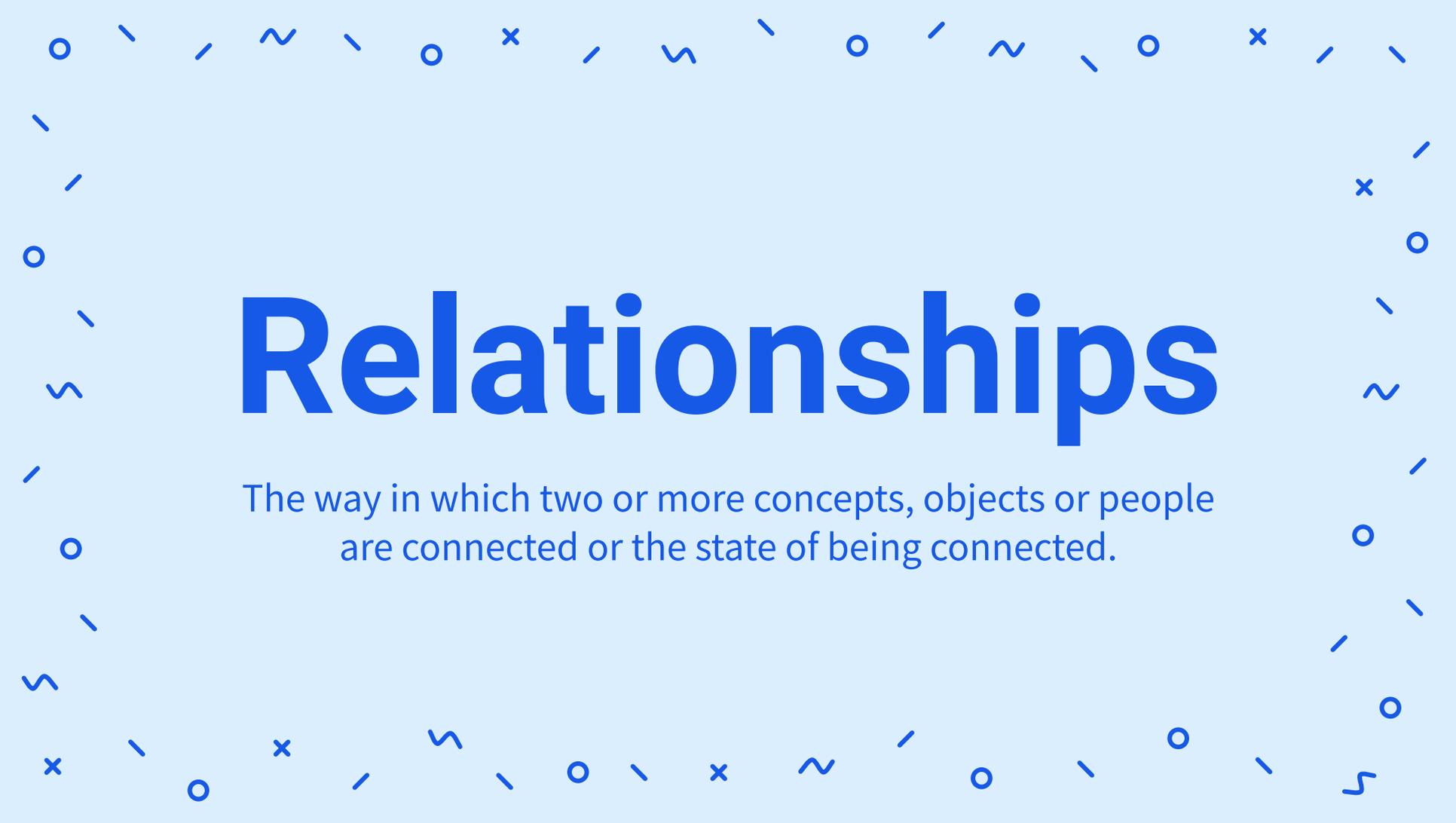


Comprehensive Health Standards

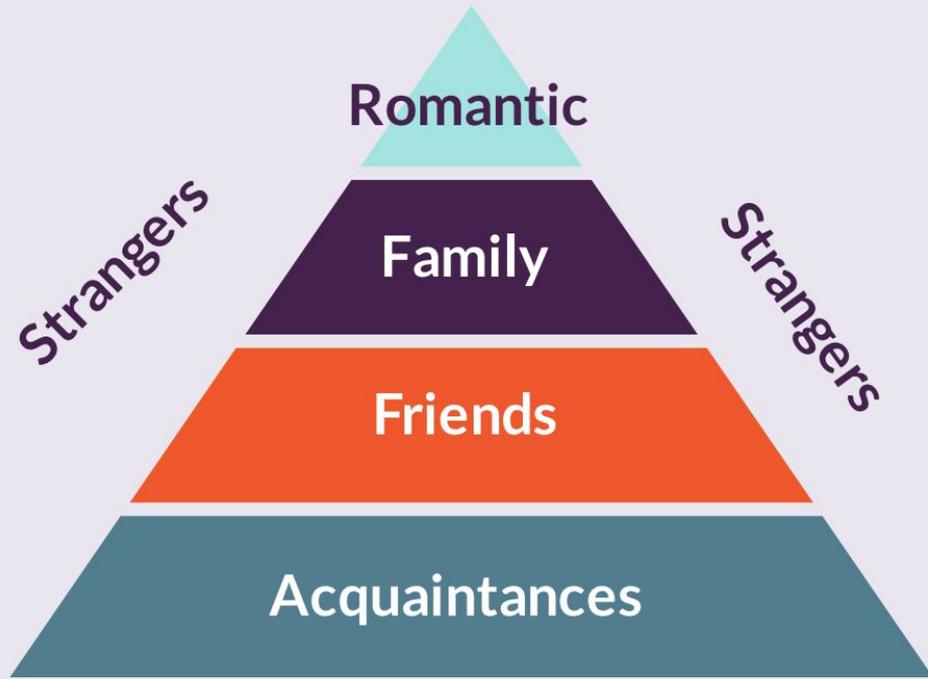
Learn to make healthy and responsible decisions regarding social and emotional relationships as young adolescents



Relationships

The way in which two or more concepts, objects or people are connected or the state of being connected.

Types of Relationships



Communication is a key part of building a healthy relationship.

The first step is making sure both partners in a relationship want and expect the same things

Romantic Relationships

a relationship between individuals involving casual or serious dating, intimacy or any other conduct typically associated with a relationship.

Signs of Healthy Relationships

- **Speak Up.** In a healthy relationship, if something is bothering them, it's best to talk about it instead of holding it in.
- **Respect Each Other.** Each partner's wishes and feelings have value. Let each other know they are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.
- **Compromise.** Disagreements are a natural part of healthy relationships, but it's important that they find a way to compromise if they disagree on something. They should try to solve conflicts in a fair and rational way.
- **Be Supportive.** Offer reassurance and encouragement to each other in a relationship.
 - Also, partners should let each other know when they need their support.
 - Healthy relationships are about building each other up, not putting each other down.
