

Sexual & Reproductive Health

ACTIVITY BOOK



Welcome to the **PPNNE Sexual and Reproductive Health Activity Book**! Inside, you will find coloring pages, quizzes, puzzles, and other activities related to consent, sexual and reproductive health, identity, and more. This book was created to accompany PPNNE’s educational programming. You may not use this activity book for commercial purposes, but it may be distributed and used independently for all to enjoy.

The information in this book is not meant to be used as medical advice or diagnosis – please speak to a health care provider if you have questions about your health, or visit www.ppnne.org for more information. Questions? Contact education@ppnne.org!

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A black and white line drawing of a tropical scene. The background is filled with various flowers, including hibiscus and daisies, and leaves. In the center, the words "PLANNED PARENTHOOD" are written in a large, bold, outlined font. To the left of the text is a CD with a camera lens in the center. To the right of the text is a camera. In the top right corner, there is a ruler with small circles along its edge. The entire image is a line drawing, suitable for coloring.

PLANNED PARENTHOOD

Consent is...

F

Freely given. It's not okay to pressure, trick, or threaten someone into saying yes. And you can't give consent if you're drunk, high, or unconscious.

R

Reversible. It's okay to say yes and then change your mind – at any time! Even if you've done it before, and even if you're both naked in bed.

I

Informed. You can only consent to something if you have all the facts. For example, if someone says they'll use a condom and then they don't, there isn't full consent.

E

Enthusiastic. When it comes to sex, you should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic (meaning happy, excited, or energized), stop and check in.

S

Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

Pick a letter from "FRIES". Can you think of examples from experience?

What sexual and non-sexual activities require consent?

What might make it hard to discuss consent with someone?

How would you tell someone if you were uncomfortable?

Puberty & Anatomy Quiz

Test your knowledge! Read each statement, then determine which answer is the best choice.

1. Getting one's first period is sometimes called:

- A. Menopause B. Mensa C. Menarche

2. After puberty, testes are capable of producing:

- A. Sperm B. Eggs C. Urine

3. These organs store immature egg cells until they are ready to be released:

- A. Uteri B. Vaginas C. Ovaries

4. Many people notice an increase in _____ growth under their arms and around the genitals during puberty.

- A. Skin B. Body Hair C. Acne

5. True or False: Puberty starts at different times for everybody.

- A. True B. False

6. This organ is where both urine and semen exit the body.

- A. Penis B. Vulva C. Prostate Gland



Did you know? The average age for a first period has dropped a lot over time. 100 years ago, the average age was about 13.6. 200 years ago it was 15. Today, it's 12.8. Regardless of when a period first occurs, there is nothing shameful about them. More information on puberty and bodies is available at www.scarleteen.com/article/bodies.

Answers: C, A, C, B, A, A.

Puberty & Anatomy Word Find

Find as many words as you can from the list below!

