

Test Your Knowledge PopQuiz

1. What percentage of young women will become pregnant before age 20?

- a. 8 percent
- b. 12 percent
- c. 26 percent
- d. 34 percent

2. Which of these birth control methods also reduces the risk of sexually transmitted diseases (STDs)?

- a. The pill
- b. The female condom
- c. The cervical cap
- d. The IUD

3. A woman can't get pregnant if:

- a. She has her period
- b. A guy "pulls out" before ejaculating
- c. It's the first time she's having sex
- d. None of the above

4. By age 25, what percentage of sexually active young people will have contracted a sexually transmitted infection?

- a. 15 percent
- b. 40 percent
- c. 50 percent
- d. 75 percent

5. Which of these actions can reduce the chance of pregnancy?

- a. Douching with soap and water after sex
- b. Jumping up and down after sex
- c. Urinating after sex
- d. None of the above

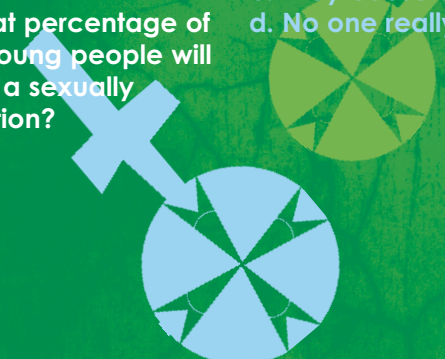
6. Which of these activities are considered high-risk for transmitting HIV?

- a. Unprotected vaginal sex
- b. Unprotected anal sex
- c. Sharing needles or syringes
- d. All of the above

7. How do emergency contraception pills work?

- a. They prevent a pregnancy from happening.
- b. They end an existing pregnancy.
- c. They cause an abortion.
- d. No one really knows

Answers to quiz: 1. d. 34 percent 2. b. The female condom 3. d. None of the above 4. c. 50 percent 5. d. None of the above 6. d. All of the above 7. a. They prevent a pregnancy from happening.



stopthesilence TeenZine

Grades 9-12 : Issue 1.

Sexuality

Gender

Orientation

Test Your Knowledge About Sex

For more information about these and other subjects, please read the upcoming issues of "TeenZine 9-12"

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.org

Why Is Sexuality Important?

Sexuality is about more than just our bodies. It influences how we feel about things and how we experience the world. Sexuality is a basic part of our physical, mental, emotional, and spiritual lives. Our sexuality should be enjoyed and celebrated, not something to be ashamed of or embarrassed about. Healthy sexuality allows us to be open, flexible, creative, safe, and responsible as we explore our sexual thoughts, feelings, and desires. Our sexuality can fulfill many emotional needs.

All Of Us Are Sexual. Our Sexuality Includes:

- ▶ our body and how our body works
- ▶ our biological sex
- ▶ our gender
- ▶ our biological, social, and legal status as girls and boys, women and men
- ▶ our gender identity and our feelings about our gender
- ▶ our sexual orientation - straight, gay, or bisexual
- ▶ our values about life, love, and the people in our lives



10 Ten Reasons To Wait

1. I want to wait until I'm ready for a sexual relationship
2. I want to wait to find the "right" partner
3. I want to stay true to my personal, moral, and religious beliefs
4. I want to have fun with friends without sexual involvement
5. I want to pursue school
6. I want to stay true to my family values
7. I want to pursue a job
8. I want to stay involved with extracurricular activities
9. I want to prevent pregnancy
10. I want to prevent sexually transmitted infections

Having a healthy attitude about sexuality means knowing our values, beliefs, attitudes, limits, and boundaries, and respecting that knowledge by being responsible. Healthy sexuality also lets us realize those same values, beliefs, and boundaries in others.

It allows us to feel attractive, regardless of our age, gender, sexual orientation, race, religion, height, weight, or physical or mental ability. It lets us be ourselves. Knowing as much as possible about our sexual selves, in terms of our beliefs, values, and physical needs will help us create responsible, healthy, and satisfying sexual lives.

Sex

Just because we are sexual beings and have sexual feelings, does not mean we have to act on them right now. Being a teenager is tough, with school, friends, family and other responsibilities. Why add another stress to all that?

Having sex before we are ready can interfere with our dreams and plans for the future. When we plan ahead and wait until we're ready, sex can be exciting, satisfying, caring, and rewarding. If we know what we're doing, and if we stay in charge, we can have happier, healthier, and more successful lives.

What Are Your Reasons To Wait?

Sex, Gender, & Sexual Orientation

Biological Sex

Our biological sex was determined when our mother's egg was fertilized. It is the sperm that determines whether the child will be male or female.