- **Respect Each Other's Privacy.** Just because someone is in a relationship doesn't mean they have to share everything and constantly be together.



Unhealthy Relationships

The Signs- Teen Dating

Warning Signs of Abuse

- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do
- Checking cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends

Warning Signs of Abuse

Emotional/Verbal Abuse

- Non physical behaviors such as:
 - Threats
 - Insults
 - Constant monitoring or “checking in”
 - Excessive texting
 - Humiliation
 - Intimidation
 - Isolation

Physical Intimacy

Examples of physical intimacy include being inside someone's personal space and whereby both parties are completely comfortable.

- Holding hands
- Hugging
- Kissing
- Caressing
- Any form of physical touch
- Sexual activity

Three Types of Sexual Intimacy:

- Vaginal: (sexual intercourse) intercourse involving penetration of the vagina by the penis
- Oral Intimacy: oral stimulation of the genitals
- Anal Intimacy: any penetration of the anus

Does This Feel Right?

Consent

Consent- permission for something to happen or agreement to do something

Sexual Agency is the ability to identify, communicate, and negotiate one's sexual needs, and to initiate behaviors that allow for the satisfaction of those needs

Sexual Consent- means **BOTH** partners **AGREE** to the sexual activity and **UNDERSTAND what they're agreeing to**

New Jersey Age of Consent: 16

Consent must be given for every sexual activity, every time

Silence or not responding isn't consent

When it's not OK....

