





## HOME CHALLENGE

Spend up to an hour this week with your teenager. Your teenager picks what to do and your role is just to be with them.

Read session handouts

Complete questionnaire and bring to the group next week





## SESSION 8: WEEKLY EVALUATION

**1. I FOUND THIS SESSION TO BE (PLEASE TICK BOX):**

- Not informative       Neutral       Quite informative       Very informative

**2. I FEEL THAT THE GROUP FACILITATORS WERE (PLEASE TICK BOX):**

- Not supportive       Neutral       Quite supportive       Very supportive

**3. I WOULD HAVE LIKED MORE INFORMATION ON**

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**4. WE WOULD WELCOME ANY FURTHER COMMENTS ON THIS SESSION**

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Thank you

**5. IS THERE ANYTHING FROM THIS SESSION THAT YOU WOULD LIKE THE GROUP FACILITATORS TO DISCUSS WITH YOU BY PHONE IN MORE DETAIL (PLEASE TICK BOX):**

- Yes, please phone me this week       No, thank you

Name:

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Best contact number:

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## ADVICE FOR PARENTS

Teenagers are learning about sex and relationships all the time; from television programmes, magazines, adverts and their friends. A child or teenager who is able to talk about sex with his or her parents is likely to be safer, feel less anxious, and consequently be able to make up his or her own mind. It is widely accepted that if a parent talks openly about sex to a young person, he or she is more likely to delay having sex and when they do, are more likely to use contraception. Teenagers can use discussion with parents as a means to understand what is happening to their bodies, and to sort out fact from fiction (*for example regarding forms of contraception, if a girl can become pregnant before her periods start, and sexually transmitted diseases*).

Advice on the best way to start talking about sex says that parents should:

- make talking about sex a part of everyday life, not just a one-off talk and keep the conversation going as the teenagers get older
- ask their teenager what they think about different situations to find out how much they know already. Once a parent understands what their teenager knows, they can give them answers and advice that they can understand
- use everyday media to start conversations, such as soaps, adverts, TV programmes and magazines - this enables the conversation to be about other people which is sometimes easier to start with
- use books, leaflets and websites (*such as those listed in the NHS website's web links*) to provide information or ideas for how to start talking
- recognise that a teenager needs privacy as they grow, and they may not always want to talk to their parents
- talk about the importance of considering the feelings of others in relationships, and not just the biology
- talk when they are doing everyday things with their teenagers, such as washing-up, walking somewhere, ironing, so it feels more natural
- try to be open-minded and keep talking, even if they are shocked by their teenager's attitudes and values
- talk to other parents about how they answer difficult questions and discuss difficult issues.





**WEBSITES ASSOCIATED WITH ADVICE FOR PARENTS ON SEX EDUCATION**

DirectGov contains a section on sexual health aimed at parents -  
[www.direct.gov.uk](http://www.direct.gov.uk)

The Sex Education Forum is a part of the National Children's Bureau and is the national authority on sex and relationships education (SRE). The Forum believes that good quality SRE is an entitlement for all children and young people. It works with religious bodies, children's bodies, parents, governors, and health and education organisations. It has a number of factsheets for parents. [www.ncb.org.uk/sef](http://www.ncb.org.uk/sef)

The Family Planning Association website has a section with advice for parents. [www.fpa.org.uk](http://www.fpa.org.uk)

[www.nhs.uk/livewell/talkingaboutsex/pages/whocanhelp](http://www.nhs.uk/livewell/talkingaboutsex/pages/whocanhelp)





## DATE RAPE PARENTS HANDOUT

Date rape is one of the most common and under reported forms of rape that happens. Yet, because the attacker is not only someone that is known to the victim, but also trusted by them, date rape can be extremely damaging in its effects.

In recent years, there has been an increase in the use of the so called date rape drug Flunitrazepam (which goes under the brand name of Rohypnol). This is part of a group of drugs known as Benzodiazepines, the best known of which is probably Valium, although Flunitrazepam is some 8 to 12 times more potent (2 to 3 times more again when mixed with alcohol). When mixed with alcohol, this can cause almost complete sedation and amnesia within 20 minutes, that can last from 6 to 8 hours. Flunitrazepam can be detected in blood tests, but only when done soon after the person comes around.

