

SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

CITATIONS FOR 2021 WILLING TO WAIT MS LESSON PLANS

LESSON ONE: Sex, Everyone's Talking About It

1. **“While we are free to choose our actions, we are not free to choose the consequences of those actions.”**

Covey, Stephen R. *The Seven Habits of Highly Effective People: Restoring the Character Ethic*. New York: Free Press, 2003, page 90.

2. **80% of teens (9th and 11th graders) in Kent County have not had sex.**

“Michigan Profile for Healthy Youth: 2019-2020 Kent County.” Michigan Department of Education, 2020. <https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportViewer.aspx?key=e96b8caa-1828-450e-b007-f75d85faee87>

Other Michigan county reports can be accessed here:
<https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportGeneration.aspx>

3. **The average American person gets married around 25-30 years old.**

Cohn, D’Vera, Jeffrey S. Passel, Wendy Wang, and Gretchen Livingston. “Barely Half of U.S. Adults Are Married – A Record Low.” *Social and Demographic Trends*. Pew Research Center, December 14, 2011. <http://www.pewsocialtrends.org/2011/12/14/barely-half-of-u-s-adults-are-married-a-record-low/>.

US Census Bureau. “Historical Marital Status Tables.” The United States Census Bureau. Accessed February 9, 2021. <https://www.census.gov/data/tables/time-series/demo/families/marital.html>.

4. **The average American person dies around 80 years old.**

“Health, United States, 2015: With Special Feature on Racial and Ethnic Health Disparities.” Centers for Disease Control and Prevention. Hyattsville, Md. : Washington, DC: U.S Department of Health and Human Services, May 2016. [http://www.cdc.gov/nchs/data/15.pdf#015](http://www.cdc.gov/nchs/data/hus/15.pdf#015).

LESSON TWO: Teenage Pregnancy

1. **75% of teens who experience a pregnancy did not plan on it.**

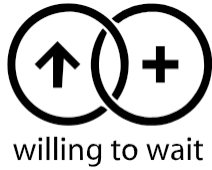
Finer, Lawrence B., and Mia R. Zolna. “Declines in Unintended Pregnancy in the United States, 2008–2011.” *New England Journal of Medicine* 374, no. 9 (March 3, 2016): 843–52. <https://doi.org/10.1056/NEJMsa1506575>.

2. **323,950 teen pregnancies each year (as of 2017), 888 (teen pregnancies) each day.**

This number was based on the following report from March, 2021:

Madow-Zimet, Isaac, and Kathryn Kost. “Pregnancies, Births and Abortions in the United States, 1973–2017: National and State Trends by Age.” Guttmacher Institute, March 2, 2021. <https://doi.org/10.1363/2021.32709>. <https://www.guttmacher.org/report/pregnancies-births-abortions-in-united-states-1973-2017>.

See also:



SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

Kost, Kathryn, Isaac Maddow-Zimet, and Alex Arpaia. "Pregnancies, Births and Abortions Among Adolescents and Young Women in the United States, 2013: National and State Trends by Age, Race and Ethnicity." *Guttmacher Institute*, August 16, 2017. <https://www.guttmacher.org/report/us-adolescent-pregnancy-trends-2013>.

Martin, Joyce A., Brady E. Hamilton, Michelle J. K. Osterman, and Anne K Driscoll. "Births: Final Data for 2019," *National Vital Statistics Reports*, Volume 70, no. Number 2 (March 23, 2021).

3. 538 male teens and 538 female teens become parents each day.

This number was also based on the 2017 numbers reported in March, 2021:

Maddow-Zimet, Isaac, and Kathryn Kost. "Pregnancies, Births and Abortions in the United States, 1973–2017: National and State Trends by Age." *Guttmacher Institute*, March 2, 2021. <https://doi.org/10.1363/2021.32709>.
<https://www.guttmacher.org/report/pregnancies-births-abortions-in-united-states-1973-2017>.

4. Michigan law prohibits teaching abortion as a method of family planning.

Michigan Legislature - Section 380.1507, Pub. L. No. 451, § 380.1507. Accessed June 14, 2018.
[http://www.legislature.mi.gov/\(S\(mgmsg1gz4izzsgzdmgitoaw1\)\)/mileg.aspx?page=getobject&objectname=mcl-380-1507](http://www.legislature.mi.gov/(S(mgmsg1gz4izzsgzdmgitoaw1))/mileg.aspx?page=getobject&objectname=mcl-380-1507).

