

# SEX AND RELATIONSHIPS PROGRAM

## CITATIONS FOR 2022 WILLING TO WAIT MS STUDENT HANDBOOK

### 1. 80% Of Kent County high school students have not had sex.

Michigan Department of Education. "Michigan Profile for Healthy Youth: 2019-2020 Kent County," 2020. <https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportGeneration.aspx>.

Michigan Department of Education. "Michigan Profile for Healthy Youth: 2018-2019 Kent HS," 2019. <https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportViewer.aspx?key=bd67dd45-32c5-4e88-948d-be0e657784a7>. (Lower participation year, reported 20.5% of HS students had ever had intercourse.)

### 2. 65% Of Michigan high school students have not had sex.

"Youth Risk Behavior Surveillance — United States, 2019." *Centers for Disease Control and Prevention*, MMWR, 69, no. 1 (2020). See Table 131 in [https://www.cdc.gov/healthyyouth/data/yrbs/2019\\_tables/pdf/2019\\_MMWR-SS\\_Tables.pdf](https://www.cdc.gov/healthyyouth/data/yrbs/2019_tables/pdf/2019_MMWR-SS_Tables.pdf)

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): Table 134.

### 3. "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.

### 4. How a Baby Develops in the Womb

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/>

### 5. Abstinence provides 100% protection from unplanned pregnancy.

"Sexual Behaviors | Adolescent and School Health | CDC." Accessed July 15, 2016. <http://www.cdc.gov/HealthyYouth/sexualbehaviors/>

"What Is Abstinence? | Preventing Pregnancy and STDs." Accessed August 3, 2016. <https://www.plannedparenthood.org/learn/birth-control/abstinence>

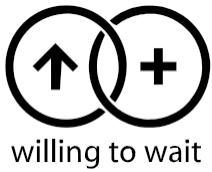
### 6. The Pill provides 93% protection from unplanned pregnancy.

### 7. A Condom provides 87% protection from unplanned pregnancy.

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

Centers for Disease Control. "EFFECTIVENESS OF FAMILY PLANNING METHODS." Accessed July 15, 2016. <https://pdfs.semanticscholar.org/f45e/602b3239e70f258e0f893980e83a48ee18c7.pdf>. And <http://www.cdc.gov/reproductivehealth/contraception/index.htm>

"Contraceptive Use in the United States | Guttmacher Institute." Guttmacher Institute, October 2015. <https://www.guttmacher.org/fact-sheet/contraceptive-use-united-states>.



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## 8. Research Shows that only 2% of people who do these three things, in this order, will live in poverty.

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

“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).

“Why It Matters: Teen Pregnancy, Poverty, and Income Disparity.” The National Campaign to Prevent Teen Pregnancy, March 2010. [teenpregnancy.org](http://teenpregnancy.org)

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>.

## 9. [Parenting as a teen means] More work to finish college.

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

“Policy Brief: Preventing Teen Pregnancy Is Critical to School Completion.” America’s Promise Alliance. The National Campaign to Prevent Teen Pregnancy, July 2010. <https://powertodecide.org/sites/default/files/resources/primary-download/briefly-policy-brief-school-completion.pdf>.

“Unplanned Pregnancy Among College Students and Strategies to Address It.” The National Campaign to Prevent Teen and Unplanned Pregnancy, July 2015. <https://powertodecide.org/sites/default/files/resources/primary-download/briefly-unplanned-pregnancy-college.pdf>.

## 10. Children of married parents grow up to make more money.

Wilcox, W. Bradford. “Marriage Makes Our Children Richer—Here’s Why.” *The Atlantic*, October 29, 2013. <http://www.theatlantic.com/business/archive/2013/10/marriage-makes-our-children-richer-heres-why/280930/>.

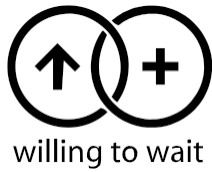
“How Marriage and Divorce Impact Economic Opportunity | Brookings Institution.” *Brookings*, November 30, 2001. <https://www.brookings.edu/opinions/how-marriage-and-divorce-impact-economic-opportunity/>.

“The Parenting Gap | Brookings Institution.” *Brookings*, November 30, 2001. <https://www.brookings.edu/research/the-parenting-gap/>.

Parke, Mary. “Are Married Parents Really Better for Children? What Research Says about the Effects of Family Structure on Child Well-Being.” *CLASP Policy Brief*, Couples and Marriage Series, 3 (May 2003). <http://eric.ed.gov/?id=ED476114>.

## 11. Children whose parents have gone to college are more likely to go to college as well.

Choy, Susan. “Students Whose Parents Did Not Go to College: Postsecondary Access, Persistence, and Attainment. Findings from the Condition of Education, 2001.” Findings from the Condition of Education 2001. National Center for Education Statistics, 2001. <http://eric.ed.gov/?id=ED460660>.



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Brownstein, Ronald. "Are College Degrees Inherited?" *The Atlantic*, April 11, 2014.  
<http://www.theatlantic.com/education/archive/2014/04/are-college-degrees-inherited/360532/>.

