

# SEX AND RELATIONSHIPS PROGRAM HIGH SCHOOLS

## CITATIONS FOR 2022 WILLING TO WAIT HIGH SCHOOL LESSON PLANS

### LESSON ONE: Sex: Everyone's Talking About It

#### 1. Advertisers know sexualized images increase our attention and recall.

Cook, Ian A., Clay Warren, Sarah K. Pajot, David Schairer, and Andrew F. Leuchter. "Regional Brain Activation with Advertising Images." *Journal of Neuroscience, Psychology, and Economics* 4, no. 3 (2011): 147–60. doi:10.1037/a0024809.

Drolet, Aimee, Patti Williams, and Loraine Lau-Gesk. "Age-Related Differences in Responses to Affective vs. Rational Ads for Hedonic vs. Utilitarian Products." SSRN Scholarly Paper. Rochester, NY: Social Science Research Network, December 1, 2007. <https://papers.ssrn.com/abstract=1946336>.

Morris, Jon D., Nelson J. Klahr, Feng Shen, Jorge Villegas, Paul Wright, Guojun He, and Yijun Liu. "Mapping a Multidimensional Emotion in Response to Television Commercials." *Human Brain Mapping* 30, no. 3 (March 2009): 789–96. doi:10.1002/hbm.20544.

Reporter, By Daily Mail. "Sex DOES Sell... and Here's Why: Attractive Men and Women in Ads Affect Our Capacity for Rational Thought." *Mail Online*, September 21, 2011. <http://www.dailymail.co.uk/sciencetech/article-2040218/Sex-DOES-sell-Attractive-men-women-ads-affect-capacity-rational-thought.html>.

Sarpal, Rakesh, Lee Hui Ru, Tan Seng Teck, Gilbert Raj Sundram, and Hew Fui. "A Literature Review on the Impact in Usurping Sex Appeal Advertising on the Consumers' Cognitive, Emotional and Attitudinal Response." Accessed September 13, 2017. <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.741.2439&rep=rep1&type=pdf>.

Wilson, R. Dale, and Noreen K. Moore. "The Role of Sexually-Oriented Stimuli in Advertising: Theory and Literature Review." *ACR North American Advances NA-06* (1979). <http://acrwebsite.org/volumes/9530/volumes/v06/NA-06>.

#### 2. 80% of teens (9<sup>th</sup> and 11<sup>th</sup> 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. Teen sexual activity is considered a risk behavior by the CDC.

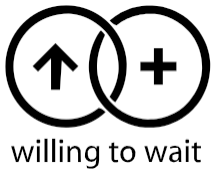
"Youth Risk Behavior Surveillance — United States, 2019." *Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report*, 69, no. 1 (2020): 88.

Kann, Laura, Tim McManus, William A Harris, Richard Lowry, David Chyen, Lisa Whittle, Jemekia Thornton, et al. "Youth Risk Behavior Surveillance —United States, 2017." *MMWR. Surveillance Summaries* 67, no. 8 (2018).

### LESSON TWO: Sexually Transmitted Diseases

#### 1. Young people (15-24) account for ½ of new STD 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



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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>.

Guttmacher Institute. “Sexually Transmitted Diseases Among American Youth: Incidence and Prevalence Estimates, 2000,” February 23, 2004. <https://www.guttmacher.org/journals/psrh/2004/sexually-transmitted-diseases-among-american-youth-incidence-and-prevalence>.

## 2. Young people are at increased risk for STDs.

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>.

## 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.

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>



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## 5. How to get an STD:

"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>.

"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, Sacared 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.)

## 6. Herpes information

"STD Facts - Genital Herpes," November 2019. <https://www.cdc.gov/std/herpes/stdfact-herpes-detailed.htm>.

McQuillan, Geraldine, and Ryne Paulose-Ram. "Prevalence of Herpes Simplex Virus Type 1 and Type 2 in Persons Aged 14–49: United States, 2015–2016," no. 304 (2018).

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>.

## 7. 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, Sacared 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.)

