

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a plain white space where the text is placed.

Sex is a big deal!

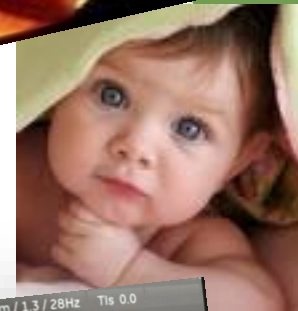
Don't let anyone try to tell you it's not.

-It's not just about pleasure, or expressing your feelings for someone, or being in love, or even curiosity, or that you didn't know how to say "No" ...

-When you hit puberty you take on a huge responsibility:

YOU ARE CAPABLE OF PRODUCING HUMAN LIFE!!!

-You will have sexual decisions to make in your lifetime and there are consequences of your choices – starting with one of the biggest consequences... A BABY.



SEX IS VERY
LIKELY TO
MAKE A
BABY!...



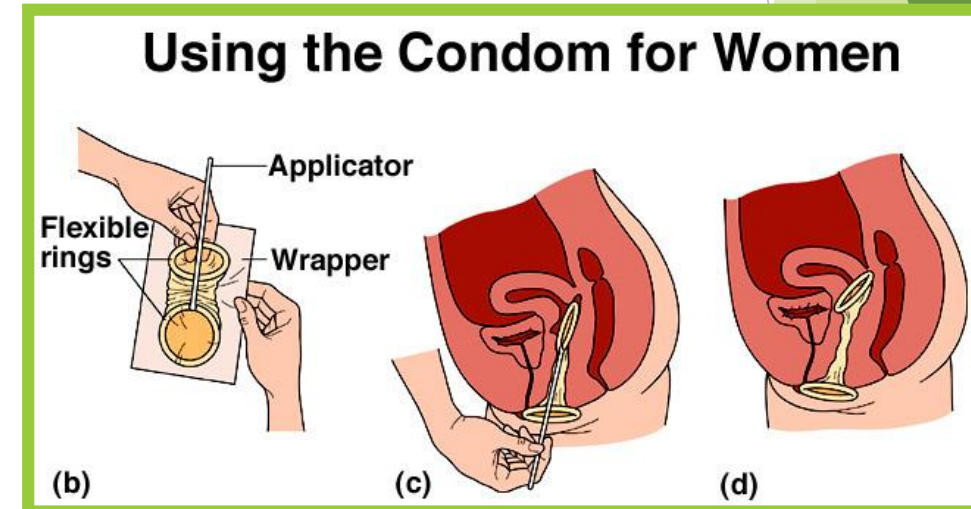
Abstinence

- ▶ To abstain from something, meaning to not do something.
- ▶ A person can abstain from drugs, alcohol, sex, etc.
- ▶ A person must self control

Abstinence is the only 100% sure form of birth control and keeping you safe from STDs

Barrier Methods

- Male Condoms and Female Condoms
- This form of birth control blocks sperm
- Can be obtained over the counter (you do not need a prescription)
- Condoms are the only form of birth control that also provides some protection against STDs



Hormonal Birth Control Methods

- Must have a **prescription from a medical care provider** for hormonal birth control.
- Common forms include: pill, patch, nuva ring, and the depoprovera shot
- Releases hormones into the female body that prevent ovulation, changes uterine lining, and thickens the cervical mucus.

