

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the left and right sides of the frame, creating a modern, dynamic feel. The central area is a plain white background where the text is placed.

Protecting your body when it comes to relationships and sex

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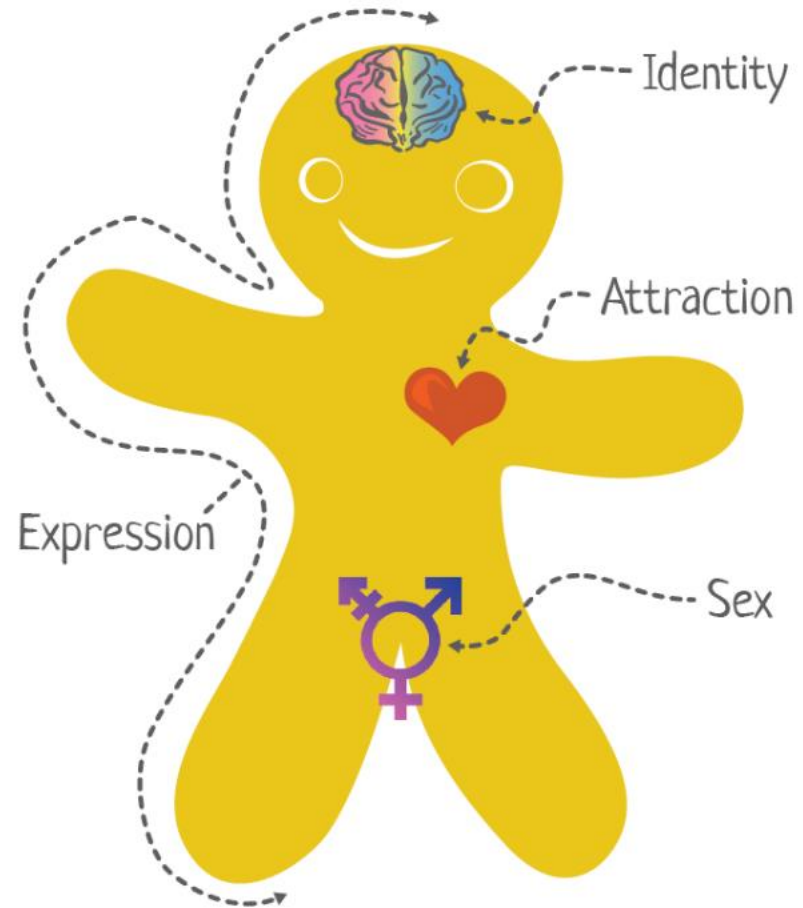
Overview

- ▶ 1. The basics: anatomy and what is sex?
- ▶ 2. How being sexual with your partner can mean different things
- ▶ 3. Boundaries and consent
- ▶ 4. Preventing pregnancy and sexually transmitted infections

But what is sex?

- ▶ Sex can mean so many different things
- ▶ Most commonly people think of vaginal intercourse to mean a penis enters a vagina
- ▶ Depending on your sexual orientation, sex may mean different things to different people
- ▶ Sex may be vaginal, anal, or oral
- ▶ The bottom line is: sex and sexual activity is engaging in a mutually pleasurable activity with your partner that includes your genitals