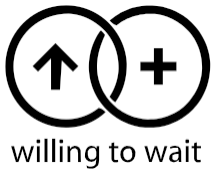
D'Souza, Gypsyamber. "Reply to Sourvinos et Al." *The Journal of Infectious Diseases* 201, no. 3 (February 1, 2010): 478–80. <https://doi.org/10.1086/649915>.

D'Souza, Gypsyamber, Neil D. Gross, et al. "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>.

## 8. HIV information

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

"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>.



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"Treatment | Living with HIV | HIV Basics | HIV/AIDS | CDC," May 20, 2021. <https://www.cdc.gov/hiv/basics/livingwithhiv/treatment.html>.

"PrEP | HIV Basics | HIV/AIDS | CDC," May 13, 2021. <https://www.cdc.gov/hiv/basics/prep.html>.

## 9. Chlamydia information

"STD Facts - Chlamydia," May 19, 2016. <http://www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm>.  
<https://www.cdc.gov/std/herpes/stdfact-herpes-detailed.htm>

"Detailed STD Facts - Pelvic Inflammatory Disease - CDC Fact Sheet," July 19, 2021.  
<https://www.cdc.gov/std/pid/stdfact-pid-detailed.htm>.

## 10. Gonorrhea

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

## 11. Syphilis

"STD Facts - Syphilis," May 20, 2016. <http://www.cdc.gov/std/syphilis/stdfact-syphilis.htm>.

## 12. Trichomoniasis is a common, treatable parasitic infection.

"STD Facts - Trichomoniasis," July 14, 2017. <https://www.cdc.gov/std/trichomonas/stdfact-trichomoniasis.htm>.

## 13. Estimates suggest half of sexually active young people 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>.

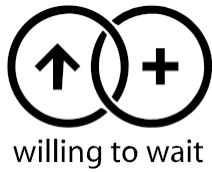
Centers for Disease Control. "What Gay and Bisexual Men Need to Know About Sexually Transmitted Diseases." <https://www.cdc.gov/std/life-stages-populations/MSMandSTDs.pdf>

"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, et al. "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. (Found 37.7% of sexually active females 14-19 have HPV, Chlamydia, Trichomoniasis, Herpes 2, or Gonorrhea.)



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## 14. Condoms are less effective for preventing some STDs 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 STDs 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-Beaty. “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>.

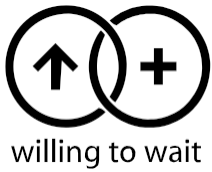
- Indicates 80% reduction of HIV incidence with consistent condom use.

“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.

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%.



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- 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).

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.

- Indicates 70% reduction of HPV incidence with perfect 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.

Crosby, Richard, and Sarah Bounse. "Condom Effectiveness: Where Are We Now?" *Sexual Health* 9, no. 1 (March 9, 2012): 10–17. doi:10.1071/SH11036.

Holmes, King K., Ruth Levine, and Marcia Weaver. "Effectiveness of Condoms in Preventing Sexually Transmitted Infections." *Bulletin of the World Health Organization* 82, no. 6 (June 2004): 454–61.

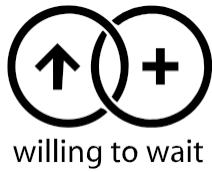
Shlay, Judith C., Melissa W. McClung, Jennifer L. Patnaik, and John M. Douglas. "Comparison of Sexually Transmitted Disease Prevalence by Reported Level of Condom Use among Patients Attending an Urban Sexually Transmitted Disease Clinic." *Sexually Transmitted Diseases* 31, no. 3 (March 2004): 154–60.

## **15. Hormonal birth control provides 0% protection from any STI.**

Curtis, Kathryn M., Naomi K. Tepper, Tara C. Jatlaoui, *Et Al*. "U.S. Medical Eligibility Criteria for Contraceptive Use, 2016." *MMWR. Recommendations and Reports* 65, no. 3 (July 29, 2016): 1–103.

