

Healthy Bodies, Healthy Futures

STUDENT PACKET MIDDLE SCHOOL **2019-2020**

The adolescent sexual health education program of:



This program made possible with funding from
the ADAMH Board of Franklin County

Middle School Puberty & Reproductive Anatomy Study Guide

NAME: _____

T/F (True or False)

- ___ 1. Sex education improves lives by teaching skills that empower adolescents to make healthier choices now and in the future.
- ___ 2. People can choose when they want to start and stop puberty.
- ___ 3. Hormones control the changes we experience during puberty.

Fill in the Blanks

- 4. Puberty changes are **P** _____, Emotional, & **S** _____.
- 5. Examples of PHYSICAL changes that can happen during puberty are (list two):

Match each item with correct descriptions:

- ___ 6. Biological Sex A. How we display our gender identity to others.
- ___ 7. Gender Expression B. Determined by reproductive parts we are born with.
- ___ 8. Sexuality C. Sexual, romantic, emotional attraction to others.

Fill in the Blanks:

- 10. LGBTQ stands for: Lesbian, **G** _____, Bisexual, Queer.
- 9. Puberty is also the time when the **R** _____ system begins working.
- 10. Menstruation is also called having a **P** _____.

Diagram A.1 Male-bodied genitalia

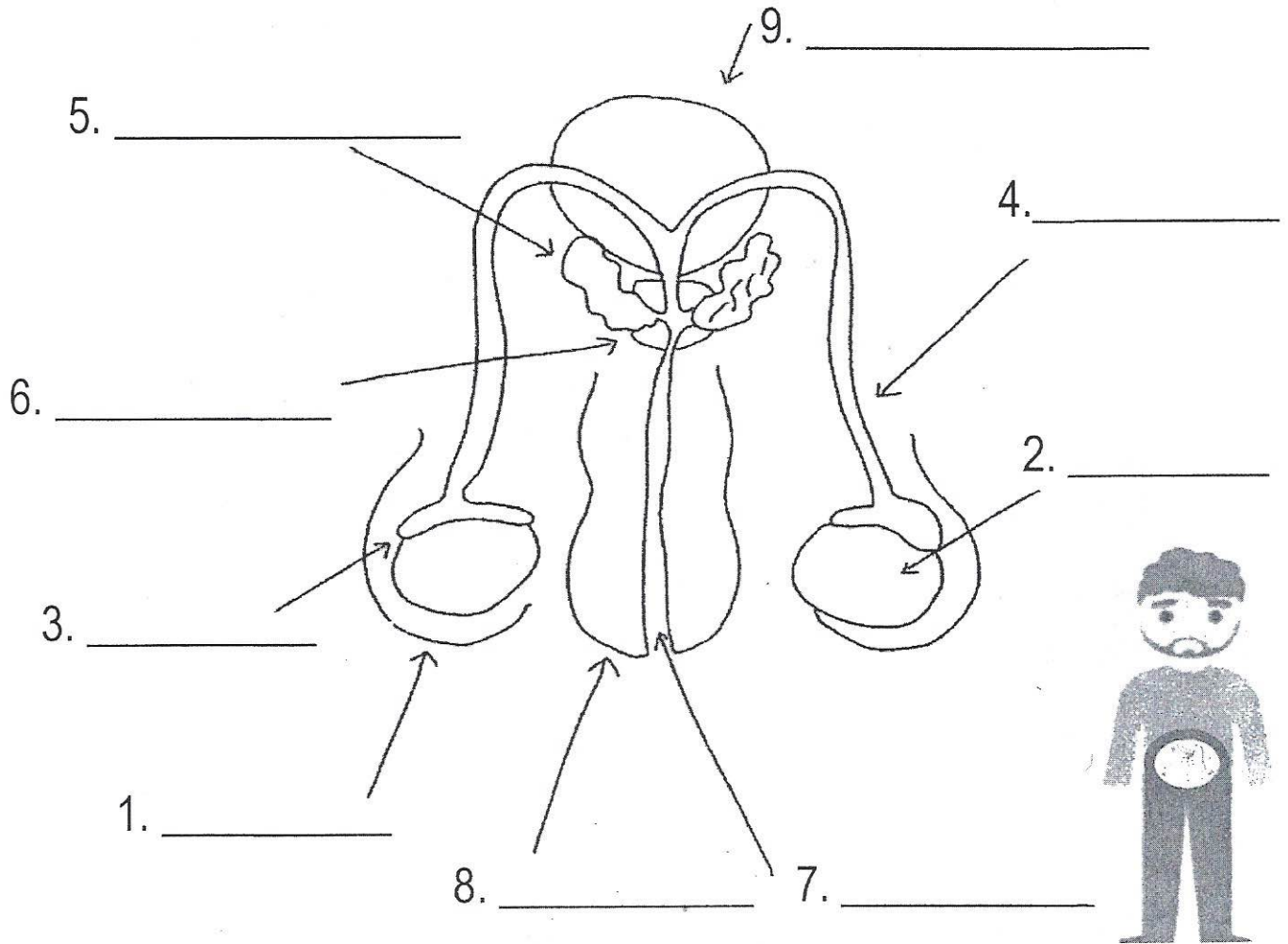


Diagram A.2 Male-bodied genitalia (side view)

