# Lesson 2 – Sex and STIs

1. Could you tell who was safe to trade with by looking at them?
2. No, I could not.
3. How many of you who were infected did **not** trade with the *first* infected person?
4. It is difficult to know the exact number.
5. Of those who were not infected, how many trades did you make?
6. With 3 people
7. Was your chance of being infected related to how many trades you made?
8. Yes
9. Do you think people are always honest about the number of partners they have had?
10. I do not think that people are not always honest about their number of parents they have had.
11. If two people can’t talk about the possible consequences of having sex together, they are not ready for the level of involvement. Agree or Disagree?
12. I disagree about having sex in the situation.
13. What everyday kinds of things do you choose ***not*** to do, although you have the urge to do it, because the consequences aren’t worth it? (sleeping in, eating 5 chocolate bars, punching your brother in the face, exercising, yelling at your mom, smashing your computer)
14. I want to lose my weight but I do not exercise.
15. How does having sex affect a person in ways that aren’t physical?
16. It gives emotional satisfaction / confused.
17. What boundaries do you need to make around sex to ensure you are healthy emotionally, physically, socially and spiritually?

# I have to take contraceptive.

# Lesson 3 - Contraceptives and Responsible Relationships

1. What is the only method of birth control that is 100% effective against pregnancy and STIs?
   1. Taking contraceptive (pill)
2. What is the only contraception that provides good protection from STIs?
   1. Contraception by using condom is good protection from STIs.

# Lesson 4 – My Personal Health and Wellness Plan

1. What patters do you see? What areas do we struggle with as a class? What are the barriers to accomplishing these health goals? Is it worth working on?
2. I think it is so hard to try to reduce fast food for my health.