Anus

Cervix

Clitoris

Egg Cell

Fallopian

Fimbriae

Ovary

Penis

Prostate

Scrotum

Sperm

Testicles

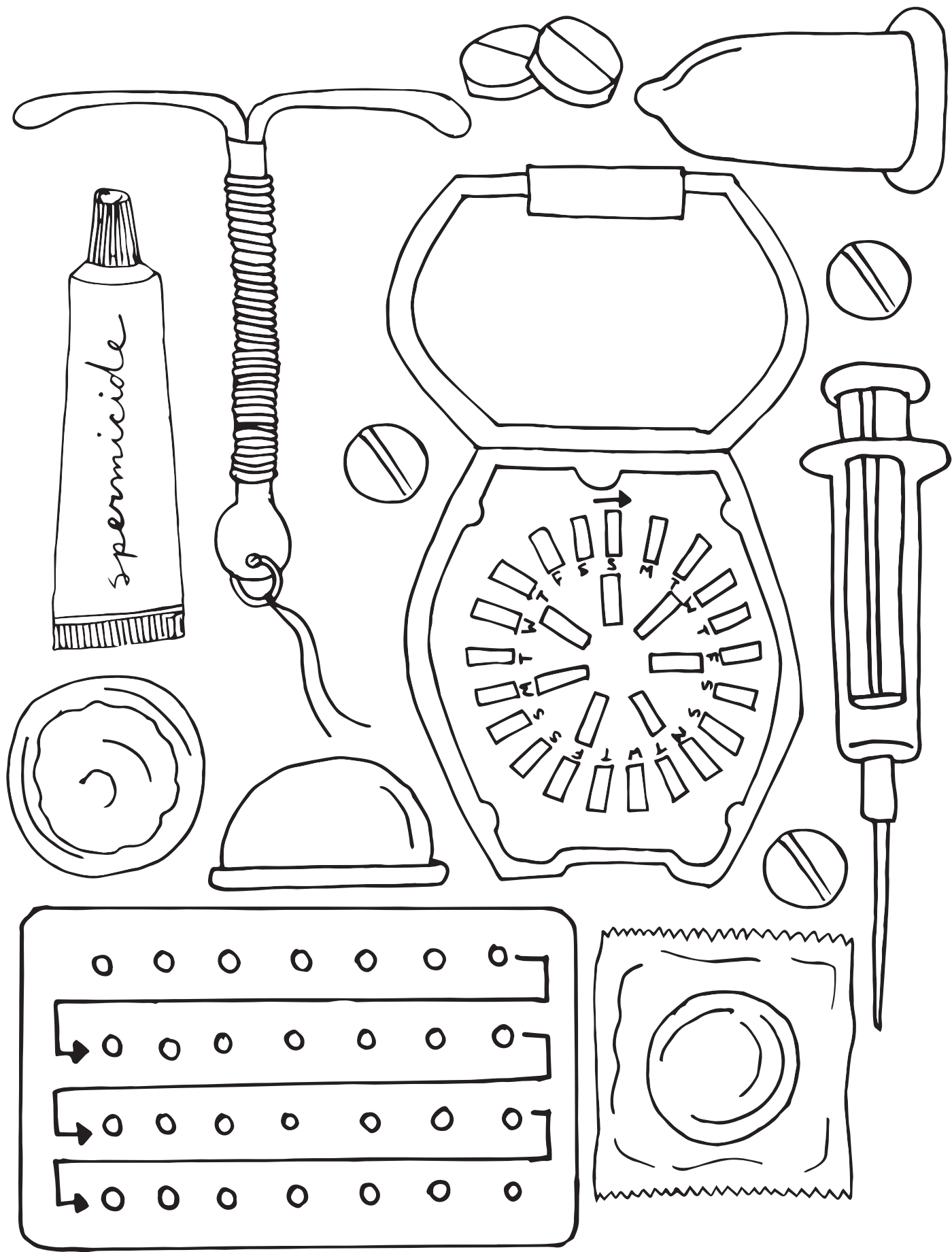
Urethra

Uterus

Vagina

Vulva

N	C	I	W	A	T	M	F	A	V	V	Q	S	I	N	E	P	G	S	L
P	H	T	Z	H	P	X	U	O	S	K	V	T	E	Z	M	T	B	F	T
O	H	M	X	A	F	Y	V	T	M	V	S	I	R	O	T	I	L	C	K
A	H	T	D	Y	L	A	E	M	O	P	P	B	G	P	E	L	U	Z	G
C	Y	E	Y	O	R	Q	H	H	J	R	C	G	R	Z	R	F	Z	E	G
T	D	U	V	Y	W	P	Y	C	K	I	C	O	F	S	M	I	R	G	Z
F	Y	T	V	U	L	V	A	Z	Y	S	S	S	U	R	M	M	R	I	M
Y	U	R	E	T	H	R	A	T	G	T	A	C	E	G	B	B	Q	F	X
N	A	I	P	O	L	L	A	F	A	D	Q	P	R	C	V	R	U	C	K
O	G	Z	B	A	G	S	T	T	B	A	S	S	A	S	C	I	R	W	O
M	Y	N	D	A	J	E	E	Y	J	A	D	U	R	J	R	A	S	N	Q
K	J	E	Z	P	A	Y	G	L	O	Y	K	H	N	L	P	E	W	M	W
Z	I	S	I	T	V	Z	I	U	C	E	J	M	O	A	V	G	H	D	V
Q	M	M	S	W	U	S	Y	F	X	I	N	J	S	U	Q	X	A	E	R
X	W	L	X	I	K	X	O	H	Z	G	T	W	U	J	C	A	A	F	M
M	R	X	O	R	K	I	F	A	A	B	A	S	R	D	G	N	L	V	O
Y	H	N	M	H	V	V	M	L	L	S	D	O	E	K	Q	I	B	A	H
Q	L	Q	K	Y	Z	R	L	C	N	Q	E	U	T	T	N	G	G	A	W
L	V	Q	G	L	R	E	N	P	R	G	F	D	U	Q	C	A	X	G	J
O	A	B	Z	C	C	C	K	O	Y	Y	L	R	J	F	G	V	L	V	E