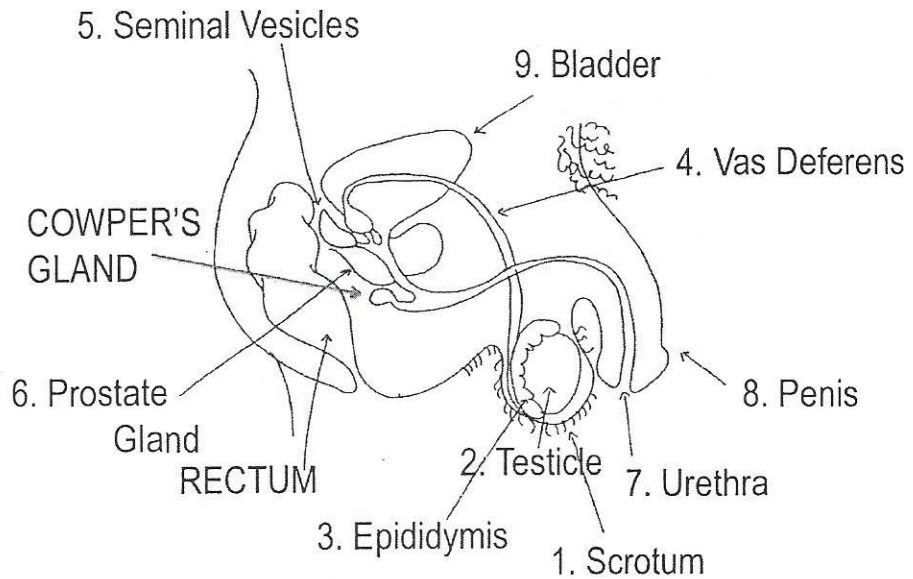


Diagram B.1 Female-bodied internal genitalia

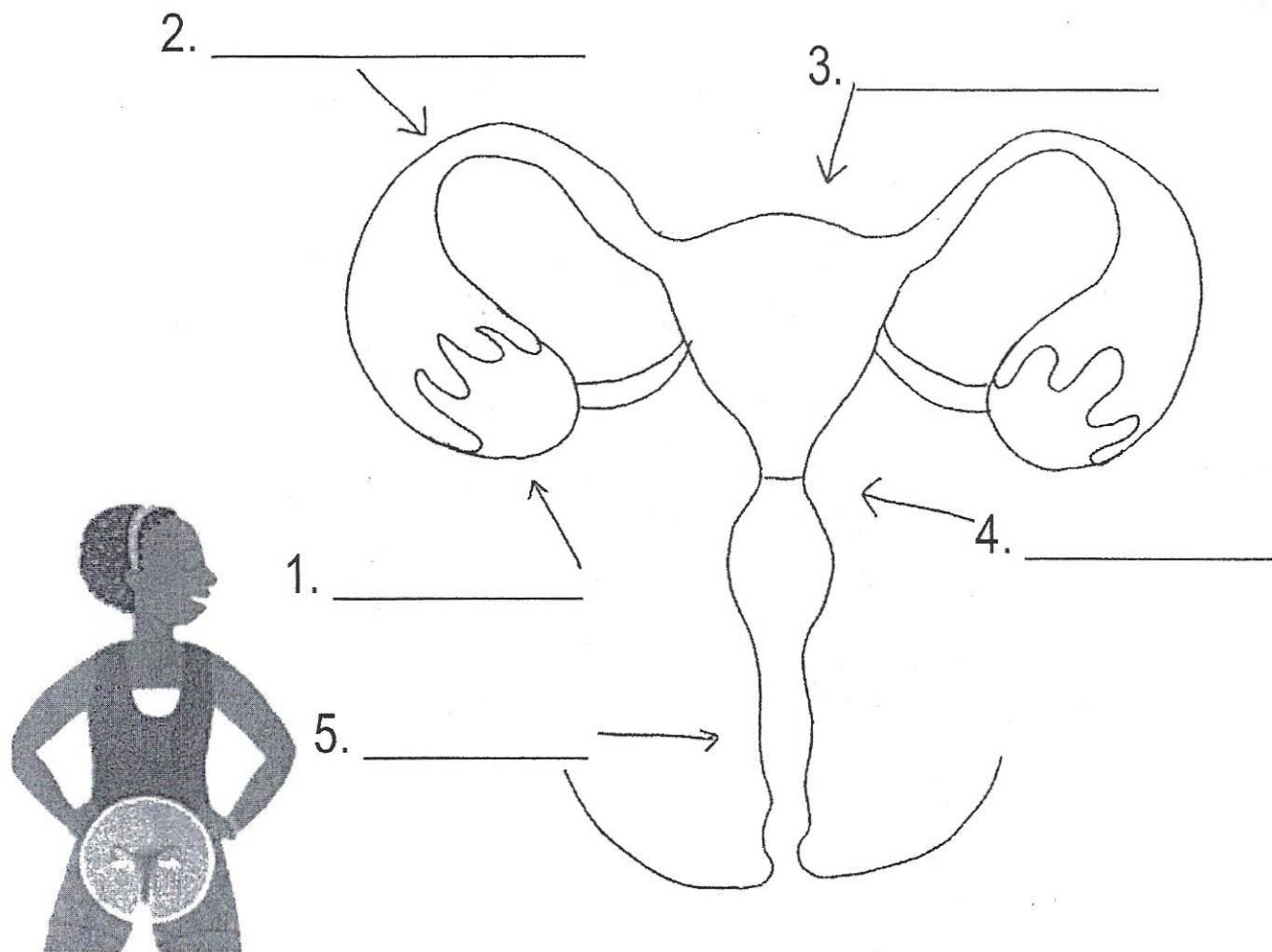


Diagram B.2 Female-bodied genitalia (side view)