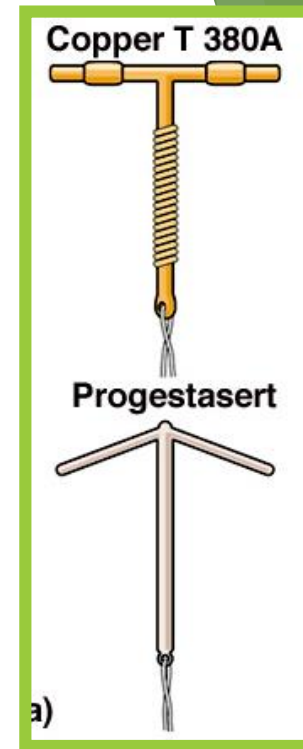


**NO
PROTECTION
AGAINST
STDS**

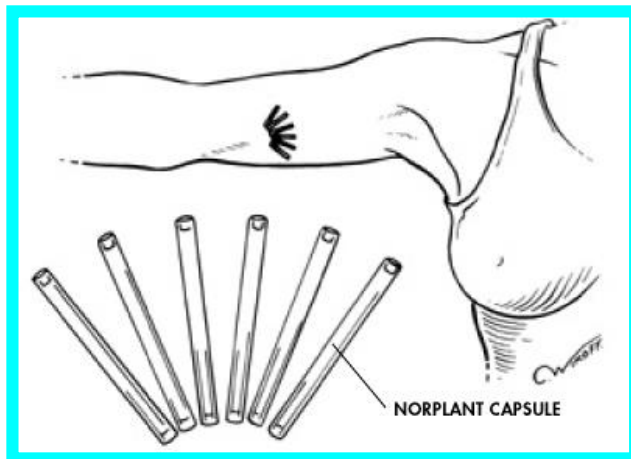


IUD * (OR IUC) (INTRAUTERINE DEVICE)

- made from **plastic or copper**
- **placed into the uterus** by a trained doctor or nurse
- **prevent the fertilized egg from attaching to the lining of the uterus** - copper also **kills sperm**

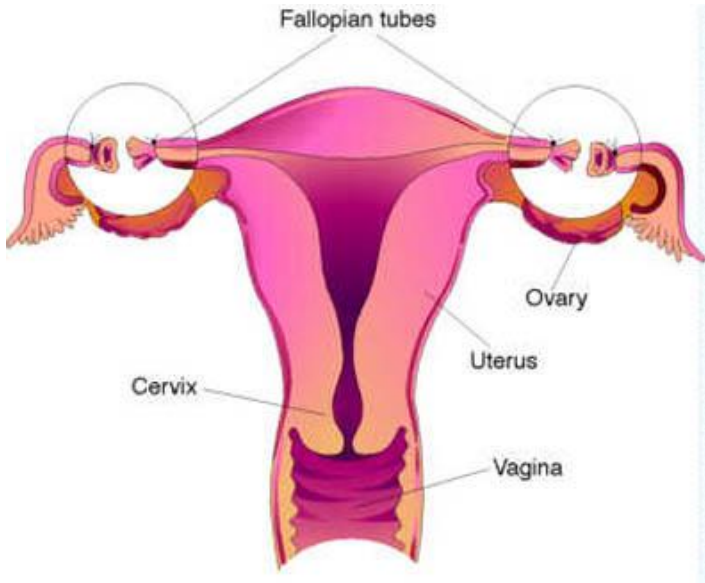


Brachial Implant



- tiny capsules of artificial hormones **implanted under the skin of the arm** by a doctor or nurse.
- **slowly release hormones** into the bloodstream.
- **stops ovulation**, preventing the ovaries from releasing eggs, and thus preventing fertilization.
- **thickens cervical mucus**, making it harder for sperm to enter the uterus and for egg to implant.

Permanent Birth Control

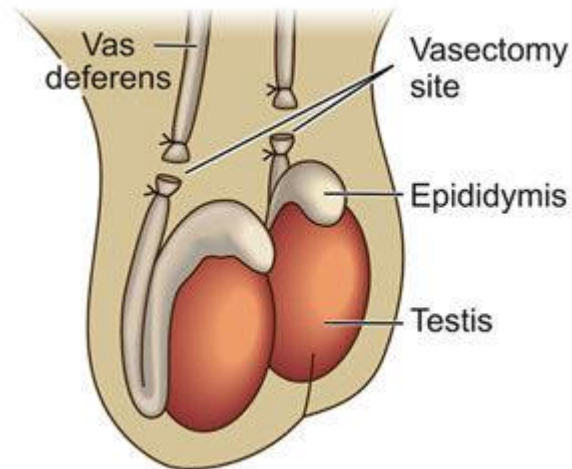


FEMALES: Tubal Litigation

- ▶ permanent surgical procedure
- ▶ fallopian tubes are cut and tied so that the egg can no longer reach the uterus, keeping any sperm from fertilizing the egg

MALES: Vasectomy

- Permanent surgical procedure
- Vas deferens is cut and tied keeping any sperm from leaving the body
- Ejaculation is still possible, semen no longer has sperm



Exit Task

Name at least 2 types of birth control methods and how they work.