People who are drunk, high, sleeping or unconscious can't give consent, either legally or practically. To have clear communication about consent, both people should be sober and alert.

Statutory rape occurs when an adult has sexual relations with a minor. In such cases, a minor is someone who has not yet reached the age of consent, which is when they are considered mature enough to give informed consent to a sexual relationship.

- In most cases, an adult is someone who is 18 or older, but the age of consent varies. Generally speaking, most range between 16 to 18 years of age.

Sexual Coercion: the use of force without consent.

Sexual Assault/ Rape- The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim."

It is not OK for anyone to force, intimidate, bully, harass and/or manipulate you into ANY type of sexual behavior without your consent. If this happens to you...REPORT it!

When it's not OK....

Sexual Violence: refers to crimes like sexual assault, rape, and sexual abuse.

Sexual Abuse: any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including restricting access to birth control or condoms

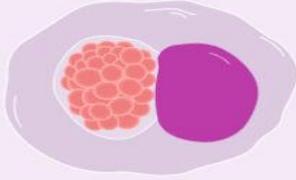
Digital Abuse: the use of technology such as texting and social networking to bully, harass, stalk or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated through technology.

Sexual Harassment: uninvited and unwelcome verbal or physical behavior of a sexual nature.

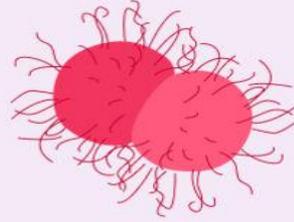
Potential Outcomes of Sexual Intimacy:

- Acquiring/Transmitting a STD/STI (sexually transmitted disease/infection)
- Acquiring/Transmitting HIV/AIDS
- Pregnancy

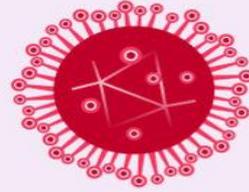
Types of STIs



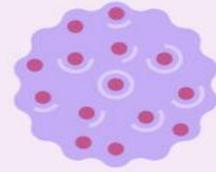
Chlamydia



Gonorrhea



Genital herpes



Hepatitis B



HIV



HPV



Syphilis



Trichomoniasis



STD Symptoms in Women

Painful urination

Lower abdominal pain

Pain during sexual intercourse

Odd-smelling vaginal discharge

Bumps and genital warts



Symptoms of STDs in Men:

Painful
Ejaculation

Frequent
Urination

Abnormal Penis
Discharge

Painful
Urination

Sores on the
Penis



Risky Behaviors Leading to Pregnancy or getting a STI/STD:

- Unprotected sexual activity
- Multiple partners
- Sexting and other risky uses of social media
- Alcohol use, including binge-drinking
- Substance use

Safe Behaviors to Avoid Pregnancy or getting an STI:

- **Abstinence**, or deciding not to have sex, is 100% effective at preventing pregnancy and sexually transmitted diseases and infections.
- Protected sex by using condoms.
- Get tested regularly especially when having multiple partners.
- For other Contraceptive **methods you and your family can speak to medical professionals**

Early Signs of Pregnancy

The most common early signs and symptoms of pregnancy might include:

- **Missed period.** If week or more has passed without the start of an expected menstrual cycle, you might be pregnant. However, this symptom can be misleading if you have an irregular menstrual cycle.
- **Nausea with or without vomiting.** Morning sickness, which can occur at any time of the day or night, often begins one to two months after you become pregnant. However, some women feel nausea earlier and some never experience it. While the cause of nausea during pregnancy isn't clear, pregnancy hormones likely play a role.
- **Fatigue.** A rapid rise in the levels of the hormone progesterone during early pregnancy might contribute to fatigue.

Pregnancy Testing

- At Home Pregnancy Tests can be purchased.

