

Lesson 23: Online Sexual Health Resources

OBJECTIVES

1. Students will become familiar with high-quality, accurate, age-appropriate online resources for sexual health information.
2. Students will practice empathy and understanding.
3. Students will practice searching for and finding answers to health questions online.
4. Students will think critically about the quality of online health information.

AGENDA

5 minutes	Do Now
30 minutes	Sexual Health Online Research
10 minutes	Debrief & Discussion
Homework	Who to Talk to

MATERIALS

- Handout: Sexual Health Questions
- Worksheet: Using Online Resources to Answer Sexual Health Questions
- Homework: Who to Talk to

CALIFORNIA HEALTH EDUCATION STANDARDS

2.5.G Evaluate how culture, media, and other people influence perceptions about body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.

3.1.G Analyze the validity of health information, products, and services related to reproductive and sexual health.

3.2.G Identify local resources concerning reproductive and sexual health, including all FDA-approved contraceptives, HIV/STD testing, and medical care.

Lesson 23: Online Sexual Health Resources

BEFORE THE CLASS

This lesson requires that each student has a computer with internet access. Contact your school computer lab or library to request the use of computers for this lesson.

DO NOW

5 minutes

Materials

- Every student needs a notebook, journal, or paper and a pen
- Flipchart or whiteboard and markers

Activity

Write on board and have students complete the following question:

Why might someone go online to find answers to questions about sexual health rather than talk to a friend or an adult?

If there is time, ask a few students to share their responses.

SEXUAL HEALTH ONLINE RESEARCH

30 minutes

Materials

- Handout: Sexual Health Questions
- Worksheet: Using Online Resources to Answer Sexual Health Questions
- One computer with internet access for each student

Activity

This activity will give students an opportunity to research the answers to questions about sex. Set the stage for the online research activity the students are about to do.

Suggested script

While there are many places to access high-quality health information online, there is also a lot of misleading information. Today you will be exploring some websites that are reliable resources for fact-based, judgment-free information about health and sexuality. All of these sites are accessible from any SFUSD computer.

Each student needs a computer with internet access. Distribute Sexual Health Research Worksheets to each student. Give each student a sexual health question to research.

Circulate around the room and help students as they explore the websites. Assist students as they work to answer their question and complete the worksheet.

Teacher Tip:

If there are not enough computers, have students work in pairs or small groups to complete the assignment.

DEBRIEF & DISCUSSION**10 minutes****Activity**

Debrief the sexual health online research activity. Ask a few students to share the question they researched and the answer they write to the question. After a few students have shared their answers debrief the activity.

Some possible debrief questions are:

- How was this activity for you?
- Who found a website they like? What website and why?
- Could you picture yourself returning to any of these websites for information in the future?

HOMEWORK**Who to Talk to**

Handout: Sexual Health Questions

Directions: Select one of the following sexual health questions to research.

1. How does someone figure out their sexual orientation?
2. Is it illegal for a freshman to date a senior?
3. Can a male ever run out of sperm?
4. Is it normal to masturbate?
5. When during a female's lifespan does the menstrual cycle usually stop?
6. When does puberty usually end for males and females?
7. What's the average penis size with and without an erection?
8. Is it normal for females to have hair around their nipples?
9. What are the risks of oral sex? Is it dangerous to swallow semen?
10. Why do some females have one breast that's bigger than the other? Is that normal?
11. Can someone get pregnant from pre-cum?
12. What happens to sperm after it goes in the vagina?
13. Does HIV only spread through sex, or is it possible to transmit it other ways?
14. Is it safe to have sex during your period?
15. How much can a male ejaculate?
16. Can HIV kill you? If so, how long does it take?
17. How can you tell if a female has an orgasm?
18. Is it possible to masturbate too much?
19. Does sex hurt the first time?
20. What if a female misses a period but knows she isn't pregnant? Is that normal?
21. Why do girls bleed when having sex the first time?
22. How long does labor usually last?
23. How far into pregnancy can someone get an abortion?
24. How do you know if you're ready for sex?
25. What is the hymen?
26. How does the implant work? Can you feel it?
27. Do female condoms work as well as male condoms?
28. Why do people use lubricants?
29. Is it dangerous to take the birth control pill for a long time?
30. Does shaving pubic hair always make red bumps? What can stop them?
31. Is it normal to have labia that are longer on one side?
32. What is the clitoris and where is it?

