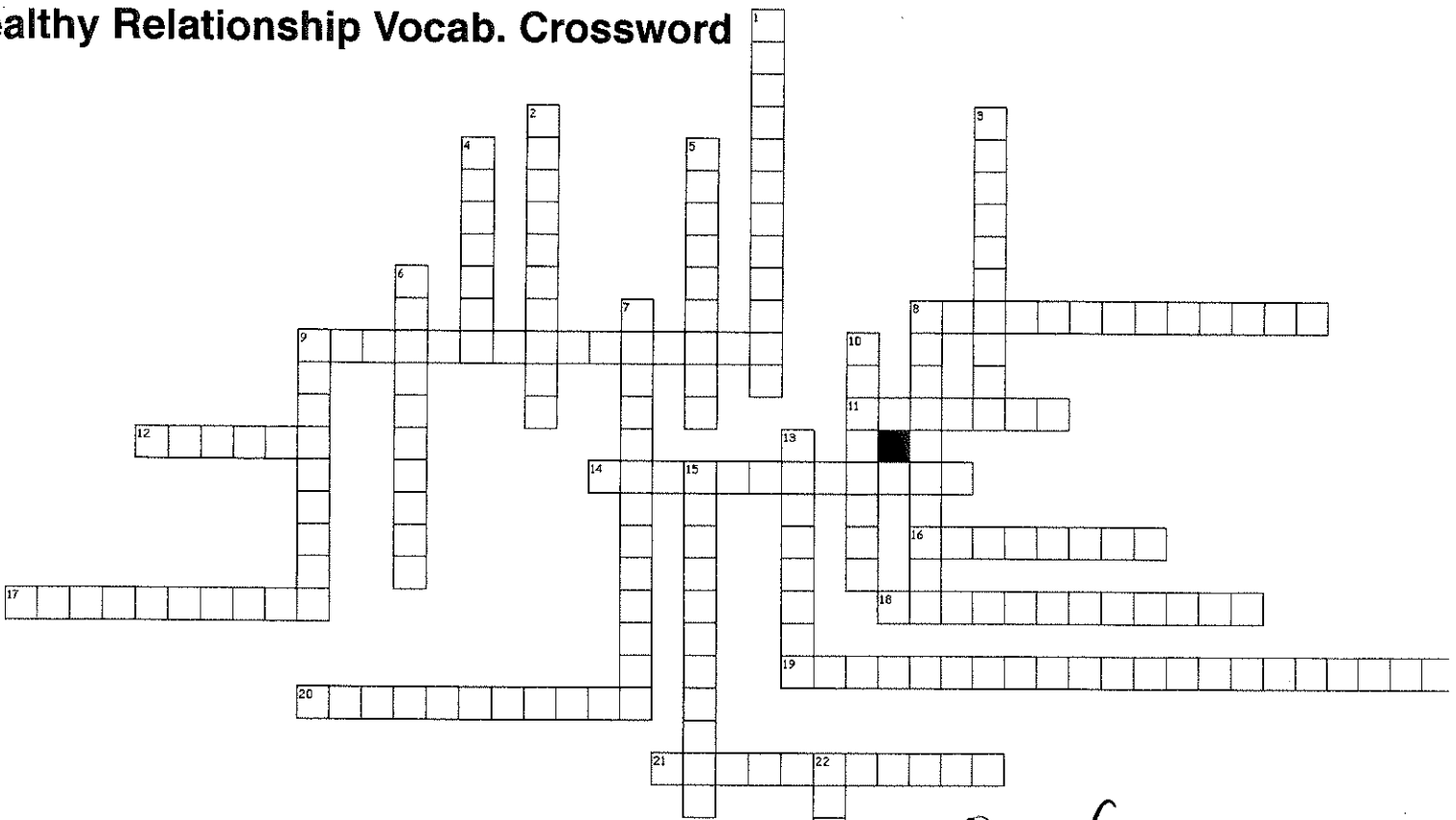


Wellness 1- Sexual Health Study Guide (9 pts).

