

Week of April 6-10, 2020

High School Health

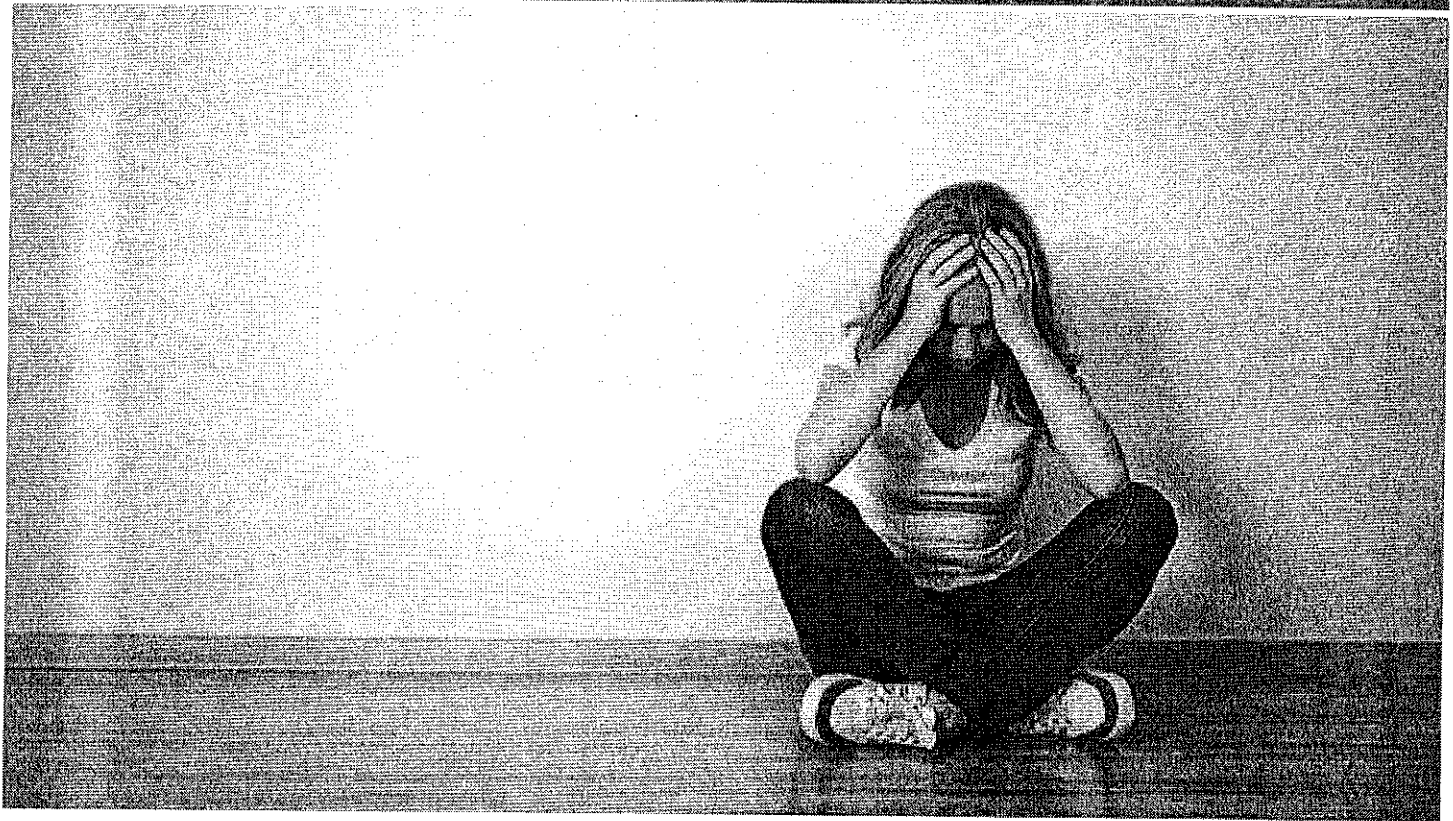