5. 20% Of Kent County high school students (9th and 11th graders) have had sex (only 14% in the last three months).

"Michigan Profile for Healthy Youth: 2019-2020 Kent County." Michigan Department of Education, 2020.
<https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportViewer.aspx?key=e96b8caa-1828-450e-b007-f75d85faee87>

Other Michigan county reports can be accessed here:
<https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportGeneration.aspx>

6. Safe Delivery of Newborn Laws

"MDHHS - About Safe Delivery." Accessed August 30, 2017. http://www.michigan.gov/mdhhs/0,5885,7-339-71548_7200-15674--,00.html.

7. 300,000 Eggs available at puberty.

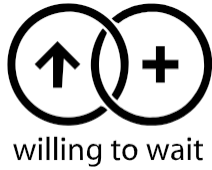
"Female Age-Related Fertility Decline." *Fertility and Sterility* 101, no. 3 (March 1, 2014): 633–34.

"Your Guide to the Female Reproductive System." *WebMD*. Accessed May 16, 2016. <http://www.webmd.com/sex-relationships/guide/your-guide-female-reproductive-system>.

8. 180-400 million sperm released with each ejaculate and can live in female reproductive system for 2-3 days (up to five).

Lindemann, Dr. Charles B. "Dr. Charles Lindemann's Lab: Sperm Facts," 2011.
<https://www2.oakland.edu/biology/lindemann/spermfacts.htm>.

"Sperm: How Long Sperm Live, Sperm Count, and More." *WebMD*. Accessed February 9, 2017.
<http://www.webmd.com/infertility-and-reproduction/guide/sperm-and-semen-faq>.



SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

Hatcher, Robert A. *Contraceptive Technology*. 21 edition. Managing Contraception LLC, 2018.
<http://www.contraceptivetechnology.org/wp-content/uploads/2013/09/Contraceptive-Failure-Rates.pdf>.

9. At the moment of conception, many of your unique characteristics were determined.

O'Rahilly, Ronan R., and Fabiola Müller. *Human Embryology & Teratology*, 3rd Edition. New York: Wiley-Liss, 2001, page 8.

Moore, Keith L., T. V. N. Persaud, and Mark G. Torchia. *The Developing Human: Clinically Oriented Embryology*. 10th edition. Philadelphia, PA: Elsevier, 2016, page 29.

10. Children of single parents have an increased risk of abuse.

Wilcox, William Bradford, Institute for American Values, and National Marriage Project (Rutgers University). *Why Marriage Matters: Thirty Conclusions from the Social Sciences: A Report from Family Scholars*. New York: Institute for American Values, 2011.

Sedlak, Andrea J., Jane Mettenburg, Monica Basena, I. Peta, Karla McPherson, A. Greene, and others. "Fourth National Incidence Study of Child Abuse and Neglect (NIS-4)." *Washington, DC: US Department of Health and Human Services*. Retrieved on July 9 (2010): 2010.

Berger, Lawrence M., Christina Paxson, and Jane Waldfogel. "Mothers, Men, and Child Protective Services Involvement." *Child Maltreatment* 14, no. 3 (August 1, 2009): 263–76. doi:10.1177/1077559509337255.

Margolin, Leslie. "Child Abuse by Mothers' Boyfriends: Why the Overrepresentation?" *Child Abuse and Neglect* 16, no. 4 (July 1, 1992): 541–51.

11. 63% of teen moms receive welfare (some form of public assistance).

"Why It Matters: Teen Childbearing, Education, and Economic Wellbeing." *The National Campaign to Prevent Teen and Unplanned Pregnancy*, July 2012.

12. The average cost of care is \$275/wk.

This is based on our own estimates of local prices for common parenting expenses: \$16.00 for diapers, \$14.00 for food, \$45.00 for clothing and shoes, and \$200 for day care.

Other calculations can be found at:

"It's More Expensive than Ever to Raise a Child in the U.S." *Washington Post*. Accessed January 11, 2017.
<https://www.washingtonpost.com/news/business/wp/2017/01/10/its-more-expensive-than-ever-to-raise-a-child-in-the-u-s/>.

"USDA Calculator." Accessed February 9, 2017. https://www.cnpp.usda.gov/tools/CRC_Calculator/.

