



Students Together Against Negative Decisions

SAFE SNAGGING

Activity Purpose: To identify the risks of sexual behaviors for teenagers.

Youth will:

- Recognize that abstinence is the only 100% sure way to prevent getting pregnant or getting an STD/STI, including HIV/AIDS.
- Identify sexual behaviors that carry more risk for STDs/STIs, HIV, and pregnancy than others.
- Recognize that even teens who continue to have sex can reduce their risks.

Activity Outline	Core Content Components	Instructional Method	Timing
1 Welcome & Introduction	<ul style="list-style-type: none"> • Question Box • Words of Wisdom (WOW) 	<ul style="list-style-type: none"> • Large Group Lecture 	5 minutes
2 Introducing Lesson Topics: Risk Spectrum	<ul style="list-style-type: none"> • Introduce Every Day Risk Behaviors • Risk Spectrum: Not Risky, Some Risk, Very Risky 	<ul style="list-style-type: none"> • Large Group Activity 	20 minutes
3 Risk Assessment & Risk Reduction Strategies	<ul style="list-style-type: none"> • Introduce Risk Reduction Behaviors 	<ul style="list-style-type: none"> • Small Groups 	10 minutes
4 Reducing Sexual Risk-Bonus Round	<ul style="list-style-type: none"> • Apply Risk Reduction Strategies Learned in Activity 	<ul style="list-style-type: none"> • Large Group, Brainstorm & Discussion 	10 minutes
5 Closing	<ul style="list-style-type: none"> • Preview Next Session • Review WoW 	<ul style="list-style-type: none"> • Mini-Lecture 	5 minutes

Materials:

- Question Box (QB)
- Words of Wisdom (WoW)
- Post-it notes for each group
- Markers
- Masking tape to display the risk spectrum headlines: Not Risky, Some Risk, Very Risky

Handouts:

- Risk Spectrum Handout
- Risk Spectrum Signs

Preparation:

- Make sure there's a large empty wall available in the room to do the Risk Spectrum Activity
- Another adaptation is to have students do the risk spectrum on the floor or on a table
- Display today's Words of Wisdom



1. Welcome & Introduction

5 minutes,
Mini-Lecture

- Review Session 11 Reproductive Health—Part 2
- Answer any questions in the Question Box.
- Preview today's session.
- Read today's WOW.



If you can develop an adequate self image, then you are capable of directing your life, of making your own decisions...You have to have the confidence in your own ability."

- Dr. Eunice Baumann - Nelson Penobscot, 1991*

* From Words of Power - Voices of Indian America.

2. Introducing Lesson Topics: Risk Spectrum & Harm Reduction



20 minutes, Large
Group Activity

- Today we're going to be talking about...
 - The relative risk of different sexual behaviors, and ways to protect yourself from STDs/STIs/HIV and pregnancy.
 - Assessing Your Risk, Abstinence and Reducing sexual Risk-Taking.
- Remind students of their group agreements and the importance of maintaining each other's confidentiality. It's important that everyone feel comfortable interacting and sharing without worrying about what happens here being shared outside the group.
- **Overview of Risk Spectrum:** Next, we'll be talking about using a Risk Spectrum, which helps us assess how risky certain behaviors are. We often use terms like Not Risky, Some Risk, or Very Risky to decide how risky something is.
- **Assessing Daily Risk.** Use driving a car analogy:
 - Driving in a car = some risk, obeying traffic rules and wearing seatbelt = reduce risk of serious outcome, Never Drive a Car = Abstinence.
- **Some risk is good** and as you get older you'll take a few more risks.
- **Discussion:** A positive risk involves doing something new or unfamiliar, that will have a healthy outcome. Ask students for examples of some positive risks. Example of Positive Risks: Visiting a new place, leaving home for college, trying out for a team or a play, learning something new.
- **Positive Risks:** Share Some Examples of Positive Risks.
 - Physical Health - health care, diet, hygiene, etc.
 - Mental/Emotional - help seeking, reaching when you feel sad, sharing feelings.
 - Social - making new friends, joining a new club, public speaking.
 - Cultural - performing at a powwow, learning to do a new dance, learning a new language.
- **How to Reduce the Risk?** – Start with some basic risk reduction things (PREVENTION)
 - Ex. During COVID times, we bump elbows instead of handshakes and hugs.
 - Ex. Before we eat, wash our hands.
 - Ex. Brushing teeth.
- **For Activities** that are higher risk, what steps can you take to make them safer? (HARM REDUCTION)
 - Use example of each area of risk and ask how would they reduce the risk.
 - Ex. Smoking Cigarettes or vape, doing it less often.
 - Ex. When in an unhealthy relationship you ask a trusted adult for help.

