

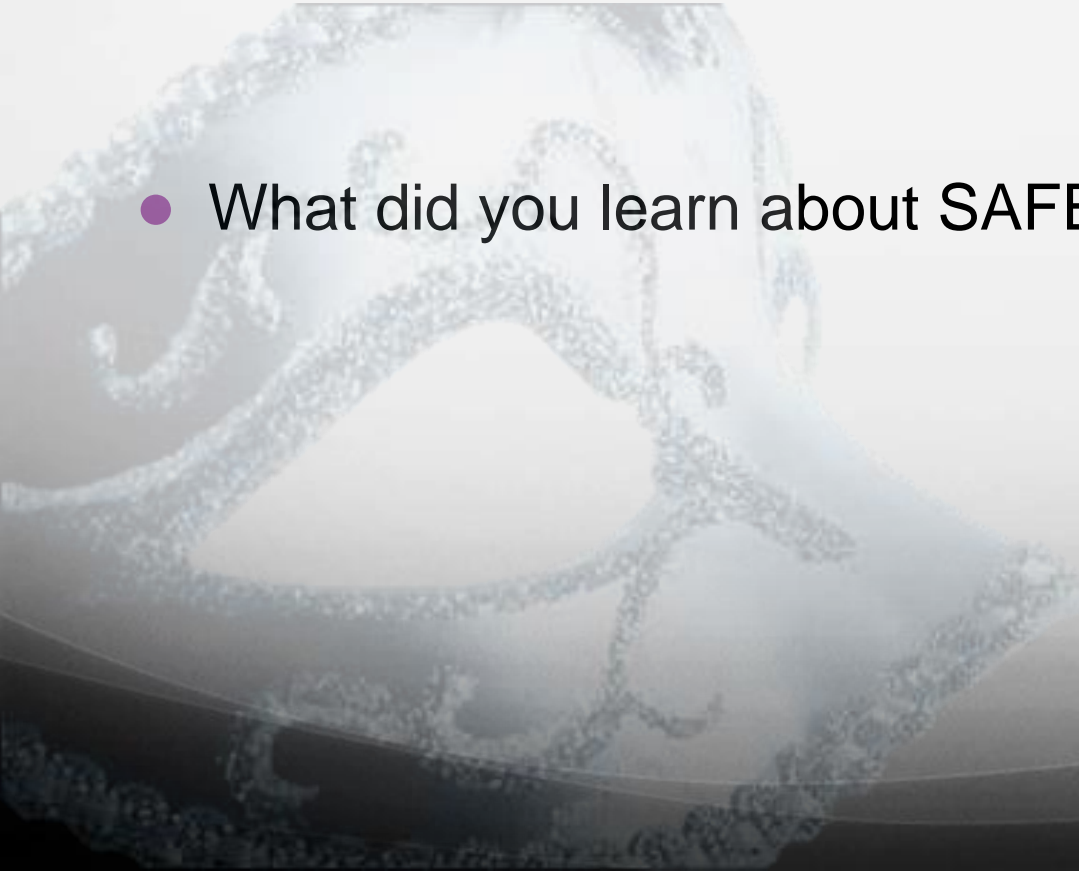
Once The Mask Comes Off

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When Your Mask Isn't The Only Thing You Take Off

- When did you learn about sex?
- What did you learn about SAFE sex?



Objectives

- To learn the definition of safe sex
- To understand the importance of mutual consent
- To gain some tips to party/date smart
- To identify personal examples of what you hide behind your “mask”
- To explore what it takes to gain emotional safety in a relationship



Sex Myths

- MYTH :“Condoms take the fun out of sex”
 - FACT: The correct condom can enhance sex for both partners
- MYTH: “You can tell by the way that someone looks if they have an STI”
 - FACT: Most STIs don't have any obvious signs
- MYTH: “When your partner says no, they really mean yes”
 - Fact: Every sexual act requires CONSENT

What is SAFE SEX?

- Safe sex is having sexual contact while protecting yourself and your sexual partner against sexually transmissible infections (STIs) and unplanned pregnancy. Sexual contact that doesn't involve the exchange of semen, vaginal fluids or blood between partners is considered to be safe sex.
- What are ways that you can practice safe sex?
- If you think you might have an STI, get tested. There is no shame in being concerned for your own health.

Consent

- A mutual agreement
- These questions must be answered if consent is given:
 1. Does the person want to give consent?
 2. Is the person capable of giving consent?
- **The only way to be sure is to ask.**

Tips for Partying Smart

- Stick with Friends
- Make a plan
 - How are you getting home?
- Hold onto your drink, even going to the bathroom
- Only accept drinks from bartenders
- Don't share drinks
- Always keep your phone on you
- Be aware of clubs that charge men, but women drink for free
- Trust your instincts

Tips for Dating Smart

- Know your limits
- Be clear with your responses
- Trust your gut
- Don't get in over your head
- Stay in control
 - 75% of sexual assaults involve alcohol
- Tell a friend where you are going
- Avoid secluded places
- Do your research
 - Facebook

Healthy Relationship

<http://www.hotpeachpages.net/canada/air/medbook/04.html>

- Sexuality means more than just sex.
- Talk about what “being intimate” means to you.
- What does trusting your gut mean?
 - What does it look like for you to trust your gut?

Behind The Mask

Activity Time

Grab a Mask and some markers

On the front of the mask, write words or draw symbols that the outside sees everyday.

On the inside of the mask, write words or draw symbols that only you know or only people who are close to you know.



What's Behind The Mask...

- What kind of things did you write on the front of your mask?
- How did it feel to think about what to write on the inside of your mask?
- How does this activity relate to you?



Finding Emotional Safety

What makes you feel comfortable/valued in a relationship?

What needs to be present in a relationship to be able to show someone the inside of your mask?

How does being in a relationship or not being in a relationship play into your Identity?

Resources

- http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Safe_sex
- <http://www.itsyoursexlife.com/gyt/top-10-most-outrageous-sex-myths/>
- <http://abcnews.go.com/Health/Wellness/14-sex-myths-busted/story?id=24520345#4>
- <http://www.sexualityeducation.com/pdf/safersex.pdf>
- http://www.sexualityeducation.com/safe_sex.php
- <http://www.pamf.org/teen/abc/sex/consent.html>
- http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sex_education_talking_to_teenagers?open
- <http://www.itsyoursexlife.com/gyt/top-10-most-outrageous-sex-myths/>
- http://well.wvu.edu/articles/tips_for_preventing_sexual_assault
- <http://www1.umn.edu/parent/health-safety/relationships-sexuality/index.html>