"The Cost of Raising a Baby." *Parenting*. Accessed February 9, 2017. /article/the-cost-of-raising-a-baby.

13. Success Sequence

Haskins, Ron, and Isabel V. Sawhill. *Creating an Opportunity Society*. Washington, D.C: Brookings Institution Press, 2009.



SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

“Teenage Births: Outcomes for Young Parents and Their Children.” Albany, New York: Schuyler Center for Analysis and Advocacy, December 2008. http://www.scaany.org/documents/teen_pregnancy_dec08.pdf.

teenpregnancy.org. “Why It Matters: Teen Pregnancy, Poverty, and Income Disparity.” The National Campaign to Prevent Teen Pregnancy, March 2010.

Wang, Wendy, and W Bradford Wilcox. “The Millennial Success Sequence.” Institute for Family Studies, 2017.

A discussion of the limitations of the “Success Sequence” can be read in the essay by Michael Tanner below. The “Success Sequence” is a description of predictive markers for attaining the middle class. There is debate over whether these three steps are also valid strategies for avoiding poverty. In other words, does the “Success Sequences” show causation or mere correlation?

Tanner, Michael. “The Success Sequence - and What It Leaves Out.” *Cato Unbound: A Journal of Debate*, May 9, 2018. <https://www.cato-unbound.org/2018/05/09/michael-d-tanner/success-sequence-what-it-leaves-out>.

14. Parenting together is usually easier than parenting alone.

Wilcox, William Bradford, Institute for American Values, and National Marriage Project (Rutgers University). *Why Marriage Matters: Thirty Conclusions from the Social Sciences: A Report from Family Scholars*. New York: Institute for American Values, 2011.

Redd, Zakia, Tahilin Sanchez Karver, David Murphey, Kristin Anderson Moore, and Dylan Knewstubb. “Two Generations in Poverty: Status and Trends among Parents and Children in the United States, 2000-2010.” *Child Trends Research Brief*. Washington, D.C.: Aspen Institute, November 2011. <http://www.childtrends.org/wp-content/uploads/2011/11/2011-25DUPGenerationsInPoverty.pdf>.

“Why It Matters: Teen Childbearing, Education, and Economic Wellbeing.” *The National Campaign to Prevent Teen and Unplanned Pregnancy*, July 2012.

“About Teen Pregnancy | Teen Pregnancy | Reproductive Health | CDC.” Accessed July 14, 2016. <http://www.cdc.gov/teenpregnancy/about/>.

Klepinger, Daniel H., Shelly Lundberg, and Robert D. Plotnick. “Adolescent Fertility and the Educational Attainment of Young Women.” *Family Planning Perspectives*, 1995, 23–28.

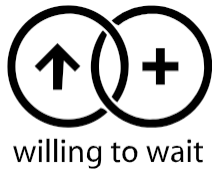
Mollborn, Stefanie. “Exploring Variation in Teenage Mothers’ and Fathers’ Educational Attainment.” *Perspectives on Sexual and Reproductive Health* 42, no. 3 (September 2010): 152–59. doi:10.1363/4215210. This study does not necessarily support the above claim, but provides a more nuanced look at how pregnancy affects teen mothers and fathers differently.

Hoffman, Saul D. “By the Numbers: The Public Cost of Teen Childbearing.” National Campaign to Prevent Teen Pregnancy. Washington, D.C., October 2006.

Isaacs, Julia B., Isabel V. Sawhill, and Ron Haskins. “Getting Ahead or Losing Ground: Economic Mobility in America.” *Brookings Institution*, 2008. <http://eric.ed.gov/?id=ED500256>.

Haskins, Ron, and Isabel V. Sawhill. *Creating an Opportunity Society*. Washington, D.C: Brookings Institution Press, 2009.

“Why It Matters: Teen Pregnancy. Poverty, and Income Disparity | National Clearinghouse on Families & Youth.” Accessed November 21, 2016. <http://ncfy.acf.hhs.gov/library/2010/why-it-matters-teen-pregnancy-poverty-and-income-disparity>.



SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

“Teenage Births: Outcomes for Young Parents and Their Children.” Albany, New York: Schuyler Center for Analysis and Advocacy, December 2008. http://www.scaany.org/documents/teen_pregnancy_dec08.pdf.