Sexual Risk Assessment Game

Not Risky	<<<>>>	Some Risk	<<<>>>	Very Risky
<ul style="list-style-type: none"> • Dry kissing (close-mouth) • Holding hands • Hugging • Flirting using eye contact • Touching someone's breast • Touching someone's genitals over clothes • Dry Humping • Abstinence from all sexual activity 		<ul style="list-style-type: none"> • French kissing (open-mouth) • Touching someone's genitals • Mutual masturbation 	<ul style="list-style-type: none"> • Oral Sex 	<ul style="list-style-type: none"> • Anal sex • Vaginal Sex • Withdrawal or "pulling out"

- Display the list of sexual behaviors below. Ask each group to write each sexual behavior on to a post-it note and place them along the risk spectrum.
 - Abstinence from all sexual activity with another person
 - Masturbation (solo)
 - Oral sex with a condom
 - Oral sex without a condom
 - Vaginal sex with a condom
 - Vaginal sex without a condom
 - Anal sex with a condom
 - Anal sex without a condom
- Have each group share where on the spectrum they placed each behavior.
- Ask why students chose the order they did.
- Encourage discussion. The order of the notes is not as important as the discussion.

Instructions: Print and cut out these Sexual Activities, or have students write them on Post-it Notes.

Abstinence from all sexual activity with another person

Masturbation (solo)

Oral sex with a condom

Oral sex without a condom

Vaginal sex with a condom

Vaginal sex without a condom

Anal sex with a condom

Anal sex without a condom

Dry kissing (close-mouth)

Holding hands

Hugging

Flirting using eye contact

Touching someone's breast

Touching someone's genitals over clothes

Dry Humping

Abstinence from all sexual activity

French kissing (open-mouth)

Touching someone's genitals

Mutual masturbation

Oral Sex

Anal sex

Vaginal Sex

Withdrawal or "pulling out"

Signs for the Sexual Risk

Print and cut 2 copies of each sign.

Not Risky



Some Risk



Very Risky

3. Risk Reduction Strategies



10 minutes, Large
Group Lecture

Points to encourage from the students:

- Abstinence is the only 100% sure way to keep from getting HIV/STDs/STIs.
- The only 100% safe sex is solo sex (masturbation).
- There are many things you can do to have fun that do not put you or your partner at risk.
- Some sexual activities are much riskier than others.
- People usually can reduce their risk choosing to engage in less risky behavior, and that is healthy.
- Few people want to go to zero risk in one step. People are more likely to succeed in changing a behavior if they set smaller, more achievable goals.
- Barrier protection (like condoms and dental dams) makes sex “safer” but not 100% safe. Condoms are effective for both birth control and STD/STI prevention when used properly.
- Oral sex carries a low risk of HIV transmission (about 1/100 times that of anal sex), but other STDs/STIs can be spread more easily through oral sex.
- Less than half of US high school students have had sexual intercourse.
- One of the reasons STDs/STIs are so easily transmitted during anal sex is because there is greater likelihood of rectal tearing.
- Students should realize that there are different kinds of risks involved (e.g., pregnancy vs. STD/STI prevention). Some of the behaviors on the list protect against one but not the other.

Ask the students what new information they learned from this activity.

4. Reducing Sexual Risk - Bonus Round

10 minutes, Large
Group Discussion

- As we've just seen, there are risks to being sexually active and there are some things that are riskier than others.
- If someone chooses to have sex, despite the risks involved, they should protect themselves. What are things someone can do to reduce the risk to themselves and their partners from STDs/STIs, HIV, and pregnancy? Responses may include:
 - Know your partner
 - Take it slow
 - Talk to partners about their risks
 - Use condoms
 - Get screened for STDs/STIs
 - Get an HIV test
 - Abstain from sex
 - Don't share needles
 - Limit the number of sex partners
 - Abstinence Ideas
 - Go for a walk
 - Go to a movie
 - Watch TV
 - Go play basketball
 - Cuddle
 - Go to a powwow
- Get their thoughts on this and generate discussion.



5. Closing

5 minutes, Large
Group Discussion

- Answer any questions.
- Preview next session: Condoms and Contraception
- Direct the students' attention to the Words of Wisdom. Ask a volunteer to read the words and to share with the group what those words mean to him or her and how they relate to today's session and activities.



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- Thank students for their participation and adjourn

**Native
STAND**

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