

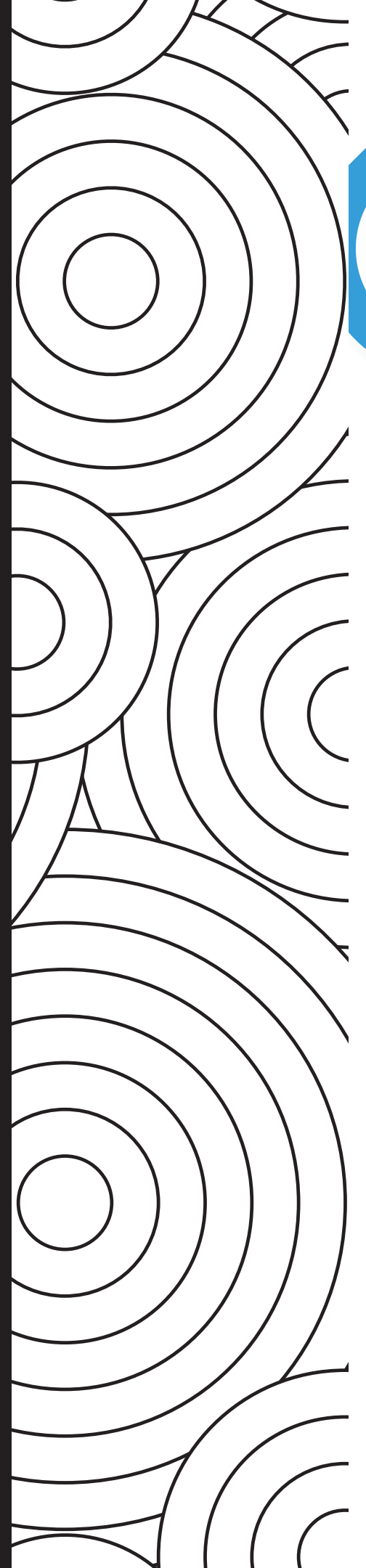
The background is a vibrant yellow with various abstract shapes in shades of blue, purple, pink, and orange. There are thick, rounded lines and circles, some with a diagonal hatched pattern. A small compass icon is visible within one of the blue circles. The overall style is modern and energetic.

COMPASS

THE CHOICE IS YOURS. CHOOSE TO KNOW.®

Hello

THIS WORKBOOK BELONGS TO:



HEY THERE

PARENTS & GUARDIANS...

The conversation about human sexuality can be uncomfortable. But statistics show that **students want to hear this information from their parents** because YOU are the biggest influence in their lives. While we are facilitating these value-neutral discussions in the classroom, you have the opportunity to instill your family's values regarding these sensitive subjects through the homework assignments each night. We are privileged to partner with you.

OUR CORE MESSAGE:

COMPASS is a teen sexual health education curriculum designed to provide a safe learning environment with current, **medically accurate** information. **Our motto is: The Choice is Yours, Choose to Know.** We believe youth are capable of making their own healthy choices, and that through education they can avoid sexual health crisis.

COMPASS **empowers students** to ask themselves, "why right now?" when considering their sexual health choices. Our concept provides a pro-active approach to reduce early sexual debut by explaining that risks are lowest when sex occurs in a long-term, monogamous, committed relationship, such as marriage.

COMPASS does not promote a religious nor political agenda and remains **value-neutral**, allowing parents/guardians to speak their family's values into the student.

COMPASS is **applicable to all students**. Anyone who can get pregnant, get someone pregnant, contract a sexually transmitted infection (STI) or infect another with an STI can benefit from participating in this program.

COMPASS seeks to **normalize the importance of healthy teen behavior** as a natural part of human development. COMPASS avoids messages that promote sex as shameful or that judge people who have had past sexual experiences in either by victimization or choice.