15. Condoms typically have a 13% failure rate. Pills, patches, and rings (popular hormonal methods) typically have a 7% failure rate.

Hatcher, Robert A. *Contraceptive Technology*. 21 edition. Managing Contraception LLC, 2018.

“Contraception | Reproductive Health | CDC,” June 5, 2020.
<https://www.cdc.gov/reproductivehealth/contraception/index.htm>.

Guttmacher Institute. “Contraceptive Use in the United States,” January 22, 2020.
<https://www.guttmacher.org/fact-sheet/contraceptive-use-united-states>.

LESSON THREE: Sexually Transmitted Infections

1. Young people (15-24) account for ½ of new STI cases.

Kreisel, Kristen M., Ian H. Spicknall, Julia W. Gargano, Felicia M. T. Lewis, Rayleen M. Lewis, Lauri E. Markowitz, Henry Roberts, et al. “Sexually Transmitted Infections Among US Women and Men: Prevalence and Incidence Estimates, 2018.” *Sexually Transmitted Diseases* 48, no. 4 (April 2021): 208–14.
<https://doi.org/10.1097/OLQ.0000000000001355>.

Centers for Disease Control and Prevention. “Sexually Transmitted Disease Surveillance 2018.” Atlanta, Ga.: U.S. Department of Health and Human Services, October 2019.
<https://www.cdc.gov/std/stats18/STDSurveillance2018-FULL-report.pdf>.

Satterwhite, Catherine Lindsey, et al. “Sexually Transmitted Infections among US Women and Men: Prevalence and Incidence Estimates, 2008.” *Sexually Transmitted Diseases* 40, no. 3 (March 2013): 187–93.
<https://doi.org/10.1097/OLQ.0b013e318286bb53>.

2. Almost a quarter of adolescent females has an STD.

Forhan, S. E., S. L. Gottlieb, M. R. Sternberg, F. Xu, S. D. Datta, G. M. McQuillan, S. M. Berman, and L. E. Markowitz. “Prevalence of Sexually Transmitted Infections Among Female Adolescents Aged 14 to 19 in the United States.” *PEDIATRICS* 124, no. 6 (December 1, 2009): 1505–12. doi:10.1542/peds.2009-0674.

More precisely, this study shows that over 25% of all females 14-19 have an STD, and nearly 40% of those who specifically report sexually activity have at least one STD.

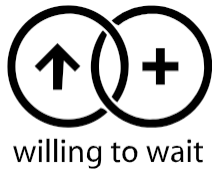
3. Why don't you know if other people have an STD? Because most people with an STD are asymptomatic.

“STD Facts - Chlamydia,” May 19, 2016. <http://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm>.

“STD Facts - Human Papillomavirus (HPV),” May 16, 2016. <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>.

Farley, Thomas A, Deborah A Cohen, and Whitney Elkins. “Asymptomatic Sexually Transmitted Diseases: The Case for Screening.” *Preventive Medicine* 36, no. 4 (April 2003): 502–9. doi:10.1016/S0091-7435(02)00058-0.

Mullick, S, D Watson-Jones, M Beksinska, and D Mabey. “Sexually Transmitted Infections in Pregnancy: Prevalence, Impact on Pregnancy Outcomes, and Approach to Treatment in Developing Countries.” *Sexually Transmitted Infections* 81, no. 4 (August 2005): 294–302. doi:10.1136/sti.2002.004077.



SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

Fleming, Douglas T., Geraldine M. McQuillan, Robert E. Johnson, André J. Nahmias, Sevgi O. Aral, Francis K. Lee, and Michael E. St. Louis. "Herpes Simplex Virus Type 2 in the United States, 1976 to 1994." *New England Journal of Medicine* 337, no. 16 (October 16, 1997): 1105–11. doi:10.1056/NEJM199710163371601.

Bunnell, Rebecca E., Linda Dahlberg, Robert Rolfs, Raymond Ransom, Kenneth Gershman, Carol Farshy, Wilbert J. Newhall, Scott Schmid, Katherine Stone, and Michael St Louis. "High Prevalence and Incidence of Sexually Transmitted Diseases in Urban Adolescent Females Despite Moderate Risk Behaviors." *Journal of Infectious Diseases* 180, no. 5 (November 1, 1999): 1624–31. doi:10.1086/315080.

