ADVANCE PREPARATION FOR LESSON:

- Print out the question sheets and screenshots – ideally, in color – and staple the pages for each individual website together. Make enough copies for groups of four (or three) to each have one. It is okay for more than one group to have the same website.


- Before class, review the content on each of these websites so you are familiar with what is there.

- Before class, open up these four websites so they are ready once the students have done their activity.

A NOTE ABOUT LANGUAGE:

Language is really important and we’ve intentionally been very careful about our language throughout this curriculum. You may notice language throughout the curriculum that seems less familiar - using the pronoun “they” instead of “her” or “him”, using gender neutral names in scenarios and role-plays and referring to “someone with a vulva” vs. a girl or woman. This is intended to make the curriculum inclusive of all genders and gender identities. You will need to determine for yourself how much and how often you can do this in your own school and classroom, and should make adjustments accordingly.

LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Name at least two characteristics of accurate, reliable websites on sexuality and sexual health. [Knowledge]

2. Demonstrate an understanding of how to determine whether a website is medically accurate, age-appropriate and youth-positive. [Knowledge, Skill]

PROCEDURE:

STEP 1: Ask the class, “How many of you have ever gone online to get an answer to a question you had?” After students have raised their hands, ask, “Do any of you have sites you go to for your questions, or do you just search for your question and see what comes up in the results?” After a few people have responded, ask, “Whether you go directly to a site, or you just search on your question, how do you
determine whether the search results are good ones? There is a lot of misinformation on
the internet – and if you rely on sites like YouTube or any of the other sites where people
vote on whether they think an answer was good or not, you’re not necessarily going to get
reliable information. Even though Wikipedia has improved, it, too, is not always the most
reliable resource. What we’re going to do today is talk about how you do find reliable online
sources for sexuality-related information – and how you can determine how some sources
aren’t particularly interested in getting you the information you need!” (5 minutes)

STEP 2: Start the PowerPoint, “Sex Ed Sleuth.” Ask whether students know what a sleuth
is, and if they do not, explain that it is like a detective – someone who looks for clues and
information to answer a question or solve a problem.

Go through the first three slides. At Slide 4, say to the students, “What if I wanted to know
how effective condoms are? I would likely just Google that question. When I did it, here’s
what came up.” Go to slide 5, which is a screen shot of the search results. Say, “So I have
over a million results to choose from, and these are the top ones. So which one should I
look at?”

Go to slide 5, where a few things have been highlighted and go through each, saying:

“So, when I read ‘It’s Your Sex Life,’ it makes me feel like that organization wants me to take
responsibility for and care of myself. I’d kind of like that as a teen, I think it’d make me feel
really capable and mature. What also stands out even before I click on the link is that it
refers to the CDC. The CDC is the Centers for Disease Control and Prevention, and it’s the
leading national public health organization in the U.S. It’s also a part of the U.S. government.
I know this because the ending – the part that comes after ‘CDC’ is ‘.gov.’ So if I see the
CDC mentioned, I know they’ve done their homework and that the information is accurate.

Then I look at ‘WebMD’ and I’m not sure until I’ve done more research. Having ‘MD’ in the
title of this resource, which is usually very reliable, might make you think it’s a doctor who
wrote everything, but it’s not – it’s independent writers who interview various professionals,
check their facts and then put that information on the site. So you’d want to do a bit more
sleuthing before deciding it was reliable.

Finally, there’s ‘Kids Health.’ What do you think? If I were your age, part of me would say
immediately, ‘oh, that’s for me,’ but we won’t know without more information. So why don’t
we check that one out and see what’s what?” (5 minutes)

Go the slide 7, which is a screenshot of the Kids Health site mentioned in the search results.
Ask the students what stands out to them that would make them think this is a reliable site,
and what makes them feel like they’d need more information.

After hearing their responses, go to slide 8 and go through the highlighted portions, saying:
“I highlighted ‘from Nemours’ at the top left – does anyone know what they are? Okay, so
first, we’d need to find out who they are and whether they have a bias or whether we think
they know what they’re talking about. The second thing that stood out for me was this part
that reads, ‘Expert Answer.’ Again, according to whom? I could say right now, ‘I’m an expert
on American history.’ But just saying that doesn’t necessarily make it true – you’d need to
find out what makes me an expert. So I’d want to know who is answering the questions, and
what makes them an expert instead of just some person who is Googling the answers from
another website.
Finally, what stands out to me is this statement, ‘If you and your partner are having sex…’ This implies to me that it’s a health-related site that’s based in what’s going on in the real world. It acknowledges that many people won’t be having sex – and we all know that the only 100% effective way of avoiding STDs and/or pregnancy is by not having sex with someone. But it also seems to acknowledge that most people will have some kind of a sex at some point – and so when they do, using a condom is really effective.”