If you have any questions please visit our website, www.connectioninstitute.com, or call our office at 417.624.4470

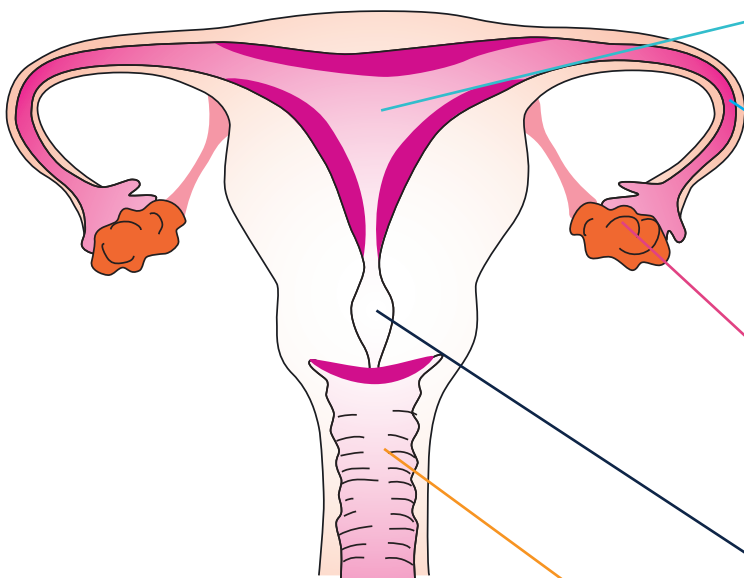
PARENT INITIALS

DAY 1

puberty day



FEMALE



The _____ is a hollow, pear-shaped organ that is home to a developing baby.

The _____ are narrow tubes that are attached to the upper part of the uterus and serve as tunnels for the eggs to travel from the ovaries to the uterus.

The _____ are small, oval-shaped glands that are located on either side of the uterus. They produce eggs and hormones.

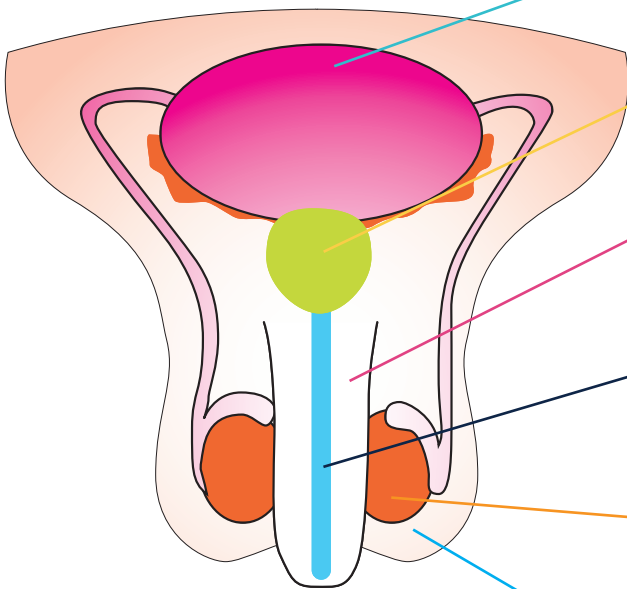
The _____ is the lower part of the uterus that opens into the vagina and the main body of the uterus.

The _____ is a canal that joins that cervix to the outside of the body. It is also the birth canal.

NOTES/THOUGHTS/QUESTIONS:

Puberty is the process of going from a child to an adult with the ability to reproduce.

MALE



The _____ is a muscular sac in the pelvis that stores urine.

The _____ contributes additional fluid to nourish the sperm.

The _____ is an external organ through which semen and urine leave the body.

The _____ is a narrow tube that runs from the bladder through the penis. This also provides a passageway to the outside of the body for urine and semen.

The _____ are oval organs about the size of large olives that lie in the scrotum. They are responsible for making testosterone and generating sperm.

The _____ is a loose pouch-like sac of skin that hangs behind and below the penis. It contains testicles (also known as testes), as well as many nerves and blood vessels.

DAY ONE HOMEWORK

PARENT INITIALS: _____

Students, ask a family member the following questions. Write your answers below:

ONE: How did you learn about puberty? Did you feel like the information was medically accurate?

TWO: When did your parents/guardians open up about sex and dating with you? If they didn't talk to you about it, did you and your friends talk about puberty, dating, and sex or did you keep it to yourself?