Birth Control Methods Crossword

On the next page, you will find a crossword puzzle! Here are the prompts:

ACROSS

3. A stick-on hormonal birth control method.
5. It is important to have a _____ with your partner(s) about birth control.
8. Emergency _____ can be taken up to 72 hours after unprotected sex and reduce the risk of pregnancy.
11. Inserted into the arm, it can be effective for up to 5 years.
13. A chemical that can be used with condoms for extra protection from pregnancy.
14. An injection of hormones that need to happen every 3 months to be most effective.
15. Talking with this person can help you decide what method may be right for you.

DOWN

1. Can be used with condoms to increase pleasure and reduce the risk of breaking.
2. A latex or plastic sheath that acts as a barrier between genitals.
4. A type of birth control that reduces pregnancy risk, but does not protect against STIs.
6. Comes in hormonal and copper forms and is effective 3 to 12 years depending on the kind.
7. A latex sheet that goes between mouth and genitals for oral sex.
9. A type of birth control that can help prevent STIs with proper use.
10. The decision to not have sex until a future time.
12. Can come in a set of 28 tablets that need to be taken every day.

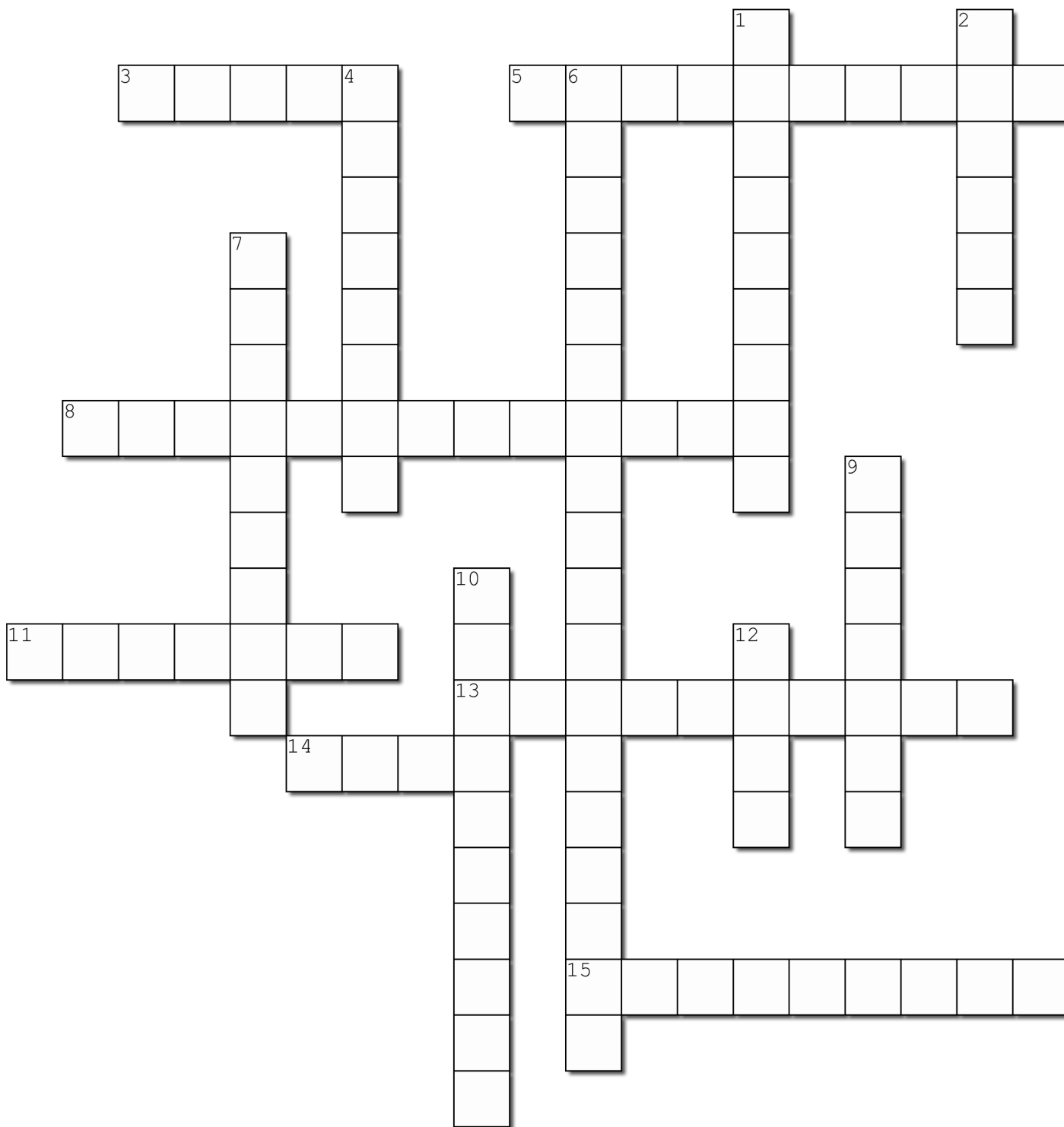


Did you know? The copper IUD can be inserted up to 5 days after unprotected sex to prevent pregnancy. It is 99% effective and your weight does not matter, unlike progestin pills and ulipristal acetate pills which may not work as well for people over a certain weight. Fact sheets are available in multiple languages at www.reproductiveaccess.org.

Answers: 1. lubricant, 2. condom, 3. patch, 4. hormonal, 5. discussion, 6. intrauterine device, 7. dental dam, 8. contraception, 9. barrier, 10. abstinence, 11. implant, 12. pill, 13. spermicide, 14. shot, 15. clinician.

Birth Control Methods Crossword

Complete the crossword puzzle below! Prompts are located on the previous page.



Created using the Crossword Maker on TheTeachersCorner.net

Birth Control Methods Quiz

Test your knowledge! Read each statement, then determine which answer is the best choice.

1. This birth control method needs to be injected every 3 months to be most effective:

- A. The Pill B. The Shot C. The Implant

2. The following birth control methods are barrier methods EXCEPT:

- A. Condom B. Diaphragm C. The Pill

3. Which birth control method does NOT also help protect against STIs?

- A. The Ring B. Condoms C. Abstinence

4. Which birth control method is inserted under the skin of the arm?

- A. The Implant B. IUD C. The Ring

5. True or False: condoms come in a variety of colors, flavors, and textures to increase pleasure while still keeping users safe.

