

SEX AND RELATIONSHIPS CURRICULUM MIDDLE SCHOOLS

CITATIONS FOR 2023 WILLING TO WAIT MS LESSON PLANS

LESSON ONE: Sex, Everyone's Talking About It

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

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

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

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

There is a newer (Kent County) 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.

Other Michigan county reports can be accessed here:

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

3. **This is also true of 76% of teens in Michigan and 70% of teens in the United States.**

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

Cohn, D’Vera, Jeffrey S. Passel, Wendy Wang, and Gretchen Livingston. “Barely Half of U.S. Adults Are Married – A Record Low.” *Social and Demographic Trends*. Pew Research Center, December 14, 2011.

<http://www.pewsocialtrends.org/2011/12/14/barely-half-of-u-s-adults-are-married-a-record-low/>.

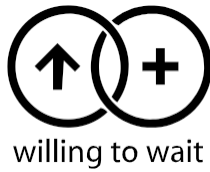
US Census Bureau. “Historical Marital Status Tables.” The United States Census Bureau. Accessed February 9, 2021. <https://www.census.gov/data/tables/time-series/demo/families/marital.html>.

U.S. Census Bureau, Decennial Censuses, 1890 to 1940, and Current Population Survey, Annual Social and Economic Supplements, 1947 to 2022. <https://www.census.gov/content/dam/Census/library/visualizations/time-series/demo/families-and-households/ms-2.pdf>

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

Arias, Elizabeth, and Farida B Ahmad. “Provisional Life Expectancy Estimates for 2021.” Vital Statistics Rapid Release. National Vital Statistics Systems. National Center for Health Statistics, August 2022.

<https://dx.doi.org/10.15620/cdc:118999>.



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“Health, United States, Annual Perspective, 2020-2021.” National Center for Health Statistics (U.S.), 2022. <https://doi.org/10.15620/cdc:122044>.

LESSON TWO: Teenage Pregnancy

1. 323,950 teen pregnancies each year (as of 2017), 888 (teen pregnancies) each day.

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

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>.

Osterman, Michelle J. K., Brady E. Hamilton, Joyce A. Martin, Anne K Driscoll, and Claudia Valenzuela. “Births: Final Data for 2021.” *National Vital Statistics Reports* 72, no. 1 (January 31, 2023). <https://www.cdc.gov/nchs/data/nvsr/nvsr72/nvsr72-01.pdf> (This more recent data would give a total of 408 births per day, but the comparable pregnancy data is not yet available August 10, 2023)

2. 538 babies are born to teen moms and dads every 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>.

Osterman, Michelle J. K., Brady E. Hamilton, Joyce A. Martin, Anne K Driscoll, and Claudia Valenzuela. “Births: Final Data for 2021.” *National Vital Statistics Reports* 72, no. 1 (January 31, 2023). <https://www.cdc.gov/nchs/data/nvsr/nvsr72/nvsr72-01.pdf> (This more recent data would give a total of 408 births per day, but the comparable pregnancy data is not yet available August 10, 2023)

3. 75% of teens who experience a pregnancy did not plan on it.

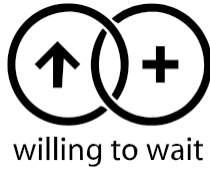
Finer, Lawrence B., and Mia R. Zolna. “Declines in Unintended Pregnancy in the United States, 2008–2011.” *New England Journal of Medicine* 374, no. 9 (March 3, 2016): 843–52. <https://doi.org/10.1056/NEJMsa1506575>.

See also:

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.

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

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



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Michigan Legislature - Section 380.1507, Pub. L. No. 451, § 380.1507. Accessed June 14, 2018.

[http://www.legislature.mi.gov/\(S\(mgmsg1gz4izzsgzdmgitoaw1\)\)/mileg.aspx?page=getobject&objectname=mcl-380-1507](http://www.legislature.mi.gov/(S(mgmsg1gz4izzsgzdmgitoaw1))/mileg.aspx?page=getobject&objectname=mcl-380-1507).

