

Relationship Test Review

You can answer these questions on your own looseleaf. The point is to review for the test and make sure you have all the notes needed to study.

1. Of the treatable STIs, what are the treatments given?
2. How are genital warts contracted?
3. Which STIs can be present without symptoms?
4. What are some ways to protect yourself from STIs?
5. What is another name for an oral dam?
6. What are the six steps to using a condom properly?
7. What is a female condom?
8. How can you avoid an STI?
9. What is Herpes?
10. What is HPV?
11. What did the substance abuse questionnaire teach about substance use and decision making?
12. What questions might you consider before making the choice to be sexually active?

13. What does coercion mean?
14. What are the 5 elements of an intimate relationship?
15. What are the three stages of a relationship?
16. Review your journal from Reviving Ophelia
17. What is abstinence and what are advantages of this choice?
18. Review the Genderbread person – what is the difference between sex and gender?
19. What are some common red flags in relationships?
20. When can you not provide consent?

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1. Of the treatable STIs, what are the treatments given?

Most STI's that are caused by a bacteria (chlamydia, gonorrhea, syphilis) can be treated by medication prescribed by nurse practitioner or Dr.

STI's caused by VIRUS (HIV/AIDS, genital herpes and genital warts can't be cured, but there are medications to reduce the symptoms.

Parasites and bacterial infections can be treated and cured by medications

2. How are genital warts contracted?

Genital warts, or Human Papillomavirus (HPV) is transmitted by skin to skin contact, affecting cells inside and outside the body. These include surfaces of the skin, lining of the mouth, tongue, throat, tonsils, vagina, penis, cervix, and anus.

3. Which STIs can be present without symptoms?

HPV, Chlamydia (first 2-6 weeks), Syphilis (first 3 months), Herpes, Hepatitis B, HIV

4. What are some ways to protect yourself from STIs?

CONDOMS!, limit your sexual partners, be aware/alert for signs and symptoms, open and honest communication with your partner(s) – if you've been tested, wearing condoms, get tested regularly, never share needles or piercing equipment.

5. What is another name for an oral dam?

Dental Dam

6. What are the six steps to using a condom properly?

Step 1 – Check the expiration date/material/air

Step 2 – Push the condom to the side and carefully open

Step 3 – Find the sombrero and pinch the tip of the condom

Step 4 – Use your other hand to role down the condom

Step 5 – Hold on to the condom when pulling away from your partner

Step 6 – Tie up the condom and throw it in the garbage

7. What is a female condom?

A female condom is a thin polyurethane pouch with a flexible ring at each end. You put the closed end of the condom into your vagina and the inside ring holds it in place. The ring at the open end of the condom rests on the vulva outside of your vagina.

8. How can you avoid an STI?

Abstinence is the only way to be 100% sure.

9. What is Herpes?

Herpes is a virus. There is no cure, but there are ways to control it and prevent it from spreading; two types:

HSV1 – Commonly referred to as cold sores.

Contagious, but is not contracted through sexual activity.

HSV2 – Genital Herpes

Contagious, and is contracted through sexual activity. Can occur on the lips, mouth, genital or anal areas.

10. What is HPV?

HPV is human Papillomavirus, also known as genital warts.

11. What did the substance abuse questionnaire teach about substance use and decision making?

Drugs and alcohol reduce your decision-making ability, therefore they increase the chance of making the wrong decision (ex. having unprotected sex, initiating sex without consent, being peer pressured into taking more drugs or alcohol, etc.).

12. What questions might you consider before making the choice to be sexually active?

Why do I want to have sex – because everybody else is doing it?

How will it affect my mental health – will I feel good about myself afterwards?

Am I prepared – condoms, birth control, etc?

13. What does coercion mean?

To manipulate, threaten or pressure another person.

14. What are the 5 elements of an

Good communication, sharing of interests, shared values/beliefs, trust, equality.

15. What are the three stages of a relationship?

Stage 1 – The sparkle. Based on infatuation. Think the person is perfect.

Stage 2 – The disillusionment. See the other person's flaws. Decide to break up or accept and love the person anyway.

Stage 3 – Mutual acceptance and mature love. Comfortable and confident in your relationship.

16. Review your journal from Reviving Ophelia

17. What is abstinence and what are advantages of this choice?

Abstinence is choosing not to have sex. The advantages are that it is the only 100% effective way to avoid STI's and pregnancy, and you will avoid situations that could negatively affect your relationships and/or mental health.

18. Review the Genderbread person – what is the difference between sex and gender?

PDCP 10 - Genderbread Person

Sex: A person's biological sex. Examples: Male, Female, Intersex

- Intersex – people who are born with sex characteristics (including genitals, gonads, and chromosome patterns that do not fit typical biological notions of male and female bodies).
- Defined by a person's biological makeup, not just at birth but also through puberty.
- The majority of people are born with either male genitalia or female genitalia, but around 1 in 1500 people are born intersex. This rate climbs up to 1 in 60 after puberty as traits that were subtle or unnoticeable at birth become apparent.



Gender Identity: A person's internal sense or feeling of being male or female, which may or may not be the same as one's biological sex.

- For example, you can have a penis but identify as female (Drag queen).
- Examples: Transgender, Man/Woman (Cis), Non-conforming, Two-Spirit, Not identified. — hetero normative

Attraction: Who a person is attracted to. Examples: Gay (homosexual), Straight (heterosexual), Lesbian, Bi-sexual, Asexual.

- Asexual – A person who is not sexually attracted to anyone.

Expression: The degree to which a person expresses traditional traits, roles, and behaviours associated with femininity or masculinity.

19. What are some common red flags in relationships?

See "Red Flags" handout

20. When can you not provide consent?

What is the age of consent to sexual activity?

The age of consent in Canada is 16 years. This is the age that criminal law recognizes the legal capacity of a young person to consent to sexual activity.

Generally, it is legal to have sexual contact with someone who is 16 years or older if they agree to have sex with you.

Are there situations where a 16 year old cannot consent?

Yes. It is important to know that in some situations a person must be 18 years old to consent to sexual activity. Depending on what you are doing and who you are doing it with, sexual activity with a person under 18 years-old is illegal. A person under 18 years of age cannot consent to sexual activity if:

- The other person has a relationship of trust or authority over them, or they are dependent on that person. People in positions of trust or authority include, for example, a teacher, coach, babysitter, family member, minister or doctor;
- it involves exploitative activity, such as prostitution or pornography;
- they are paid, or offered payment, for sex;
- there is anal sex (unless they are a legally married couple).

What about persons under 16 years old?

There are exceptions for young persons under 16 years of age who have consensual sexual activity with someone close in age. These exceptions make sure the law does not label consensual activities between young people as criminal offences. It is not a criminal offence if:

- a young person 14 or 15 years of age consents to sexual activity with someone less than 5 years older
- a young person 12 or 13 years of age consents to sexual activity with someone less than 2 years older

These exceptions only apply if the older person is not in a position of authority or trust and there is no exploitation. For example, even if a 14 year old agreed to sexual activity with her/his 19 year old basketball coach, the law does not consider that the consent was freely given.

Important! The law also says that children under 12 years of age can never legally consent to sexual activity.