Go to the 9th slide and say, “By the way, I clicked on the statement, ‘by Nemours,’ and found that it’s a children’s healthcare system, with no religious affiliation and a lot of health-related expertise. So I determined this was a reliable website that I might go back to with other questions I had about sexuality.” (5 minutes)

STEP 3: Tell the students they are now going to do the same thing for themselves. Explain that you are going to divide them into groups of 4 and give them a packet that comes from a particular website. Explain that each packet will have a cover sheet with questions on it that they need to go through and answer. At the end, they will need to decide whether this is a reliable website for having that question answered, based on what they see there. Ask if there are any questions, break them into their groups, and distribute the assignments. Tell them they will have 15 minutes in which to do this work. Walk around as they work, providing support as needed. (15 minutes)

Note to the Teacher: Depending on the number of students in your class, you may wish to have them break into triads instead. If you have enough computers, you may wish to do this online; however, using the printouts provided ensures you will be able to do the activity if there are any issues with internet access, and also gives a bit more control over the process so that students will not be tempted to go to different parts of each site rather than complete the activity.

STEP 4: Ask each group to report back on their websites. Since there will be duplication with some of the sites, ask any groups that follow to please not repeat what has already been said, but instead to share whatever they may feel differently about, or found in addition to what the other group found. As each group goes, project their websites on the screen. (17 minutes)

STEP 5: Congratulate the students on doing a good job. Explain that you are going to distribute a list of websites that are reliable and medically accurate, and ask them to visit one of them for homework with a parent or caregiver. (3 minutes)

RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:
Assessment of both learning objectives can be done during the small group report-backs. Students will also be asked to hand in their worksheets for additional assessment.

HOMEWORK:
Have students select a website from the list provided by the teacher and ask them to visit at least one with a parent/caregiver and talk about what they saw.
1. You need to find information about STDs. Does this site seem to have reliable/accurate information? What do you base that on?

2. Who’s behind the website? Look at the “about us” link. Does that make the site more or less reliable? Why?

3. Is the website content up to date? How do you know?

4. Is this a site you’d visit to get more information about sexuality and sexual health? Why or why not?
Sex Ed Sleuth Assignment A: “Sex, Etc.”
www.sexetc.org

All About Condoms
Condoms—how to choose the right one for you, where to get them & how to properly store and use one.
Read More

Meet the Staff
Wondering who writes the stories and blog posts for Sex, Etc? Teens who are probably a lot like you. Click on the photos below to learn more about our writers and find out what they've written. If you like one of their stories or blog posts, comment and share it with your friends!

2018 Staff

Carley Campbell Writing for: 1 year
Emma Ogando Writing for: 1 year
Isabela Gonzalez Writing for: 1 year
Sex Ed Sleuth Assignment B: “It’s Great to Wait”
www.greattowait.com

Group Member Names: ______________________________________________

1. You need to find information about preventing pregnancy. Does this site seem to have reliable/accurate information? What do you base that on?

2. Who’s behind the website? Look at the “Program Information” link. Does that make the site more or less reliable? Why?

3. Is the website content up to date? How do you know?

4. Is this a site you’d visit to get more information about sexuality and sexual health? Why or why not?
Welcome! Bet you thought you were the only one, right?

Well, you're not. Thousands of teens just like you are making the smart choice — sexual abstinence until marriage — and coming to this site every day.

Take a few minutes to check it out and you'll agree, sexual abstinence until marriage...”It’s Great to Wait!”

Pregnancy

Since the year 2000, over 100,000 teenagers in Florida between the ages of 15 and 19 have become pregnant. (1) Two out of three teenage mothers live in poverty. (2) They spend their days struggling to balance their lives, while taking care of their baby. The surest way to have time to do all the things you enjoy and to avoid pregnancy is to not have sex.

Are You Ready to be a Parent?

Being a parent changes everything. You have another living, breathing person to worry about who depends upon you. You have to feed, change, dress and take care of this baby 24/7. Add in school, maybe a job, and you have no time for the things you want to do or used to do.

Babies cost a lot of money. You’ll have to provide food, housing, clothing, diapers, doctor visits, medicine, baby furniture and daycare. The baby of a teenager is more likely to have health problems. If the other parent is raising your child, you could pay a child support payment every month for 16 years.

