



Safer Sex for Teenagers

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Safer sex for teenagers

1. Today we are going to look at safe sex.
2. This is a very complicated subject. Older people in your community may have very different ideas from younger people.
3. Your community or church may have rules that they expect you to follow. As well as the advice in this lesson, you should also consider the advice of your family and community.
4. Now here's a question for you.
5. Why is it good to get advice on safe sex from people in your community?
6. Because they may have rules which are appropriate to your community,
7. Or because they always know best?
8. Press a button now.
9. Correct! As well as the advice in this lesson, you should also consider the advice of your family and community.

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10. Whenever you have sex you are at risk of getting HIV and other sexually transmitted diseases. You cannot always know if your sexual partner has a sexually transmitted disease.

11. Some sexually transmitted diseases can be painful and make you feel very sick. Sexually transmitted diseases such as chlamydia can cause infertility. Infertility means you could be unable to have children.

12. The more sexual partners you have the greater your risk of getting sexually transmitted diseases. The BEST way to avoid sexually transmitted diseases is not to have sex at all.

13. If you do decide to have sex, there are ways you can protect yourself and your partner from sexually transmitted diseases. Now try to answer these questions.

14. Is it easy to know if your sexual partner has a sexually transmitted disease?

15. Yes,

16. Or no?

17. Press a button now.

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18. Well done! You cannot always know that your sexual partner has a sexually transmitted disease.

19. What is the best way of avoiding sexually transmitted diseases?

20. Not having sex,

21. Or having sex with your eyes closed?

22. Press a button now.

23. That's right. The best way of avoiding sexually transmitted diseases is to not have sex at all.

24. There are ways of being close to your partner without having sex.

25. A lot of people find it enough to talk, kiss, massage and touch each other.

26. These activities allow you to be close to your partner with no risk of getting pregnant or catching sexually transmitted diseases.

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27. Can you be close with your partner without having sex?

28. Yes,

29. Or no?

30. Press a button now.

31. Correct! Simply talking or kissing and touching can make you feel close to your partner.

32. You may want to have sex when you are sexually excited, but after having sex you may feel disappointment, guilt or shame. This can be especially true in communities where sex before marriage is strictly forbidden.

33. You may feel emotionally mature and ready to have sex, but you should think very carefully before deciding to have sex. Remember: Not having sex is also the best way of avoiding HIV and other sexually transmitted diseases.

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34. If you decide to have sex with someone make sure that it is someone you know and trust. The important thing for you is to make sure that it is the right time for you both.
35. It is important to respect each other. If your partner does not want to have sex you must respect that. Remember you can always say no! It is your choice!
36. If you decide to have sex with someone how do you know it's the right time for you?
37. Because both you and your partner feel ready,
38. Or because there is a full moon?
39. Press a button now.
40. Yes. Both partners should decide when it is right for them to have sex. Remember, you can always say no!
41. You can become pregnant, get HIV or another sexually transmitted disease the very first time you have sex with your partner.
42. If you and your partner decide to have a sexual relationship, it is important to talk to each other about what contraception you will use.

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43. Contraception is the method used to stop women getting pregnant. This can help you plan the best time to have a baby.

44. One form of contraception called a condom can also prevent sexually transmitted diseases. A condom is a rubber sheath that a man places over his erect penis.

45. Why is contraception important?

46. It helps you plan the best time to have a baby,

47. Or it makes sex more pleasurable?

48. Press a button now.

49. Yes! Contraception is important because it helps you plan the best time to have a baby.

50. Do condoms help protect you from pregnancy and sexually transmitted diseases?

51. Yes,

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52. Or no?

53. Press a button now.

54. You are right! Condoms are a method of contraception that protects you and your partner from sexually transmitted diseases, as well as helping prevent pregnancy.

55. It is important for a man to put on a condom before his penis enters a woman's vagina.

56. Condoms stop sperm entering a woman's vagina and will help prevent pregnancy. Stopping sperm entering the vagina will also prevent sexually transmitted diseases.

57. If you learn to use condoms properly, then you can learn how to have safer sex.

58. Condoms can easily get damaged. Holes in the condom will allow sperm to escape, so use a new condom every time you have sex.

59. Why is it important for a man to always put on a condom before having sex with his partner?

60. To stop the man getting too excited,

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61. Or to prevent the risk of pregnancy and sexually transmitted diseases?

62. Press a button now.

63. Well done! Using a condom will help prevent the risk of pregnancy and sexually transmitted diseases.

64. Why should you use a new condom every time you have sex?

65. Because condoms can easily get damaged,

66. Or to prevent bad smells?

67. Press a button now.

68. Yes. You should always use a new condom every time you have sex because condoms can easily get damaged, leading to pregnancy and sexually transmitted diseases.

69. Condoms are the best method of contraception because they allow you to plan when to have a baby as well as preventing sexually transmitted diseases.

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70. However, there are other methods of contraception you can use. Ask at your local health centre which other methods of contraception are available in your area.

71. How can you find out about what methods of contraception are available in your area?

72. Ask your friend,

73. Or ask at your local health centre?

74. Press a button now.

75. Yes, your local health centre will be able to tell you what methods of contraception are available in your area.

76. Remember: You can become pregnant, get HIV or another sexually transmitted disease the very first time you have sex with your partner.

77. The more people you have sex with the greater your risk of sexually transmitted diseases, infertility or death.

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78. The BEST way to avoid sexually transmitted diseases is not to have sex at all. If you decide to have sex with someone you know and trust make sure it is the right time for you both. Remember, you can always say no. It is your choice!

79. Using new condoms every time you have sex can protect you from both pregnancy and sexually transmitted diseases. Be careful and stay safe!

80. That was the wrong answer. Let's go back and listen again.

81. Sorry! Wrong answer.

82. Hello. The title of this lesson is "Safer sex for teenagers". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

83. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!

84. Correct!

85. "Safer sex for teenagers"

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86. As well as vaginal sex there is also anal sex and oral sex.

87. Anal sex is when a man's penis is put into the anus. Oral sex is when a man's penis is put into the mouth, or when a tongue is put into a woman's vagina.

88. Unlike vaginal sex you cannot become pregnant by having anal or oral sex. However, anal sex is particularly dangerous.

89. You CAN still get sexually transmitted diseases from having anal or oral sex. HIV infection is very high in people who have anal sex.

90. The more sexual partners you have the greater the risk of getting sexually transmitted diseases.

91. Using condoms during oral or anal sex will reduce the risk of getting Sexually Transmitted Diseases.

92. Can you get pregnant from having oral or anal sex?

93. Yes,

94. Or no?

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95. Press a button now.

96. Well done! You cannot get pregnant from having either oral or anal sex.

97. Can you get Sexually Transmitted Diseases from having oral or anal sex?

98. Yes,

99. Or no?

100. Press a button now.

101. Correct! Although you cannot get pregnant from oral or anal sex you can still get sexually transmitted diseases. Remember, be careful and stay safe!