Contraception (birth control) Matching:

1. <u>F</u> The Pill	A. Male removes penis prior to ejaculation, dangerous because of pre-cum, which contains sperm.
2. <u>I</u> The Patch	B. Abstain from unprotected sex during "fertile" time, unreliable because you don't know when you are ovulating.
3. <u>C</u> The Shot	C. Given by a physician once every 12 weeks, stops ovulation.
4. <u>G</u> IUD (non-copper)	D. Can be purchased over the counter, worn once on penis, prevents sperm from reaching egg.
5. <u>J</u> IUD (copper)	E. Physician inserts sub-dermal (under the skin) for up to 3 years, stops ovulation.
6. <u>D</u> Male Condom	F. Take one each day, stops ovulation. After 3 weeks, female will menstruate.
7. <u>L</u> Female Condom	G. Inserted into the uterus by a physician, can be left in place for up to 7 years, stops ovulation.
8. <u>E</u> Implant	H. Inserted into the vagina at the base of the cervix, acts as a barrier to stop sperm from reaching egg, left in place for 2 hours post-intercourse, used with spermicide.
9. <u>H</u> Diaphragm	I. Worn on skin for one week, new one each week. Stops ovulation; during 4 week menstruation occurs.
10. <u>A</u> Withdrawal	J. Inserted into the uterus by a physician, increases cervical mucous and repels sperm away from uterus.
11. <u>B</u> Rhythm Method	K. Taken within 72 hours of unprotected sex, starts menstruation.
12. <u>M</u> The Ring	L. Can be purchased over the counter, one ring is inserted into the vagina other ring protects the vulva. Stops sperm from reaching egg.
13. <u>K</u> Plan B/ EC	M. Inserted into vagina at the cervix, left in place for 3 weeks, remove during 4th week which triggers menstruation.

Healthy Relationship Vocab. Crossword



Not on Test → see short answer Q's for Specific Vocabulary needed.

WORD BANK: Use each word ONCE! Don't use blanks.

- *Passive *Compromise *Friendships *Stereotype *Cooperation *Constructive Criticism *I Message
- *Clique *Communication *Prejudice *Aggressive *Role *Body Language *Platonic Friendship
- *Assertive *Active Listening *Refusal Skills *Identity *Relationship *Manipulation *Compliment
- *Empathy *Infatuation

Across

8. A process through which you send messages to and receive messages from others.
9. paying attention to what someone is saying and feeling.
11. The ability to share another person's feelings or thoughts.
12. Small circle of friends, usually with similar backgrounds and tastes.
14. A sneaky or dishonest way to contra or influence others.
16. A statement in which a person tells how he/she is feeling using the pronoun "I".
17. An exaggerated and oversimplified belief about an entire group of people.
18. A bond or connection between people.
19. Non-hostile comments that point out problems and have the potential to help a person change.
20. Peers with whom you feel socially connected with.
21. Working together for the good of all.

Down

1. Non-verbal communication through gestures, facial expressions, and behaviors.
2. Overly forceful, pushy, hostile, or otherwise attacking in approach.
3. A way of acknowledging his/her self-worth.
4. Giving up, giving in, or backing down without standing up for your own rights/needs.
5. An unfair opinion or judgement against a particular group of people.
6. A significant relationship between two people based on caring, consideration and trust.
7. Techniques & strategies that help you say "no" effectively when faced with something that you do not want to do or is against your values.
8. The result of each person's giving up something in order to reach a solution that satisfies everyone.
9. Standing up for your own rights, but in a firm, positive way.
10. A sense of who you are and your place in the world.
13. Relationship with the opposite gender in which there is affection but no sexual activity.
15. Exaggerated feelings of passion for another person.
22. Part you play in a relationship.

Female Reproductive System Diagram: Directions: Using the word bank, fill in the labels.