## **16. Sexual Exposure**

Koop, C. Everett. "Address at the Institute of Politics." Speech presented at the John F. Kennedy School of Government, Harvard University, Cambridge, Massachusetts, February 10, 1987.  
<https://profiles.nlm.nih.gov/ps/access/QQBCJN.pdf>.



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## **LESSON THREE: Teenage Pregnancy**

### **1. 323,950 teen pregnancies each year (as of 2017).**

This number was based on the following report from 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>.

See also:

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).

### **2. 888 (teen pregnancies) each day.**

This is calculated by dividing the above statistic by 365.

### **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. 75% of teens who experience a pregnancy were not planning on it.**

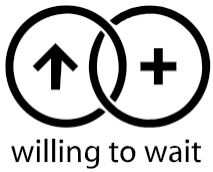
Finer, Lawrence B., and Mia R. Zolna. "Declines in Unintended Pregnancy in the United States, 2008–2011." *New England Journal of Medicine* 374, no. 9 (March 3, 2016): 843–52. <https://doi.org/10.1056/NEJMsa1506575>.

### **6. The risk of pregnancy may be double for LGB teens.**

Brittany M. Charlton et al., "Teen Pregnancy Risk Factors Among Young Women of Diverse Sexual Orientations," *Pediatrics* 141, no. 4 (April 2018): e20172278, <https://doi.org/10.1542/peds.2017-2278>.

Lisa L. Lindley and Katrina M. Walsemann, "Sexual Orientation and Risk of Pregnancy Among New York City High-School Students," *American Journal of Public Health* 105, no. 7 (July 1, 2015): 1379–86, <https://doi.org/10.2105/AJPH.2015.302553>.

Saewyc, Elizabeth M. "Adolescent Pregnancy Among Lesbian, Gay, and Bisexual Teens." In *International Handbook of Adolescent Pregnancy*, 159–69. Springer, Boston, MA, 2014. [https://doi.org/10.1007/978-1-4899-8026-7\\_8](https://doi.org/10.1007/978-1-4899-8026-7_8).



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Saewyc, Elizabeth M. et al., *Not Yet Equal: The Health of Lesbian, Gay, & Bisexual Youth in BC*. (Vancouver, BC: McCreary Center Society, 2007), [http://mcs.bc.ca/pdf/not\\_yet\\_equal\\_web.pdf](http://mcs.bc.ca/pdf/not_yet_equal_web.pdf).

Another study found higher risk for bisexual and lower risk for lesbian females:

Shoshana K Goldberg, Bianka M Reese, and Carolyn T Halpern, "Teen Pregnancy among Sexual Minority Women: Results from the National Longitudinal Study of Adolescent to Adult Health," *The Journal of Adolescent Health: Official Publication of the Society for Adolescent Medicine* 59, no. 4 (October 2016): 429–37, <https://doi.org/10.1016/j.jadohealth.2016.05.009>.

## **7. 20% Of Kent County high school students 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>.

## **8. 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>.

## **9. 180-400 million sperm released with each ejaculate and can live in female reproductive system for 2-3 days.**

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>.

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

## **10. 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.

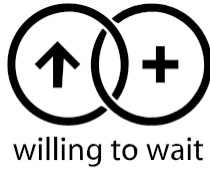
Moore, Keith L., T. V. N. Persaud, and Mark G. Torchia. *The Developing Human: Clinically Oriented Embryology*. 10th edition. Philadelphia, PA: Elsevier, 2016, page 29.

## **11. Fetal Development**

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

American Pregnancy Association. "Fetal Development," April 26, 2012. <https://americanpregnancy.org/healthy-pregnancy/fetal-development/>





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## 12. Safe Delivery of Newborn Laws

“MDHHS - About Safe Delivery.” Accessed August 30, 2017. [https://www.michigan.gov/mdhhs/0,5885,7-339-71548\\_7200---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71548_7200---,00.html).

Sellers, Wendy L. “Michigan’s Safe Delivery of Newborns Educator Toolkit.” Accessed August 30, 2017. [http://www.michigan.gov/mdhhs/0,5885,7-339-71548\\_7200-15674--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71548_7200-15674--,00.html).

