

SEX AND RELATIONSHIPS CURRICULUM

CITATIONS FOR 2023 WILLING TO WAIT HIGH SCHOOL PARENT HANDBOOK

1. Parents are the single most influential factor.

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

Kim, Christine. "Teen Sex: The Parent Factor." Backgrounder. Washington, D.C: The Heritage Foundation, October 7, 2008. <http://www.heritage.org/research/reports/2008/10/teen-sex-the-parent-factor>.

2. Teens want their parents to talk with them about sex.

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

Kim, Christine. "Teen Sex: The Parent Factor." Backgrounder. Washington, D.C: The Heritage Foundation, October 7, 2008. <http://www.heritage.org/research/reports/2008/10/teen-sex-the-parent-factor>.

3. 75.6% Of Michigan high school students have not had sex.

"Youth Risk Behavior Surveillance — United States, 2021." MMWR Supplement, 72, no.1. *Centers for Disease Control and Prevention*, April 28, 2023.

Centers for Disease Control and Prevention (CDC). 1991-2021 High School Youth Risk Behavior Survey Data. Available at <http://yrbs-explorer.services.cdc.gov/>. Accessed on July, 24, 2023.

For older data, see: "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

4. 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>.

There is a newer sample from the 2021-2022 academic year with a slightly lower number of 78.8% students who have not had sex. However, that number was based on a small sample size that included more 11th graders than most other years. The link above can be used to access reports from any available year.

5. Teens of all ages consistently report their parents being their biggest influence on their decisions about sex.

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

Power to Decide. "Survey Says: Parent Power," 2016. https://powertodecide.org/system/files/resources/primary-download/Talking%20is%20Power_Survey%20Says_002.pdf

6. Teens who learn about sex primarily from their parents and grandparents are more likely to delay sex.

Bleakley, Amy, Michael Hennessy, Martin Fishbein, and Amy Jordan. "How Sources of Sexual Information Relate to Adolescents' Beliefs about Sex." *American Journal of Health Behavior* 33, no. 1 (2009): 37–48.

7. Eighty-seven percent of teens say, “It would be much easier for teens to postpone sexual activity and avoid pregnancy if they were able to have more open, honest conversations about these topics with their parents.”

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

8. Value of STD testing.

“STD & HIV Screening Recommendations | Prevention | STDs | CDC.” Accessed November 14, 2016. <http://www.cdc.gov/std/prevention/screeningreccs.htm>.

“STD Screening Recommendations - 2015 STD Treatment Guidelines,” January 11, 2019. <https://www.cdc.gov/std/tg2015/screening-recommendations.htm>.

9. 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,” Accessed July 25, 2023. <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.)

10. The World Health Organization lists approximately 30 known STDs today.

“Sexually Transmitted Infections (STIs).” 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)).

11. Fetal Development

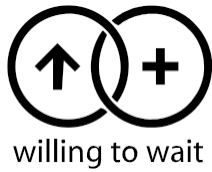
Moore, Keith L., T. V. N. Persaud, and Mark G. Torchia. *The Developing Human: Clinically Oriented Embryology*. 10th edition. Philadelphia, PA: Elsevier, 2016.

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

12. Percentage of people using specific birth control method becoming pregnant after one year.

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>



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

13. Percentage of teens using this method in the last three months.

“Youth Risk Behavior Surveillance — United States, 2021.” MMWR Supplement. Centers for Disease Control and Prevention, April 28, 2023.

“Youth Risk Behavior Surveillance — United States, 2019.” *Centers for Disease Control and Prevention*, MMWR, 69, no. 1 (2020). See Page 15, Table 2 in <https://www.cdc.gov/mmwr/volumes/69/su/pdfs/su6901-H.pdf>

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

14. Michigan Law does not permit school staff to distribute birth control to students.

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).

15. United States law permits teens to access birth control from Title X programs without parental consent at any age (age of consent for sex is 16).

The Network for Public Health. “Michigan Minor Consent Laws for Sexual Health.” Accessed March 9, 2021. https://www.mpie.org/uploads/Michigan_Minor_Consent_Laws_for_Sexual_Health.pdf. This document explains the right to access birth control as a federally protected constitutional right.

16. Abuse

Department of Human Services. “Dating Violence: It Is a Big Deal.” State of Michigan, 2006. http://www.michigan.gov/documents/dhs/DHS-PUB-0224_172099_7.pdf.

Michigan Legislature. “Ask Yourself: A Domestic & Sexual Violence Prevention & Resource Guide,” November 2013. http://www.legislature.mi.gov/Publications/Domestic_Violence-Ask_Yourself.pdf.

