature, listen to music, help another person, talk to someone you trust.
- What are my TRIGGERS?



**YESTERDAY**



**TODAY**



**TOMORROW**

YESTERDAY



TODAY

TOMORROW

YESTERDAY

TODAY

TOMORROW



# 11 Ways to Succeed in Life & Love!



1. Don't use drugs or abuse alcohol. They alter your ability to make good decisions & lead to DEPRESSION.
2. Don't put yourself in a position to be pressured to have sex- hang out IN GROUPS.
3. TELL your boyfriend/girlfriend your LIMITS and GOALS- Be honest. HONOR EACH OTHER'S limits and goals!
4. CHOOSE FRIENDS who have POSITIVE values, goals.



# 11 Ways to Succeed in Life & Love!



5. Know you **CAN SAY “NO!”** to risky, self-destructive behaviors. Know that **MANY** teens are also saying no!
6. If your peers ask why you **ARE** waiting, ask **THEM** ‘why are you **NOT** waiting?’
7. **DISCUSS** with a person you like the consequences before you act. **STOP** and **THINK**--is it worth the risks?
8. Ask yourself, do you want to live in the short-term or **LONG-TERM**? Will you be with this person forever? Will you feel **PROUD** to tell your future spouse about any sexual acts you **ENGAGE IN NOW**?



# 11 Ways to Succeed in Life & Love!



9. **THINK**: how could your **FUTURE GOALS** be influenced by **YOUR DECISIONS TODAY**?

10. Hard to resist or deal with self-destructive behaviors?  
**GET HELP!**

11. It is **NEVER TOO LATE** to start practicing **HEALTHY RELATIONSHIPS** and **AVOIDing RISKY BEHAVIORS!**



# 8 Affirmations for a Successful, Excellent Life!

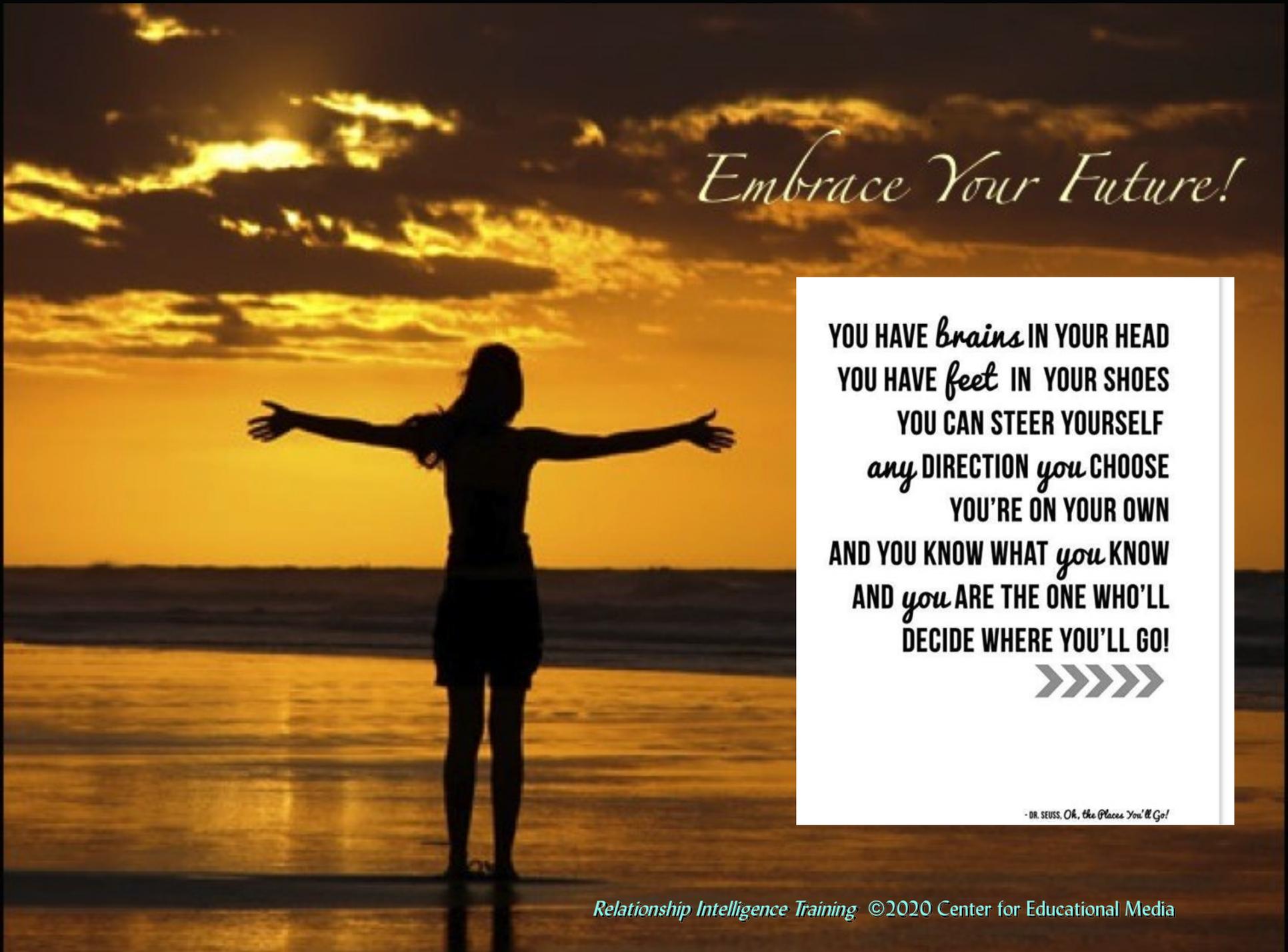
1. I will live my life with a **SENSE OF PURPOSE**.
2. I will **RESIST** negative pressures that could damage my future goals.
3. I will **TAKE CARE OF MYSELF**, my health & well being.
4. I will **CONTROL MY USE OF MEDIA**, instead of letting it control me.



## 8 Affirmations for a Successful, Excellent Life!

5. I will exercise self control and **BUILD MY CHARACTER.**
6. I will, from this day forward, save all sexual activity for the person I will, as an adult, spend my life with.
7. I will make **WISE DECISIONS** to **PROTECT MY FUTURE.**
8. I will **LET GO** of the **PAST** and **LIVE** for my **FUTURE!**





*Embrace Your Future!*

YOU HAVE *brains* IN YOUR HEAD  
YOU HAVE *feet* IN YOUR SHOES  
YOU CAN STEER YOURSELF  
*any* DIRECTION *you* CHOOSE  
YOU'RE ON YOUR OWN  
AND YOU KNOW WHAT *you* KNOW  
AND *you* ARE THE ONE WHO'LL  
DECIDE WHERE YOU'LL GO!



- DR. SEUSS, *Oh, the Places You'll Go!*



## *Relationship Intelligence Training*

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[LoveSmarts.org](http://LoveSmarts.org) \* [FreeTeensYouth.org](http://FreeTeensYouth.org)

# Supplemental Slides

# STD Stats in Your Community

- \*\*\*\*\* has 80% of reported Syphilis, 86% of Gonorrhea, 88% of Chlamydia in XYZ County
- 15-19 year-olds in \*\*\*\*\* have 1/3 of Gonorrhea, 43% of Chlamydia



*Overcome*

*Obstacles*

**Activity**

# “The Gift” Activity