Worksheet: Online Sexual Health Research

Name: _____

Period: _____ Date: _____

Directions: Using the online resources, answer the sexual health question you have selected and, in the process, evaluate the resources.

What is the question you are trying to research? _____

Choose three different websites from this list:

- | | |
|--|--|
| <input type="checkbox"/> www.plannedparenthood.org | <input type="checkbox"/> www.iwannaknow.org/teens |
| <input type="checkbox"/> www.scarleteen.com | <input type="checkbox"/> www.goaskalice.columbia.edu |
| <input type="checkbox"/> www.sexetc.org | <input type="checkbox"/> www.teensource.org |
| <input type="checkbox"/> www.kidshealth.org/teen | |

1. Website #1: _____

a. What kind of information does this site have about the topic/question you are researching?

b. Quote three key sentences from this site about the topic/question you are researching:

1. _____

2. _____

3. _____

c. Write a paragraph that summarizes how you think this site answers the question.

2. Website #2: _____

a. What kind of information does this site have about the topic/question you are researching?

b. Quote three key sentences from this site about the topic/question you are researching:

1. _____

2. _____

3. _____

c. Write a paragraph that summarizes how you think this site answers the question.

3. Website #3: _____

a. What kind of information does this site have about the topic/question you are researching?

b. Quote three key sentences from this site about the topic/question you are researching:

1. _____

2. _____

3. _____

c. Write a paragraph that summarizes how you think this site answers the question.

4. After reviewing all three websites, please write a paragraph that explains how YOU would answer the question.

5. Final evaluation: Write two paragraphs explaining what you found at each of the sites you reviewed. Answer the following questions in your response: What were the strong points and weak points of the sites? Which sites would you recommend to a friend who needed some information? Which ones were visually interesting to look at (colors, pictures, layout, etc.)? Which ones were easy to use or difficult to use?

Homework: Who to talk to

Name: _____

Period: _____ Date: _____

Directions: For each question below, circle where you would go or who you would talk to for information. You may circle more than one. Then, explain why you would choose that source and why you would not choose the other sources.

1. If I had a question about puberty and developing bodies I would...

- a. talk to a parent/caregiver d. talk to a partner f. look for information online
b. talk to a friend e. talk to someone at the g. other: _____
c. talk to a doctor Wellness Center

Why did you choose this person/place to get information about your question?

2. If I had a question about making the decision to have sex or not I would...

- a. talk to a parent/caregiver d. talk to a partner f. look for information online
b. talk to a friend e. talk to someone at the g. other: _____
c. talk to a doctor Wellness Center

Why did you choose this person/place to get information about your question?

3. If I had a question about sexual orientation I would...

- a. talk to a parent/caregiver d. talk to a partner f. look for information online
b. talk to a friend e. talk to someone at the g. other: _____
c. talk to a doctor Wellness Center

Why did you choose this person/place to get information about your question?

4. If I had a question about STIs or HIV I would...

- a. talk to a parent/caregiver
- b. talk to a friend
- c. talk to a doctor
- d. talk to a partner
- e. talk to someone at the Wellness Center
- f. look for information online
- g. other: _____

Why did you choose this person/place to get information about your question?

5. If I had a question about if my relationship was health or unhealthy I would...

- a. talk to a parent/caregiver
- b. talk to a friend
- c. talk to a doctor
- d. talk to a partner
- e. talk to someone at the Wellness Center
- f. look for information online
- g. other: _____

Why did you choose this person/place to get information about your question?

6. If I had a question about birth control I would...

- a. talk to a parent/caregiver
- b. talk to a friend
- c. talk to a doctor
- d. talk to a partner
- e. talk to someone at the Wellness Center
- f. look for information online
- g. other: _____

Why did you choose this person/place to get information about your question?

7. If I had a question about safer sex I would...

- a. talk to a parent/caregiver
- b. talk to a friend
- c. talk to a doctor
- d. talk to a partner
- e. talk to someone at the Wellness Center
- f. look for information online
- g. other: _____

Why did you choose this person/place to get information about your question?