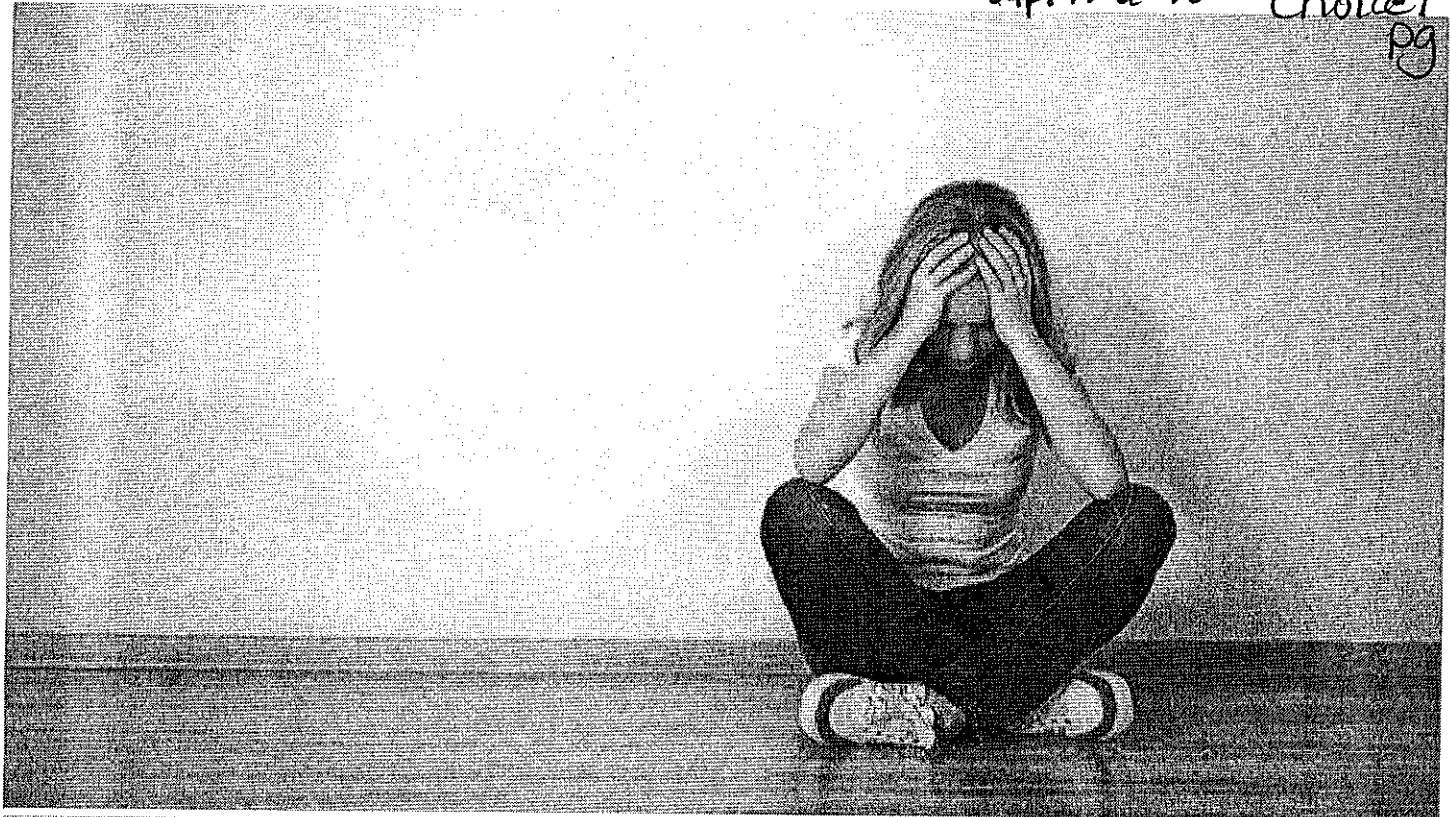
Mr. Anderson