## 13. Parenting together is 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>.

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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>.

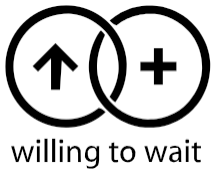
Haskins, Ron, and Isabel V. Sawhill. *Creating an Opportunity Society*. Washington, D.C: Brookings Institution Press, 2009.

“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>.

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## 14. Success Sequence

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“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](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>.

## **15. 80% Of Kent County high school students 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>.

## **16. 14% Of Kent County high school students have had sex in the last 3 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>.

## **17. 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 FOUR: Reducing the Risk of Pregnancy—Birth Control and Contraception**

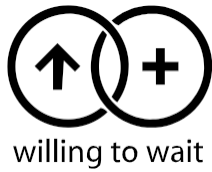
### **1. 14% Of Kent County high school students have had sex in the last 3 months.**

“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>.

### **2. 75% of pregnancies among teens were not intended (2011).**

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

Finer, Lawrence B., and Mia R. Zolna. “Unintended Pregnancy in the United States: Incidence and Disparities, 2006.” *Contraception* 84, no. 5 (November 2011): 478–85. doi:10.1016/j.contraception.2011.07.013.



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“Unintended Pregnancy Prevention | Unintended Pregnancy | Reproductive Health | CDC.” Accessed August 4, 2016. <https://www.cdc.gov/reproductivehealth/unintendedpregnancy/>.

- 3. 7% of people who use the pill to reduce the risk of pregnancy will still experiences a pregnancy every year.  
AND  
13% of people who use condoms to reduce the risk of pregnancy will still experience a pregnancy every year.**

Hatcher, Robert A. *Contraceptive Technology*. 21<sup>st</sup> 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>.

- 4. Contraception: A technical term meaning, “Prevention of conception or impregnation.”**

Stedman, Thomas Lathrop. *Stedman’s Medical Dictionary*. 27th ed. Philadelphia: Lippincott Williams & Wilkins, 2000.

- 5. Male Condom**

“Free Publications - Birth Control: Medicines To Help You.” Accessed August 22, 2017.  
<https://www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications/ucm313215.htm>.

“Your Birth Control Choices.” Reproductive Health Access Project. Accessed August 22, 2017.  
<https://www.reproductiveaccess.org/resource/birth-control-choices-fact-sheet/>.

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

- 6. Female Condom**

Ibid.

- 7. Diaphragm and Cervical Cap**

Ibid.

- 8. Natural Family Planning**

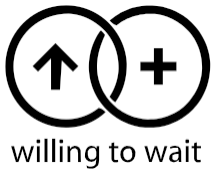
Ibid.

- 9. Sterilization**

Ibid.

- 10. The “Pill”**

Ibid.



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“Alesse 28 Tablets (Levonorgestrel and Ethinyl Estradiol Tablets).” Wyeth Pharmaceuticals Ing., January 2008. [https://www.accessdata.fda.gov/drugsatfda\\_docs/label/2008/020683s004s006s007lbl.pdf](https://www.accessdata.fda.gov/drugsatfda_docs/label/2008/020683s004s006s007lbl.pdf).

“Oral Contraceptives and Cancer Risk.” CgvFactSheet. *National Cancer Institute*. Accessed August 25, 2017. <https://www.cancer.gov/about-cancer/causes-prevention/risk/hormones/oral-contraceptives-fact-sheet>.

## 11. The Patch

Ibid. (Note 5)

The Xulane® Patch | Mylan.” Accessed August 25, 2017. <https://www.xulane.com/en>.

## 12. NuvaRing

Ibid. (Note 5)

“Important Safety Information for NuvaRing® (Etonogestrel/Ethinyl Estradiol Vaginal Ring).” Accessed August 25, 2017. <https://www.nuvaring.com/safety-information/>.

## 13. Deo-Provera, “The Shot”

Ibid. (Note 5)

“Depo-Provera Safety and Side Effects.” Accessed August 25, 2017. <http://labeling.pfizer.com/ShowLabeling.aspx?id=522>.