What about Birth Control?

Abstinence is the only 100% guaranteed effective means of not getting pregnant.
Stats

- During the year 2007, Florida teenagers between the age of 15-19 accounted for 23,602 cases of sexually transmitted disease.

- During the year 2007, teenagers accounted for over one third of all sexually transmitted disease cases in the state of Florida.

- One in four sexually active female teenagers in Florida acquires a sexually transmitted disease.

- In 2007, Chlamydia cases increased by over 5000.

- In 2007 data displayed that, 14,869 teenagers in Florida between the ages 15 and 19.
1. You need to find information about preventing pregnancy. Does this site seem to have reliable/accurate information? What do you base that on?

2. Who’s behind the website? Look at the “about us” link. Does that make the site more or less reliable? Why?

3. Is the website content up to date? How do you know?

4. Is this a site you’d visit to get more information about sexuality and sexual health? Why or why not?
Sex Ed Sleuth Assignment C: “Planned Parenthood”
www.plannedparenthood.org/learn/birth-control

All About Birth Control Methods
Birth control is how you prevent pregnancy before it begins. There are lots of different methods that work really well and are easy to use. So, ready to stop worrying about pregnancy? We're here to help you figure it all out.

For Teens
Looking for info on sex, relationships, your body, and more? You've come to the right place.

EXPLORE RELATED TOPICS
- Bullying, Safety & Privacy
- Sex
- LGBTQ
- Preventing Pregnancy & STDs
- Ask the Experts
- Find Birth Control
<table>
<thead>
<tr>
<th>Birth Control Implant</th>
<th>Birth Control Patch</th>
<th>Birth Control Pill</th>
<th>Birth Control Shot</th>
</tr>
</thead>
<tbody>
<tr>
<td>The implant is 99% effective. It</td>
<td>The patch is 91% effective. It</td>
<td>The pill is 91% effective. It</td>
<td>The shot is 94% effective. It</td>
</tr>
<tr>
<td>doesn’t protect you from STDs. Use</td>
<td>doesn’t protect you from STDs.</td>
<td>doesn’t protect you from STDs.</td>
<td>doesn’t protect you from STDs.</td>
</tr>
<tr>
<td>a condom with your implant to help</td>
<td>use a condom with your patch to</td>
<td>use a condom with your pill to</td>
<td>Use a condom with the shot to</td>
</tr>
<tr>
<td>stop pregnancy and STDs.</td>
<td>help stop pregnancy and STDs.</td>
<td>help stop pregnancy and STDs.</td>
<td>help stop pregnancy and STDs.</td>
</tr>
<tr>
<td>Learn More</td>
<td>Learn More</td>
<td>Learn More</td>
<td>Learn More</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Birth Control Sponge</th>
<th>Birth Control Vaginal Ring</th>
<th>Breastfeeding as Birth Control</th>
<th>Cervical Cap</th>
</tr>
</thead>
<tbody>
<tr>
<td>The sponge is between 76-88%</td>
<td>The ring is 91% effective. It</td>
<td>Breastfeeding as birth</td>
<td>Cervical caps are</td>
</tr>
<tr>
<td>effective. It doesn’t protect you</td>
<td>doesn’t protect you from STDs.</td>
<td>control is 98% effective. It</td>
<td>between 71-86% effective. They</td>
</tr>
<tr>
<td>from STDs. Use a condom with your</td>
<td>use a condom with your ring to</td>
<td>doesn’t protect you from STDs.</td>
<td>don’t protect you from</td>
</tr>
<tr>
<td>sponge to help stop pregnancy and</td>
<td>help stop pregnancy and STDs.</td>
<td>Use a condom for help stopping</td>
<td>STDs. Use a condom with your</td>
</tr>
<tr>
<td>STDs.</td>
<td></td>
<td>STDs.</td>
<td>your cervical cap to help stop</td>
</tr>
<tr>
<td>Learn More</td>
<td>Learn More</td>
<td>Learn More</td>
<td>pregnancy and STDs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Condom</th>
<th>Diaphragm</th>
<th>Female Condom</th>
<th>Fertility Awareness Methods (FAMs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Condoms are 85% effective. They</td>
<td>The diaphragm is 88% effective.</td>
<td>Female condoms are 79%</td>
<td>FAMs are 76% effective.</td>
</tr>
<tr>
<td>help protect you from STDs. Use</td>
<td>It won’t protect you from STDs.</td>
<td>effective. They help protect</td>
<td>They don’t protect you from</td>
</tr>
<tr>
<td>another birth</td>
<td>Use a condom</td>
<td>you from STDs. Use another</td>
<td>STDs.</td>
</tr>
<tr>
<td>Learn More</td>
<td>Learn More</td>
<td>Condom</td>
<td></td>
</tr>
</tbody>
</table>

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**Who We Are**

In October 2016, Planned Parenthood turned 100 years strong. Planned Parenthood was founded on the revolutionary idea that women should have the information and care they need to live strong, healthy lives and fulfill their dreams – no ceilings, no limits. Learn more about how 100 years of care, education, and activism have changed everything.