Please pick 1 of the 3 activities to do for the week. Please submit to my email or if you don't have access or feel comfortable sharing electronically, you may turn in the assignment to the homework box located in the Lake Crest foyer. I'm really excited to see what you are doing, feel free to share a little note and let me know what you've been up to. Miss all of you, STAY SAFE.

My email is brian.anderson@oakland5.org. My phone number is 217-218-5420, if you have any questions, do not hesitate to call. Like I mentioned earlier, assignments may be turned in to the homework box in the Lake Crest foyer, if they are not emailed. My office hours are 10am-Noon but feel free to call/email anytime outside of those hours as well & I will get back with you as soon as possible.

Class	Choice 1	Choice 2	Choice 3 (Enrichment)
High School Health	<p>http://www.itsyoursexlife.com</p> <p>Click on Dating Abuse Stories. Read & write a ¼ page reflection. Which story influenced you the most & why?</p>	<p>https://sexetc.org/action-center/sex-in-the-states/</p> <p>Click on the Illinois icon. Read about IL laws regarding sex, dating, social media laws. Write a ¼ page reflection, including 3 things that you learned from the article.</p>	<p>Eat 2 servings of fruit Eat 3 servings of vegetables Eat 1 or less servings of snack/junk food.</p> <p>Drink 100 oz of water each day</p> <p>Chart it & email it to me or drop it off in the foyer.</p> <p>Then, write a review of your daily food/water intake, or send me pics of you eating your fruits/veggies & drinking water.</p>

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Dating Abuse Stories

In relationships, abuse is more widespread than you might think. One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend. But it doesn't have to be violence to be abuse. Using words to hurt someone is abuse too, and so is being pressured or forced into being physical and

having sex. A lot of times, unhealthy dynamics are about power and control, and controlling behavior becomes abusive. It doesn't have to be this way.

In your relationship, you are in control of your choices, and you are in control of your body.

If the person you are with isn't listening to you, won't respect your boundaries, or doesn't stop when you say stop, that's a big red flag. It's important to take those signs and behaviors seriously, because it can lead to serious problems.

These are excerpts from interviews with real people who experienced abusive relationships. Their names have been changed to protect them. If you, or anyone you know, is experiencing abuse of any kind talk to an adult you trust. You can also find help at the following hotlines. You are not alone.

Love is Respect: National Dating Abuse Helpline

1-866-331-9474 | 1-866-331-8453 TTY

loveisrespect.org

National Domestic Violence Hotline

1-800-799-SAFE (7233) | 1-800-787-3224 (TTY)

National Sexual Assault Hotline

1-800-656-HOPE (4673)

www.rainn.org

Jenny was 14 when she met her first boyfriend, Jorge.

"He was super nice, funny, fun to hang out with. He was just, like, a normal teenage boy. At first it was really good. We hung out every day, and we became best friends.

Three or four months into the relationship, he started getting super controlling. If I wore a dress that he thought was too short, he would call me a slut or a whore and make me feel bad about it. He was always looking at my phone to see if I was talking to other guys. At lunch, he would tell me not to hang out with my friends.

From there, it started getting more serious. If I would talk to someone in class, he would call me and be screaming on the phone. Then he started being physically abusive... At that time, I didn't tell my mom. I was scared of what she would think and I thought it was my fault I was getting hit. I hid it. I played soccer, so if I had bruises or scratches, I said it happened in soccer. The relationship lasted a year and a half."

It took a long time before Jenny finally told her mom about the abuse, but when she finally did, she was relieved. Her mom was understanding and wanted to help.

"After that, she signed me up for therapy. I still go to this day... I think that an unhealthy relationship is about being controlling, not being able to communicate well if you are having problems, not talking.

Now I am in a healthy relationship. We have been together nine months. It's been steady and good. He hasn't called me a bad name, and if I get mad, I get myself out of the situation."

Mandy was a sophomore in college when she met Sarah through a mutual friend. It was her first relationship.

"It got really serious really quickly. I was living in the dorms. She was living in an apartment, and she started to want to spend a lot of time with me. I was excited because it was new to me and I didn't know how relationships worked. Within a few weeks I started sleeping over at her house every night.

I could tell that she had an aggressive side to her, she would sometimes drink and be physically and verbally aggressive — not abusive, just aggressive — and I didn't like it. But the next day she would always be really

nice...