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

“Michigan Profile for Healthy Youth: 2019-2020 Kent County.” Michigan Department of Education, 2020.

<https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportViewer.aspx?key=e96b8caa-1828-450e-b007-f75d85faee87>

There is a newer (Kent County) 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.

Other Michigan county reports can be accessed here:

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

6. 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>.

7. 180-400 million sperm released with each ejaculate and can live in female reproductive system for 2-3 days (up to five).

Lindemann, Dr. Charles B. “Dr. Charles Lindemann’s Lab: Sperm Facts,” 2011.

<https://www2.oakland.edu/biology/lindemann/spermfacts.htm>.

“Sperm: How Long Sperm Live, Sperm Count, and More.” *WebMD*. Accessed February 9, 2017.

<http://www.webmd.com/infertility-and-reproduction/guide/sperm-and-semen-faq>.

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

<http://www.contraceptivetechnology.org/wp-content/uploads/2013/09/Contraceptive-Failure-Rates.pdf>.

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

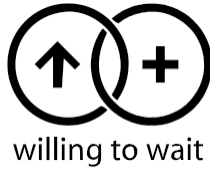
O’Rahilly, Ronan R., and Fabiola Müller. *Human Embryology & Teratology*, 3rd Edition. New York: Wiley-Liss, 2001, page 8.

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.

9. 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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Sekulic, Slobodan, Ksenija Gebauer-Bukurov, Milan Cvijanovic, Aleksandar Kopitovic, Djordje Ilic, Djordje Petrovic, Ivan Capo, Ivana Pericin-Starcevic, Oliver Christ, and Anastasia Topalidou. "Appearance of Fetal Pain Could Be Associated with Maturation of the Mesodiencephalic Structures." *Journal of Pain Research* 9 (November 11, 2016): 1031–38. <https://doi.org/10.2147/JPR.S117959>.

10. Safe Delivery of Newborns

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

Michigan Legislature - 288-1939-XII. Accessed March 15, 2017. [http://www.legislature.mi.gov/\(S\(nlthafbygvnq0x4xn20clvh\)\)/mileg.aspx?page=getObject&objectName=mcl-288-1939-XII](http://www.legislature.mi.gov/(S(nlthafbygvnq0x4xn20clvh))/mileg.aspx?page=getObject&objectName=mcl-288-1939-XII).

Sellers, Wendy L. "Michigan's Safe Delivery of Newborns Educator Toolkit." MDHHS. Accessed August 30, 2017. http://www.michigan.gov/mdhhs/0,5885,7-339-71548_7200-15674--,00.html.

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

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

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

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

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

12. 60-80% of teen moms receive welfare (some form of public assistance).

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

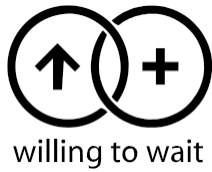
"Pregnancy and Childbearing among U.S. Teens." Planned Parenthood, June 2013. https://www.plannedparenthood.org/files/2013/9611/7570/Pregnancy_And_Childbearing_Among_US_Teens.pdf.

Wertheimer, Richard, and Kristin Moore. "Childbearing by Teens: Links to Welfare Reform: (716572011-001)," 1998. <https://doi.org/10.1037/e716572011-001>.

"Why It Matters: Teen Pregnancy, Poverty, and Income Disparity | National Clearinghouse on Families & Youth." The National Campaign to Prevent Teen and Unplanned Pregnancy, October 2012. <http://ncfy.acf.hhs.gov/library/2010/why-it-matters-teen-pregnancy-poverty-and-income-disparity>.

13. The average cost of care is \$320/wk.

This is based on our own estimates of local prices for common parenting expenses: \$20.00 for diapers, \$25.00 for food, \$25.00 for clothing and shoes, and \$250 for day care.



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Other calculations can be found at:

Miller, Isabel V. Sawhill, Morgan Welch, and Chris. "It's Getting More Expensive to Raise Children. And Government Isn't Doing Much to Help." Brookings (blog), August 30, 2022. <https://www.brookings.edu/blog/up-front/2022/08/30/its-getting-more-expensive-to-raise-children-and-government-isnt-doing-much-to-help/>.