4. Only 20% of high school students in Kent County have ever had sex.

"Michigan Profile for Healthy Youth: 2019-2020 Kent County." Michigan Department of Education, 2020. <https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportViewer.aspx?key=e96b8caa-1828-450e-b007-f75d85faee87>.

Other Michigan county reports can be accessed here:

<https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportGeneration.aspx>

5. An estimated one out of two sexually active people under 25 will get an STD.

Cates, J. R., N. L. Herndon, S. L. Schulz, and J E. Darroch. *Our Voices, Our Lives, Our Futures: Youth and Sexually Transmitted Diseases*. Chapel Hill, North Carolina: School of Journalism and Mass Communication, University of North Carolina at Chapel Hill, 2004, page 4. <http://joancates.web.unc.edu/files/2010/11/Our-Voices-Our-Lives-Our-Futures-Youth-and-Sexually-Transmitted-Diseases.pdf>.

Centers for Disease Control. "What Gay and Bisexual Men Need to Know About Sexually Transmitted Diseases." <https://www.cdc.gov/std/life-stages-populations/MSMandSTDs.pdf>

"The Impact of STDs in Different Populations." National Coalition of STD Directors, 2021. <https://www.ncsddc.org/wp-content/uploads/2017/08/differentpopfinal.pdf>.

Han, Jasmine J., Thomas H. Beltran, John W. Song, John Klaric, and Y. Sammy Choi. "Prevalence of Genital Human Papillomavirus Infection and Human Papillomavirus Vaccination Rates Among US Adult Men: National Health and Nutrition Examination Survey (NHANES) 2013-2014." *JAMA Oncology* 3, no. 6 (June 1, 2017): 810. <https://doi.org/10.1001/jamaoncol.2016.6192>. (Sample found 46.5% of males 23-27 have HPV.)

Markowitz, Lauri E., Gui Liu, Susan Hariri, Martin Steinau, Eileen F. Dunne, and Elizabeth R. Unger. "Prevalence of HPV After Introduction of the Vaccination Program in the United States." *Pediatrics* 137, no. 3 (March 2016): e20151968. <https://doi.org/10.1542/peds.2015-1968>. (Sample found 57.9% of females 20-24 have HPV.)

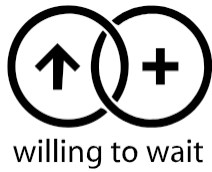
Forhan, S. E., S. L. Gottlieb, M. R. Sternberg, F. Xu, S. D. Datta, G. M. McQuillan, S. M. Berman, and L. E. Markowitz. "Prevalence of Sexually Transmitted Infections Among Female Adolescents Aged 14 to 19 in the United States." *PEDIATRICS* 124, no. 6 (December 1, 2009): 1505–12. <https://doi.org/10.1542/peds.2009-0674>. (Found 37.7% of sexually active females 14-19 have HPV, Chlamydia, Trichomoniasis, Herpes 2, or Gonorrhea.)

6. How STDs spread

"HIV Transmission | HIV Basics | HIV/AIDS | CDC." Accessed June 30, 2016. <http://www.cdc.gov/hiv/basics/transmission.html>.

"STD Facts - Genital Herpes," May 19, 2016. <http://www.cdc.gov/std/herpes/stdfact-herpes.htm>.

"STD Facts - Human Papillomavirus (HPV)," May 16, 2016. <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>.



SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

“Fact Sheet for Public Health Personnel | Condom Effectiveness | CDC,” March 25, 2013. <http://www.cdc.gov/condomeffectiveness/latex.html>.

Wald, A., M. Ericsson, E. Krantz, S. Selke, and L. Corey. “Oral Shedding of Herpes Simplex Virus Type 2.” *Sexually Transmitted Infections* 80, no. 4 (August 1, 2004): 272–76. <https://doi.org/10.1136/sti.2003.007823>.

D’Souza, Gypsyamber, Yuri Agrawal, Jane Halpern, Sacred Bodison, and Maura L. Gillison. “Oral Sexual Behaviors Associated with Prevalent Oral Human Papillomavirus Infection.” *The Journal of Infectious Diseases* 199, no. 9 (May 1, 2009): 1263–69. <https://doi.org/10.1086/597755>. (This study showed an association between various non-sexual activities like deep kissing and sharing oral hygiene products and HPV infection. Subsequent publications below qualified that as a low or theoretical risk.)

