

Sex Myths: Personal Reflections

Directions: After you read the pamphlet in your group, answer these questions on your own. Your answers are private. You will not be asked to share them.

1. Name a myth about sex that could create problems for you if you believed it. It might be one of the myths in the pamphlet, or something else you've heard.

What are some problems that could occur in your life if you believed this myth?

2. Name something you've heard that you're not sure about—you don't know if it's a sex myth or if it's true.

3. What are the best places for you to get answers to your questions about sex?

- | | |
|--|--|
| <input type="checkbox"/> Classes in school | <input type="checkbox"/> Counselor |
| <input type="checkbox"/> Parents | <input type="checkbox"/> Health care provider |
| <input type="checkbox"/> Books/Library | <input type="checkbox"/> Boyfriend or girlfriend |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Older brother or sister |
| <input type="checkbox"/> Friends | <input type="checkbox"/> Other _____ |

Why are these the best choices for you?

4. Name a friend, an adult, and a professional (such as a teacher, doctor or counselor) whom you could talk to if you had questions or concerns about sex.

Friend: _____

Adult: _____

Professional: _____

5. Name a website where you could get reliable answers to questions about sex.

Sex Myths: Group Discussion

Directions: After you've read the pamphlet, answer the questions as a group.

1. Why is it important for people to know sex truths, not sex myths?

2. Choose one myth from the pamphlet and come up with 3 things that might happen to a teen who believed it was true.

3. Imagine that someone your age has decided to be abstinent—to not have sex. What are 2 myths that might create pressure on this person to have sex? They can be myths in the pamphlet, or other myths you've heard.

4. Imagine a teen couple has been together for a while, and has decided they're ready to have sex. What are 2 myths that would increase their risk of negative consequences? (It's OK to repeat myths from earlier answers.)

5. Imagine a couple in a long-term relationship has been having sex for a while. How could sex myths create problems for them? (It's OK to repeat myths from earlier answers.)

6. What are 3 reliable sources for information about sex? How do you know these resources can be trusted?

7. What are 3 things teens can do to challenge sex myths and promote sex truths?

Names: _____

Video: Sex Myths

Directions: After watching the video, answer the questions as a group about your assigned character.

1. Joaquin and Lana are clueless! Where do you think they've been getting their information about sex?

2. List 3 better sources of information for them.

3. To make good choices about whether they're ready for sex in their relationship, what are 3 things Joaquin and Lana need to know *besides* the facts about sex?

4. What's one way being male influenced Joaquin's beliefs and choices in this video?

5. What's one way being female influenced Lana's beliefs and choices in this video?

6. If you were friends with Lana, what advice would you give her about her relationship and her choices about sex?

7. If you were friends with Joaquin, what advice would you give him about his relationship and his choices about sex?

© 2011 ETR Associates

Homework Video: Sex Myths

Directions: Go to the video *Sex Myths*, at www.etr.org/pub/sexmyths and watch the video. Notice what the characters seem to be thinking and feeling. You may want to watch it twice before you complete the activity sheet.

Bring your completed activity sheet back to class on _____ [due date].

1. Joaquin and Lana are clueless! Where do you think they've been getting their information about sex?

2. List 3 better sources of information for them.

3. To make good choices about whether they're ready for sex in their relationship, what are 3 things Joaquin and Lana need to know *besides* the facts about sex? What do they need to know about each other? What do they need to know about their own values?

4. What's one way being male influenced Joaquin's beliefs and choices in this video?

5. What's one way being female influenced Lana's beliefs and choices in this video?

6. If you were friends with Lana, what advice would you give her about her relationship and her choices about sex?

7. If you were friends with Joaquin, what advice would you give him about his relationship and his choices about sex?