- A. True B. False

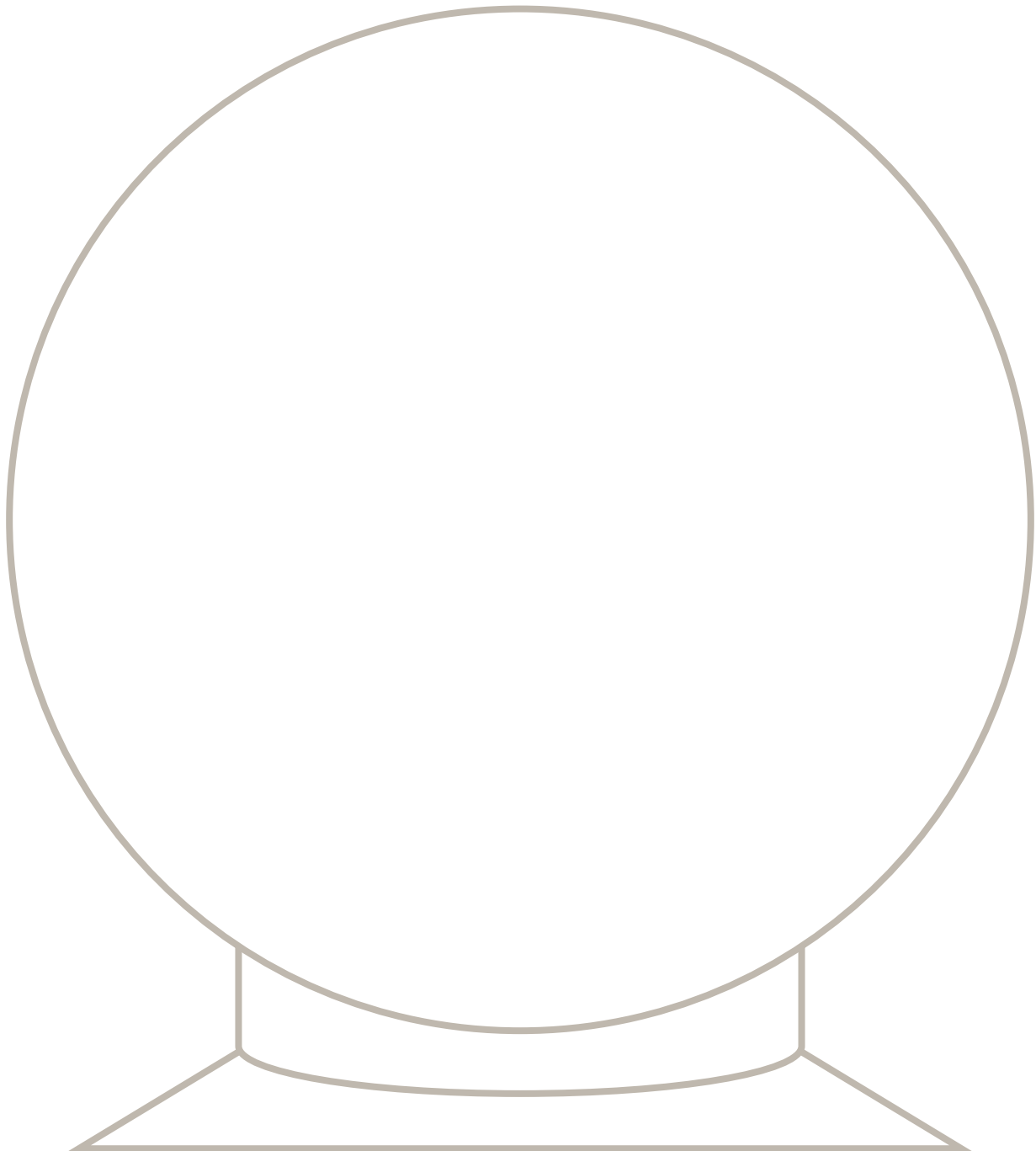


Did you know? In Ancient Rome, people used a flower called silphium as a method of birth control, which they would brew into a tea and drink. It was believed to be very effective, and it was used so much that the Romans drove it to extinction. The shape of its seeds may have also inspired the heart shape we imagine when we think of Valentine's Day. A comprehensive list of current birth control methods is available at www.plannedparenthood.org/learn/birth-control.

Answers: B, C, A, A, A, A.

Crystal Ball Activity

Having a Life Plan may help when making important choices in your life. Take a moment to think about how you want your life to look in 1, 3, or 5 years. Consider if there were no limits or barriers: What is your biggest dream? What makes you unique? What do your relationships look like? What type of work would you like to do? What makes you feel excited? Consider these questions in general or in relation to your sexual and reproductive health. Feel free to write or draw, and include as much detail as you like!





Planned
Parenthood®
STI Test Results

STIs Quiz

Test your knowledge! Read each statement, then determine which answer is the best choice.

1. What does 'STI' stand for?

- | | | |
|-----------------------------|-----------------------------------|------------------------------------|
| A. Sexually Timed Infection | B. Sexually Transmitted Infection | C. Startling Transmitted Infection |