## 14. Implant

Ibid. (Note 5)

“NEXPLANON Patient Labeling.” Merck, October 2019. Accessed August 13, 2020. [https://www.merck.com/product/usa/pi\\_circulars/n/nexplanon/nexplanon\\_ppi.pdf](https://www.merck.com/product/usa/pi_circulars/n/nexplanon/nexplanon_ppi.pdf).

## 15. IUD, Intrauterine Device

Ibid. (Note 5)

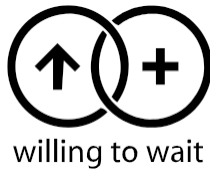
“Mirena Patient Information,” <https://www.mirena-us.com/safety/>.

“PARAGARD® (Intrauterine Copper Contraceptive) | About PARAGARD.” Accessed August 25, 2017. [http://www.paragard.com/about-paragard.aspx?gclid=Cj0KCQjwlf\\_MBRDUARIsAD8Gj8BwjgtPq9PTagkG-XYgzuOqDk7c16MgkpY1EYMgk54AhEWHGbv69WMAj0vEALw\\_wcB&gclsrc=aw.ds&dclid=CLiykt7g8tUCFVaq aQod7hgGtg](http://www.paragard.com/about-paragard.aspx?gclid=Cj0KCQjwlf_MBRDUARIsAD8Gj8BwjgtPq9PTagkG-XYgzuOqDk7c16MgkpY1EYMgk54AhEWHGbv69WMAj0vEALw_wcB&gclsrc=aw.ds&dclid=CLiykt7g8tUCFVaq aQod7hgGtg).

## 16. Emergency Contraception

Ibid.(Note 5)

“Safety & Side Effects | Plan B One-Step.” Accessed August 25, 2017. <http://www.planbonestep.com/safety-and-side-effects.aspx>.



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## LESSON FIVE: Avoiding Unhealthy Relationships, Legal Consequences

### 1. [All forms of abuse are] used to maintain power and control.

Michigan Legislature. "Ask Yourself: A Domestic & Sexual Violence Prevention & Resource Guide," November 2013. [http://www.legislature.mi.gov/Publications/Domestic\\_Violence-Ask\\_Yourself.pdf](http://www.legislature.mi.gov/Publications/Domestic_Violence-Ask_Yourself.pdf).

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### 2. Cycle of Violence

Carrington, A. M. "The Vortex of Violence: Moving Beyond the Cycle and Engaging Clients in Change." *British Journal of Social Work* 44, no. 2 (March 1, 2014): 451–68. <https://doi.org/10.1093/bjsw/bcs116>.

### 3. LGB teens are twice as likely to experience physical or sexual dating violence.

"Youth Risk Behavior Survey Data Summary & Trends Report: 2009-2019" (Centers for Disease Control and Prevention).

Meredith Dank et al., "Dating Violence Experiences of Lesbian, Gay, Bisexual, and Transgender Youth," *Journal of Youth and Adolescence* 43, no. 5 (May 2014): 846–57, <https://doi.org/10.1007/s10964-013-9975-8>.

### 4. Alcohol and first sexual experience

Livingston, Jennifer A., Maria Testa, Michael Windle, and Laina Y. Bay-Cheng. "Alcohol Involvement in First Sexual Intercourse Experiences of Adolescent Girls." *Journal of Adolescence* 43 (August 2015): 148–58. <https://doi.org/10.1016/j.adolescence.2015.05.018>.

### 5. Definition of Sexual Contact

Michigan Penal Code. Michigan Legislature - Section 750.520a.

### 6. Age of Consent

Michigan Penal Code. Michigan Legislature - Sections 750.520b-d.

### 7. See definition of "mentally incapacitated".

Michigan Penal Code. Michigan Legislature - Section 750.520a.

