

## TTAAA Puberty Talk **Pre Test**

Circle the correct answer.

**1. The changes that occur during puberty usually happen:**

- A. Overnight                      B. Over 1 year                      C. Over several years                      D. Not Sure
- 

**2. During puberty, most females:**

- A. Start their period                      B. Grow hair under their arms                      C. Both of these                      D. Not sure
- 

**3. The part of the male body that makes sperm cells is the:**

- A. Ovary                      B. Testicle                      C. Penis                      D. Not sure
- 

**4. In order to make a baby, a sperm cell must fertilize (join with) an ovum (egg).**

- True                       False                       Not sure
- 

**5. Females ovulate (release eggs) from their ovaries from the time they are born.**

- True                       False                       Not sure
- 

**6. It is normal for males to get erections, even when they are not thinking sexual thoughts.**

- True                       False                       Not sure
- 

There is no correct answer to these questions. Answer how you feel.

**7. I feel confident that I could tell someone to stop making fun of another person's body or looks.**

- True                       False                       Not sure
- 

**8. I feel confident that I could tell someone to stop touching me in a way that makes me feel uncomfortable.**

- True                       False                       Not sure

## TTAAA Teen Talk Pre Test

Circle the correct answer.

- 1. Which type of birth control method helps protect against pregnancy and STIs?**  
A. Birth control pill      B. Condom      C. Ring      D. Not Sure
- 2. Choose the fluid that can pass HIV.**  
A. Saliva      B. Sweat      C. Blood      D. Not Sure
- 3. In a healthy relationship, both people feel...**  
A. Afraid      B. Frustrated      C. Respected      D. Not Sure
- 4. Anyone who is having sex should get a regular check-up at a clinic.**

TRUE

FALSE

NOT SURE

- 5. Name ONE local clinic where a teen can go to for FREE and CONFIDENTIAL sexual health services.**

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- 6. What must someone do before they have sex with someone?**  
A. Ask politely and wait for the "YES"      B. Hold hands      C. Buy them gifts      D. Not Sure
- 7. If someone is sexually assaulted, it is never their fault.**

TRUE

FALSE

NOT SURE

- 8. Who could you talk to if someone touched you sexually and you didn't want them to?**

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There is no correct answer to these questions. Answer how you feel.

- 9. I feel comfortable going to a clinic for sexual health services.**      YES      NO      NOT SURE
- 10. I can talk about sexual health with a parent or trusted adult.**      YES      NO      NOT SURE
- 11. I can talk to a current or future partner about what I want to or don't want to do sexually.**      YES      NO      NOT SURE

# Local Teen Clinics

Parents' permission is **NOT** required (but we encourage you to talk with them!)

Services are **FREE** and **CONFIDENTIAL**

• \_\_\_\_\_  
website: \_\_\_\_\_  
phone: \_\_\_\_\_  
address: \_\_\_\_\_  
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**[www.familyPACT.org](http://www.familyPACT.org)** – Find local clinics and sign up for the state-funded Family PACT program

**[www.myhealthmyinfo.org](http://www.myhealthmyinfo.org)** – Utilize confidential services at your pediatrician or doctor's office