|-----------------------------|-----------------------------------|------------------------------------|

2. STIs caused by a _____ cannot be cured, but can be managed with medications.

- | | | |
|-------------|----------|-------------|
| A. Bacteria | B. Virus | C. Parasite |
|-------------|----------|-------------|

3. Which of the following STIs cannot be cured?

- | | | |
|--------------|-------------|-----------|
| A. Gonorrhea | B. Syphilis | C. Herpes |
|--------------|-------------|-----------|

4. HIV CANNOT be transmitted through which one of the following bodily fluids:

- | | | |
|----------|----------|----------|
| A. Semen | B. Urine | C. Blood |
|----------|----------|----------|

5. HIV is an STI that works by breaking down the body's _____ system.

- | | | |
|----------------|--------------|-----------|
| A. Circulatory | B. Digestive | C. Immune |
|----------------|--------------|-----------|

6. Which STI can be prevented by getting a vaccine?

- | | | |
|--------------|-------------|--------|
| A. Chlamydia | B. Syphilis | C. HPV |
|--------------|-------------|--------|



Did you know? Syphilis is sometimes called "The Great Imitator" because it can mimic the signs of many other diseases, making it harder to spot without a test. Since STIs are very common and many do not have any symptoms, it is recommended that people get routinely tested. A list of providers who offer HIV, STI, and Hepatitis testing is available at <https://gettested.cdc.gov>.

