

# Information about Sexual Health

Identify 3 places to go to get an HIV test

It is normal for young people to want to have a special girl friend or boy friend. Having someone to feel close to, to talk to, someone to show you special attention. Having those feelings are not wrong. How you express those feelings at your age is important. Many young people believe that the only way to show that you care about somebody is to have anal, oral and or vaginal sex with them or to let them touch your private parts (feel you up). It does not matter what others (movies, neighbours, family, videos, friends) say, this is not true.

As 6<sup>th</sup> grade students, it is important to express your needs for attention for a boyfriend or girlfriend in a way that is safe and healthy. You can join the lunch GROUP where your friend is having lunch and join the conversations that the group of friends may be having, walk home together from school with your friend's group, ask your friends to let you and your other friends help them with homework if need be, invite them with their friends to church, to rated A movies at the Mall accompanied by an adult supervisor for the group, early evening recreation that your parents or some adult has arranged for the group. Delay hugging, texting, kissing, long conversations on the phone, going out on dates, writing love letters etc. These can come later when you are older.

It is important to wait because pregnancy can occur when sperm from the man joins with a woman's egg in unprotected sex. You can't look at someone and tell if they are infected with HIV. If you have sexual intercourse and or exchange body fluids with someone who is infected, you will become infected. People who choose to have sexual intercourse should use a latex condom to protect themselves from HIV and other STIs. Persons who choose to have sexual intercourse should limit the number of partners they have.

FOY BK6, PG 89

Using the information above write T for true and F for false for each statement.

1. It is okay to want to have a girlfriend or boyfriend at a young age. T or F
2. You may want a friend to talk to or to show you special attention. T or F
3. You have to have sex if you have a boyfriend or girlfriend. T or F
4. Vaginal and Oral sex are the only ways to have sex? T or F
5. You should show that you care for your boyfriend or girlfriend in non sexual ways. T or F
6. You must delay hugging and kissing, going out on dates in dark places while you are still young. T or F
7. Pregnancy can occur by kissing. T or F
8. You can look at someone and tell whether they have HIV Or AIDS. T or F
9. When sperms enter a woman's egg then pregnancy occurs. T OR F
10. If you exchange body fluids with an infected individual you may become infected. T or F