We were together about 9 months. It grew into a really deep relationship, but looking back, there were a lot of things that were really unhealthy... If I was out with family or friends, she would text me a lot and I would have to be answering her the whole time or it would make her sad."

Things got so unhealthy that eventually, Mandy broke up with Sarah. But it didn't end there, because Sarah wouldn't leave Mandy alone. She would show up at Mandy's house trying to get back together with her.

"One time, I was trying to drive away and she laid down in front of the car tires so that I couldn't leave. I felt forced to have her in my life even though I said I don't want this... Then she started texting me references to conversations I was having with people online. I probably saved my passwords on her computer, but she had been monitoring my email, Facebook, dating sites, everything. That's when I contacted the police for a restraining order. I thought that they would laugh at me that a girl needed protection from another girl, but the detective I met with was very respectful.

I started keeping a log of all the messages and emails she sent me, every time she would show up at my house and bang on the door. Then I changed my phone number and I moved and I kept all that information private. Then finally, after nine months of trying to get her out of my life, she started to leave me alone. It's been almost three years to the date now."

Rachel and John got together the summer between 8th grade and high school. After two weeks he told her he loved her. They were together all the way through high school.

"It was inconsistent, but when it was on it was intense. He was my first kiss, my first everything. As the years went on, he used this idea of us falling for each other so young as this special thing. He said, 'not everyone has this.'

My senior year in high school, I broke up with him... I missed him in college. It was hard for me to date other people because I was still very hung up on him. After the end of my first year, we got back in touch and that's when things started to change. He started questioning my character, and those questions turned into attacks on my character. He would say, 'I don't trust you, you're a slut, you're a liar. What were you doing? Where did you go? Who did you talk to?' There were lots of assumptions. He would just assume that I had been doing bad things...

I attempted to go back to school in the fall, but I dropped out. I was completely consumed by the relationship. That's how he wanted it."

After that, Rachel and John's relationship spiraled out of control.

"That's when he started to put his hands on me... Once it was unleashed, it didn't stop. He did everything. Hit me, kicked me, bit me until it drew blood, put a lighter on my skin. He had pretty much gone crazy. He was obsessed with me cheating on him."

One day, things got really scary and Rachel realized her life was in danger. She decided things had to change, and she told her parents what was going on.

"I think the support of my family, educating myself and finding out I am not the only person going through this really helped. It's kind of a cliché but I am stronger because it happened. Just like anyone who has been through something traumatic, I have been to a really scary place, but I am good. I went back to school, and graduated. I'm in a wonderful relationship and he supports me being who I am. I'm engaged, and I'll be married next May.

In a healthy relationship, there is respect. You listen and encourage your partner to express themselves. You want them to be who they are and you celebrate the differences. You trust the other person. A relationship isn't going

Wondering what's going on in your state? See how your state stacks up on sexuality issues for teens. And don't forget to find out how to make a difference on these issues.

Illinois

- [Sex Ed Rights](#)
- [17Age of Minority](#)
- [17Age of Consent](#)
- [LGBTQ Rights](#)
- [HIV / AIDS Testing](#)
- [Condoms](#)
- [Birth Control](#)
- [Abortion Rights](#)
- [Pregnancy](#)
- [Emergency Contraception](#)
- [Sexting](#)
- [Show All](#)



Sex ed Rights

- Illinois requires schools to teach health education but does not specifically state that sex ed is to be taught.
- Schools are to teach both abstinence and contraception in sex ed classes.
- When provided, sex ed is to be medically accurate and age appropriate.
- Students do not need their parents' permission to participate in sex ed or STD and HIV/AIDS education classes. But parents or guardians can take their child or children out of sex ed or STD/HIV/AIDS classes. This is called and "opt-out" policy.
- If you want your school to offer a comprehensive sexuality education class in your school, you can learn more at [SIECUS](#). You can make a difference!

Age of Minority

17

- The age when someone is no longer considered a minor in Illinois, as in most states, is 18. Therefore, you are legally considered an adult at age 18.
- Keep in mind that these laws may be different for you if you are legally considered an emancipated minor, pregnant minor or married minor.
- Being a minor (under 18) affects your right to information and services. To learn more, read on!

