

SEXEDVA

March 2024

Monthly Newsletter

DRAW THE LINE LESSON HIGHLIGHT

"PICK A CARD, ANY CARD..."

"You and someone you like are at a party. They ask you to go outside. You really want to go, but you know that going outside might mean you end up going farther than you want to."

In 8th grade, students pair up and are given a deck of cards with a variation of this scenario. Students assume fake roles and are dealt cards (partner "A" or "B") appropriate to the role they will play. The cards have different questions and responses that they may lay down to have a conversation. If one partner continues to pressure the other, students can play the "walk away" card to end the scene and get to a safe place. Then, shuffle the cards and play again!



Facilitator Spotlight: Liz Miller

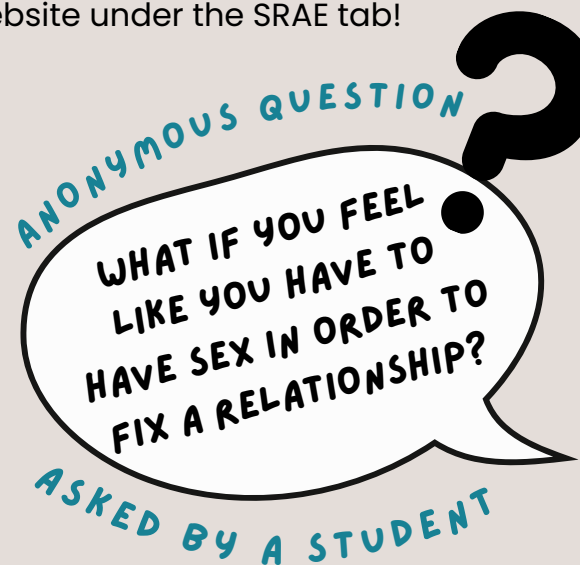


Whether it be biking across the United States, tending to their garden, or educating local youth on boundaries and clear communication, Liz lives every moment of their life to the fullest. Liz shares that they grew up in a community where sexuality was not discussed, and they were left with many unanswered questions and "internalized shame for even wondering" about it. Through the Teen Outreach Program (TOP)

club and Project Adult Identity Mentoring (A.I.M.), Liz works with local youth in order to help young people navigate those questions that they too once had. Liz hopes that their work "helps young people gain the tools to express themselves in empowering ways." To get your teen or students involved in these resources, visit our website under the SRAE tab!

"Teaching is a vocation that goes beyond the classroom. I learn the most about my students in stories that come up before and after the lesson, which help inform how I engage with students in the classroom."

**Liz's
Classroom
Management Tip**





ANONYMOUS QUESTION...ANSWERED!

SEX SHOULD NOT BE USED AS A BAND-AID.

Meaning, if you are feeling pressured to have sex in order to fix a relationship, there may be a deeper problem that needs to be addressed. The same constant argument, lack of communication, or an absence of emotional maturity might be preventing you from a satisfying relationship. Some couples have sex to show love and connect physically with one another, but this only works if there is mutual connection and care already established. Someone should not be having sex solely to save the relationship - they should be having it because they genuinely want to and are ready for it.

Resource Recommendation

Dr. Jennifer Salerno's **Teen Speak** is a well-known guide to **connecting** with your teen as they become young adults. Learn to foster greater **understanding** with one another with this quick read!

SEXUAL HEALTH FACT:

THE GERMAN WORD FOR "CONTRACEPTIVE" IS "SCHWANGERSCHAFTSVERHÜTUNGSMITTEL."

Okay, technically it translates to "pregnancy contraceptives," but still. It takes longer to say it than to put one on!



Adult/Student Conversation

Starters

It's important to teach our teens how to say "no" and be firm in their personal boundaries when feeling pressured by others. It's also important to teach them how to respect others' boundaries and accept a "no," even when it might be difficult to hear. Many times, we are unaware of the pressure we may be putting on those we care about. We might only be thinking of what we want or what we think is best for the relationship or our partner. Talk to your teen about what they believe respect looks like in a relationship. Ask them, "what are some respectful and disrespectful behaviors that could show up in a relationship?" Chat about what they would do if they felt disrespected by a partner and how they would know if their partner felt disrespected by them. It's okay to feel disappointed when a partner says "no" to something that you want to do, but it's not okay and is disrespectful to get angry or aggressive towards them when they are setting a personal boundary. Brainstorm action steps to take after hearing a "no." What could they suggest to do as an alternative? Think through ways to respectfully handle such situations that might occur in your teen's life.