7. How many STDs are there?

“Sexually Transmitted Infections (STIs).” The World Health Organization. Accessed July 17, 2019. [https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis)).

“Sexually Transmitted Diseases - Information from CDC,” June 3, 2019. <https://www.cdc.gov/std/default.htm>.

8. HPV information

“STD Facts - Human Papillomavirus (HPV),” May 16, 2016. <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>.

D’Souza, Gypsyamber, Yuri Agrawal, Jane Halpern, Sacred Bodison, and Maura L. Gillison. “Oral Sexual Behaviors Associated with Prevalent Oral Human Papillomavirus Infection.” *The Journal of Infectious Diseases* 199, no. 9 (May 1, 2009): 1263–69. <https://doi.org/10.1086/597755>. (This study showed an association between various non-sexual activities like deep kissing and sharing oral hygiene products and HPV infection. Subsequent publications below qualified that as a low or theoretical risk.)

D’Souza, Gypsyamber. “Reply to Sourvinos et Al.” *The Journal of Infectious Diseases* 201, no. 3 (February 1, 2010): 478–80. <https://doi.org/10.1086/649915>.

D’Souza, Gypsyamber, Neil D. Gross, Sara I. Pai, Robert Haddad, Karen S. Anderson, Shirani Rajan, Jennifer Gerber, Maura L. Gillison, and Marshall R. Posner. “Oral Human Papillomavirus (HPV) Infection in HPV-Positive Patients With Oropharyngeal Cancer and Their Partners.” *Journal of Clinical Oncology* 32, no. 23 (August 10, 2014): 2408–15. <https://doi.org/10.1200/JCO.2014.55.1341>.

9. Chlamydia information

“STD Facts - Chlamydia,” May 19, 2016. <http://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm>.

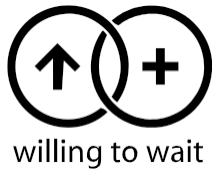
10. Herpes information

“STD Facts - Genital Herpes,” May 19, 2016. <http://www.cdc.gov/std/herpes/stdfact-herpes.htm>.

Wald, A., M. Ericsson, E. Krantz, S. Selke, and L. Corey. “Oral Shedding of Herpes Simplex Virus Type 2.” *Sexually Transmitted Infections* 80, no. 4 (August 1, 2004): 272–76. <https://doi.org/10.1136/sti.2003.007823>.

11. HIV information

“STD Facts - HIV/AIDS & STDs.” Accessed November 14, 2016. <http://www.cdc.gov/std/hiv/STDFact-STD-HIV.htm>.



SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

“HIV Infection and Cancer Risk.” CgvFactSheet. *National Cancer Institute*. Accessed June 30, 2016.
<http://www.cancer.gov/about-cancer/causes-prevention/risk/infectious-agents/hiv-fact-sheet>.

12. Teens have increased risk factors for STDs due to their less mature brains, behaviors, and bodies

Centers for Disease Control and Prevention. “Sexually Transmitted Disease Surveillance 2018.” Atlanta, Ga.: U.S. Department of Health and Human Services, October 2019, page 49.
<https://www.cdc.gov/std/stats18/STDsurveillance2018-FULL-report.pdf>.

13. Condoms are less effective for preventing STIs than for preventing pregnancy.

For a number of reasons, calculating and reporting the efficacy of condoms for preventing sexually transmitted infections is a challenge. Studies always depend on participants reporting how often they use condoms. And most studies vary in their measurement of “correct” and “consistent” usage of condoms and how those measurements influence their conclusion regarding condom effectiveness. Willing to Wait will avoid publishing specific percentages regarding the effectiveness of condoms to prevent STIs until future research establishes a consensus regarding the specifics of condom effectiveness among public health agencies (like the CDC and NIH).

The CDC reports that:

A greater level of protection is provided for the diseases transmitted by genital secretions. A lesser degree of protection is provided for genital ulcer diseases or HPV because these infections also may be transmitted by exposure to areas (e.g., infected skin or mucosal surfaces) that are not covered or protected by the condom.

“Fact Sheet for Public Health Personnel | Condom Effectiveness | CDC,” March 25, 2013.
<http://www.cdc.gov/condomeffectiveness/latex.html>.