Age of Consent

- Legally, people can't consent (or agree) to sex (with someone who is considered an adult) until they reach a specific age. This is called the "age of consent." Consent laws are meant to protect minors from being manipulated or forced into sex with older people.
- In Illinois, you can legally consent to sex when you become 17 years old.
- Also, in Illinois, if a person is 17 or older and holds a "position of trust, authority or supervision," such as a coach, and the other person is at least 13 but under 18, consent is not legally possible in Illinois. The person over 17 would be committing sexual assault, by law, for having sex with the person who is between 13 and 18.



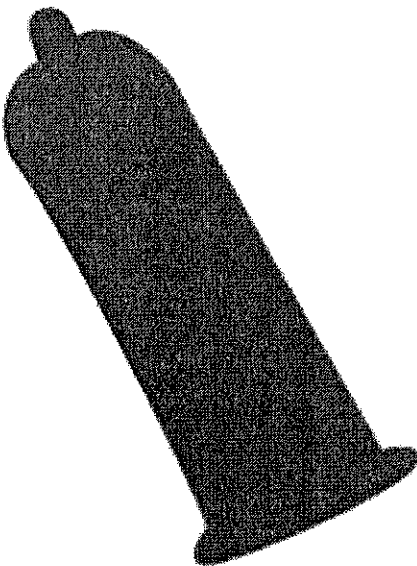
LGBTQ Rights

- Public schools in Illinois have Safe Schools Laws in effect, which are statewide anti-harassment/bullying and/or nondiscrimination laws that include the categories of sexual orientation and gender identity.
- Illinois law protects LGBT students as well as students who associate with LGBT students from bullying.
- There are statewide anti-discrimination laws that are designed to protect students based on sexual orientation and gender identity.
- State hate crimes laws protect LGBT people, meaning that they include sexual orientation and gender identity as categories they protect.
- If discrimination, harassment or a hate crime happens to you or someone you know, please call the Gay and Lesbian National Hotline at **1-888-THE-GLNH (843-4564)** for help and support, or check out Lambda Legal. No one deserves harassment!



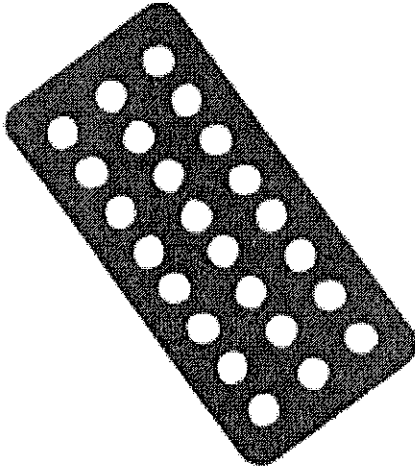
HIV / AIDS Testing

- In Illinois, you don't need permission from your parent or guardian to get tested for sexually transmitted diseases (STDs) or HIV if you are 12 or older.
- Health care providers *may*—but are not required to—inform a minor's parent(s) about services provided to a minor (someone under 18), including a positive HIV-test result.
- If you're a minor, it's important for you to ask questions about confidentiality when you call to make your appointment. Specifically ask, "If I make an appointment and receive any kind of services at your clinic, will you tell my parents or anyone else?" This applies to all services, including testing for pregnancy and sexually transmitted infections, including HIV.
- Illinois offers both anonymous and confidential HIV testing. This means that if you get tested for HIV, you can choose to either have your results confidentially reported to the health department using your name, or have your results anonymously reported to the health department using a number code, not your name.
- [Find an HIV testing site in your area here](#) or call the Centers for Disease Control's 24-hour **National AIDS Hotline** at **1-800-CDC-INFO (232-4636)**.