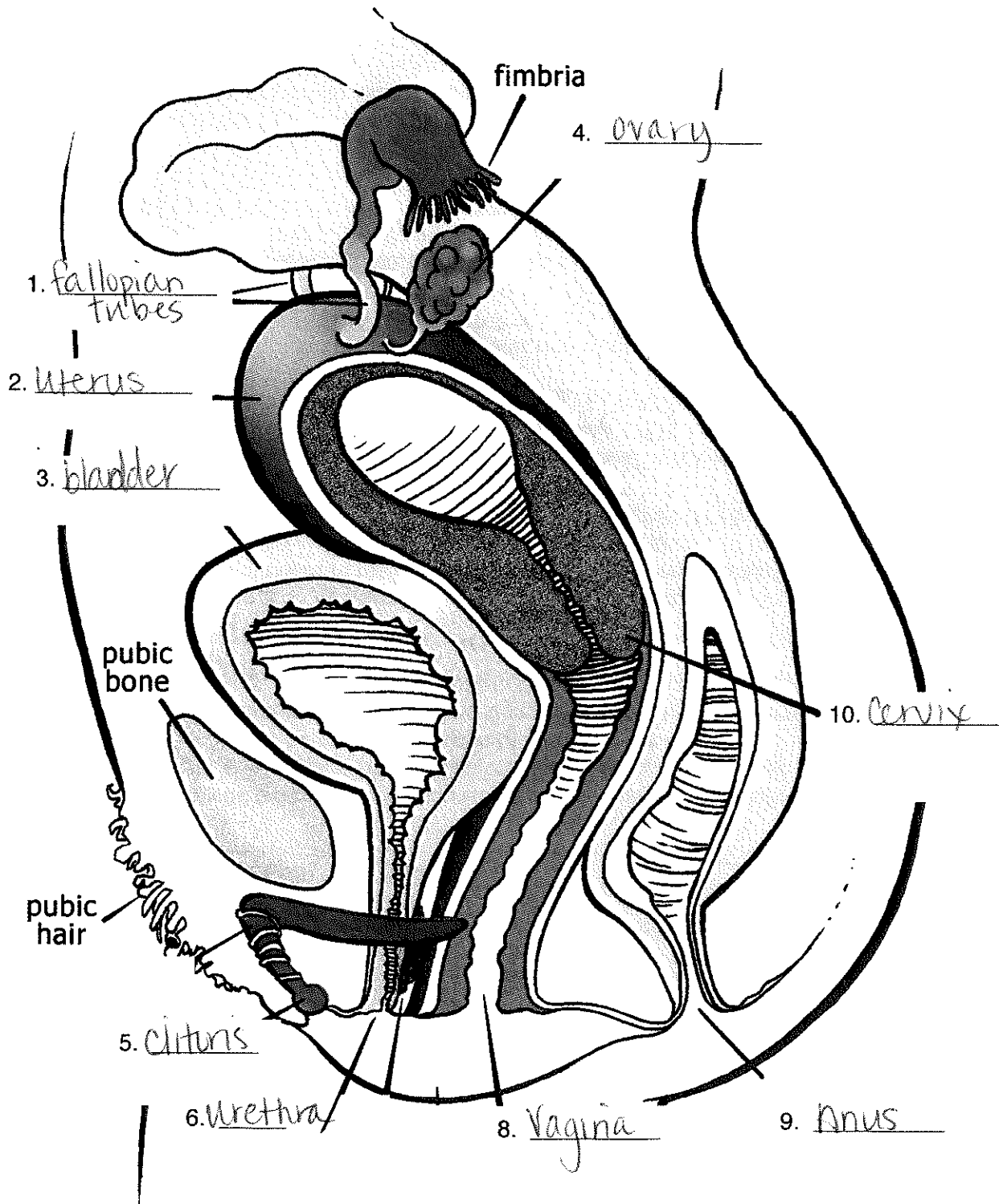
-Clitoris
-Urethra

-Fallopian Tubes
-Cervix

-Uterus
- Urinary Bladder

-Anus
- Ovary

-Vagina



Short Answer Questions (Continued)

12. List 5 proper dos/don'ts to proper condom use.

- check expiration date - Don't use 2 at one time
- Use once - throw away - make sure it isn't inside out
- leave a space at the tip to collect semen - Open carefully w/ fingers.

13. Which form of birth control would you suggest for a friend who was sexually active? Why would you suggest this form? Explain to a friend, how this method works, how you get it and how long it lasts.

Answers may vary

14. Conflict Notes Vocab. Review

Define the following terms: Compromise, escalate, assertive, aggressive, mediation.

a. Each person gives a little

b. minor conflicts become major conflicts.

c. Speaking honestly and act appropriately on your needs, feelings & goals.

d. Speak/Act in a demanding and insulting way.

e. 3rd party, un-bias perspective to help sort through conflict.
(person)

15. What is an "I message" and why are they an important part of communication?

non-threatening statements that state how you are feeling.

16. Which biological sex is indicated by a chromosome pair of XY?

- a.) Male b.) Intersex c.) Female d.) Turner Syndrome

17. Which of the following terms describe people who identify with the gender opposite their biological, anatomical sex?

- a.) homophobia b.) bisexual c.) heterosexual d.) transgender

18. People who are _____ are only attracted to people of their own gender.

- a.) bisexual b.) heterosexual c.) questioning d.) homosexual

19. True/False: Sexuality is defined only by gender.

True/False: Your gender determines your masculinity or femininity.

True/False: While heterosexual teens are exploring their sexuality, LGBT teens are doing the same.

True/False: Individuals with DSDs have an ambiguous biological sex.

True/False: People do not know their sexual orientation until they reach adulthood.

True/False: It is not possible to embody extreme masculinity or femininity.

DECIDE Prompt: Using the DECIDE template (next page) work through the following scenario to help make your decision.

Mark and Sam have been dating for quite some time now. Sam has expressed to Mark that they are interested in taking their relationship to the next level and have sex. Mark is not ready yet, but cares about the relationship. Mark values their reputation, goals for their future and safety. Use the DECIDE template to work through some possible solutions to this problem. List 2-3 positives and negatives for each of the 3 solutions. Use the Evaluate section as a "what if" or hypothetically speaking.

Answers may vary