The CDC also notes that:

When used consistently and correctly, male latex condoms are highly effective in preventing the sexual transmission of HIV infection. In heterosexual HIV serodiscordant relationships (i.e., those involving one infected and one uninfected partner) in which condoms were consistently used, HIV-negative partners were 80% less likely to become infected with HIV compared with persons in similar relationships in which condoms were not used.

“Clinical Prevention Guidance - 2015 STD Treatment Guidelines.” Accessed August 22, 2016.
<http://www.cdc.gov/std/tg2015/clinical.htm>.

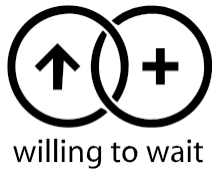
That claim is based on the following reports:

Weller, Susan C, and Karen Davis-Beatty. “Condom Effectiveness in Reducing Heterosexual HIV Transmission.” In *Cochrane Database of Systematic Reviews*, edited by The Cochrane Collaboration. Chichester, UK: John Wiley & Sons, Ltd, 2002. <http://doi.wiley.com/10.1002/14651858.CD003255>.

- Indicates 80% reduction of HIV incidence with consistent condom use.

“Consistent Condom Use in Anal Sex Stops 70% of HIV Infections, Study Finds.” Accessed February 16, 2017.
<http://www.aidsmap.com/Consistent-condom-use-in-anal-sex-stops-70-of-HIV-infections-study-finds-but-intermittent-use-has-no-effect/page/2586976>.

Here are the findings of several other studies on the effectiveness of condoms.



SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

Herndon, Virginia. "Workshop Summary: Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease (STD) Prevention." Hyatt Dulles Airport: National Institute of Allergy and Infectious Diseases, National Institutes of Health, Department of Health and Human Services, July 20, 2001.

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.622.7977&rep=rep1&type=pdf>.

- *Note that not all of the studies reported in this workshop were equally credible or generalizable.*
- Estimates that consistent use of condoms decreased the risk of HIV by 85%
- Reports studies of Gonorrhea which found a reduction in risk by 39%, 55%, and 30.5%
- Reports a study of Chlamydia which found a reduction in risk by 33%.
- Reports a study of Trichomoniasis which found a reduction in risk of 30%.
- Reports a study of Herpes which found a 30% reduction in risk, an 80% *increase* in risk, as well one study which showed a 199% *increase in risk*.
- Reports studies of HPV which found 30% and 52% reductions in risk.

Crosby, Richard A., Richard A. Charnigo, Chandra Weathers, Angela M. Caliendo, and Lydia A. Shrier. "Condom Effectiveness against Non-Viral Sexually Transmitted Infections: A Prospective Study Using Electronic Daily Diaries." *Sex Transm Infect* 88, no. 7 (November 1, 2012): 484–89. doi:10.1136/sextrans-2012-050618.

- Reports a 25% reduction of STIs (Chlamydia, Gonorrhea, Trich) with consistent use, and a 59% reduction of STI incidence with consistent *and* correct condom use.

Crosby, Richard A., Ralph J. DiClemente, Gina M. Wingood, Delia Lang, and Kathy F. Harrington. "Value of Consistent Condom Use: A Study of Sexually Transmitted Disease Prevention Among African American Adolescent Females." *American Journal of Public Health* 93, no. 6 (June 2003): 901–2.

- Reports a 41% reduction of STI incidence with consistent condom use. (Calculated from their published RR of 1.69).

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- Indicates 70% reduction of HPV incidence with perfect condom use.

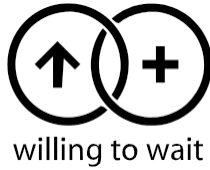
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- Indicates 80% reduction of HIV incidence with consistent condom use.

Winer, Rachel L., James P. Hughes, Qinghua Feng, Sandra O'Reilly, Nancy B. Kiviat, King K. Holmes, and Laura A. Koutsky. "Condom Use and the Risk of Genital Human Papillomavirus Infection in Young Women." *New England Journal of Medicine* 354, no. 25 (2006): 2645–2654.

- "Women whose partners used condoms for all instances of vaginal intercourse during the previous eight months were 70 percent less likely to acquire a new infection than were women whose partners used condoms less than 5 percent of the time, after adjustment for the number of new partners and the estimated number of previous partners of the male partner."