THREE: If I had a question about my body, who would you want me to talk to?

FOUR: What is something you wish someone would have told you when you were going through puberty?

WRITE YOUR ANSWERS:

1 _____

2 _____

3 _____

4 _____

DAY 2

sex & teen pregnancy

WHAT IS SEX?

Sex is when any _____ of your body, from the top of your _____ to the bottom of your _____, comes into contact with someone else's _____ zones (front or back) for sexual pleasure.

We understand that many people think sex is only when _____ underwear zones come into contact. However, according to the CDC, there are _____ contact points that put you at potential risk for contracting an STI or possibly getting pregnant:

Your hands

Your mouth

Your front underwear zone

Your back underwear zone

ACCORDING TO THE CDC, ANY TIME ANY PART OF YOUR BODY COMES IN CONTACT WITH SOMEONE ELSE'S UNDERWEAR ZONES FOR SEXUAL PLEASURE IT IS CONSIDERED SEX, MEDICALLY SPEAKING.

← DID YOU KNOW?

WHAT ARE YOUR RISKS?

Body-

Relationships-

Feelings-

Goals and Dreams-

BIRTH CONTROL, HIV AND CONDOMS...

Birth control was originally designed to prevent _____.

The condom is one of the most commonly used birth control options and has been found to be effective in **helping to prevent the transmission of some STIs**, such as _____. Remember, condoms can only help to prevent STIs from _____ point of contact.

What does that mean? Birth control and condoms are intended for “_____ sex”, but they come with risks! According to the CDC, if used consistently and correctly, every time, condoms are _____% effective.

IS “SAFE SEX” SAFE ENOUGH FOR YOU?

The Choices if Yours. Choose to Know.

DID YOU KNOW?



**TEENAGE PREGNANCY
FACTS & STATS**

- 1 - _____ girls become pregnant by the age of 20.
- 2 - Nationally, _____ teens give birth each year.
- 3 - In my state, _____, the number of teen births is _____.
- 4 - _____% of teen mothers graduate from high school, and less than _____% have a college degree by age _____.
- 5 - _____% of teen mothers end up on welfare.
- 6 - Daughters of teen mothers are _____ more likely to become a teen mother themselves.
- 7 - Out of 18.4 million children, _____ of _____ live in a home without a father.
- 8 - _____ teen fathers don't marry the mothers of their children.
- 9 - Teens without fathers are _____ more likely to get pregnant.
- 10 - Less than _____ % of teen mothers receive child support.
- 11 - Children of teen mothers are more likely to do poorly in _____, go to _____, experience a teenage pregnancy and live in _____.

WHAT DOES YOUR DAY LOOK LIKE?

WHAT DO YOU THINK A TEEN PARENT'S DAY LOOKS LIKE?



DECISIONS

When a teen faces pregnancy, an important decision must be made:

- 1-Become a single parent. 2-Co-parent the baby, not as a couple.
- 3-Parent the baby as a couple. 4-Have an abortion. 5-Make an adoption plan.

DAY TWO HOMEWORK

PARENT INITIALS:

Students, ask a family member the following questions.

Write your answers below:

Please review the "What is Sex?" section. Knowing that sex includes 4 contact points, do you think sex is safe enough for me? Why or why not?

When do you think it would be okay for me to have sex? (Graduated, in love, in a committed monogamous relationship, never, etc.) And, how would you feel if I were involved in a teen pregnancy?

1 _____

2 _____

discovering stis



WHY TALK ABOUT IT?

In the US there are _____ million new STIs a year. _____ million of those cases are just in _____ year olds.

WHAT IS AN STI?

An infection transmitted through sexual contact, caused by bacteria, viruses, or parasites.

COMMON STIs

Curable & Treatable

- + _____
- + _____
- + _____
- + _____

Not Curable, but Treatable

- + _____
- + _____
- + _____
- + _____

HOW DO STIs ENTER THE BODY?

Primarily _____ contacts points with an infected partner.

Contaminated _____.

Contaminated _____ and organ transfusion (rare due to rigorous testing procedures in US).

DID YOU KNOW?