Wilcox, W. Bradford. "Marriage Makes Our Children Richer—Here's Why." *The Atlantic*, October 29, 2013.  
<http://www.theatlantic.com/business/archive/2013/10/marriage-makes-our-children-richer-heres-why/280930/>.

"How Marriage and Divorce Impact Economic Opportunity | Brookings Institution." *Brookings*, November 30, 2001.  
<https://www.brookings.edu/opinions/how-marriage-and-divorce-impact-economic-opportunity/>.

"The Parenting Gap | Brookings Institution." *Brookings*, November 30, 2001.  
<https://www.brookings.edu/research/the-parenting-gap/>.

Parke, Mary. "Are Married Parents Really Better for Children? What Research Says about the Effects of Family Structure on Child Well-Being." *CLASP Policy Brief, Couples and Marriage Series*, 3 (May 2003).  
<http://eric.ed.gov/?id=ED476114>.

Lundberg, Shelly. "Father Absence and the Gender Gap in College Graduation," 2016.

McLanahan, Sara, Laura Tach, and Daniel Schneider. "The Causal Effects of Father Absence." *Annual Review of Sociology* 39 (July 2013): 399–427. doi:10.1146/annurev-soc-071312-145704.

## **12. Abstinence is the best and most effective way to avoid STDs.**

"HIV Prevention | HIV Basics | Act Against AIDS | CDC." Accessed July 15, 2016.  
<http://www.cdc.gov/ActAgainstAIDS/basics/prevention.html>.

"Sexual Behaviors | Adolescent and School Health | CDC." Accessed August 16, 2016.  
<http://www.cdc.gov/healthyyouth/sexualbehaviors/>.

## **13. Testing is the only way to know for sure if a person has an STD.**

Center for Disease Control and Prevention, and others. "Sexually Transmitted Diseases Treatment Guidelines." *MMWR. Morbidity and Mortality Weekly Report* 64, no. 3 (June 5, 2015).

"About HIV/AIDS | HIV Basics | HIV/AIDS | CDC," July 7, 2016. <http://www.cdc.gov/hiv/basics/whatishiv.html>.

## **14. Some viral STDs affect a person for life.**

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

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

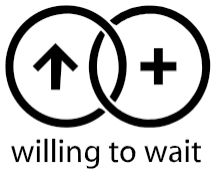
"STD Facts - HIV/AIDS & STDs." Accessed November 14, 2016. <http://www.cdc.gov/std/hiv/STDFact-STD-HIV.htm>.

## **15. A person can only have one STD at a time (False).**

"Reported STDs in the United States, 2017." CDC Fact Sheet. Centers for Disease Control and Prevention, 2018.

Kreisel, Kristen M., Ian H. Spicknall, Julia W. Gargano, Felicia M. 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* Publish Ahead of Print (January 26, 2021).  
<https://doi.org/10.1097/OLQ.0000000000001355>.

<https://www.cdc.gov/std/hiv/stdfact-std-hiv-detailed.htm#print>



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## 16. Sex is the only way to get an STD (False, due to contact with skin and bodily fluids).

"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>.

## 17. Condoms provide less protection against STDs than they do against pregnancy.

## 18. Condoms if used correctly and every time can only reduce the risk.

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

Smith, Dawn K., Jeffrey H. Herbst, Xinjiang Zhang, and Charles E. Rose. "Condom Effectiveness for HIV Prevention by Consistency of Use among Men Who Have Sex with Men in the United States." *Journal of Acquired Immune Deficiency Syndromes (1999)* 68, no. 3 (March 1, 2015): 337–44. doi:10.1097/QAI.0000000000000461.

## 19. Chlamydia information

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

## 20. Gonorrhea information

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

## 21. Syphilis information

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

## 22. HIV / AIDS 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." HIVFactSheet. *National Cancer Institute*. Accessed June 30, 2016.  
<http://www.cancer.gov/about-cancer/causes-prevention/risk/infectious-agents/hiv-fact-sheet>.

## 23. HPV information

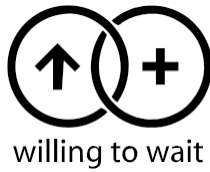
"STD Facts - Human Papillomavirus (HPV)," May 16, 2016. <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>.

## 24. Herpes information

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

## 25. "Abstinence from vaginal, anal, and oral intercourse is the only 100% effective way to prevent HIV, other STDs, and pregnancy."

"Sexual Behaviors | Adolescent and School Health | CDC." Accessed August 16, 2016.  
<http://www.cdc.gov/healthyyouth/sexualbehaviors/>.



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## 26. 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>.

"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>.

**27. The Pill provides 93% protection from unplanned pregnancy.**

**28. A Condom provides 87% protection from unplanned pregnancy.**

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

Centers for Disease Control. "EFFECTIVENESS OF FAMILY PLANNING METHODS." Accessed July 15, 2016. <https://pdfs.semanticscholar.org/f45e/602b3239e70f258e0f893980e83a48ee18c7.pdf>. And <http://www.cdc.gov/reproductivehealth/contraception/index.htm>

"Contraceptive Use in the United States | Guttmacher Institute." Guttmacher Institute, October 2015. <https://www.guttmacher.org/fact-sheet/contraceptive-use-united-states>.