Options:

1. Parenting – giving birth and raising the child

2. Abortion – ending the pregnancy

3. Adoption – giving birth and placing your child with someone else to raise

Ways to Support Having a Healthy Baby

- Increase daily intake of folic acid (one of the B vitamins) to at least 400 micrograms.
- Make sure immunizations are up to date.
- Make an appointment to your doctor.
- Control diabetes and other medical conditions.
- Avoid smoking, drinking alcohol and using drugs.
- Attain a healthy weight.
- Learn about family health history and that of their partner.
- Seek help for depression, anxiety, or other mental health issues

New Jersey's minor consent laws allow adolescent minors to consent to certain health care without their parents' involvement. The New Jersey minor consent to treatment law allows a minor 13 years and older to consent to health care services or forensic examination for sexual assault if the minor believes they have a sexually transmitted disease, AIDs or HIV, or the health care provider believes the minor is a victim of sexual assault

Teen Pregnancy Issues and Challenges

If prenatal care is not given, the following risks are greater:

- low birth weight/premature birth
- anemia (low iron levels)
- high blood pressure/pregnancy-induced hypertension, PIH (can lead to preeclampsia)
- a higher rate of infant mortality (death)

Social Life

- Teen pregnancy can cause a lot of changes, such as mood swings, fatigue, and a change in what you can or cannot do.

Family and Friends

- Can be a strain on relationships
- May find that some people are not supportive

School

- Can impact attendance, grades, participation in sports

Resources to Assist with Parenting

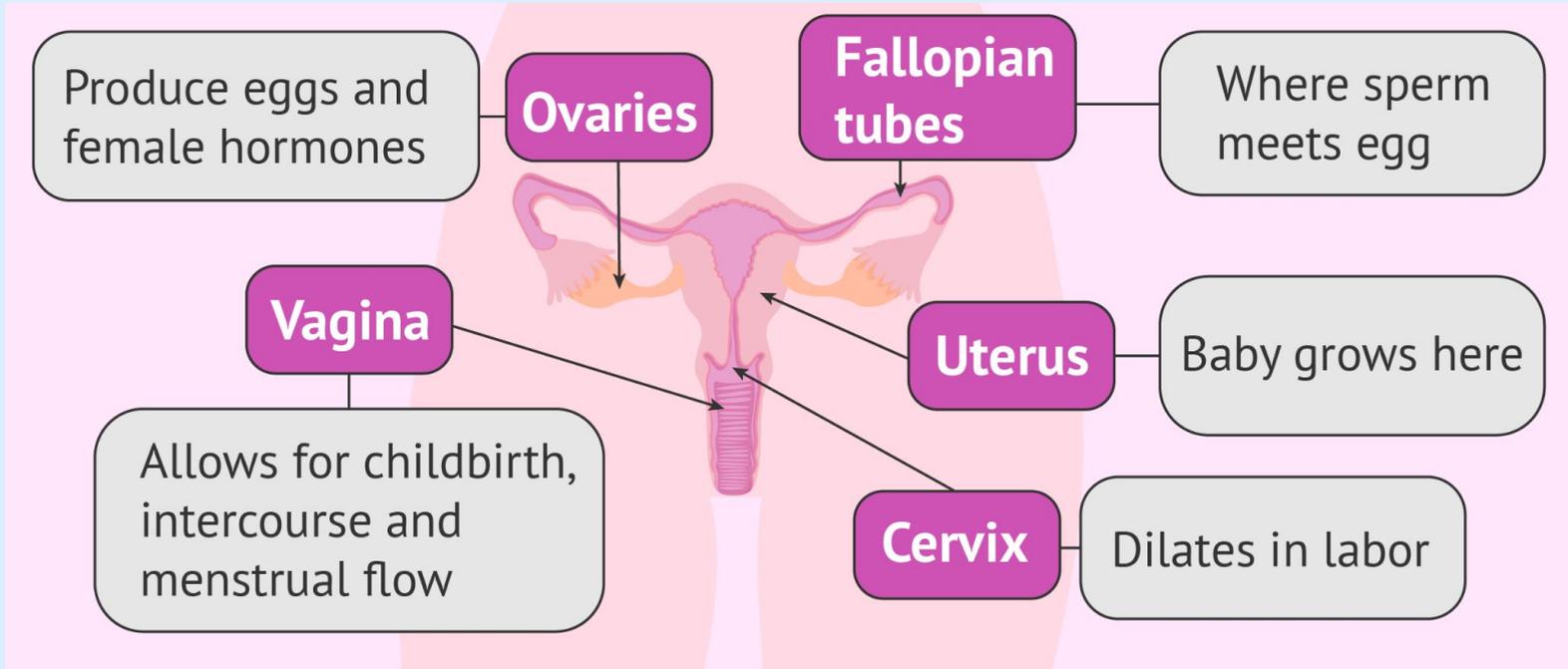
- [American Pregnancy Association](#) has Pregnancy Educators available to listen and provide accurate information
- [Lighthouse Pregnancy Resource Center](#)
 - Hackensack, NJ
 - Paterson, NJ
 - Wayne, NJ
- [State of New Jersey Parent Link](#)- The Early Childhood, Parenting and Professional Resource Center
- [Planned Parenthood](#)-
- Trusted adult at home or school such as a parent, teacher, guidance counselor, administrator, doctor, nurse