SPREADING CAN OCCUR EVEN WHEN NO SYMPTOMS ARE PRESENT. 80% OF PEOPLE WHO HAVE AN STI OR STD HAVE NO NOTICEABLE SYMPTOMS.

THE CDC SAYS THAT THE SAFEST CONTEXT FOR SEXUAL ACTIVITY WITHOUT FEAR OF AN UNPLANNED PREGNANCY OR CONTRACTING AN STI IS:

- Being in a long-term, committed, mutually monogamous relationship.
- Limit lifetime sexual partners.
- Correct use of male latex condoms.



CHOICES MEDICAL is here to help!

Make a pregnancy and/or STI appointment for free or low-cost at our Joplin and Carthage locations!
417-623-8030

TRUE OR FALSE (color in your answer)

I can get an STI from a toilet seat. **TF**

Once I have an STI, I can get the same one again. **TF**

I can get an STI from sharing a drink. **TF**

If my partner has an STI, I will see it. **TF**

Once I have an STI, I cannot contract any more. **TF**

DAY THREE HOMEWORK

PARENT INITIALS: _____

Students, ask your parents/guardians the T/F questions that you answered today in class.

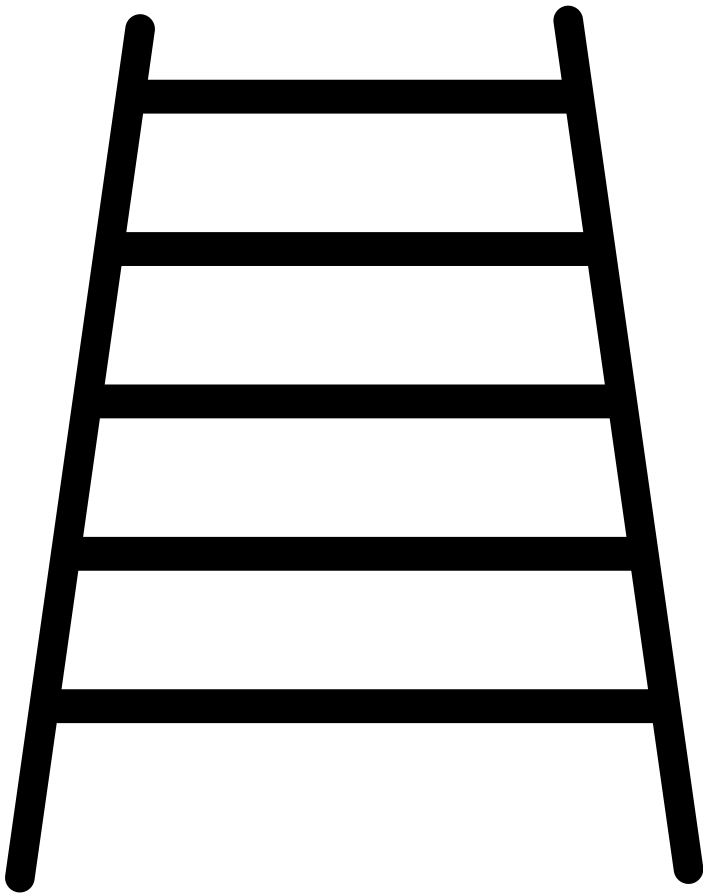
If I was afraid I might have an STI, what would you want me to do?

YO'SELF!