Condoms

- People of any age, including teens, can buy condoms from a drugstore, pharmacy, grocery store or even online. A pack of twelve condoms costs about \$12. Internal or female condoms are about \$2 to \$4 per condom.
- You can get condoms for free or at a reduced cost from health clinics (like Planned Parenthood), HIV testing centers and local health departments. Call **1-800-230-PLAN (7526)** for the nearest **Planned Parenthood**.
- Always check the expiration date on condoms to make sure that the condoms haven't expired yet. For information on how to use a condom correctly, [check out this FAQ](#). Learn all about internal/female condoms [on Sexetc.org](#).




Birth Control

- In Illinois, minors (people under 18) are allowed to get birth control without a parent's permission if they are over 12.
- Also, a teen can get a prescription for birth control without a parent's permission in one or more of the following situations. If the teen:
 - is married
 - is a parent
 - is pregnant or has ever been pregnant
 - has health reasons
 - was referred for health care services by a doctor, clergyperson or other health care organization, such as Planned Parenthood
- Clinics called "Title X clinics"—pronounced "title ten"—provide sexual and reproductive health care to both teens and adults. Title X clinics offer many services, including prescriptions for the Pill, pregnancy option counseling, and testing for pregnancy and sexually transmitted diseases and infections, including HIV.
- If you go to a Title X clinic, your appointment will be completely confidential.
- These clinics charge on what's called a sliding-scale fee basis, which means they help you pay what you can afford, and you can pay in cash. If you pay for your visit by using your family's health insurance, then your parents are likely to see the bill when it arrives in the mail.

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- Use this tool to find a Title X clinic near you:



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Find a Family Planning Clinic

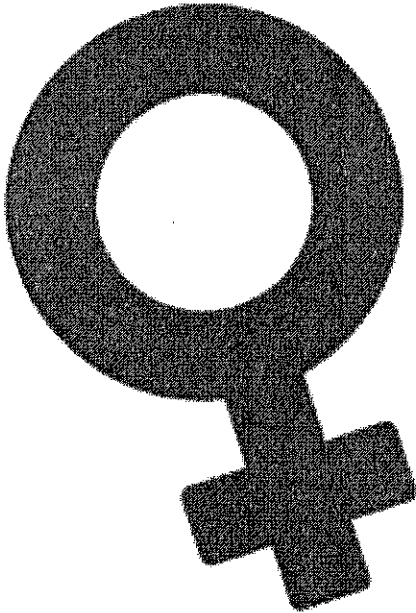
ENTER CITY, STATE OR ZIPCODE

Q

Such as "Washington, DC" or "20002"

About this tool (<https://opa-fpclinicdb.hhs.gov/about-this-tool>) | Host this tool (<https://opa-fpclinicdb.hhs.gov/host>)

- Or call 1-800-230-PLAN (7526) for the nearest **Planned Parenthood**.
- When you make an appointment for health care, ask about confidentiality rules. When you call, ask:
 - Can I get services at your office without my parents' permission?
 - Can my parent/s have access to my records?
 - Will my parent/s see the bill?
- It is your right to get sexual and reproductive health care where you feel safe and comfortable, so don't worry about asking these questions.



Abortion Rights

- If you are in Illinois, you need to notify a parent or other adult relative that you're having an abortion, 48 hours before the abortion takes place. If that's not possible, you are able to ask a judge for permission to go ahead with the abortion without notifying your parents. This is called "judicial bypass."
- Illinois provides Medicaid (health care) coverage for most medically necessary abortions, which is more than what the federal government requires.
- If you need help paying for an abortion, call the National Abortion Federation Hotline at 1-800-772-9100, Monday–Friday, 7 a.m. to 11 p.m.; Saturday–Sunday, 9 a.m. to 9 p.m. (Eastern Daylight Time). The hotline can tell you where and how to get financial help for an abortion in the U.S.

Adoption


- To learn about adoption, visit the National Council for Adoption.