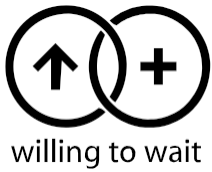
### 8. Sexting Laws

Michigan Penal Code. Michigan Legislature - Sections 750.145a, 750.145c, and 750.145d

### 9. Consequences of Pornography

Manning, Jill. *Hearing on Pornography's Impact on Marriage & the Family*. U.S. Senate Hearing: Subcommittee on the Constitution, Civil Rights and Property Rights, Committee on Judiciary. Washington, D.C., 2015. [https://www.judiciary.senate.gov/imo/media/doc/manning\\_testimony\\_11\\_10\\_05.pdf](https://www.judiciary.senate.gov/imo/media/doc/manning_testimony_11_10_05.pdf).

Brown, Jennifer. "The Physiological Effects of Innocent Exposure to Soft-Core Pornography on the Developing Brain," 2014. <http://protectyoungminds.org/wp-content/uploads/2014/09/jen-brown-research-paper-all.pdf>.



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Mueller, Walt. "A Parents' Primer on Internet Pornography." Digital Kids Initiative. Center for Parent/Youth Understanding, 2016. [http://www.digitalkidsinitiative.com/files/2016/09/Parent\\_Primer\\_Internet\\_Pornography- Revised-September-2016.pdf](http://www.digitalkidsinitiative.com/files/2016/09/Parent_Primer_Internet_Pornography- Revised-September-2016.pdf).

Gilkerson, Luke. *Your Brain on Porn: 5 Proven Ways Pornography Warps Your Mind*. E-Book. Owosso, MI: Covenant Eyes, 2016. [www.covenanteyes.com/brain-ebook/](http://www.covenanteyes.com/brain-ebook/).

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Zillman, Dolf, and Jennings Bryant. "Effects of Massive Exposure to Pornography." In *Pornography and Sexual Aggression*, edited by Malamuth and Edward Donnerstein. Orlando, Fla: Academic Press, 1984.

Zillmann, Dolf, and Jennings Bryant. "Shifting Preferences in Pornography Consumption." *Communication Research* 13, no. 4 (October 1, 1986): 560–78.

Zillmann, Dolf, and Jennings Bryant. "Pornography's Impact on Sexual Satisfaction." *Journal of Applied Social Psychology* 18, no. 5 (April 1, 1988): 438–53.

Zillmann, Dolf, and Jennings Bryant. "Effects of Prolonged Consumption of Pornography on Family Values." *ResearchGate* 9, no. 4 (December 1, 1988): 518–44.

## 10. Trafficking Definition and Survival Sex

"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](https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119_71039---,00.html).

## **LESSON SIX: Emotional and Relational Consequences**

### 1. Sex can powerfully impact emotions.

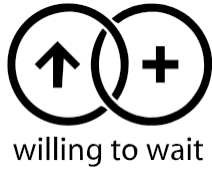
Albert, B. "With One Voice 2012: America's Adults and Teens Sound Off About Teen Pregnancy." *With One Voice*. Washington, D.C: The National Campaign, 2012. <https://thenationalcampaign.org/resource/one-voice-2012>.

The National Campaign to Prevent Teen Pregnancy. "Not Just Another Thing To Do: Teens Talk About Sex, Regret, and the Influence of Their Parents." The National Campaign to Prevent Teen Pregnancy, June 30, 2000. <https://thenationalcampaign.org/sites/default/files/resource-primary-download/teenwant.pdf>.

Vasilenko, Sara A., Kari C. Kugler, and Cara E. Rice. "Timing of First Sexual Intercourse and Young Adult Health Outcomes." *Journal of Adolescent Health* 59, no. 3 (September 2016): 291–97. <https://doi.org/10.1016/j.jadohealth.2016.04.019>.

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Rector, Robert, Kirk A. Johnson, Ph.D., and Lauren R. Noyes. "Sexually Active Teenagers Are More Likely to Be Depressed and to Attempt Suicide." The Heritage Foundation, June 2, 2003. <http://www.heritage.org/research/reports/2003/06/sexually-active-teenagers-are-more-likely-to-be-depressed>.