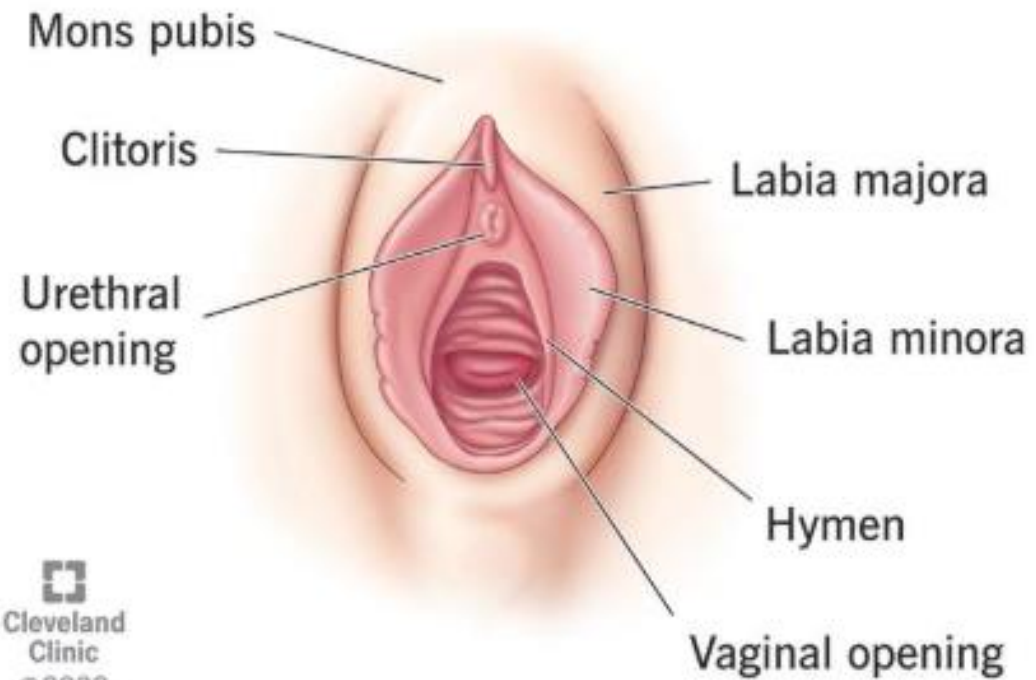
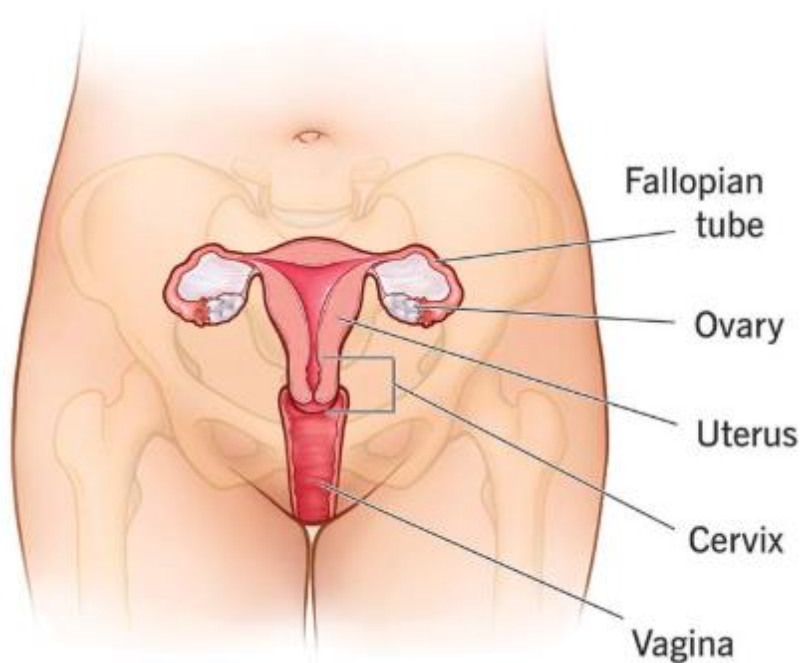
Sex and my identity