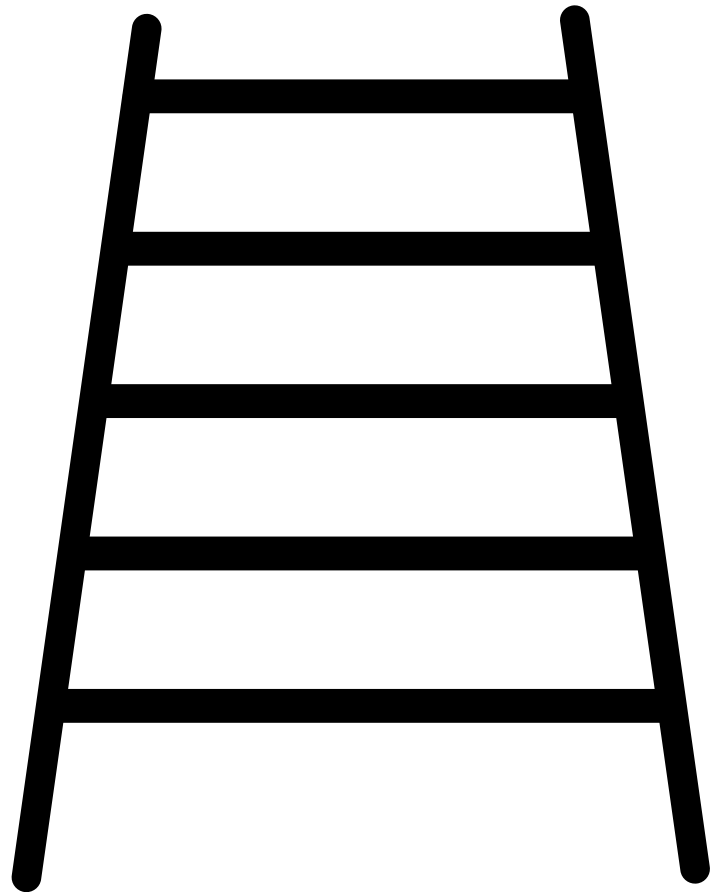
DAY 4

boundaries & abuse

CLASS LED



FAMILY LED



DID YOU KNOW? →

RESEARCH SHOWS THAT UP TO **93% OF ALL COMMUNICATION IS NON-VERBAL.**

Boundaries and laws are not there to limit your fun; they are there to limit your regret.

PLAN AND PROTECT YOURSELF!

_____ / _____ / _____.

DECIDE, DECLARE AND DISPLAY YOUR "NO":

Know what your _____ are.

Tell _____ your _____.

Your _____ language and _____ of voice declare "no."

Use the _____ system.

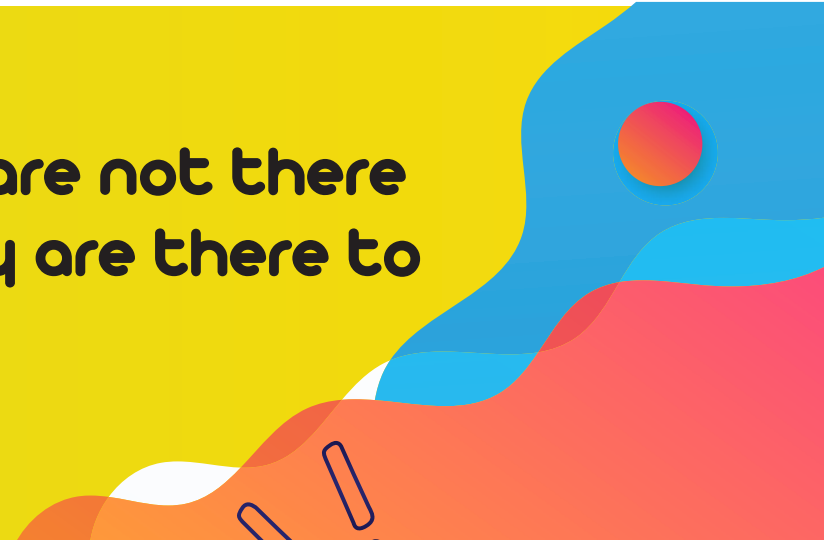
Have a _____ and _____ in mind.

Always _____ the boundaries of others.