Answers: B, B, C, B, C, C.

STIs Word Find

Find as many words as you can from the list below!

Bacteria

Chlamydia

Gonorrhea

Genital Warts

Hepatitis

Herpes

HIV

HPV

Parasite

Pubic Lice

Scabies

Syphilis

Test

Trichomoniasis

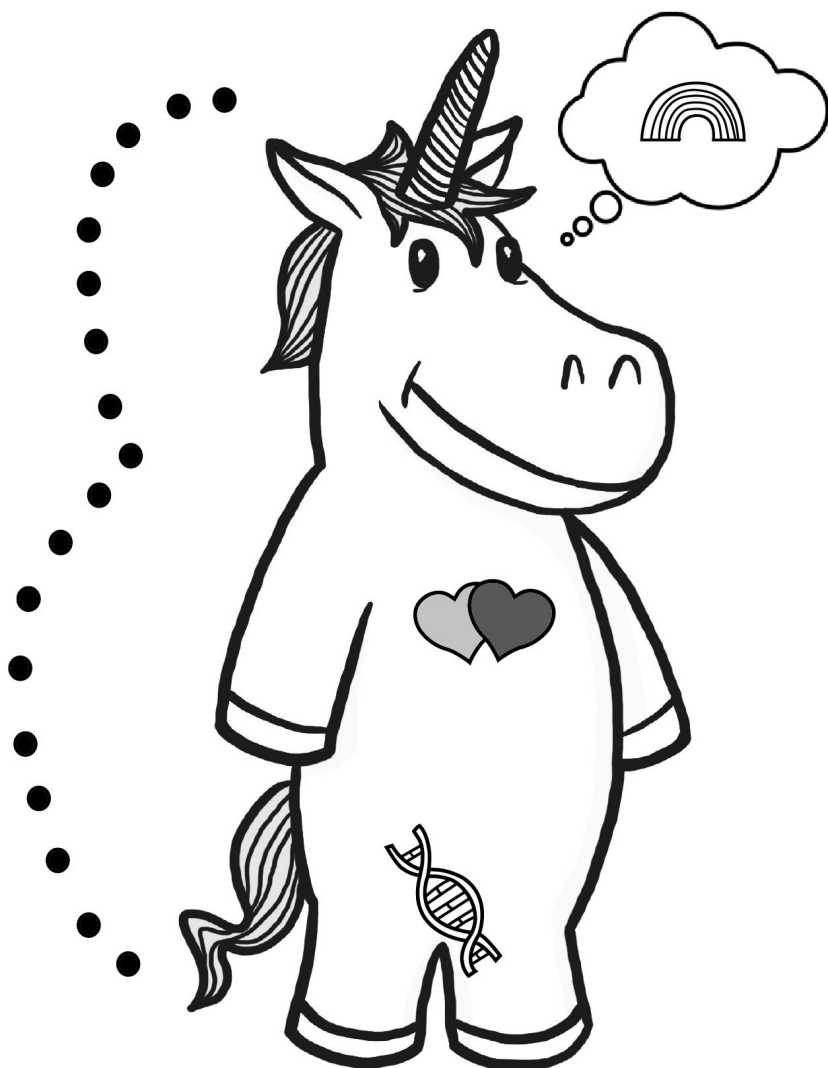
Vaccine

Virus

P	P	M	P	A	S	H	H	I	V	Z	Y	O	I	H	K	E	B	Q	K
G	U	U	Q	S	J	B	B	B	P	I	G	W	Z	G	R	O	Z	Z	X
J	X	S	B	S	Z	M	U	Y	V	L	N	Q	J	M	G	X	C	E	Q
U	W	B	V	I	O	M	S	E	I	S	V	R	W	Z	U	U	D	T	Y
F	S	H	R	S	C	Y	U	Z	R	Y	A	L	E	E	A	X	J	W	S
Y	T	H	Z	A	V	L	S	P	U	Z	C	X	B	T	T	Z	V	Q	N
K	R	A	H	I	U	T	I	U	S	S	C	A	B	I	E	S	T	X	S
J	O	X	A	N	H	A	L	C	W	P	I	J	W	S	D	A	V	M	T
Z	C	C	E	O	G	I	A	Y	E	M	N	W	X	A	Y	B	C	Q	R
O	D	I	H	M	J	D	R	L	H	M	E	F	Y	R	V	L	C	N	A
E	K	O	R	O	X	Y	A	R	I	E	D	H	I	A	L	W	Y	R	W
O	B	Q	R	H	V	M	K	I	T	O	P	D	U	P	W	X	Y	D	L
R	E	V	O	C	X	A	H	N	R	H	Q	A	O	B	T	J	J	T	A
I	B	G	N	I	W	L	O	I	J	E	T	K	T	I	E	N	T	H	T
Y	U	F	O	R	U	H	V	Q	K	R	T	P	G	I	O	I	C	T	I
L	C	J	G	T	P	C	G	N	W	P	C	C	N	M	T	B	C	U	N
H	O	U	K	V	V	K	L	Q	V	E	U	C	A	D	O	I	T	Z	E
E	Q	H	T	E	S	T	Q	N	R	S	F	C	K	B	R	H	S	D	G
Q	P	P	Y	H	H	T	T	T	N	K	D	S	Y	P	H	I	L	I	S
E	C	E	G	N	T	Z	R	Q	K	R	W	F	U	J	U	Z	C	S	E

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



Gender Identity

Female / Woman / Girl
Male / Man / Boy
Other Gender(s)



Gender Expression

Feminine
Masculine
Other



Sex Assigned at Birth

Female



Male



Other/Intersex



Sexually Attracted To

Women
Men
Other Gender(s)



Emotionally Attracted To

Women
Men
Other Gender(s)

To learn more go to:
www.transstudent.org/gender

Design by Landyn Pan
Illustration by Anna Moore

LGBTQ+ Word Match

Can you match the following terms with the correct definition?

- | | |
|-------------------------|-------------------------------|
| ____ 1. Asexual | ____ 6. Intersex |
| ____ 2. Cisgender | ____ 7. Nonbinary |
| ____ 3. Dysphoria | ____ 8. Sex Assigned at Birth |
| ____ 4. Gender Identity | ____ 9. Sexual Orientation |
| ____ 5. Heterosexism | ____ 10. Transgender |

- A. A person's sexual identity in relation to the gender(s) which they are attracted to.