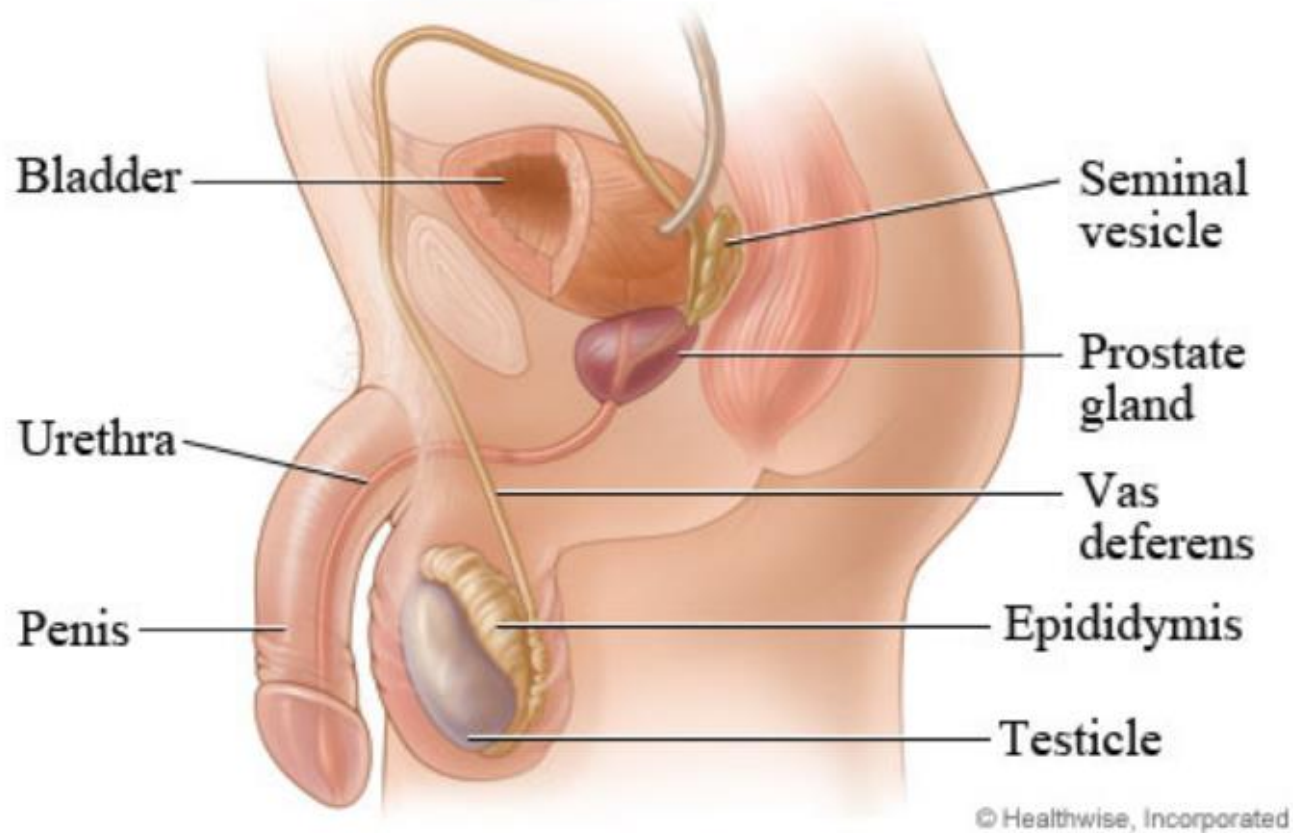
The Genderbread Person

What are we talking about here?
Let's put a label on it!

Female reproductive system
Internal and external



What are we talking about here?
Let's put a label on it!



The most important thing is that everyone gives consent!

- ▶ What is consent?
- ▶ You get to decide what you want and do not want to happen to your body and so does your partner

<https://www.youtube.com/watch?v=fGoWLWS4-kU>

What do I need to do to keep my body safe when I have sex?

- ▶ Can I get pregnant?
 - ▶ Maybe
- ▶ Can I get an infection?
 - ▶ Yep!

What is a sexually transmitted infection or STI?

- ▶ This is an infection you can get if you have sex with a partner who has an infection
- ▶ You can get a sexually transmitted infection from any contact with another person's genitals or sharing sex toys - not just vaginal intercourse!

What are some sexually transmitted infections?

- ▶ Chlamydia
- ▶ Gonorrhea
- ▶ Trichomoniasis
- ▶ Herpes
- ▶ Syphilis
- ▶ HIV

How can I prevent sexually transmitted infections?

- ▶ Talk to your partner about getting tested for STI's before you have sex
- ▶ If you are having sex then see your doctor and talk about getting tested for sexually transmitted infections
- ▶ Use condoms

How do I use a condom?

Condoms

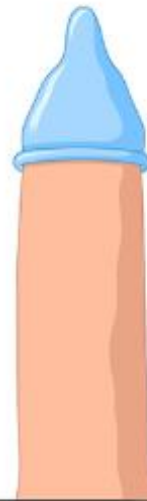
External / male condoms



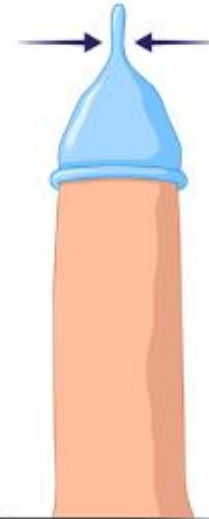
1 Check the expiration date. Carefully tear open one end of the condom package.