The Stages of Pregnancy:

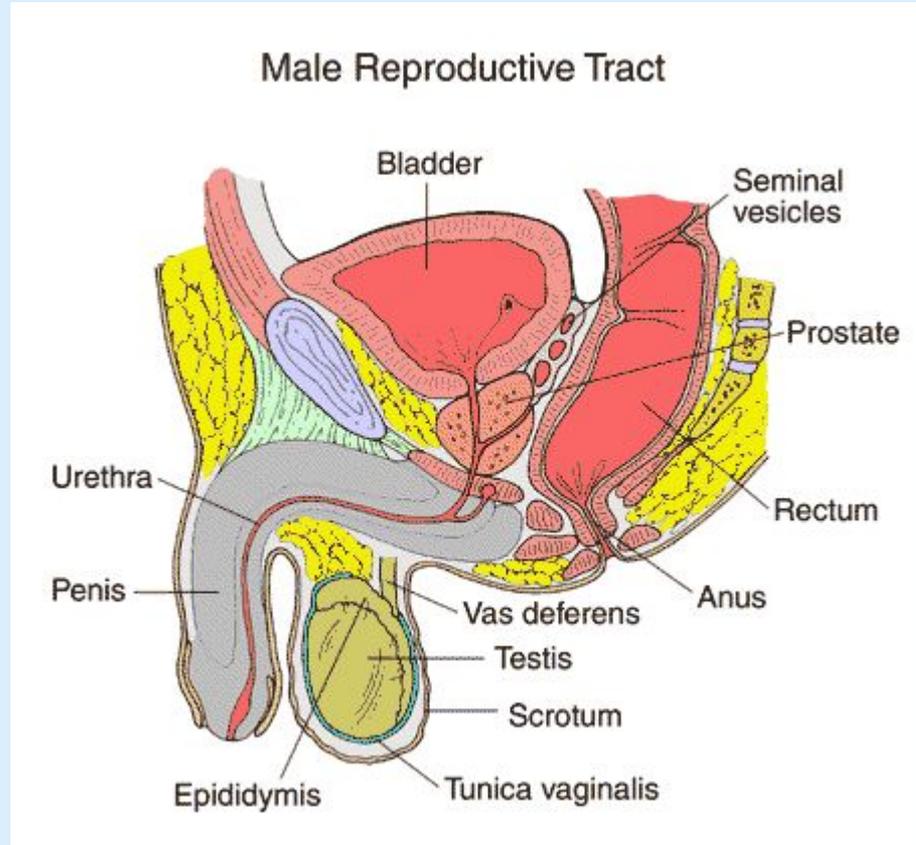
The Beginning Stages of Human Life



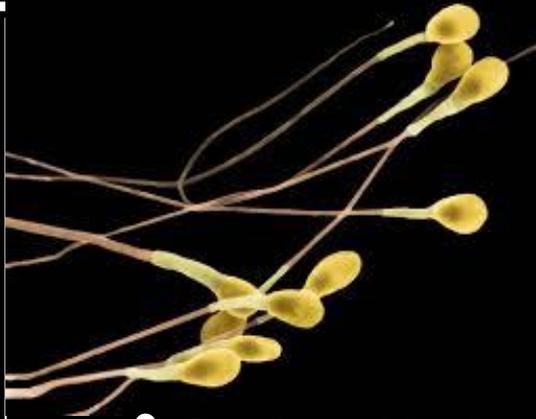
Female Anatomy:



Male Anatomy:



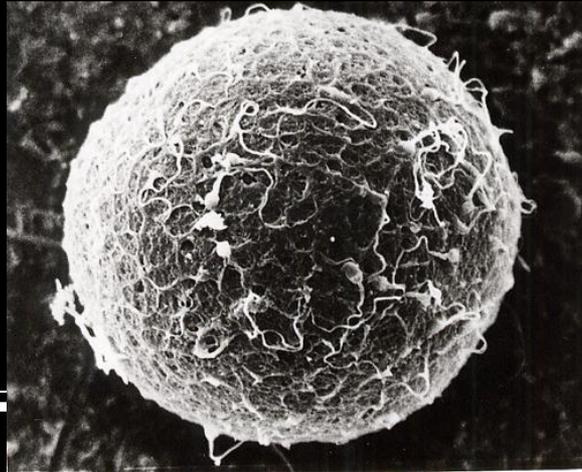
SPERM



- Produced in the testicles
- An average ejaculation contains about **3-4 million** sperm (about 1 teaspoon)
- Takes the fastest sperm two days to reach Fallopian tubes
- **It takes only ONE to fertilize an egg!**
- **Healthy sperm can live within the female for up to 7 days**

Female ovum

- ALL potential eggs are formed BEFORE birth
- Only about 480 eggs will ever be released during reproductive years



Fertilization



- Takes place within the fallopian tubes



Pregnancy Stages

- Implantation occurs within the the uterus.
- **Embryo**-implanted in uterus up to the first 8 weeks(2 months) of pregnancy
- **Fetus**-from 8th week of pregnancy through birth (40 weeks)

1st Trimester- Months 1, 2, 3

During this period, your baby's body structure and organs develop.

2nd Trimester- Months 4, 5, 6

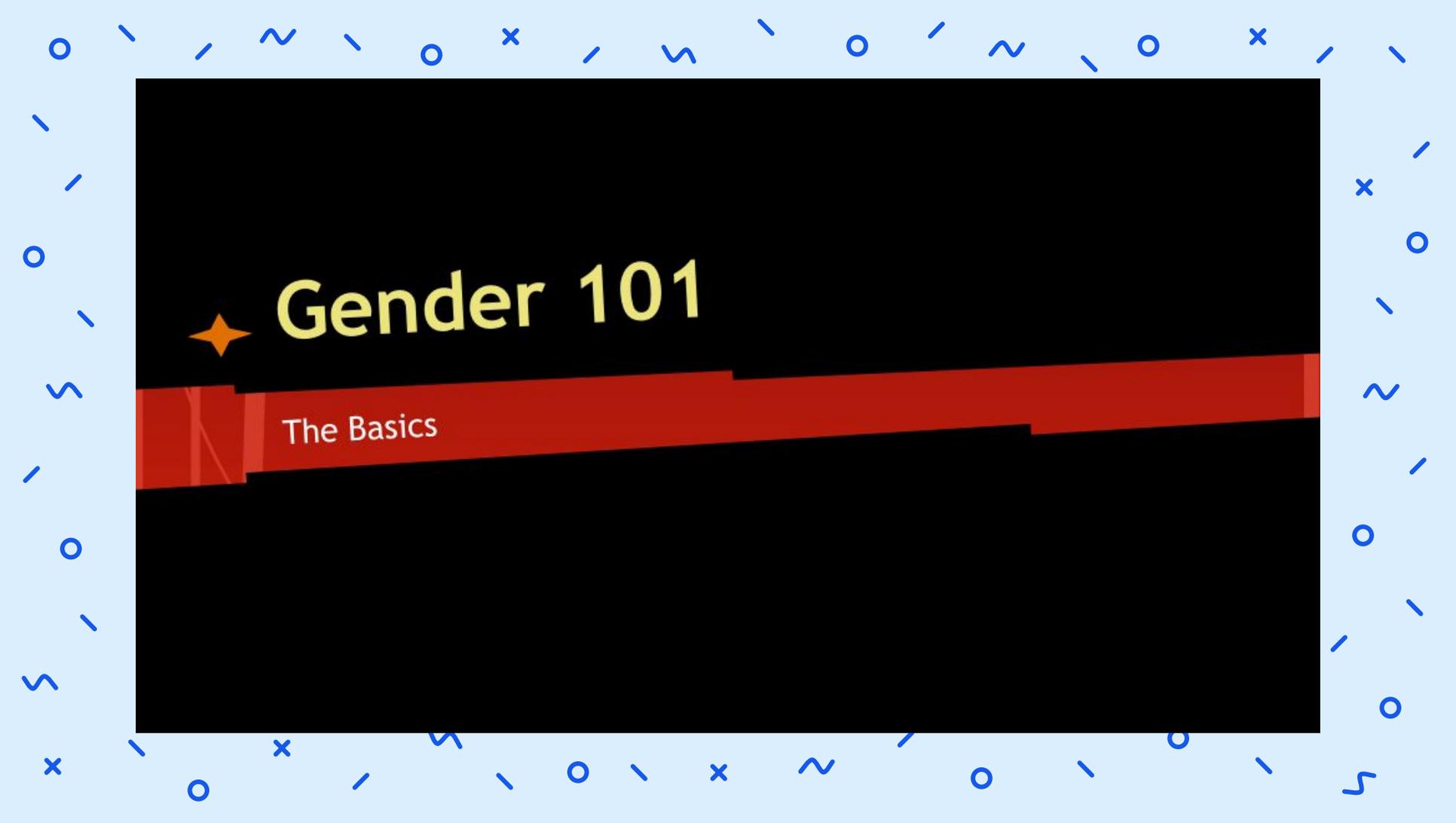
During the anatomy ultrasound, measurements of the baby are taken by an ultrasound technician.