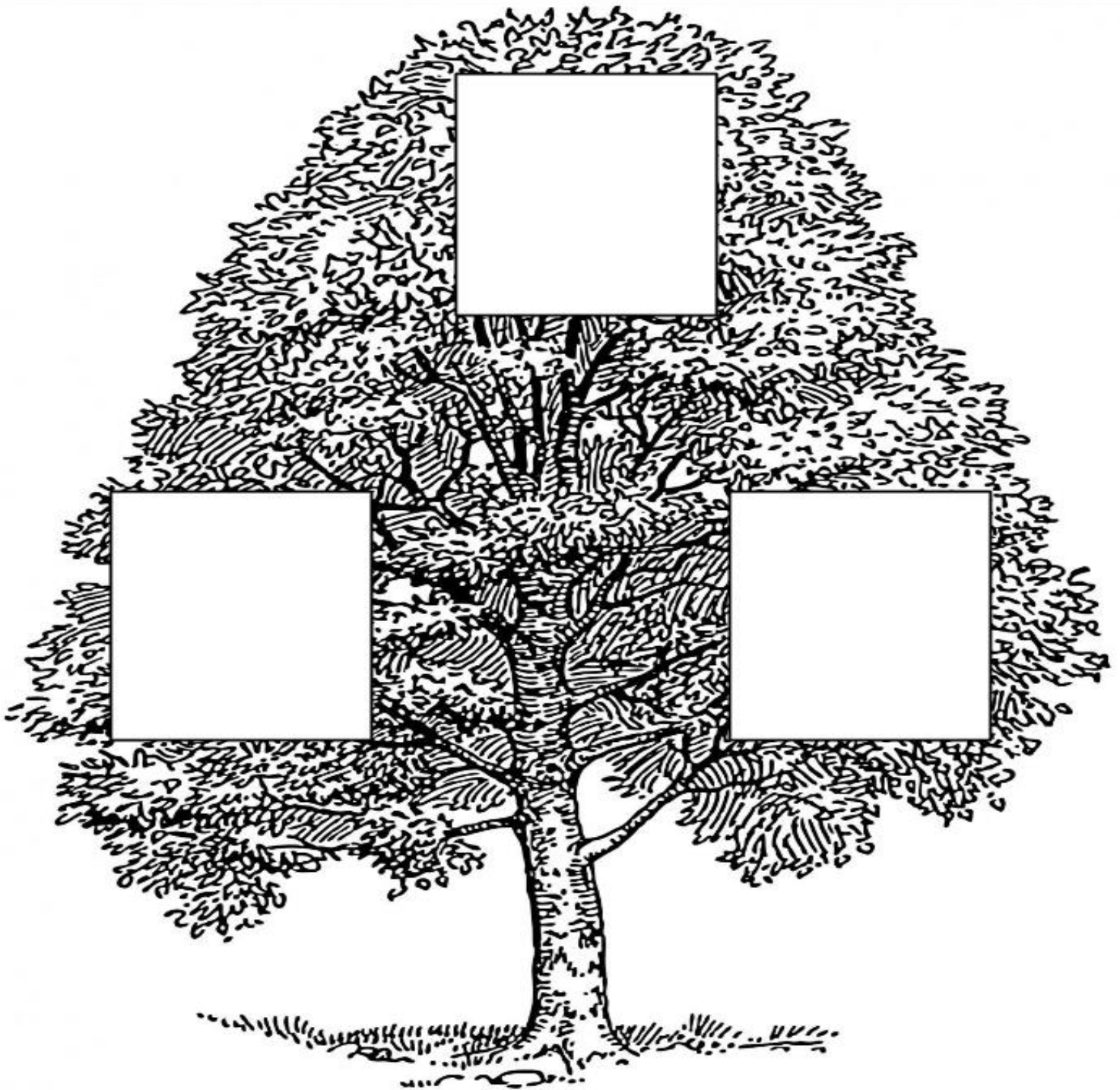
| Questions about your body, birth control or STIs?   | Questions about Sexuality/LGBTQ+ Issues?  |
|---|---|
| <p><a href="http://ivannaknow.org">ivannaknow.org</a><br/><a href="http://teensource.org">teensource.org</a><br/><a href="http://bedsider.org">bedsider.org</a></p> <p>National STI/HIV Hotline (CDC)</p> <p>Emergency Contraception Hotline</p> <p>"We're Talking!" Health for teens</p> <p>Sex, etc.: Sex-ed by Teens</p> <p>Send an anonymous STI tip to a past sexual partner</p>   | <p><a href="http://starteen.org">starteen.org</a><br/><a href="http://plannedparenthood.org">plannedparenthood.org</a><br/><a href="http://amplifyyourvoice.org">amplifyyourvoice.org</a></p> <p>1 (800) 232-4636</p> <p>1 (800) 521-5211</p> <p><a href="http://parmf.org/teen/">parmf.org/teen/</a></p> <p><a href="http://sexedc.org">sexedc.org</a></p> <p><a href="http://dontspreadit.com">dontspreadit.com</a></p>   |
| <p><b>Questions about Sexual Safety &amp; Relationships?</b></p> <p>National Human Trafficking Resource Center (NHTRC)</p> <p>Rape Abuse Incest National Network (RAINN)</p> <p>CORA: Not sure if you're in an abusive relationship?</p> <p>One Love: Mobilizing to end relationship abuse</p> <p>Community United Against Violence (CUAV): LGBTQ+ intimate partner violence resources</p> <p>Safe Alternatives to Violent Environments (SAVE)</p> <p>Support Services for survivors of sexual assault and rape</p> <p>Project