Date rape is also common in newish relationships, when the partner will go out of their way to offer enough drink such as the victim has little control, or care, as to what is happening. This is not just a female related thing, as male/male rape has also been reported to have happened in this way.

Personal safety against date rape is largely common sense, parents should advise their teenagers to:

- Never leave drinks unattended.
- Always watch as drinks are being served.
- If you feel ill or light-headed, telephone for a taxi to take you home straight away.
- Remember that in any situation, alcohol or drugs will impair your ability to be in control.





## PREGNANCY AND BIRTH CONTROL

It has been found that teenagers that have a good relationship with their parents are less likely to experience a pregnancy. Good communication between parents and their children is the key to ensuring children make the right decisions when it comes to their sexual activity.

Education is also vitally important in helping youth know about their options when it comes to sex. Teaching teenagers about using contraception each and every time they have sex is imperative to healthy sexual relationships.

Abstinence should also be taught along with contraception so that young adults understand that they have the right to choose. Teaching teenagers that it is okay to say 'no' to sex until they are ready will help to curb the numbers of teenager pregnancies.

**CONDOMS** Condoms are perhaps one of the oldest known forms of birth control. 3000-year-old illustrations of condoms have been found in Egypt, while a condom dating from 1640 was found near Birmingham, England. That one was made from fish and animal intestines. Condoms not only help protect against an unwanted pregnancy, but they are also the only effective form of protection against sexually transmitted infections (STIs). Because of this, condoms should be put on as soon as the clothes come off.

**BIRTH CONTROL PILL** To use the birth control pill, simply take one pill that contains hormones, preferably at about the same time everyday, for 21 days. Then stop taking a pill for seven days or ingest sugar pills so you don't get out of the habit of taking a pill. During these seven days of taking the 'no hormone pills,' you have a period. The birth control pill, when taken properly, is said to be 99.9% effective in preventing pregnancy. The pill works by using estrogen and/or progesterone hormones to allow your body to think it is pregnant. This prevents your ovaries from releasing an egg. Some pills also work by thickening your cervical mucus, thereby preventing sperm from fertilizing an egg.

### COMMON MYTHS TEENAGERS HAVE ABOUT PREGNANCY

#### A GIRL CAN NOT GET PREGNANT IF ON A PERIOD?

**FACT:** A female can get pregnant if she has vaginal sex while on her period. Sperm can survive inside the female anywhere from a day to almost a week, which means that the sperm could still be waiting for an egg to fertilize when the girl is ovulating.



**YOU CAN'T GET PREGNANT THE FIRST TIME YOU HAVE SEX**

**FACT:** You can get pregnant any and every time you have sex, it doesn't matter if it is your first time or not. Plus, females are the most fertile when they are teenagers and in their early 20's, so always use a reliable form of birth control.

**YOU CAN'T GET PREGNANT IF THE MALE DOESN'T EJACULATE INSIDE OF THE FEMALE**

**FACT:** A female can get pregnant if their partner ejaculates inside her vagina or on or near her vulva (*this is the external genitals including the opening to the vagina*). There is also something called pre-ejaculate which is a small amount of fluid that contains thousands of sperm. It is called pre-ejaculate because the male releases it before he actually ejaculates. Because of pre-ejaculate, the withdrawal method (*when a male partner pulls out before he climaxes*) is not a reliable birth control method.

**A FEMALE CANNOT GET PREGNANT IF THE MALE DOESN'T PUT HIS PENIS INSIDE OF THE FEMALE**

**FACT:** Pregnancy can occur when a male ejaculates or pre-ejaculates near or on the vulva. Even if there is no vaginal sex, there is still a chance of getting pregnant if there is naked body contact. So use birth control, with a condom, which will also help to protect from STI's.

**IF I WASH OUT MY VAGINA AFTER SEX, I WON'T GET PREGNANT**

**FACT:** Whether you wash with hot water, soap, or use a douche, it won't make a difference. Sperm are really fast swimmers and will get to their destination before you even have the chance to think about it. Additionally, using something like a douche may actually help them along by giving them an extra thrust into your cervix. Also, your body works naturally to suck the sperm up into the womb, so washing after sex won't help you prevent a pregnancy. Only birth control will.