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

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

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

14. Success Sequence

Wang, Wendy, and Brad Wilcox. "The Power of the Success Sequence for Disadvantaged Young Adults." Institute for Family Studies, American Enterprise Institute, May 2022. <https://ifstudies.org/ifs-admin/resources/reports/successsequencedisadvantagedya-final.pdf>.

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.

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?

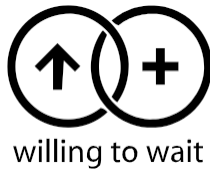
Tanner, Michael. "The Success Sequence - and What It Leaves Out." *Cato Unbound: A Journal of Debate*, May 9, 2018. <https://www.cato-unbound.org/2018/05/09/michael-d-tanner/success-sequence-what-it-leaves-out>.

15. Parenting together is usually easier than parenting alone.

Winship, Scott. "A Half-Century Decline in Marriage... That End 30 Years Ago for Disadvantaged Kids." American Enterprise Institute, April 2022. <https://www.aei.org/wp-content/uploads/2022/04/Half-Century-Decline-in-Marriage-...-That-Ended-30-Years-Ago-for-Disadvantaged-Kids.pdf?x91208>.

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.

Cano, Tomás, Francisco Perales, and Janeen Baxter. "A Matter of Time: Father Involvement and Child Cognitive Outcomes." *Journal of Marriage and Family* 81, no. 1 (2019): 164–84. <https://doi.org/10.1111/jomf.12532>.



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

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

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

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

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

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

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

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

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

"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.

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

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

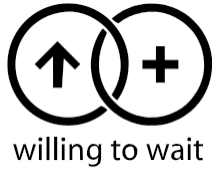
"Contraception | Reproductive Health | CDC," June 5, 2020. <https://www.cdc.gov/reproductivehealth/contraception/index.htm>.

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

LESSON THREE: Sexually Transmitted Diseases

1. An estimated 26 million people are infected with an STD each year in the United States.

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>.

2. Young people (15-24) account for ½ of new STI cases. Teens have increased risk factors for STDs due to their less mature brains, behaviors, and bodies.

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

Centers for Disease Control and Prevention. “Sexually Transmitted Disease Surveillance 2018.” Atlanta, Ga.: U.S. Department of Health and Human Services, October 2019, page 49.
<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>.

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

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

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

4. 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>.

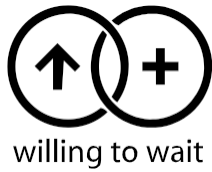
Farley, Thomas A, Deborah A Cohen, and Whitney Elkins. “Asymptomatic Sexually Transmitted Diseases: The Case for Screening.” *Preventive Medicine* 36, no. 4 (April 2003): 502–9. doi:10.1016/S0091-7435(02)00058-0.

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.

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



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

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

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

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

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

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

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

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

7. How STDs spread

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

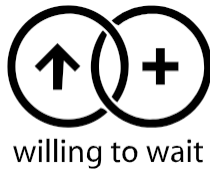
"STD Facts - Genital Herpes," May 19, 2016. <http://www.cdc.gov/std/herpes/stdfact-herpes.htm>.

"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>.

D'Souza, Gypsyamber, Yuri Agrawal, Jane Halpern, Sacred Bodison, and Maura L. Gillison. "Oral Sexual Behaviors Associated with Prevalent Oral Human Papillomavirus Infection." *The Journal of Infectious Diseases* 199, no. 9 (May 1, 2009): 1263–69. <https://doi.org/10.1086/597755>. (This study showed an association between



SEX AND RELATIONSHIPS CURRICULUM MIDDLE SCHOOLS

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.)

8. How many STDs are there?

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

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

9. STDs affect an estimated 68 million people in United States.

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

10. Chlamydia information

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

11. HPV information

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

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

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

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

12. Herpes information

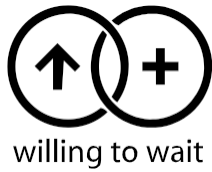
“STD Facts - Genital Herpes,” May 19, 2016. <http://www.cdc.gov/std/herpes/stdfact-herpes.htm>.