Callisto: Report a sexual assault online</p> | <p><a href="http://traffickingresourcecenter.org">traffickingresourcecenter.org</a><br/>1 (888) 373-7888</p> <p><a href="http://rainn.org">rainn.org</a><br/>1 (800) 656-HOPE (4673)</p> <p><a href="http://corasupport.org">corasupport.org</a><br/>1 (800) 300-1080</p> <p><a href="http://jiononelove.org">jiononelove.org</a></p> <p><a href="http://cuav.org">cuav.org</a><br/>(415) 333-HELP (4357)</p> <p><a href="http://save-dv.org">save-dv.org</a><br/>(510) 794-6055</p> <p><a href="http://rapetraumaservices.org">rapetraumaservices.org</a><br/>(650) 692-7273</p> <p><a href="http://projectcallisto.org">projectcallisto.org</a></p> |
| <p>Need advice about substance abuse, violence, or depression?</p> <p>National Suicide Prevention Lifeline</p> <p>Eating Disorder Awareness &amp; Prevention</p> <p>Drug &amp; Alcohol Helpline</p>   | <p><a href="http://fcservices.org">fcservices.org</a><br/>(650) 326-6576</p> <p><a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a><br/>1 (800) 273-TALK (8255)</p> <p><a href="http://myreda.org">myreda.org</a><br/>1 (800) 931-2237</p> <p>(650) 573-3950</p>   |
| <p><b>Get Info Instantly with Mobile App's</b></p> <p>Condom Finder (google play) Find free condoms and lube near you!</p> <p>Period Tracker Know when your period comes and goes</p> <p>they2ze Find trans* health resources in your area</p> <p>Yes to Sex Ways to ensure sex is always consensual</p>  |   |



