



Discussion Guide – *specific discussion points for each section of the program*

Introduction – Jessica’s Story

- Jessica and Sean’s decision to have unprotected sex and the potential consequences of their actions: a possible pregnancy and exposure to sexually transmitted diseases

Condom demonstration – Hailey's condom do's and don'ts

- Correct condom usage: how to use, when to use, how to store correctly, expiration date, condom materials, lubricants
- Steps to use a condom: which are difficult to talk about, why they are important to know, what situations could affect putting on a condom correctly
- Condom demonstration
- Insertive condom or female condom
- Differences between putting on a regular condom versus an insertive or female condom
- Dental dam demonstration

Choose a Story – Boyfriend or New Partner

- Sexual consent: feeling safe and empowered during a sexual situation
- Readiness to engage in different sexual behaviors

Choose a Story – Cognitive rehearsals

- Choices on how to make healthier decisions by considering different options and weighing pros and cons.
- Jessica and Sean’s conclusion – and what could be done differently in the future to reduce pregnancy and STI risk
- Relationship scenarios with the use of cognitive rehearsals to practice how one might respond in hypothetical romantic situations
- Being exposed to STIs and options to reduce the risks

Choose a Story – Modeling of safer behaviors

- Discussion with a partner about using a condom
- Not engaging in vaginal sex as the most effective way to prevent STIs

Know Your Body

- Detailed descriptions of the male and female reproductive systems
- Using knowledge of anatomy to understand the transmission of STIs

Gyne Visit – Going to the gynecologist

- Going to the gynecologist for the first time
- Importance of honest communication with the gynecologist to ensure appropriate recommendations regarding sexual activity, birth control and STI prevention.

Birth Control – I got birth control so can you

- Birth control choices and their effectiveness
- Where to get different type of birth control

STIs – Watch out for STIs

- Sexual behaviors that could put a person at risk for STIs
- Importance of getting tested for STIs
- Common STIs
- Ways to avoid STIs
- Curable STIs
- Routine STI testing
- Ways to reduce and avoid the risk of STIs
- What to consider when choosing an option to reduce the risk of STIs
- How to communicate about the prevention and testing of STIs with a partner