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

13. 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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14. STDs can affect people physically, emotionally, and financially, and reduce their future ability to have children.

“Just Diagnosed? Next Steps After Testing Positive for Gonorrhea or Chlamydia,” January 19, 2023. <https://www.cdc.gov/std/prevention/NextSteps-GonorrheaOrChlamydia.htm>.

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

“Detailed STD Facts - HIV/AIDS & STDs,” April 10, 2023. <https://www.cdc.gov/std/hiv/stdfact-std-hiv-detailed.htm>.

15. The CDC says that abstinence is the only thing that can provide 100% complete protection from these diseases.

“Sexual Behaviors | Adolescent and School Health | CDC.” [http://www.cdc.gov/HealthyYouth/sexualbehaviors/Abstinence from vaginal, anal, and oral intercourse is the only 100% effective way to prevent HIV, other STDs, and pregnancy.](http://www.cdc.gov/HealthyYouth/sexualbehaviors/Abstinence%20from%20vaginal,%20anal,%20and%20oral%20intercourse%20is%20the%20only%20100%20effective%20way%20to%20prevent%20HIV,%20other%20STDs,%20and%20pregnancy.htm) Accessed July 24, 2023.

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

16. Condoms are less effective for preventing some STDs than for preventing pregnancy.

Hatcher, Robert A. Contraceptive Technology. 21st 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>.

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

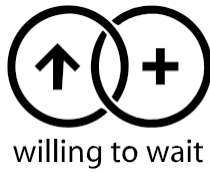
The CDC reports that:

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

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

The CDC also notes that:

When used consistently and correctly, male latex condoms are highly effective in preventing the sexual transmission of HIV infection. In heterosexual HIV serodiscordant relationships (i.e., those involving one infected and one uninfected partner) in which condoms were consistently used, HIV-negative partners



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were 80% less likely to become infected with HIV compared with persons in similar relationships in which condoms were not used.

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

That claim is based on the following reports:

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

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

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

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

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

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

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

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

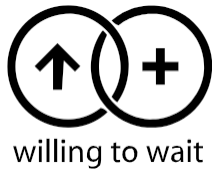
- Reports a 25% reduction of STIs (Chlamydia, Gonorrhea, Trich) with consistent use, and a 59% reduction of STI incidence with consistent *and* correct condom use.

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

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

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.



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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.

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.

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

Curtis, Kathryn M., Naomi K. Tepper, Tara C. Jatlaoui, Erin Berry-Bibee, Leah G. Horton, Lauren B. Zapata, Katharine B. Simmons, H. Pamela Pagano, Denise J. Jamieson, and Maura K. Whiteman. "U.S. Medical Eligibility Criteria for Contraceptive Use, 2016." *MMWR. Recommendations and Reports* 65, no. 3 (July 29, 2016): 1–103. doi:10.15585/mmwr.rr6503a1.

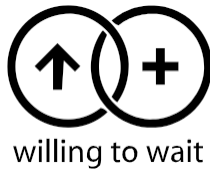
18. Sexual Exposure

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>.

Mathematical Formula <https://wishmedical.com/sexual-exposure-math/>

$2^n - 1 = x$ 2: Represents you (1) and your partner (+1 = 2). n: Represents you and your current partner's number of sexual partners (this is a compounding number – assuming that each person you have had sex with has had the exact same number of partners as you). 1: Represents your current partner (this remains the same). x: The number of people you have been exposed to

LESSON FOUR: Emotional and Relational Consequences



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1. Those who wait to have sex have much more satisfying relationships as adults.

Rhoades, Galena K, and Scott M Stanley. "What Do Premarital Experiences Have to Do with Marital Quality Among Today's Young Adults?" The National Marriage Project | University of Virginia, 2014. www.virginia.edu/marriageproject.

Magnusson, Brianna M, Jennifer A Nield, and Kate L Lapane. "Age at First Intercourse and Subsequent Sexual Partnering among Adult Women in the United States, a Cross-Sectional Study." *BMC Public Health* 15, no. 1 (December 2015): 98. <https://doi.org/10.1186/s12889-015-1458-2>.