Warner, Lee, Katherine M. Stone, Maurizio Macaluso, James W. Buehler, and Harland D. Austin. "Condom Use and Risk of Gonorrhea and Chlamydia: A Systematic Review of Design and Measurement Factors Assessed in Epidemiologic Studies." *Sexually Transmitted Diseases* 33, no. 1 (January 2006): 36–51.



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Shlay, Judith C., Melissa W. McClung, Jennifer L. Patnaik, and John M. Douglas. "Comparison of Sexually Transmitted Disease Prevalence by Reported Level of Condom Use among Patients Attending an Urban Sexually Transmitted Disease Clinic." *Sexually Transmitted Diseases* 31, no. 3 (March 2004): 154–60.

14. Hormonal birth control provides 0% protection from any STI.

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LESSON FOUR: Emotional and Relational Consequences

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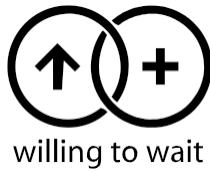
Teachman, Jay. "Premarital Sex, Premarital Cohabitation, and the Risk of Subsequent Marital Dissolution among Women." *Journal of Marriage and Family* 65, no. 2 (2003): 444–455.

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http://www.childstats.gov/pdf/ac2011/ac_11.pdf.

2. **“While we are free to choose our actions, we are not free to choose the consequences of those actions.”**

Covey, Stephen R. *The Seven Habits of Highly Effective People: Restoring the Character Ethic*. New York: Free Press, 2003, page 90.

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<https://bep.gov/services/currencyredemption.html>.

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4. **Sex is not merely a physical act, but also bonds two people together emotionally, in part due to the chemicals released in our bodies during sex (such as vasopressin and oxytocin).**

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6. At least half of teens who choose to have sex regret it.

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LESSON FIVE: Unhealthy Relationships, Laws, and Resisting Pressure

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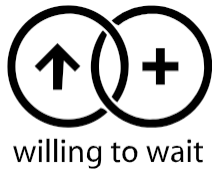
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SEX AND RELATIONSHIPS PROGRAM MIDDLE SCHOOLS

4. “A form of modern-day slavery in which people profit from the control and exploitations of others.”

“Human Trafficking.” Michigan Department of Health and Human Services. Accessed May 1, 2018. https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119_71039---,00.html.

LESSON SIX: Dating and Setting Boundaries

LESSON SEVEN: Healthy Relationships and Marriage

1. The benefits of marriage include:

Married people have the best sex and have sex more often.

While rates of sexual activity change throughout the course of life, married couples do generally have more sex and also report higher levels of sexual satisfaction. This is particularly true for couples in their 20’s to 40’s. The exception would be older adults who are cohabiting and report higher frequency of sex than their married counterparts.

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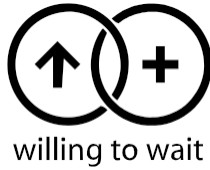
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Married people are richer.

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Lerman, Robert I. "Married and Unmarried Parenthood and Economic Well-Being." Urban Institute and American University, July 2002. <http://www.urban.org/research/publication/married-and-unmarried-parenthood-and-economic-well-being>.

Married people live longer and are healthier.

Waite, Linda J. "Does Marriage Matter?" *Demography (Pre-2011)* 32, no. 4 (November 1995): 483–507.

Wilcox, William Bradford, Institute for American Values, and National Marriage Project (Rutgers University). *Why Marriage Matters: Thirty Conclusions from the Social Sciences: A Report from Family Scholars*. New York: Institute for American Values, 2011.

Married people create new families with legal rights and benefits.

Wilcox, William Bradford, Institute for American Values, and National Marriage Project (Rutgers University). *Why Marriage Matters: Thirty Conclusions from the Social Sciences: A Report from Family Scholars*. New York: Institute for American Values, 2011.

Marriage is the safest place for women and children.

Wilcox, William Bradford, Institute for American Values, and National Marriage Project (Rutgers University). *Why Marriage Matters: Thirty Conclusions from the Social Sciences: A Report from Family Scholars*. New York: Institute for American Values, 2011.

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Berger, Lawrence M., Christina Paxson, and Jane Waldfogel. "Mothers, Men, and Child Protective Services Involvement." *Child Maltreatment* 14, no. 3 (August 1, 2009): 263–76.
doi:10.1177/1077559509337255.

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