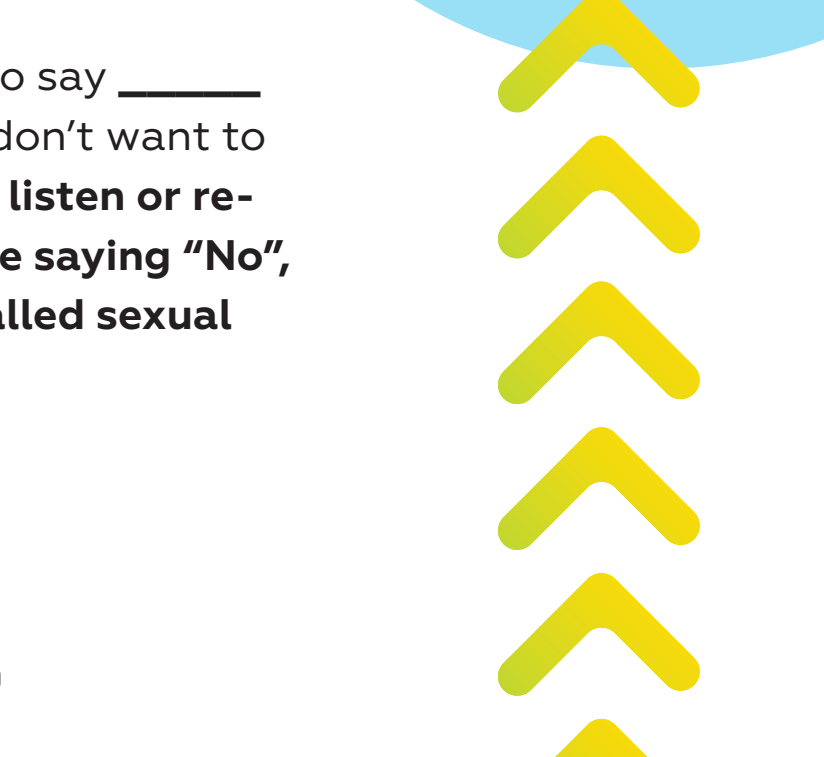
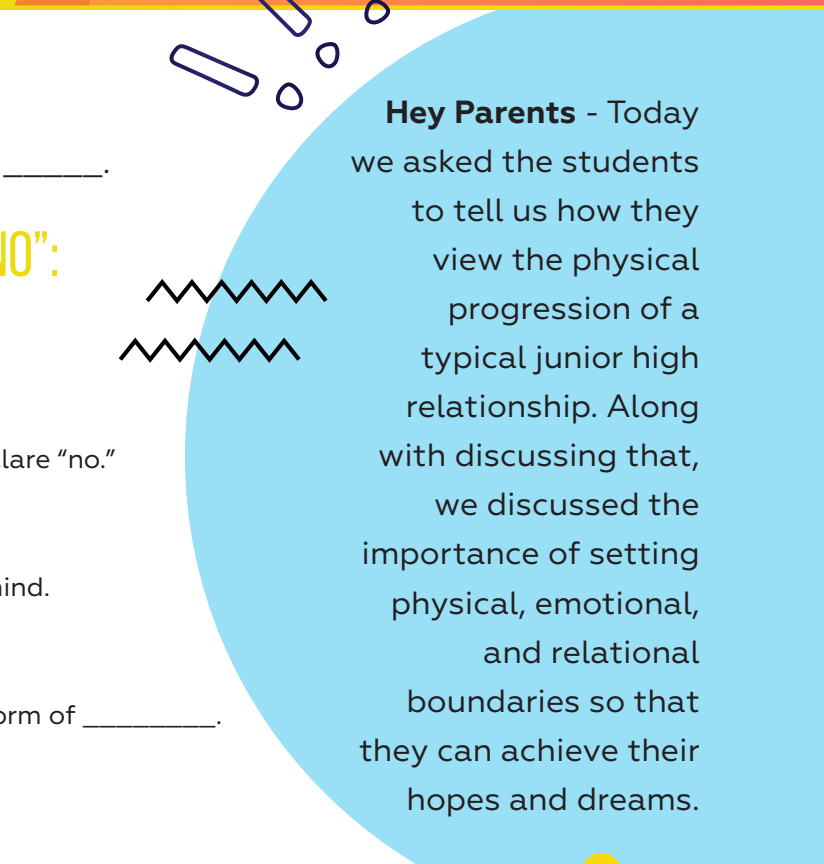
Know that ignoring other people's boundaries can be a form of _____.

REMEMBER

that you **ALWAYS** have the option to say _____ if you are uncomfortable or simply don't want to do something. **If someone does not listen or respect your boundaries when you are saying "No", that is not your fault, and that is called sexual assault.**



Hey Parents - Today we asked the students to tell us how they view the physical progression of a typical junior high relationship. Along with discussing that, we discussed the importance of setting physical, emotional, and relational boundaries so that they can achieve their hopes and dreams.



