

### **Abstinence and Sexual Decision Making**

This presentation is designed to encourage participants to define abstinence for themselves based on their own individual values and thoughts about sexual activity. They are also encouraged to discuss this definition with their parents and future partners. Participants will discuss the reasons why young people have sex or remain abstinent and will have the opportunity to evaluate real-life scenarios. Participants will also evaluate certain behaviors and decide for themselves which behaviors are part of their definition of abstinence. Other activities within the presentation focus on positive decision-making and the benefits of abstinence.

Core messages for the Abstinence and Decision Making presentation:

1. Abstinence means different things to different people. It's important to know what Abstinence means to you.
  2. Abstinence is the only method of birth control, HIV and STD prevention that is 100% effective
  3. It is important for partners to discuss their definitions of both sex and abstinence with each other.
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### **Reproductive Anatomy and Physiology**

This presentation provides information on basic structures and functions of both the male and female reproductive systems. The participants will also learn about the fertilization and menstruation process. Visual aids will include diagrams of both the male and female reproductive system.

Core messages for the Reproductive Anatomy and Physiology Presentation:

1. Participants should be able to identify basic structures and functions of both male and female reproductive systems.
2. Basic knowledge of the fertilization process.
3. Participants will apply knowledge of the basic structures and functions of reproductive anatomy to other programming topics such as Sexually Transmitted Disease, Contraceptive Option, Risk Reduction, and HIV prevention.

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### **Contact an Educator**

For **Berrien, Cass, and Van Buren counties** contact the **Benton Harbor office: 269-926-1570**  
For **Jackson County** contact the **Jackson office: 517-784-7404**  
For **Ingham, Clinton, and Eaton counties** contact the **East Lansing office: 517-333-6787**  
For **Washtenaw, Livingston, and Lenawee counties** contact the **Ann Arbor office: 734-929-1105**  
For **Wayne, Macomb, Oakland, St. Clair, Monroe counties** contact the **Detroit office: 313-832-4703**

### **Sexually Transmitted Infections (STIs)**

This presentation provides information on the 8 most common sexually transmitted diseases, including signs and symptoms, transmission and treatment. Participants will also explore ways to prevent the transmission of STIs.

Core messages for STI presentation:

1. Identify behaviors that put a person at risk for STIs and describe prevention methods. Assess their own risk of contracting a sexually transmitted infection.
  2. The most commonly experienced symptom of STIs are no symptoms. Know that you can not tell if a person has an STI by looking at them or at their genitalia.
  3. STI screenings are not included as part of a physical exam, or an annual pap exam unless specifically ask for.
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### **HIV/AIDS**

This presentation incorporates a thorough explanation about the differences between HIV and AIDS, modes of transmission of the disease, and risk identification and reduction. HIV testing is discussed including testing methods, confidential versus anonymous testing, and locations where testing services are available in our community.

Core messages for the HIV/AIDS presentation:

1. Many people do not show the symptoms of HIV and don't know they are infected with the virus. It is not possible to tell by looking at someone whether or not they have HIV/AIDS.
2. HIV is spread through oral, vaginal, or anal intercourse, blood to blood contact, and from mother to baby.
3. Even when a person understands how to prevent becoming infected with HIV, there are barriers, which may keep him or her from using this knowledge.

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### Contraception

This presentation provides comprehensive information and discussion on birth control methods, statistical effectiveness, usage and advantages and disadvantages of each method. The presentation requires some knowledge of basic anatomy and the reproductive cycle. Birth control is discussed in the context of reducing unintended pregnancies, and preventing STDs, and HIV. Visual aids include female and male anatomical models and demonstration samples of most birth control methods.

Core messages for the Contraception presentation:

1. Even when a person understands how to prevent pregnancy, there are barriers, which may keep him or her from using this knowledge.
2. There are many birth control options available, both prescription and non-prescription.
3. When choosing a method of birth control, it is important to consider one's own needs, life style and health.

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