Busby, Dean, Jason Carroll, and Brian Willoughby. "Compatibility or Restraint? The Effects of Sexual Timing on Marriage Relationships." *Journal of Family Psychology* 24, no. 6 (December 1, 2010): 766–74. <https://doi.org/10.1037/a0021690>.

Sassler, Sharon, Fenaba Addo, and Daniel Lichter. "The Tempo of Sexual Activity and Later Relationship Quality." *Journal of Marriage and Family* 74 (August 1, 2012). <https://doi.org/10.1111/j.1741-3737.2012.00996.x>.

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

Paik, Anthony. "Adolescent Sexuality and the Risk of Marital Dissolution." *Journal of Marriage and Family* 73, no. 2 (April 2011): 472–85.

Longmore, Monica A., Wendy D. Manning, Jennifer E. Copp, and Peggy C. Giordano. "A Prospective Study of Adolescents' Sexual Partnerships on Emerging Adults' Relationship Satisfaction and Intimate Partner Aggression." *Emerging Adulthood* (Print) 4, no. 6 (December 2016): 403–16. <https://doi.org/10.1177/2167696816631098>.

Holway, Giuseppina Valle, and Kathryn Harker Tillman. "Timing of Sexual Initiation and Relationship Satisfaction in Young Adult Marital and Cohabiting Unions." *Journal of Family Issues* 38, no. 12 (August 2017): 1675–1700. <https://doi.org/10.1177/0192513X15613826>.

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

Federal Interagency Forum on Child and Family Statistics. *America's Children: Key National Indicators of Well-Being, 2011*. Washington, D.C.: Government Printing Office, 2011, see page 44. http://www.childstats.gov/pdf/ac2011/ac_11.pdf.

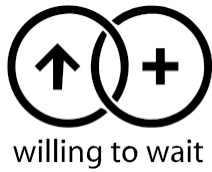
2. "While we are free to choose our actions, we are not free to choose the consequences of those actions."

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

3. 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/>.



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

“Oxytocin is a fascinating chemical that impacts human behavior, with a wide variance in its influence. It does not work in isolation, but influences and is influenced by other neurochemicals, brain functions, environmental conditions and behaviors.... The educator can say that there are correlations between oxytocin and certain psychosocial behaviors (such as bonding and trust), but definitive causal statements are not recommended.”

“Oxytocin: A Joint Statement From Ascend And Medical Institute.” Medical Institute for Sexual Health, Ascend, November 2015. <https://www.medinstitute.org/wp-content/uploads/2015/09/Oxytocin-Doc-2015.pdf>.

Carter, C. Sue. “The Role of Oxytocin and Vasopressin in Attachment.” *Psychodynamic Psychiatry* 45, no. 4 (December 2017): 499–517. <https://doi.org/10.1521/pdps.2017.45.4.499>.

Carter, C. Sue. “The Oxytocin–Vasopressin Pathway in the Context of Love and Fear.” *Frontiers in Endocrinology* 8 (December 22, 2017). <https://doi.org/10.3389/fendo.2017.00356>.

Nephew, Benjamin C. “Behavioral Roles of Oxytocin and Vasopressin.” *Neuroendocrinology and Behavior*, September 19, 2012. <https://doi.org/10.5772/50422>.

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>.

Busby, Dean, Jason Carroll, and Brian Willoughby. “Compatibility or Restraint? The Effects of Sexual Timing on Marriage Relationships.” *Journal of Family Psychology* 24, no. 6 (December 1, 2010): 766–74. <https://doi.org/10.1037/a0021690>.

Sassler, Sharon, Fenaba Addo, and Daniel Lichter. “The Tempo of Sexual Activity and Later Relationship Quality.” *Journal of Marriage and Family* 74 (August 1, 2012). <https://doi.org/10.1111/j.1741-3737.2012.00996.x>.