2 Make sure the condom is placed rolled side out.



3 Place the unrolled condom on the head or tip of the erect penis. Leave 1/4 inch of room at the tip.



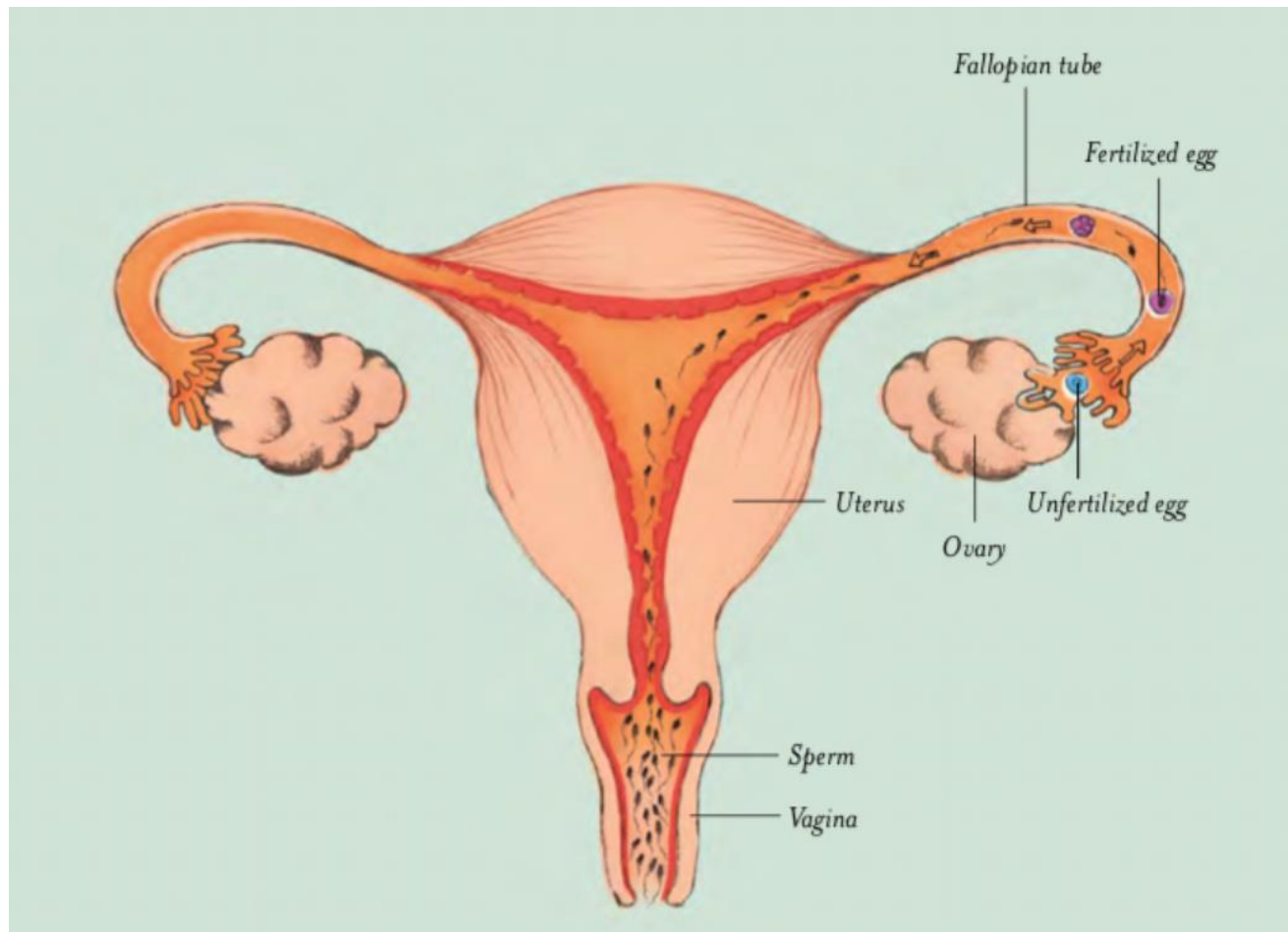
4 Squeeze the air out of the top to form an empty nipple to collect the sperm.



5 Unroll the condom all the way to the base of the penis.

What makes a baby?

- ▶ To make a baby you need a sperm, an egg, and a place for them to come together - the uterus!



What can I do to prevent pregnancy?

- ▶ If you are having traditional vaginal intercourse there might be a risk of pregnancy
- ▶ There are so many options for what you can use to prevent pregnancy

Contraception



IUD



Implant (Nexplanon)



Birth control shot



Birth control patch



Birth control pill



Internal condom (FC2)



Fertility awareness methods



Sterilization



"Not right now"



Condom



Birth control ring



Diaphragm



Spermicide and gel



Cervical cap



Emergency contraception



Withdrawal (pull-out method)

Questions?