

SEXEDVA

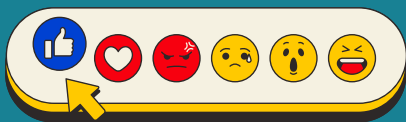
April 2024

Monthly Newsletter

SAFER CHOICES LESSON HIGHLIGHT

**"DO YOU WANT TO SOFT
LAUNCH OUR RELATIONSHIP
ON SOCIALS?"**

Relationships can take a different shape when they move to an online platform. The line between unhealthy and healthy can be even more blurry when social media sites become places to showcase, or even manage, a relationship. In 10th grade, students think about what digital boundaries they might have when it comes to posting about a partner or following exes back. Students share their opinions or quietly reflect on posting relationships publicly, using one another's devices, or personal expectations about texting. Students are encouraged to have intentional conversations with partners about digital boundaries and collaborate to agree on digital dating terms.



Facilitator Spotlight: Sydney

Picture this: a dimly-lit auditorium full of 8th-grade boys learning about sexual health, giggling to one another when hearing a word such as "penis." Today, the lesson is on hormonal methods of birth control. One student asks a question about whether birth control affects someone's period. The student to his right asks another question about menstruation. Then, another about female reproductive anatomy. And so an engaging conversation led by 8th-grade boys begins. Sydney, a facilitator of *Draw the Line* and *Safer Choices*, recalls this memory fondly. She remembers feeling as if she had properly done her job by making the classroom a safe space for these boys to ask these kinds of questions. Sydney took this position after majoring in public health, as she actively seeks to help others "make the right [informed] decisions for oneself regarding relationships and sexual health." When asked how she creates this comfortable environment with her students, Sydney shares that her age makes a big difference in how she interacts with the students. Not too long ago, she too was in high school and could connect to the pressures and issues that teens are currently facing.

"Try and use relevant examples as much as you can. Find popular music, tv, or movies out right now that you can relate content to. Ask your students for their input if you feel out of touch!"

**Classroom
Management Tip**






SEXUAL HEALTH FACT:

THE REPRODUCTIVE SYSTEM HOUSES BOTH THE LARGEST AND SMALLEST CELLS IN THE BODY.

The largest cell in the body is an ovum, or an egg, and the smallest happens to be sperm. Ovums are large enough to be seen with the naked eye...so break out the reading glasses!



ANONYMOUS QUESTION...ANSWERED!

LIKE ANY MEDICATION, BIRTH CONTROL CAN HAVE SIDE EFFECTS.

Hormonal birth control may have side effects such as mood changes, increased water retention, and increased appetite. Like any medication, these side effects could lead to weight changes. **However, hormonal birth control does not directly cause weight gain.** It is important to note that side effects from medications affect people differently. What may happen to one person may not affect another. If you are worried about the side effects of one type of birth control or already experience some unwanted side effects, talk to your doctor about what works best for you.

Conversation Starters!

Many adults don't feel as "in-the-know" when it comes to social media platforms and digital content compared to teenagers (if you are well-versed in these things, congrats to you, you're the cool parent). That's okay. But when your teen's boundary gets disrespected online or they come to you upset because of a post made about them, you might be lost. Don't let it get to this point before you have a conversation with your teen regarding digital boundaries and online expectations of relationships. Ask your student what teens their age post about or do on certain socials. Learn from them. Genuinely be interested. If your teen is heavily involved in social media, then they probably will be excited to share this with you (even if they don't act like it). They might not want to share the content they create with you, and as long as there is no cause for alarm there, let that be private for them. When your teen sees that you trust them and respect their privacy, your relationship will grow. Empower them to think critically about what media they are consuming, and what messages they might be unconsciously subjected to. Share some of your own thoughts about what media you consume if you have examples.



Resource Recommendation

Explore the CDC's website on [different methods of birth control and protection.](#) This is a good resource to get more information for both parents and teens!

Sexual Health Fact Source:

Hatton, I. A., et al. (2023). The human cell count and size distribution. *Proceedings of the National Academy of Sciences*, 120(39), e2303077120. <https://doi.org/10.1073/pnas.2303077120>

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