## 29. Alcohol

Dean G. Kilpatrick, Ph.D. ; Heidi S. Resnick, Ph.D. ; Kenneth J. Ruggiero, Ph.D. ; Lauren M., and Conoscenti, M. A. ; Jenna McCauley, M. S. "National Institute of Justice 2007 Study on Drug-Facilitated, Incapacitated and Forcible Rape." *Drug-Facilitated, Incapacitated, and Forcible Rape: A National Study*, July 2007. <https://www.ncjrs.gov/pdffiles1/nij/grants/219181.pdf>.

Bliss, Jessica. "Police, Experts: Alcohol Most Common in Sexual Assaults." *USA TODAY*. Accessed July 20, 2016. <http://www.usatoday.com/story/news/nation/2013/10/28/alcohol-most-common-drug-in-sexual-assaults/3285139/>.

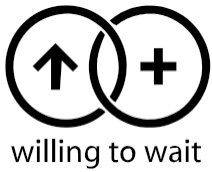
## 30. Rohypnol

Dean G. Kilpatrick, Ph.D. ; Heidi S. Resnick, Ph.D. ; Kenneth J. Ruggiero, Ph.D. ; Lauren M., and Conoscenti, M. A. ; Jenna McCauley, M. S. "National Institute of Justice 2007 Study on Drug-Facilitated, Incapacitated and Forcible Rape." *Drug-Facilitated, Incapacitated, and Forcible Rape: A National Study*, July 2007. <https://www.ncjrs.gov/pdffiles1/nij/grants/219181.pdf>.

"Date Rape Drugs Fact Sheet | Womenshealth.gov," July 16, 2012. <http://www.womenshealth.gov/publications/our-publications/fact-sheet/date-rape-drugs.html>.

## 31. GHB

Dean G. Kilpatrick, Ph.D. ; Heidi S. Resnick, Ph.D. ; Kenneth J. Ruggiero, Ph.D. ; Lauren M., and Conoscenti, M. A. ; Jenna McCauley, M. S. "National Institute of Justice 2007 Study on Drug-Facilitated, Incapacitated and Forcible Rape." *Drug-Facilitated, Incapacitated, and Forcible Rape: A National Study*, July 2007. <https://www.ncjrs.gov/pdffiles1/nij/grants/219181.pdf>.



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"Date Rape Drugs Fact Sheet | Womenshealth.gov," July 16, 2012.

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/date-rape-drugs.html>.

## 32. 5 Love Languages

Chapman, Gary. *The 5 Love Languages: The Secret to Love That Lasts*. Chicago: Northfield Publishing, 2015.

Chapman, Gary D., and Paige Drygas. *A Teen's Guide to the 5 Love Languages: How to Understand Yourself and Improve All Your Relationships*. Chicago, IL: Northfield Publishing, 2016.

<https://www.5lovelanguages.com/quizzes/love-language>

## 33. 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.

Copen, Casey E., Anjani Chandra, and I Febo-Vasquez. "Sexual Behavior, Sexual Attraction, and Sexual Orientation among Adults Aged 18-44 in the United States: Data from the 2011-2013 National Survey of Family Growth." National Health Statistics Reports. Hyattsville, Md.: National Center for Health Statistics, January 7, 2016. <http://www.cdc.gov/nchs/data/nhsr/nhsr088.pdf>. *This study shows that those who are married report more sexual activity than those who are not married or cohabitating.*

Herbenick, Debby, Michael Reece, Vanessa Schick, Stephanie A. Sanders, Brian Dodge, and J. Dennis Fortenberry. "Sexual Behaviors, Relationships, and Perceived Health Status Among Adult Women in the United States: Results from a National Probability Sample." *The Journal of Sexual Medicine* 7 (October 1, 2010): 277–90. doi:10.1111/j.1743-6109.2010.02010.x.

Reece, Michael, Debby Herbenick, Vanessa Schick, Stephanie A. Sanders, Brian Dodge, and J. Dennis Fortenberry. "Sexual Behaviors, Relationships, and Perceived Health Among Adult Men in the United States: Results from a National Probability Sample." *The Journal of Sexual Medicine* 7 (October 1, 2010): 291–304. doi:10.1111/j.1743-6109.2010.02009.x.

Christopher, F., and Susan Sprecher. "Sexuality in Marriage, Dating, and Other Relationships." *Journal of Marriage and Family* 62, no. 4 (2000): 999–1017.

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

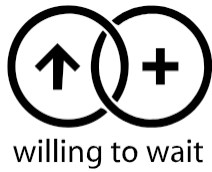
## 34. Married people are richer.

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>.

Waite, Linda J. "Does Marriage Matter?" *Demography (Pre-2011)* 32.4 (November 1995): 483–507.

Lerman, Robert I. "Married and Unmarried Parenthood and Economic Well-Being." Urban Institute and American



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University, July 2002. <http://www.urban.org/research/publication/married-and-unmarried-parenthood-and-economic-well-being>.

### **35. 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.

### **36. 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.

### **37. 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.

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.