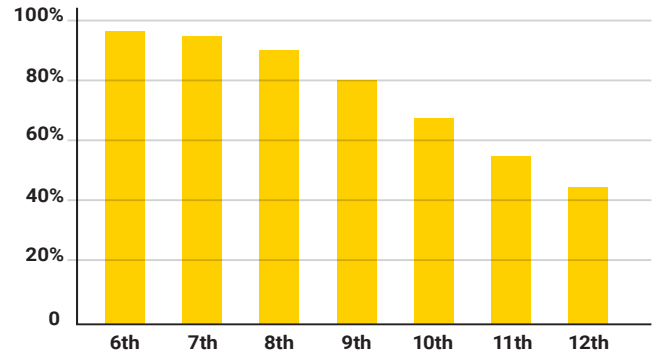


Risky Sexual Behavior Definitions & Discussion Questions

Sexual Health: Positive and respectful attitudes and behaviors regarding sexuality; healthy boundaries and expectations about the potential to have safe and pleasurable sexual experiences free of coercion, discrimination, and violence.

Hook-Up Culture: A social environment that accepts and encourages casual sexual encounters such as one-night stands, and perpetuates the idea that satisfying desires for physical pleasure without including emotional bonding or long-term commitment is normal and preferable.

Youth Who Report Not Having Sex



Critical Thinking Section

Students:

- How will you decide when you are ready to have sex?
- What do you want your sexual health to look like?
- If a friend asked you to engage in sexual activity and you were not ready, how would you communicate that boundary?
- Do you know anyone who has hook-ups? How do you think they feel? Do they hide negative effects by glamorizing their behavior?
- Are youth waiting longer to have sex these days? Why?
- What are your family's values about sex and sexual activity? Do you agree? Why or why not?
- What does consent mean to you? How would you get consent if you were ready to have sex?

Research on Hook-Ups

Adolescents' brains are more sensitive to social stimuli, which may lead to increased sexual desire. However, their impulse control is still underdeveloped, potentially leading to risky sexual behavior. Teens are more vulnerable to sexually transmitted diseases and unplanned pregnancy than adults.

Youth who have engaged in casual, non-relationship sexual encounters or 'hook-ups' report:

- **Increased depression and anxiety**
- **Lower self-esteem**
- **Lower quality of adult relationships**
- **Less stability in relationships**
- **Embarrassment, shame, regret**
- **Feelings of being used**
- **Reduced life satisfaction**
- **Increased unprotected sex and sexually transmitted illnesses**
- **Increased sexual violence**

Staff & Family:

- What are your family and school rules about public displays of affection?
- What does your family code say about sex and sexual health?
- How does technology influence the 'hook-up' culture?
- What type of pressure are youth under to engage in sexual activity as a rite of passage?
- How do you teach youth about sexual health, sexual boundaries, what consent is, and what it is not?
- What educational series do you use to teach youth about STIs and risky sexual behavior?
- How do you teach refusal skills and setting healthy sexual boundaries?