- B. An term used to describe when someone is born with reproductive and/or sexual anatomy that is outside the strict boxes of "male" or "female" because of their body parts, chromosomes, and/or hormones.
- C. Someone whose gender expression/gender identity are different than the sex they were assigned at birth.
- D. When a person's gender identity is outside the gender binary of female or male.
- E. A person's inner feeling about themselves. It doesn't have to match their sex assigned at birth, and can include but is not limited to identifying as nonbinary, a woman, or a man.
- F. Someone who does not feel sexual attraction towards anyone; or who doesn't feel any desire to act on those feelings.
- G. Those who identify as the sex they were assigned at birth.
- H. A term used to describe the distress, unhappiness, and anxiety that transgender people may feel about the mismatch between their bodies and their gender identity.
- I. A label that you're given at birth based on the genitals you're born with and the chromosomes you have.
- J. A system of oppression that benefits straight folks at the expense of everyone else including but not limited to lesbian, gay, bisexual, asexual, and pansexual folks.

Answers: F, G, H, E, J, B, D, I, A, C.

Identity Activity

Identities play a big part in how we navigate and experience our surroundings. It can be helpful to think critically about our social identities and consider how privilege and oppression operate in our lives. Write your social identities in the 8 “flower petals” below such as race, ethnicity, gender, sexual orientation, socioeconomic status, ability, first language, and religion. Consider which social identities have the strongest effect on how you perceive yourself, and which have the greatest effect on how others perceive you. In the center of the “flower”, write your personal identities such as skills, strengths, hobbies, favorite things, personal mottos, and anything else that comes to mind!