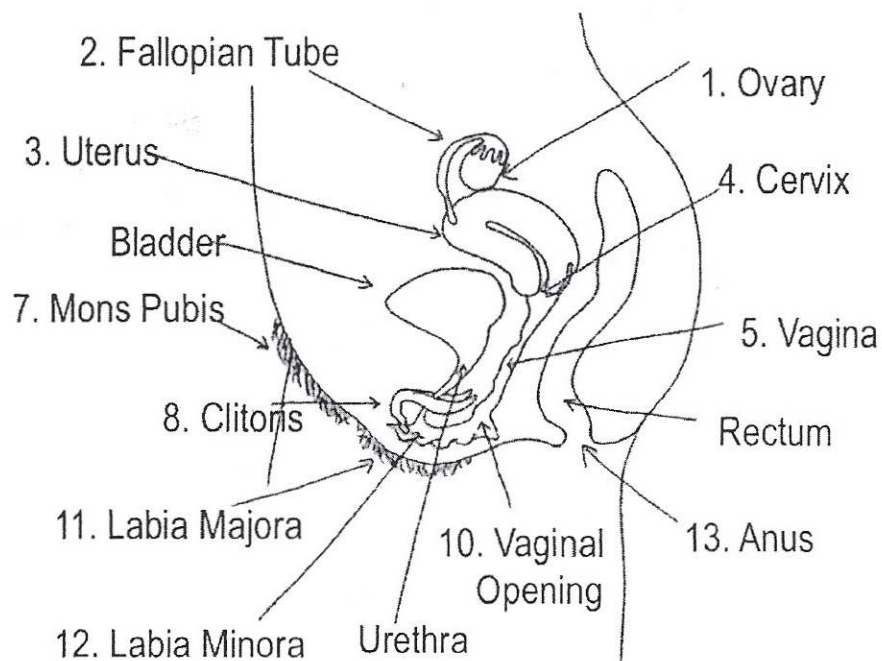
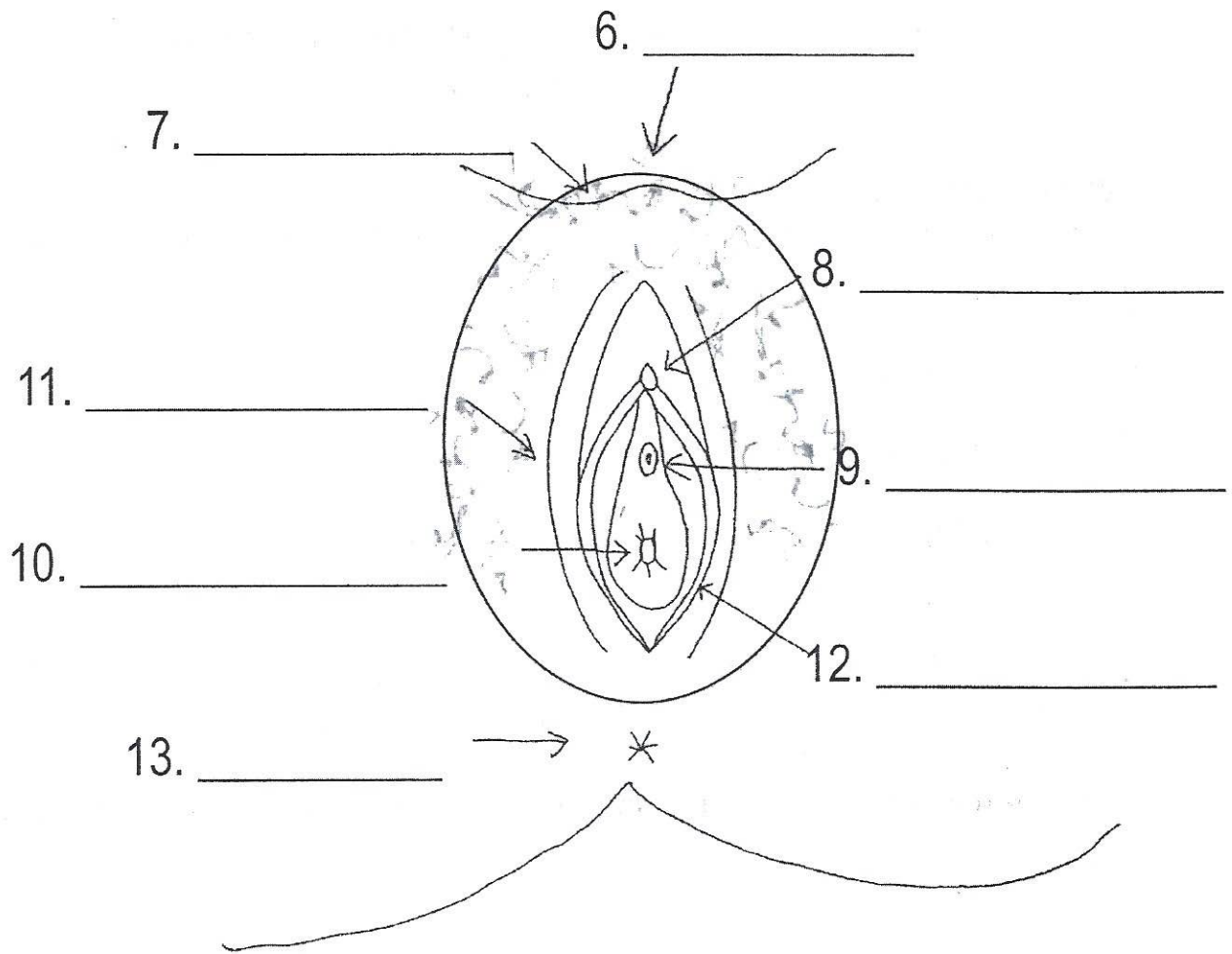


Diagram B.3 Female-bodied external genitalia



Middle School Two-Day Sexual Health Curriculum Study Guide

Below are reasons someone might choose to have sex.