Somewhere between 16-20 weeks, one may feel baby's first movements.

3rd Trimester-Months 7, 8, 9

The baby's bones are fully formed, its touch receptors will be fully developed, and the baby's organs are capable of functioning on their own.

Delivery of the baby



★ Gender 101

The Basics

Sex: label that's usually first given by a doctor based upon the genes, hormones, and body parts (like genitals) you're born with

Gender Identity: The self-perception of an individual's gender and how they label themselves.

Gender Expression:

1. The external display of gender, through a combination of dress, demeanor, social behavior and other factors and generally measured on a scale of masculinity and femininity.
2. The way one presents/performs their gender externally.

Gender Roles: Cultural and personal traits that determine how one thinks, speaks, dresses, and interacts within the context of society.

A decorative border surrounds the central image, featuring a repeating pattern of blue symbols: circles, crosses, and wavy lines. The central image itself is a white square containing a colorful, abstract background of overlapping fingerprint patterns in shades of pink, purple, blue, green, yellow, and orange. The text is centered over these patterns.
notsalmon.com

**WE ARE ALL
DIFFERENT
AND THAT'S
BEAUTIFUL**

Karen Salmansohn

Knowing Myself and My Surroundings

As we grow older, we make connections with people who have similar interests or who make us feel valued and loved. These relationships could be in the form of **friendships, romantic and/or sexual relationships**.

We are able to be ourselves forming meaningful and safe relationships, but it is important to know the signs of when you are being taken advantage of or being put in an unsafe situation.



Trust

Trusting someone can lead you to do things you typically wouldn't do otherwise. This is why it is important to do what you feel is right and what you are comfortable with. **No one should make you feel like you have to do something to prove love or friendship.** Boundaries should be respected and the word NO should always be heard!

Sexting

Sexting is sending sexually explicit messages, photos, or videos via cell phone, computer, or any digital device. Sexting may include photos and videos containing nudity or showing simulated or real sex acts. It also includes text messages that discuss or propose sex acts or other sexually explicit exchanges.

Photos REMAIN on the internet FOREVER! Be Mindful of what is posted on social media outlets as far as things said about yourself or others, and videos and photos posted.

Reasons Teens Are Sexting

- An act to show commitment while in a relationship.
- Peer pressured to send partners explicit photos.
- A way to flirt or brag about oneself.
- Done as a joke or prank to expose someone.