REALITY CHECK: CHILD ABUSE

Child abuse includes all types of maltreatment and neglect of a child under the age of 18 by a parent, caregiver, or another person in a custodial role (e.g. clergy, coach, teacher).

BY THE NUMBERS:

According to the National Center for Missing and Exploited Children, _____ in _____ girls and _____ in _____ boys are sexually abused before they reach adulthood. Yet, only _____ of those assaults are reported to the authorities.

_____ of all childhood sexual abuse occurs by someone the child _____ and has an established relationship with.

5 TIPS TO PROTECT YOURSELF FROM ABUSE

1. Listen to your inner voice if something feels wrong or uncomfortable.
2. Tell your trusted adults right away. We recommend having 5 safe adults that you can talk to.
3. Use the buddy system whenever possible.
4. Remember that you are worthy of treated well, no matter what, and that you have the power to cut off a relationship because of how you are being treated.

DAY FOUR HOMEWORK

Students, finish the activities and answer the following questions with a family member:

PARENT INITIALS:

Fill out the "Family Led" ladder with what you would like the escalation of relationships to look like for me. If you had to choose a step on the ladder for where you would like my boundary to be, which one would it be? Put a star beside it. Why do you see that as a healthy boundary for me?

What is some advice that you have for me to make healthy choices? How did you stay away from unhealthy choices as a teen?

What are our family's boundaries for: Curfew, Alcohol and Drugs, Money, Cell Phones, Apps, Internet, and Physical Touch?



cyber safety

DAY 5

ONLINE BOUNDARIES: BY THE NUMBERS

- _____ of teens will accept a “friend” request even if they don’t know the sender.
- Studies have shown that 13-18 year olds use about _____ hours of screen media time per day.
- _____ of online victim recruitment in active sex trafficking cases occurred on Facebook.



WHAT EXACTLY IS THAT?

PORNOGRAPHY IS PRINTED OR VISUAL MATERIAL THAT DEPICTS SEXUAL ACTS OR IMAGERY.

INTERNET PORNOGRAPHY: WHAT’S THE BIG DEAL?

_____ of teens have either posted or sent sexually suggestive images. 1 in every _____ teens, 14 to 17 years old, has been involved in some form of nude sexting. _____ of 8 to 16 year olds have viewed digital pornography.

REALITY CHECK: HUMAN TRAFFICKING

Force = using violence to control someone

Fraud = using lies to control someone

Coercion = using threats to control someone



WHAT EXACTLY IS THAT?

HUMAN TRAFFICKING IS WHEN A PERSON IS TREATED AS A POSSESSION AND CONTROLLED THROUGH FORCE, FRAUD OR COERCION.

BY THE NUMBERS:

- _____ years old is the average age that a person in the USA is trafficked for sex.
- Within the first _____ of being on the street or without a stable home environment, 1 in _____ children are tricked or forced into trafficking.
- _____ of active 2020 sex trafficking cases involved online solicitation.

5 INTERNET SAFETY TIPS



- 1 Never give out any personal information online, such as your name, address, phone number, school, that you hang out often.
- 2 Tell your parents right away if someone sends you a message or picture that seems "weird," even if
- 3 Never agree to meet anyone in person that you have only talked to online.
- 4 Never send a picture of yourself (of any kind) to anyone online without telling your parents first.
- 5 Follow the internet and cell phone rules that your parents have set up for you.

It's **NEVER** too late to _____
and _____.
Take _____ of your decisions,
_____ yourself, _____
towards your _____ and
_____ your _____!

ool, sports teams you play for, or places

n if it's from someone you know.



We've given you the compass. Your life's direction is up to you.
You decide what's next.

Want to Continue the Conversation?

Email: presenters@choicesmedical.org

Teacher: _____

Need more information/citations?

Visit us at www.connectioninstitute.com, click on Compass Citations, under the Resources button, or call/text our office at (417)623-8030.



it!

bye!