Label it with an **H** if it's a *Healthy* reason or **UH** if its an *unhealthy* reason:

1. _____ They're Bored.
2. _____ They want to add to their family.
3. _____ They want to fit in with their friends.
4. _____ They love, respect, and trust each other.
5. _____ They think it will earn them love.

6. Relationship Boundaries are: (Fill in the blanks)

P _____, Emotional, & D _____.

7. List two reasons why someone might choose to NOT have sex right now:

a) _____.

b) _____.

8. List two examples of where our values can come from:

a) _____.

b) _____.

T/F (True or False)

___ 9. An example of "Buying some time" is Creating Space.

___ 10. Abstinence means not having any type of sex.

___ 11. Abstinence is the only 100% effective way to avoid STIs & pregnancy.

LOCAL RESOURCES FOR YOUTH

Birth Control:

BC4Teens Nationwide Children's –
nationwidechildrens.org/specialties/bc4teens
Teen Healthy Clinic – Columbus Public Health
Text/call 614-688-8396
Planned Parenthood – plannedparenthood.org
NURX – nurx.com (app on iPhone/Android)
Equitas King-Lincoln Medical Center –
Call 614-340-6700 (only depo shot available)

Dating Violence:

Cap4Kids - cap4kids.org/columbus/teen-resources/teen-dating-safety
The Center for Family Safety and Healing -
Familiesafetyandhealing.org
Ohio Alliance to End Sexual Violence - oaesv.org

HIV Care & Sexual Health:

AHF Healthcare Center Columbus -
https://hivcare.org/
Columbus Public Health Ryan White HIV Program -
614 645-CARE (2273); Health@columbus.gov
Equitas HIV/AIDS Specialty Care - equitashealth.com
Family AIDS Clinic and Education Services (FACES)
https://www.nationwidechildrens.org/specialties/famil
y-aids-clinic-and-educational-services-faces

Homeless, Runaway or Teens in Crisis:

Huckleberry House - huckhouse.org
Star House - starhousecolumbus.org

Human Trafficking:

Gracehaven - gracehaven.me
Ohio Human trafficking Task Force -
humantrafficking.ohio.gov
She Has a Name - shehasaname.org/resources

LGBTQ Specific Care and Resources:

Equitas Health - equitashealth.com *Kaleidoscope*
Youth Center - kycoho.org *Moziac* - moziac.org
TransOhio - transohio.org
THRIVE Program (trans youth) -
nationwidechildrens.org/specialties/thrive-program

Pregnant and Parenting Teens:

Center for Healthy Families -
centerforhealthyfamilies.org
Teen and Pregnant Program at Nationwide Children's
- nationwidechildrens.org/specialties/teen- and-
pregnant-program

ON-LINE SEXUAL HEALTH RESOURCES

Sexual Health Information:

(Google "teen sexual health" – also, look for sites that
end with .edu, .gov, .org) *Advocatesforyouth.org*
amaze.org
Bedsider.org
CDC.gov *iwannaknow.org* *plannedparenthood.org*
Scarleteen.com *sexetc.org*
Stayteen.org *Teenshealth.org*
thenationalcampaign.org

Dating and Relationships:

(most these sites have 24/7 chat with professionals
who can help)
futureswithoutviolence.org
Loveisrespect.org
oaesv.org
rainn.org *techsafety.org/bsafe/* *Thatsnotcool.com*
thehotline.org *wherestheline.info*

LGBTQ:

lgbthealtheducation.org
glsen.org
translifeline.org (24/7 crisis line/chat)
thetrevorproject.org (24/7 crisis line/chat)

FREE STI TESTING LOCATIONS NEAR COLUMBUS

(Call to confirm testing hours)

08.22.2018

AHF WELLNESS CENTER

"Out of the Closet"
1230 N. High St
Columbus, OH 43201
(614) 291-2680
M-Th 3:00-6:30 PM
Same-Day STI Testing & Treatment:
Monday 2:30-6:30 PM
Thursday 2:30-6:30 PM

