

# At A Cross Road

**W**ith puberty, you may feel sexual desire. Our bodies may be more mature than the rest of us! Sex can be a pleasurable activity for adults, but at this age, we just aren't ready for it physically or emotionally. There are many consequences of having sex, including becoming pregnant, getting a girl pregnant, or getting a sexually transmitted disease. There are also many conflicting emotions that come with having sex.

Find the Following Words:

curious, indifferent, unsure, shy, attracted, regret, embarrassed, interested, questions, worry, hot, unready, fascinated.

q	y	h	s	q	z	d	g	m	q	d
a	z	t	j	h	o	t	b	i	a	e
i	w	c	m	a	w	e	y	k	i	t
n	s	g	u	n	s	u	r	e	n	a
t	a	t	t	r	a	c	t	e	d	n
e	d	b	i	e	i	r	h	o	i	i
r	c	y	k	g	s	o	n	l	f	c
e	w	o	r	r	y	f	u	p	f	s
s	r	h	o	e	x	v	u	s	e	a
t	f	n	l	t	c	t	j	q	r	f
e	m	b	a	r	r	a	s	s	e	d
d	v	u	p	y	d	a	e	r	n	u
s	n	o	i	t	s	e	u	q	t	a

Hint: Look forwards, backwards, up, down, and diagonally

Why deal with such serious things  
if you don't have to?

For more information about these and other subjects,  
please read the next issues of "TeenZine 6-8"  
or visit [www.StopTheSilence.org](http://www.StopTheSilence.org)

For more information about STDs/HIV, call 1-800-CDC-INFO (1-800-232-4636)

Project Red Talon, Northwest Portland Area Indian Health Board

Text selections from SIECUS

Talk About Sex, available in full at: <http://www.siecus.org/pubs/TalkAboutSex.pdf>

## stopthesilence TeenZine

Grades 6-8 : Issue 2

Sexuality

Tough Decisions

Sexual Behaviors

STDs

[stopthesilence.org](http://stopthesilence.org)

# Sexuality

**S**exuality is not only about having sex, or taking part in sexual behaviors. Sexuality is also about:

- how you feel as a person
- how you feel as a boy or girl
- the way you dress, move and speak
- the way you act and feel about other people

Everyone has his or her own way of being or feeling sexual. In fact, many teens choose to wait until they are adults before they are ready to be in a sexual relationship. Our sexuality is a natural and healthy part of who we are. It's not about what you do, it's about who you are and how you live.

Over the course of your life, you are most likely going to find yourself attracted to another person. Who that person is may be based on things like their sense of humor, their personality, and their looks. It will also be based on your sexual orientation.

## Labels

People can get really caught up with labeling themselves or others. Sometimes, we're not sure which labels apply to us. Sometimes adults use labels to describe young people ("gangsters" or "hoodlums"), and sometimes teens use labels to describe friends or social groups (like "jocks" or "nerds"). While labels can give us identity and help us feel connected, some labels can also be hurtful.

## Activity

What are some labels that you have heard used to describe gender identity or sexual orientation?

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How do you feel when adults or friends inaccurately label you?

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What can teens do to prevent or avoid labels that are hurtful?

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# A Few Definitions...

**S**exual orientation – Sexual orientation refers to a person's physical or romantic attraction to other people. The most common labels are heterosexual, homosexual, or bisexual. So what do these labels mean?

**Heterosexual or straight** is used to describe people who are attracted to and fall in love with people of another gender.

**Homosexual** (lesbian for females and gay for males) is used to describe people who are attracted to and fall in love with people of the same gender.

Some people are **bisexual**, which means they can be attracted to and fall in love with people of both genders.

**Sexual orientation** is just one part of who a person is. Some people are afraid to share that they are gay, lesbian, or bisexual because they fear they will be mistreated.

## Gender

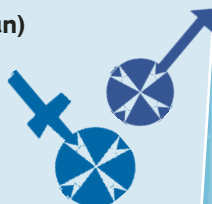
**Gender** refers to how a person feels about being male, female, or a combination of these. **Gender roles** are ways that society expects people to behave based on their biological sex. Making fun of people who act differently than the way society expects them to is hurtful.

## Two-Spirit

**Two-Spirit** is a term for third gender people that are among most Native American tribes. It usually implies a masculine spirit and a feminine spirit living in the same body. These individuals are often viewed as having two spirits occupying one body. And they have distinct gender and social roles in their tribes.

## SOME TRADITIONAL WORDS FOR TWO-SPIRIT PEOPLE

Coeur d'Alene	Female-bodied: St'amia (hermaphrodite)
Klamath	Male/Female-bodied: Tw/innaek
Kootenai	Male-bodied: Kapatke'tek (to imitate a woman) Female-bodied: Titqattek (pretending to be a man)
Quinault	Male-bodied: Keknatsa'nxwixw (part woman) Female-bodied: Tawkxwa'nsixw (man-acting)
Shoshone Bannock	Male-bodied: Tuva'sa (sterile)



# Tough Decisions:

**S**hawn and Lena were in the ninth grade, and had been dating for three months when Shawn brought up the topic of sex. Lena really liked Shawn too, and wanted to him to know how she felt.

