

SEXEDVA

February 2024

Monthly Newsletter

SAFER CHOICES LESSON HIGHLIGHT

**"WE'VE BEEN TOGETHER
FOR THREE MONTHS NOW,
ISN'T IT ABOUT TIME
WE..."**

It can be difficult to say "no" to a partner, crush, or friend - especially when we don't want our relationship to change with the other person. In 9th grade, students try out their ability to say "no" using a text message simulator. Students receive a fake text from a best friend or crush, pressuring them to sneak out or be sexually active before they are ready. Students reply using the refusal skills learned in class: saying no clearly and directly, affirming the relationship, and suggesting an alternative action.



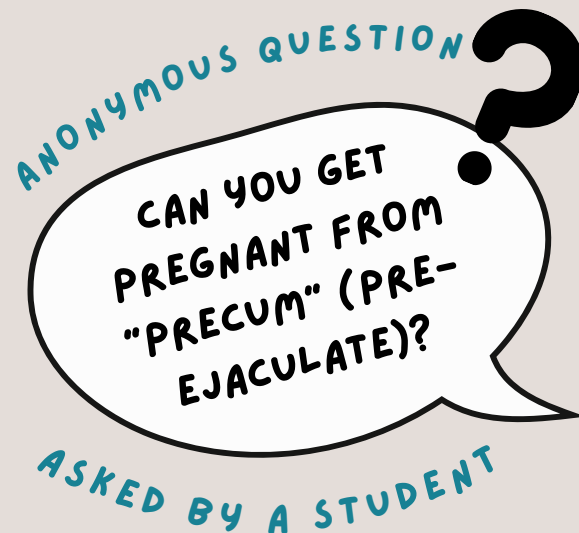
Facilitator Spotlight: Susana Becerra Martinez

After interning in Health and HIV education services at VCU, Susana realized her passion for safe sex education - which brought her to SexEdVA! Susana highlights the importance of making sex education a comfortable space for those who need it. Whether it be patients getting tested at her previous internship or students in the classroom, she enjoys making those around her feel safe to ask questions and enjoy learning. As both an English and Spanish speaker, she also enjoys helping English language learners understand and engage in the lessons.



"Make sure to enter the classroom [thinking] it's going to be the best day ever. Students feed off the positive energy and your confidence!"

***Susana's
Classroom
Management Tip***



SEXUAL HEALTH FACT:

EGGS GET TO BE PICKY ABOUT WHICH SPERM DOES THE FERTILIZING!

You might have heard that the “fastest sperm” wins the race to the egg to begin fertilization. But it might be more than just who the best swimmer is. A study done in 2020 found that eggs actually release chemicals that attract some sperm over others - ultimately choosing which work best with that particular egg!

Adult/Student Conversation

Starters

High school is a time when many teens begin dating more seriously, and thus begins the joys and difficulties of being in a committed partnership (in addition to the task of navigating high school). As much as adults may want to give advice and speak from personal experience, be genuinely curious about your teen’s dating life or their significant other(s). Ask things like, “what do you like about this person?” or “what do you like to do together?” If your teen and their partner get into an argument or decide to break it off, offer a safe space for them to be upset and vent their feelings. Don’t immediately kick into “fixing” mode - like so many of us want to do. Instead, let them know that their feelings are valid, normal, and all part of the process.



? ANONYMOUS QUESTION...ANSWERED!

FIRST, WHAT IS PRE-EJACULATE?

Pre-ejaculate (or “precum”) is a small amount of fluid that involuntarily comes out of the penis when someone becomes aroused. Its function is to clean the urethra of any acid from urine in order to make way for new sperm cells. It usually does not contain active sperm, but it is possible. In the case it does contain sperm, this could get someone pregnant. Condoms and hormonal methods of birth control can help protect against an unplanned pregnancy from both pre-ejaculatory and ejaculatory fluids.

Resource Recommendation

For more information about fostering healthy relationships and FAQs by teens on the subject, check out the [Teen Talk page](#).

Sexual Health Fact Source:

Fitzpatrick, J. L., et al. (2020). Chemical signals from eggs facilitate cryptic female choice in humans. *Proceedings of the Royal Society B: Biological Sciences*, 287(1928), 20200805. <https://doi.org/10.1098/rspb.2020.0805>

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