Gender

Our biological, social, and legal status as women and men is called gender. Gender identity is the way each of us feels about our gender and about what other people expect of us because of our genders. People whose gender identity conflicts with their sexual body parts or organs are called transgendered.

Gender Myths

- * Guys like sex more than girls
- * Girls orgasm most of the time during vaginal sex
- * Guys should pay for the Girl at dinner
- * Art is feminine
- * Men earn the money in the house
- * Girls love pink
- * Only Girls like babies
- * Guys hate pink
- * Boys have to be macho
- * Guys can sleep around, but if girls do it they're sluts
- * Girls are weak
- * Only Girls should wear makeup



Other Myths You've Heard?

Our Sexual Orientation

Sexual orientation is different from gender and gender identity. Our orientation is defined by the gender we have sexual desire for. Whether people are gay, straight, or bisexual is usually established before puberty and before they begin having sex. Although sexual orientation may begin to develop before birth, it can change throughout life. Diversity in sexual orientation is not limited to humans, and can be found throughout the animal kingdom, from mammals to reptiles to insects.

People who have sexual desire for the other gender are called heterosexual or straight. People who have sexual desire for their own gender are often called homosexual or gay. Gay women may also be called lesbians. People who have sexual desire for both genders are called bisexual. People who are unsure of their sexual orientation may be called "questioning." It is completely normal for boys and girls to have sexual dreams and feelings about either gender. This does not mean a person is gay or straight or bisexual.

Two-Spirit

Two-spirit is a term for third gender people (for example, woman-living-man) that are among most Native American and Canadian First Nations tribes. It usually implies a masculine spirit and a feminine spirit living in the same body. It is also used by some contemporary gay, lesbian, bisexual, transgender, and intersex Native Americans to describe themselves. These individuals are often viewed as having two spirits occupying one body. Their dress is usually a mixture of traditionally male and traditionally female articles. And they may have distinct gender and social roles in their tribes.

Although two-spirit people were often accepted or even considered special by many tribes historically, the influence of religion and European values have altered the way we view two-spirit individuals. The best way to approach the issue is through acceptance of differences, no matter what your personal beliefs are.

Some Traditional Words For Two-Spirit People

Coeur d'Alene	Female-bodied: S't'amia (hermaphrodite)
Klamath	Male/Female-bodied: Tw/innăëk
Kootenai	Male-bodied: Kupaŋke'tek (to imitate a woman) Female-bodied: Títqattek (pretending to be a man)
Quinault	Male-bodied: Keknatsa'nxwix" (part woman) Female-bodied: Tawkxwa'nsix" (man-acting)
Shoshone Bannock	Male-bodied: Tuva'sa (sterile)

Truth & Dare

There are lots of crazy stories about sexuality, birth control, and pregnancy. Here is the Truth!

A Woman CAN Get Pregnant Even If:

- ☉ It's her first time
- ☉ She is having her period
- ☉ She has sex standing up
- ☉ She urinates right after sex
- ☉ She douches with Coke® or Sprite®, or anything else
(This is dangerous and will most likely give you an infection)
- ☉ The man pulls his penis out of her vagina before he "comes"
- ☉ She jumps up and down after vaginal intercourse
- ☉ She hasn't had her first period yet
- ☉ She rinses off with hot water or washes her hair
- ☉ She's under 12 years old

The Truth Behind Common Myths

- * Masturbation does not make a person gay or straight.
- * Men aren't harmed if they don't ejaculate when sexually aroused.
- * When a woman or a man says "no," believe it.
- * The pill does not prevent sexually transmitted infections.
- * Having a STD does not mean that you're a "bad person."
- * Oral sex can transmit certain STDs such as gonorrhea, chlamydia, hepatitis, herpes, and syphilis. You can get these STDs in your throat, eyes and nose.

Ask Bear

Dear Bear,
My boyfriend and I have decided that before we have sex I should be on the pill or some kind of birth control, but still use a condom. I asked my mom about putting me on birth control, and I even researched it but she said no...what do I do now?

-noaction

Dear noaction,
It's good that you and your boyfriend have discussed using birth control. In general, parental permission is not needed for prescription methods of birth control like the pill. Check with your tribal clinic to learn about its policy.

The pill is up to 99.7 percent effective against pregnancy when used correctly. But because the pill offers no protection against sexually transmitted infections, using the pill and a latex or female condom can greatly reduce the risk of both pregnancy and infection.

Condoms are up to 98 percent effective against pregnancy. They are even more effective if a guy pulls out before he ejaculates, because there is less of a chance for ejaculate to spill out of the condom and into the vagina. Guys who do not pull out before ejaculation should be sure to pull out before their penis softens, after they ejaculate. They should hold the condom against the base of the penis while pulling out so the ejaculate doesn't spill.