Fortunately, Lena had already given this topic some thought. Lena considered what type of birth control she would need, and what steps she would need to take to prevent STDs – The tribal clinic offers both birth control and condoms. Lena’s cousin had a baby last year, and she knew that she wasn’t ready for that type of responsibility. And Lena knew that Shawn had already had sex with another girl before her, and she wasn’t sure if he had been tested for STDs.

Lena thought about what advice her mother and aunties might give her, and the values passed down in her family. Lena knew that finishing school was very important to her family, and that she wanted to be able to play basketball on the varsity team next year. She didn’t want to do anything that would jeopardize those things.

Lena also thought about her relationship with Shawn – she knew that she really liked him, but wasn’t very sure about their future.

## Activity

What things do you think Lena and Shawn need to discuss before deciding whether or not to have sex?

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What reasons could Lena give if she decided to say no to sex?

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Some ways to say no to sex:

- \* I want to concentrate on school.
- \* I don’t want to disappoint my parents.
- \* I want to keep playing sports.
- \* I want to go to college.
- \* I have my period.
- \* If you care about me, you’ll respect my decision to wait.

*Just say No!*

# Sexual Behaviors

**A**bstinence: Abstinence means choosing not to do certain things. For some people abstinence means choosing not to engage in any sexual behaviors at all. We will define abstinence as avoiding oral, vaginal, and anal sex, because these activities can put you at risk for pregnancy and STDs.

People of all ages, genders, and sexual orientations can choose to be abstinent at any time in their lives. You may choose to be abstinent when you’re a teenager or until you reach a certain milestone in your life, like graduating from high school, finding a life-long partner, or getting married.

**Kissing:** We pucker up all the time, whether it’s giving Grandma a kiss on the cheek or brushing lips with a date. Obviously not all kisses are sexual, but kissing can be a sexual experience and is often the first thing that partners do together.

**Masturbation:** is often the first way that people experience sexual pleasure. Masturbation does not cause any physical or mental harm. In many Native cultures masturbation is used as a way to manage sexual feelings.

**Masturbation with a partner:** We usually think about masturbation as something people do alone, but some people choose to touch themselves with a partner as a shared sexual experience.

**Oral sex:** Stimulating a partner’s genitals with the mouth is called oral sex. Mouth-to-penis oral sex is sometimes referred to as fellatio and mouth-to-vulva oral sex is called cunnilingus.

**Vaginal intercourse:** Vaginal intercourse is putting the penis inside a partner’s vagina.

**Anal sex:** Putting the penis inside a partner’s anus is called anal sex.

On TV, characters tend to go from kissing good night at the door to deciding whether to have sex in just a few scenes. This can happen in real life too, but for most couples there are a lot of steps in between. “Fooling around” can be anything from giving your partner a massage, to dry humping, or touching a partner’s genitals. These activities may or may not lead to orgasm.

# Sexually Transmitted Diseases

**S**exually transmitted diseases are serious, and one in four sexually active teens will get an STD this year!

Whether or not you are having sex, it's important to know what these infections are, how you get them, and how you can avoid them.

## You Should Know...

### What they are...

STDs are caused by bacteria, viruses, or parasites. Infections caused by bacteria and parasites can be cured. Infections caused by viruses cannot be cured. You can treat the symptoms, but the virus will always be inside your body and symptoms may come back.

### How you get them...

Different STDs are passed in different ways. STDs are passed through:

- \* infected body fluids- semen, vaginal fluids, and blood
- \* skin-to-skin contact
- \* feces - poop
- \* from a mother-to-child during pregnancy, birth, or breastfeeding

You don't get STDs from hugging, shaking hands, sharing food, sitting on public toilet seats, or touching doorknobs.

### How you know if you have one?

The truth is, sometimes it's hard to know whether you have an STD. A lot of people who are infected with STDs have no symptoms. There is no way to tell if another person has an STD just by looking at them. The only way to know for sure is to get tested.

### How do you test for STDs and treat them?

There are a bunch of different places where you can go to get tested. You can go to your tribal clinic or you can find a family planning or STD clinic.

### Could you have an STD?

Visit [www.stdwizzard.com](http://www.stdwizzard.com) to find out.



# STDs

The most common ways that healthcare providers test for STDs involves collecting urine, taking blood, or swabbing the mouth, throat, penis, or cervix. If you are diagnosed with an STD, make sure to tell your sexual partner(s) so that they can also get tested and treated. It's important for anyone who has had oral, vaginal, or anal sex to get tested for STDs.

## Activity

There are over 25 different types of STDs. Which of the following are sexually transmitted?

cancer **chlamydia** diabetes **gonorrhea** emphysema **heart disease**  
syphilis **rabies** HIV/AIDS **malaria** herpes **stroke** hepatitis flu  
genital warts **pubic lice**

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Answer: chlamydia, gonorrhea, syphilis, HIV/AIDS, herpes, hepatitis, genital warts (Human Papilloma Virus or HPV), and pubic lice.

Some other ways to say no to sex:

- \* NO!
- \* I don't want to risk getting pregnant.
- \* I'm not ready to have a baby.
- \* I don't want to worry about getting an STD.
- \* I want to hold onto my virginity.
- \* I just want to have fun with my friends.

*Just say No!*