Today, Planned Parenthood is a trusted health care provider, an informed educator, a passionate advocate, and a global partner helping similar organizations around the world. Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of women, men, and young people worldwide. Learn more about how Planned Parenthood is creating a healthier world for everyone.

**Providing Trusted Community Health Care**
Sex Ed Sleuth Assignment D: “St. Louis THRIVE”
www.bestchoicestl.org

Group Member Names: ______________________________________________

1. You need to find information about preventing pregnancy. Does this site seem to have reliable/accurate information? What do you base that on?

2. Who’s behind the website? Look at the “about us” link. Does that make the site more or less reliable? Why?

3. Is the website content up to date? How do you know?

4. Is this a site you’d visit to get more information about sexuality and sexual health? Why or why not?
Welcome!
Whether you are a student, parent, teacher, youth coordinator, we are so happy you have taken an interest in Best ChoiceSM Sexual Risk Avoidance program. We are all about experiencing personal freedom to live life to its fullest—so feel free to explore our site and contact us!

The Best ChoiceSM Sexual Risk Avoidance program is designed to empower and equip middle and high school students with knowledge and skills to make healthy choices regarding sex and other risk behaviors. With a strong focus on healthy relationships and goal orientation, Best ChoiceSM provides medically accurate, culturally sensitive information and activities to young people at a critical time in their development.

Sexual Integrity—expresses the gift of sexuality throughout life in a true, honest, and excellent way. It is PROTECTION in childhood, DIRECTION in adolescence & CELEBRATION in adulthood.

Best ChoiceSM sexual integrity and sexual risk prevention programs celebrate the complexity of the whole person. By exploring the sexual aspects of our social, physical, intellectual, emotional, and spiritual being in a fast-paced, edgy and interactive manner, young people ages 12-18 understand that sex is more than a physical act and are empowered to make the best and healthiest choices.

Best ChoiceSM utilizes a Title V, A-H compliant curriculum designed to serve and empower middle school and high school students with inspiration, motivation, reasons, and skills to support their choice.

Typically presented as a 4-day, 50 minute program, Best ChoiceSM may be adapted to accommodate different schedules. Topics include sexual integrity, sexually transmitted infections, media influence, goals, risky behaviors, healthy choices, renewed abstinence, and much more.

Best ChoiceSM is available free of charge throughout the greater St. Louis region to public and private high schools, middle schools, youth groups, churches and other venues.
HANDOUT:
SEXUAL HEALTH INFORMATION WEBSITES FOR YOUNG PEOPLE

AMERICAN SEXUAL HEALTH ASSOCIATION
The American Sexual Health Association's youth website, “I Wanna Know,” offers information on sexual health for teens. Young people will find the facts, the support, and the resources they need to answer their questions, find referrals, and get access to in-depth information about sexual health, sexually transmitted diseases (STDs), healthy relationships, and more.
http://www.iwannaknow.org/teens/index.html

KIDSHEALTH/TEENSHEALTH – THE NEMOURS FOUNDATION
KidsHealth has separate areas for kids, teens, and parents - each with its own design, age-appropriate content, and tone. There are thousands of in-depth features, articles, animations, games, and resources - all original and all developed by experts in the health of children and teens.
http://www.kidshealth.org/teen/

PLANNED PARENTHOOD
While Planned Parenthood provides sexual and reproductive healthcare and resources for people of all ages, this site focuses on the needs of younger people.
http://www.plannedparenthood.org/teens

SEX, ETC.
This site, sponsored by Answer at Rutgers University, includes content on a wide variety of sexuality-related topics written by teens, for teens.
http://www.sexetc.org

STAY TEEN
The National Campaign to Prevent Teen and Unplanned Pregnancy’s website for teens contains information on healthy relationships (“What's your Relationship Reality”), and information on abstinence and contraception (“Get Informed”).
http://www.stayteen.org