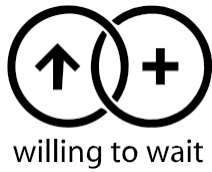
Teachman, Jay. “Premarital Sex, Premarital Cohabitation, and the Risk of Subsequent Marital Dissolution among Women.” *Journal of Marriage and Family* 65, no. 2 (2003): 444–455.

5. **Temporary sexual relationships can harm both people emotionally.**

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. “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>.



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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>.

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>.

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>.

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>.

Gonçalves, Helen, Ana L. Gonçalves Soares, Isabel O. Bierhals, Adriana K.F. Machado, Mayra P. Fernandes, Roberta Hirschmann, Thais M. da Silva, Fernando C. Wehrmeister, and Ana M.B. Menezes. "Age of Sexual Initiation and Depression in Adolescents: Data from the 1993 Pelotas (Brazil) Birth Cohort." *Journal of Affective Disorders* 221 (October 15, 2017): 259–66. <https://doi.org/10.1016/j.jad.2017.06.033>.

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>.

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

Albert, Bill. "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>.

Albert, Bill. "With One Voice 2010: America's Adults and Teens Sound Off About Teen Pregnancy." The National Campaign to Prevent Teen and Unplanned Pregnancy, December 2010. <http://www.cashe.org/wp-content/uploads/2011/01/onevoice.teens2010.pdf>.

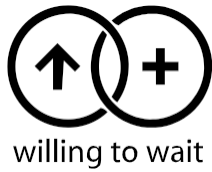
The National Campaign to Prevent Teen Pregnancy. "Not Just Another Thing To Do: Teens Talk About Sex, Regret, and the Influence of Their Parents." The National Campaign to Prevent Teen Pregnancy, June 30, 2000. <https://thenationalcampaign.org/sites/default/files/resource-primary-download/teenwant.pdf>.

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>.

LESSON FIVE: Unhealthy Relationships, Laws, and Resisting Pressure

1. Domestic Violence: Using "physical, sexual, and emotional abuse to control another person."

"MSP - Domestic Violence Awareness." Accessed March 17, 2017. http://www.michigan.gov/msp/0,4643,7-123-1878_1711-10257--,00.html.



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

2. Sexual assault and the age of consent

Michigan Penal Code. *Michigan Legislature - Section 750.520d*. Accessed December 19, 2016. [http://www.legislature.mi.gov/\(S\(e12oawayp2yyzwyfvpsvuss\)\)/mileg.aspx?page=getobject&objectname=mcl-750-520d](http://www.legislature.mi.gov/(S(e12oawayp2yyzwyfvpsvuss))/mileg.aspx?page=getobject&objectname=mcl-750-520d).

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3. Pornography has potential to harm yourself, harm relationships, and harm society.

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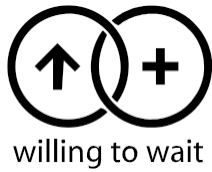
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LESSON SIX: Dating and Setting Boundaries

LESSON SEVEN: Healthy Relationships and Marriage

1. Married people have the safest sex and have sex more often.

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

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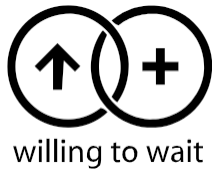
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[Mixed findings] Jones, Megan M. “SEXUAL FREQUENCY PATTERNS OF COHABITING AND MARRIED WOMEN ACROSS DURATION AND HISTORICAL TIME.” Florida State University, 2020. <https://diginole.lib.fsu.edu/islandora/object/fsu:776944/datastream/PDF/view>



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[Contrary findings] Kislev, Elyakim. "Does Marriage Really Improve Sexual Satisfaction? Evidence from the Pairfam Dataset." *The Journal of Sex Research* 57, no. 4 (May 3, 2020): 470–81. <https://doi.org/10.1080/00224499.2019.1608146>. Kislev did not find marriage to be a determining factor in sexual satisfaction. His sample from the German population may not be comparable to our context given different cultural attitudes toward marriage and sex

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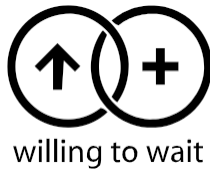
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