MOZAIC (ALPHA BUILDING)

889 E. Long St
Columbus OH
Open to Transgender/ and gender non-
conforming people of color
Tuesdays 11:00 AM-7:00 PM

OSU MULTICULTURAL CENTER

1739 North High St
Columbus, OH 43210
(614) 247-6200
Tuesdays 5:00-9:00 PM
Wednesdays 5:00-9:00 PM

STONEWALL COLUMBUS

1160 North High St
Columbus, OH 43214
(614) 299-7764
Mondays 1:00-8:00pm

EQUITAS HEALTH SHORT NORTH

1033 N. High St
Columbus OH 43201
(614) 340-6777
Mondays 1:00-8:00 PM
Fridays 9:00 AM-5:00 PM
Saturdays 9:00 AM-12:00 PM

KALEIDOSCOPE YOUTH CENTER

603 E. Town St
Columbus, OH 43215
(614) 294-5437
4th Fridays 4:00- 8:00 PM

PLANNED PARENTHOOD NORTH COLUMBUS HEALTH CTR

18 East 17th Ave
Columbus, OH 43201
(614) 222-3604
By Appointment Only

NATIONWIDE CHILDRENS HOSP
East Columbus Close To Home Center
6435 East Broad St
Columbus, OH 43213
(614) 355-8100
HIV & STD testing available at all times

FACES AT NATIONWIDE CHILDREN'S HOSP OUTPATIENT CARE CENTER

555 South 18th St
Columbus, OH 43205
(614) 722-6060
Mondays 9:00-12:00 PM
Wednesdays 9:00-12:00 PM
Thursdays 4:00-6:00 PM
Fridays 9:00-12:00 PM.

FACES AT NATIONWIDE CHILDREN'S HOSP NEIGHBORHOOD HOUSE

1000 Atcheson St
Columbus, OH 43203
(614) 252-5315
M-F 11:00-7:00 PM

NATIONWIDE CHILDREN'S HOSP

Dublin Close To Home Ctr
7450 Hospital Dr Suite 100
Dublin, OH 43016
(614) 355-7000
HIV & STD testing available at all times

NATIONWIDE CHILDRENS HOSP

East Columbus Close To Home Center
6435 East Broad St
Columbus, OH 43213
(614) 355-8100
HIV & STD testing available at all times

PLANNED PARENTHOOD FRANKLINTON HEALTH CTR

1511 W Broad St
Columbus, OH 43222
(614) 222-3525
By Appointment Only

EQUITAS KING-LINCOLN MED CTR

750 E. Long St Suite 3000
Columbus OH, 43203
(614) 340-6700
Mondays 2:00-4:00 PM
Tuesdays 12:00-3:00 PM
Wednesdays 2:00-6:00 PM
Thursdays 12:00-3:00 PM
Fridays 12:00-3:00 PM

GREATER COLUMBUS MPOWERMENT CENTER (GCMC)

889 E. Long St
Columbus, OH
(614) 926-4132
Tuesdays 11:00 AM-7:00 PM

EQUITAS HEALTH CLINTONVILLE

4400 N. High St Suite 300
Columbus, OH 43214
(614) 299-2437
Tuesdays 9:00AM-8:00 PM
Wednesdays 9:00 AM-5:00 PM
Fridays 9:00 AM-5:00 PM

COLUMBUS PUBLIC HEALTH

240 Parsons Ave # 204
Columbus, OH 43215
(614) 645-7772
Monday 8:00-2:15 PM
Tuesdays 10-6:15 PM
Wednesdays 8:00-11:15 AM
Thursdays 8:00-4:15 PM
Fridays 8:00-4:15 PM
*Proof of ID required

TAKE CARE DOWN THERE CLINIC

240 Parsons Ave
Columbus, OH 43215
(614) 645-7772
Mondays 5:00-8:00 PM
Wednesdays 1:00-5:00 PM
Thursdays 5:00-8:00 PM

UNION COUNTY HEALTH DEPARTMENT

940 London Ave Ste 1100
Marysville, OH 43040
(937) 642-2053
Tuesdays by appointment only