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Pregnancy

- You do not need a prescription from a doctor or health care provider to get a pregnancy test. You can purchase a pregnancy test from a pharmacy, grocery store or online. They cost between \$10 and \$18. You can also take a pregnancy test at a doctor's office or clinic, like Planned Parenthood. Many clinics offer free or reduced-cost pregnancy tests.
- Visits to clinics known as Title X (ten) clinics are confidential for teens and adults.
- Use this tool to find a Title X clinic near you::



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Find a Family Planning Clinic

ENTER CITY, STATE OR ZIPCODE

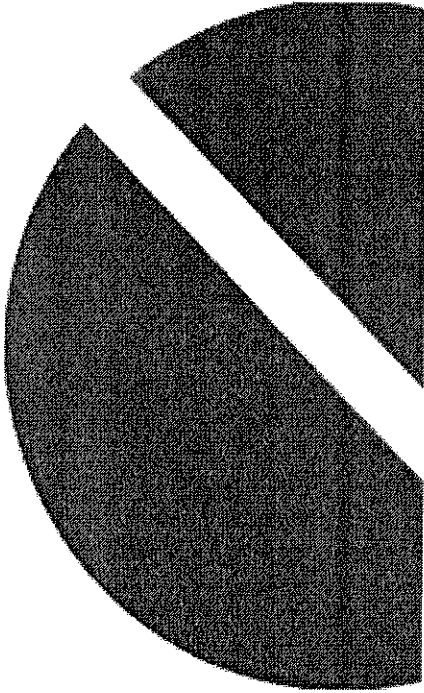
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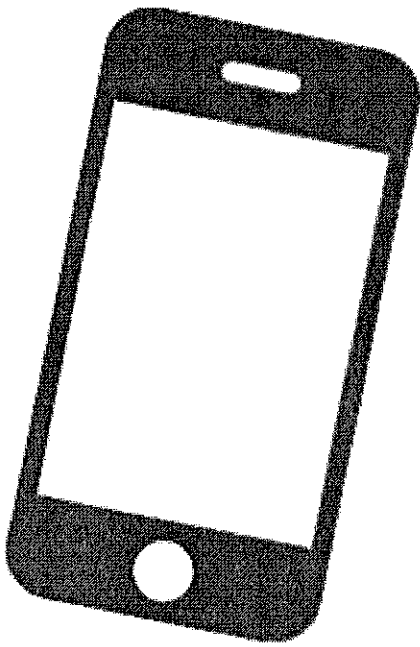
- Or call **1-800-230-PLAN (7526)** for the nearest **Planned Parenthood**.
- If you pay for your visit by using your family's health insurance, your parents are likely to see the details of your visit when the bill arrives. Almost all clinics provide free or reduced-cost services to teens to make it easier to afford services.
- Beware of so-called crisis pregnancy centers (CPCs). These centers claim to give you complete and accurate information about your pregnancy options when they actually want to discourage you from getting an abortion. They offer misleading and medically inaccurate information about abortion. Common names of these centers are "Crisis Pregnancy Center," "Pregnancy Aid," "Birth Right," "Open Door" or

“Pregnancy Counseling Center.” They are often set up near clinics and Planned Parenthood locations in order to confuse patients to accidentally enter the CPC instead.



Emergency Contraception

- There are several types—or “brands”—of emergency contraception, sometimes called EC or the morning after pill.
- People of any age can buy the brand Plan B One Step and its generic versions at a local pharmacy over the counter, which means you can buy EC without a prescription.
- EC sells for between \$35 and \$60. Prices vary depending on the brand and the pharmacy.
- To find an EC provider, call the Emergency Contraception Hotline at **1-888-NOT-2-LATE (668-2528)**. They can help you find access to EC if you’re having any trouble at all.
- Illinois requires emergency rooms provide information on EC to rape survivors but does not require emergency rooms provide EC to rape survivors.
- If you have been raped and you want EC, call the **National Sexual Assault Hotline at 1-800-656-HOPE (4673)**. Open 24 hours, the hotline will connect you to EC providers near you. For other helpful information, check out the Rape, Abuse & Incest National Network’s Web site



Sexting

- It is illegal to share nude or sexual images of a teen with others, even if the image is of you and sent by you. Though punishment is less severe due to recent changes in the law, it is still true that a teen may be committing a crime by sexting.
- Sexting laws can be confusing or overwhelming, so to keep it simple: be aware that having someone's permission to take or share images of them is important, and taking or sharing nude or sexual images of someone under 18 can lead to arrest.

Sources

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