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Smith, Lee, Sarah E Jackson, Davy Vancampfort, Louis Jacob, Joseph Firth, Igor Grabovac, Daragh McDermott, et al. "Sexual Behavior and Suicide Attempts among Adolescents Aged 12–15 Years from 38 Countries: A Global Perspective." *Psychiatry Research* 287 (May 1, 2020): 112564. <https://doi.org/10.1016/j.psychres.2019.112564>.

## 2. The Chemistry of Love

Fisher, H. E. "Lust, Attraction, and Attachment in Mammalian Reproduction." *Human Nature (Hawthorne, N.Y.)* 9, no. 1 (March 1998): 23–52. doi:10.1007/s12110-998-1010-5.

Fisher, Helen, Arthur Aron, and Lucy L. Brown. "Romantic Love: An fMRI Study of a Neural Mechanism for Mate Choice." *The Journal of Comparative Neurology* 493, no. 1 (December 5, 2005): 58–62. doi:10.1002/cne.20772.

Wu, Katherine. "Love, Actually: The Science behind Lust, Attraction, and Companionship." *Harvard University: Science in the News*, February 14, 2017. <http://sitn.hms.harvard.edu/flash/2017/love-actually-science-behind-lust-attraction-companionship/>.

Toufexis, Anastasia. "The Right Chemistry." *Time*. Accessed August 16, 2017. <http://content.time.com/time/magazine/article/0,9171,161030,00.html>.

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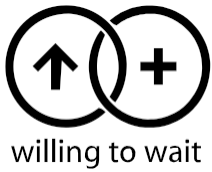
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[http://www.childstats.gov/pdf/ac2011/ac\\_11.pdf](http://www.childstats.gov/pdf/ac2011/ac_11.pdf).

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#### 4. The value of a dollar doesn't change when it is damaged.

"U.S. Bureau of Engraving and Printing - Redeem Mutilated Currency." Accessed May 28, 2021.

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

"Toddler Puts Envelope with More than \$1,000 through a Shredder." Accessed June 12, 2019.

<https://www.cbsnews.com/news/boy-puts-envelope-with-more-than-1000-cash-in-the-shredder/>.

#### 5. Benefits of waiting to have sex include greater self-discipline, confidence partner will remain faithful, and improved ability to work together toward goals.

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#### 6. Children who can delay gratification (wait to enjoy something they want) prove far more successful as adults.

Mischel, Walter, and Ebbe B. Ebbesen. "Attention in Delay of Gratification." *Journal of Personality and Social Psychology* 16, no. 2 (October 1970): 329–37.

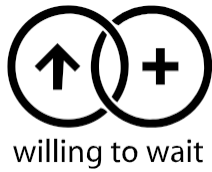
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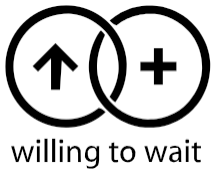
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## 4. Married men have better sex, and more often!

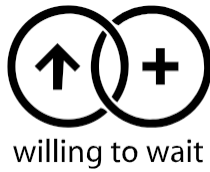
While rates of sexual activity change throughout the course of life, married couples do generally have more sex and also report higher levels of sexual satisfaction. This is particularly true for couples in their 20's to 40's. The exception would be older adults who are cohabiting and report higher frequency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

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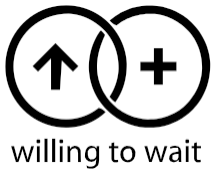
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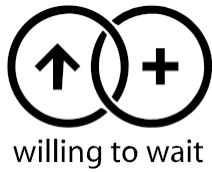
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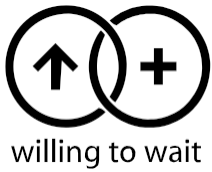
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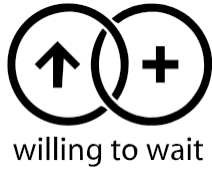
### 14. Marriage strengthens the economy.

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## **LESSON EIGHT: Healthy Relationships and Marriage**

### **1. Teen sexual relationships make it more difficult to establish a stable marriage as an adult.**

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