Sexting and the Child Pornography Law

Child Pornography

The New Jersey law that prohibits child pornography is referenced in statute as "endangering the welfare of a child." **It applies to both adults and minors who sext images of children (younger than 18). For minors, this also includes selfies.**

Crime. A person who photographs a child (younger than 18) engaged in a sexual act or portrayed in a sexually suggestive manner commits the crime of child pornography. It's also a crime to **knowingly distribute or possess a sexually suggestive image of a child.**

Penalties. A person who creates, distributes, or possesses with intent to distribute child pornography commits a crime in the second degree. **Crimes in the second degree** carry a 10 to 20-year sentence and up to \$150,000 in fines. Knowing possession of child pornography is a crime of the third degree, which can be punished by five to 10 years' incarceration and up to a \$15,000 fine.

Example:

A 13-year-old girl takes topless photos of a friend. She sends those photos, with her friend's permission, to her friend's 14-year old crush. He forwards them on to two of his friends (also age 14), who both look at the picture but quickly delete it. **All of these children have violated New Jersey's law against child pornography.**

Know the Signs of Potentially Dangerous Situations

Groomers Use Tricks. Grooming is a subtle (hard to notice), gradual (slow), and escalating (more and worse over time) process of building “trust” with a kid and often the kid’s parent or other caretaker.

Grooming tricks include:

- **Fake Trustworthiness** – pretending to be the kid’s friend in order to gain their trust
- **Testing Boundaries** – jokes, roughhousing, back rubs, tickling, or sexualized games
- **Touch** – from regular, mostly comfortable non-sexual touch to “accidental” touch of private parts, often over time
- **Intimidation** – using fear, embarrassment, or guilt to keep a kid from telling
- **Sharing sexual material** – capitalizing on a kid’s natural curiosity to normalize sexual behavior by showing pictures, videos, text messages, photos, websites, notes, etc. of a sexual nature
- **Breaking Rules** – encouraging a kid to break rules, which establishes secret-keeping as part of the relationship and can be used as blackmail in the future
- **Drugs and Alcohol** – breaking the rules and/or making kids less able to stop the abuse because they’re under the influence of the substance
- **Communicating Secretly** – texting, emailing, or calling in an unexpected way (parents don’t know about it, it happens a lot, the kid is told to keep it a secret)
- **Blaming and Confusing** – making the kid feel responsible for the abuse or what could happen to the kid, his/her family, or the abuser if the kid tells

Sex Trafficking

SEX TRAFFICKING: HOW IT HAPPENS

LURING

Establishing a connection, in person or online, with the intent of developing a relationship for the purpose of exploitation.



ISOLATION

Creating distance between the individual and their loved ones.



EXPLOITATION

Ensuring ongoing participation in commercial sexual acts while taking away their earnings.



GROOMING

Identifying and fulfilling the needs and dreams of the individual, for example by showering them with gifts.



MANIPULATION & COERCION

Sending mixed messages, making claims like 'you owe me' or making threats to cause the individual to feel their only option is to participate in commercial sex acts.



1.833.900.1010

canadianhumantraffickinghotline.ca

Find a Trusted Adult for Help

In School- Teachers, Counselors, Administrators, Nurse

At Home- Parent or Family Member

Outside Resources

- **2NDFLOOR YOUTH HELPLINE**

1-888-222-2228

www.2ndfloor.org

24 hours a day - 7 days a week

This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations. Youth that would rather type than talk can also get support via 2NDFLOOR's anonymous message board service.

- **SAFE HAVEN INFANT PROTECTION HOTLINE**

1-877-839-2339

24 hours a day - 7 days a week

This is a toll free hotline for distressed parents who wish to give up an unwanted infant anonymously, with no fear of arrest or prosecution. While information will be requested, no names or records are required.

Find a Trusted Adult for Help

Outside Resources Continued

NJ DOMESTIC VIOLENCE HOTLINE

1-800-572-SAFE (7233)

24 hours a day - 7 days a week

This hotline serves domestic violence victims and others seeking information about domestic violence services.

NJ COALITION AGAINST SEXUAL ASSAULT (NJCASA) HOTLINE

1-800-601-7200

24 hours a day - 7 days a week

NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across NJ. Its member centers represent each of NJ's 21 counties. This hotline connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls will be routed to the individual's closest rape care center.