## PARENTS FACT SHEET

### STDS

Sexually transmitted diseases (STDs) are diseases that are mainly passed from one person to another (that is transmitted) during sex. There are at least 25 different sexually transmitted diseases with a range of different symptoms. These diseases may be spread through vaginal, anal and oral sex.

Most sexually transmitted diseases will only affect you if you have sexual contact with someone who has an STD. However there are some infections, for example scabies, which are referred to as STDs because they are most commonly transmitted sexually, but which can also be passed on in other ways.

### MOST COMMON STD'S

Chlamydia is one of the most commonly reported bacterial sexually transmitted diseases. It is caused by the *Chlamydia trachomatis* bacterium. It infects the urethra, rectum and eyes in both sexes, and the cervix in women. If left untreated, long-term infection can lead to fertility problems in women. Chlamydia is transmitted through genital contact and sexual intercourse with someone already infected. Symptoms usually show between 1 and 3 weeks after exposure but may not emerge until much later.

**CRABS OR PUBIC LICE** are small crab-shaped parasites that burrow into the skin to feed on blood. They live on coarse body hair, predominantly pubic hair, but can also be found in armpit hair, facial hair and even on eyelashes. The lice are yellow-grey in color and use their crab-like claws to grip hair strands. They can sometimes be spotted moving on the skin.

Crabs are easily passed on during sex, but can also be passed on through sharing clothes, towels or bedding with someone who has them. Crabs cannot be transmitted via toilet seats or swimming pools.

**GENITAL WARTS** are caused by some sub-types of Human Papillomavirus (*HPV*). They can appear on the skin anywhere in the genital area as small whitish or flesh-colored bumps, or larger, fleshy, cauliflower-like lumps. They are unlikely to cause pain but may itch and can be difficult to spot. Often there are no other symptoms, but if a woman has a wart on her cervix she may experience slight bleeding or unusual colored vaginal discharge.





**GONORRHEA** (*once known as the clap*) is a sexually transmitted infection that can infect the urethra, cervix, rectum, anus and throat. Symptoms usually appear between 1 and 14 days after exposure, but it is possible to have no gonorrhoea symptoms. Men are more likely to notice symptoms than women. Symptoms can include; a burning sensation when urinating, a white/yellow discharges from the penis, a change in vaginal discharge, irritation or discharge from the anus (*if the rectum is infected*).

**HEPATITIS** is the ancient Greek term for 'liver inflammation'. Hepatitis can occur following excessive and prolonged consumption of alcohol or the use of certain medicines and drugs, but it is most commonly caused by a virus. Several different types of hepatitis virus exist (labelled A to G), with hepatitis A, B and C being the most common. Each viral strain has different routes of transmission but all damage the liver.

**HERPES** is caused by two strains of the herpes simplex virus, type 1 (*HSV-1*) and type 2 (*HSV-2*). HSV-2 is more common and usually manifests itself in the genital and anal area, whereas HSV-1 is more likely to affect the mouth and lips in the form of cold sores. Symptoms of herpes usually appear 2 to 7 days after first exposure to the virus and last 2 to 4 weeks. Symptoms are, itching or tingling sensations in the genital or anal area, small fluid-filled blisters that burst leaving small painful sores, pain when passing urine over the open sores (*especially in women*). Headaches, backache. flu-like symptoms, including swollen glands or fever.

**SYPHILIS** is a bacterial infection caused by *Treponema pallidum*, which used to be known as the pox. It is usually sexually transmitted, but can also be passed from an infected woman to her unborn child. Syphilis progresses through several stages, of which the primary and secondary stages are very infectious. Symptoms, can be difficult to recognize and may take 3 months to appear after sexual contact with an infected person. They include: one or more painless ulcers on the penis, vagina, vulva, cervix, anus or mouth, small lumps in the groin due to swollen glands, a non-itchy rash, fever or flu-like symptoms. Left untreated the infection progresses to a latent stage. This may be followed by tertiary syphilis, which can seriously affect organs such as the heart, sometimes leading to death.