17. Sexual Assault and Consent

Michigan Penal Code. Michigan Legislature – Sections 750.520a-d. Accessed December 19, 2016.

18. Sexting

Michigan Penal Code. *Michigan Legislature - Section 750.145c and Section 750.145d*. Accessed December 19, 2016.

19. Pornography

“What Is Pornography.” Educate Empower Kids. Accessed September 21, 2020. https://educateempowerkids.org/wp-content/uploads/2015/10/EEK_Pornography12-_Lesson.pdf.

20. Trafficking

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

21. Alcohol is the most frequently used date rape drug.

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. October 28, 2013. Accessed July 20, 2016. <http://www.usatoday.com/story/news/nation/2013/10/28/alcohol-most-common-drug-in-sexual-assaults/3285139/>.

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

22. Sexually active teens have higher rates of depression.

Carcedo, Rodrigo J., Noelia Fernández-Rouco, Andrés A. Fernández-Fuertes, and José Luis Martínez-Álvarez. "Association between Sexual Satisfaction and Depression and Anxiety in Adolescents and Young Adults." *International Journal of Environmental Research and Public Health* 17, no. 3 (January 29, 2020): 841. <https://doi.org/10.3390/ijerph17030841>.

Vasilenko, Sara A. "Age-Varying Associations between Nonmarital Sexual Behavior and Depressive Symptoms across Adolescence and Young Adulthood." *Developmental Psychology* 53, no. 2 (2017): 366–78. <https://doi.org/10.1037/dev0000229>.

Kugler, Kari C., Sara A. Vasilenko, Nicole M. Butera, and Donna L. Coffman. "Long-Term Consequences of Early Sexual Initiation on Young Adult Health: A Causal Inference Approach." *The Journal of Early Adolescence* 37, no. 5 (May 2017): 662–76. <https://doi.org/10.1177/0272431615620666>.

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>.

Savioja, Hanna, Mika Helminen, Sari Fröjd, Mauri Marttunen, and Riittakerttu Kaltiala-Heino. "Sexual Experience and Self-Reported Depression across the Adolescent Years." *Health Psychology and Behavioral Medicine* 3, no. 1 (January 2015): 337–47. <https://doi.org/10.1080/21642850.2015.1101696>.

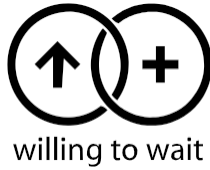
Mendle, Jane, Joseph Ferrero, Sarah R. Moore, and K. Paige Harden. "Depression and Adolescent Sexual Activity in Romantic and Nonromantic Relational Contexts: A Genetically-Informative Sibling Comparison." *Journal of Abnormal Psychology* 122, no. 1 (2013): 51–63. <https://doi.org/10.1037/a0029816>.

23. Sexually active teens are more likely to have attempted suicide.

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>.

Baiden, Philip, Lisa S. Panisch, Yi Jin Kim, Catherine A. LaBrenz, Yeonwoo Kim, and Henry K. Onyeaka. "Association between First Sexual Intercourse and Sexual Violence Victimization, Symptoms of Depression, and Suicidal Behaviors among Adolescents in the United States: Findings from 2017 and 2019 National Youth Risk Behavior Survey." *International Journal of Environmental Research and Public Health* 18, no. 15 (July 27, 2021): 7922. <https://doi.org/10.3390/ijerph18157922>.

Kim, Hyunkyoo, Wonjeong Jeong, Sungin Jang, Youseok Kim, and Euncheol Park. "Association between Sexual Behavior and Depression in South Korean Adolescents: A Cross-Sectional Study." *International Journal of Environmental Research and Public Health* 18, no. 8 (April 16, 2021): 4228. <https://doi.org/10.3390/ijerph18084228>.



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24. 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>.

25. Nearly nine in ten teens say, "It would be much easier for teens to postpone sexual activity and avoid pregnancy if they were able to have more open, honest conversations about these topics with their parents."

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

26. Parents are the greatest influence on their teens' choices about sex!

Albert, B. "With One Voice 2012: America's Adults and Teens Sound Off About Teen Pregnancy." Washington, D.C: The National Campaign, 2012. <https://thenationalcampaign.org/resource/one-voice-2012>.
Power to Decide. "Survey Says: Parent Power," 2016. https://powertodecide.org/system/files/resources/primary-download/Talking%20is%20Power_Survey%20Says_002.pdf