What's the most interesting new fact/piece of information you learned after visiting these resources?

# Tree of Trust

*Directions:* Draw or paste a picture of up to three adults that you can trust.



I can talk to \_\_\_\_\_, \_\_\_\_\_,  
and \_\_\_\_\_ about sex, relationships, and my body.

# PARENT/TRUSTED ADULT INTERVIEW

*Directions:* Pick an adult member of your family or another trusted adult to interview. Ask them the questions below. Write down their answers.

**Your Name:** \_\_\_\_\_

**Person you are interviewing:** \_\_\_\_\_

1. Where did you get information about dating or sex when you were growing up?

2. Do you think it is okay for me to have a boyfriend or girlfriend? Why or why not?

3. Is there anything you want me to know about using a cell phone or using the Internet, especially when you're not around?

4. If someone says something to me or touches me in a way that makes me feel uncomfortable, what would you want me to do?

5. How does someone know they are ready to have sex?

6. If for any reason you're not around and I have questions, who would you want me to talk with?

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**Trusted adult:** Sign on the line above after the assignment is complete.

#### Resources Recommended for Parents of Students

**There are lots of great resources online to help parents continue this conversation. Here are a few to get you started.**

**Health Connected:** [www.health-connected.org/parents](http://www.health-connected.org/parents)

**Advocates for Youth:** <http://www.advocatesforyouth.org/>

**Center for Parent Information and Resources:** <http://www.parentcenterhub.org/repository/sexed/>

**Sexuality Resource for Parents:** <http://www.srcp.org/>

# Trusted Adult Interview Homework

**My name is**

---

**and I can talk to**

---

*(Trusted adult)*

**about my body,  
relationships or sex.**



**Agree**

**Disagree**

# Session 1 Assessment: Introduction, Values, Communication

## Category 1: True/False and Open Ended

### Clinic List and Resource Questions:

1. True/False: In many states, like CA, teens can get sexual health services at a clinic without permission from their parents.  
**Answer: False (If not in CA, check your state laws using [teenhealthlaw.org](http://teenhealthlaw.org)).**
2. How much do sexual health services at a clinic cost for teens?  
**Answer: They are free in CA (If not in CA, check your state laws using [teenhealthlaw.org](http://teenhealthlaw.org)).**

### Values Questions:

1. What is a value?  
**Answer: A belief about what is right or wrong, a moral, an ideal, how a person lives their life, how you think things should be.**
2. List 3 ways we learn our values.  
**Answers: family, friends, self, teachers, neighborhood, religion, culture, TV/movies, music, social media, pornography, etc.**

## Category 2: Tally

Educator or Data Recorder: Begin by reading a question and the three possible answer choices so students can hear all options. Read the question again and as you go through the possible answer choices, have students raise their hand when they hear the option they think is correct and put tally marks in the appropriate boxes.

|   |  |  |  |
|---|--|--|--|
| <p><b>Topic: Clinic List and Resource Questions</b></p> <p><b>Question 1:</b> True/False: In many states, like CA, teens can get sexual health services at a clinic without permission from their parents.</p> <p><b>Answer: True</b></p> | <p style="text-align: center;"><b>True</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p>               | <p style="text-align: center;"><b>False</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p>      | <p style="text-align: center;"><b>Not Sure</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p> |
| <p><b>Topic: Clinic List and Resource Questions</b></p> <p><b>Question 2:</b> How much do sexual health services at a clinic cost for teens?</p> <p><b>Answer: Free in California</b></p>   | <p style="text-align: center;"><b>Free in California</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p> | <p style="text-align: center;"><b>Over \$100</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p> | <p style="text-align: center;"><b>Not Sure</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p> |
| <p><b>Topic: Values</b></p> <p><b>Question 1:</b> True/False: A value can be a belief.</p> <p><b>Answer: True</b></p>   | <p style="text-align: center;"><b>True</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p>               | <p style="text-align: center;"><b>False</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p>      | <p style="text-align: center;"><b>Not Sure</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p> |
| <p><b>Topic: Values</b></p> <p><b>Question 2:</b> We can learn our values from...</p> <p><b>Answer: Parents</b></p>   | <p style="text-align: center;"><b>Trains</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p>             | <p style="text-align: center;"><b>Parents</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p>    | <p style="text-align: center;"><b>Not Sure</b></p> <p><u>Pre-Assessment:</u></p><br><p><u>Post-Assessment:</u></p> |

### Category 3: Icon Selection

- **Option 1:** Place the options on the board and label them 1-3. Have the students hold up 1, 2, or 3 fingers to represent the answer they choose.
- **Option 2:** Please print out an icon card board for each student before administering the assessment. Place the icon cards in front of the students and have them point to the correct answer.

#### Clinic List and Resources Questions:

1. True/False: Parents have to give permission for teens to get sexual health services at a clinic?  
**Answer: False**
2. How much do sexual health services at a clinic cost?  
**Answer: They are free in CA**

#### Value Questions:

1. True/False: A value can be a belief.  
**Answer: True**
2. We can learn our values from...  
**Answer: Parents**

|                  |   |   |  |
|------------------|---|---|--|
| <b>Row<br/>1</b> | <b>True</b><br>    | <b>False</b><br>     | <b>Not Sure</b><br>   |
| <b>Row<br/>2</b> | <b>Free in<br/>California</b>   | <b>Over<br/>\$100</b>   | <b>Not Sure</b><br>   |
| <b>Row<br/>3</b> | <b>Trains</b><br> | <b>Parents</b><br> | <b>Not Sure</b><br> |