

**1- Is the name of the male sex organ, penis or vagina?**

 Penis

**2 – Males menstruate. Yes or no?**

 No

Only females menstruate because the blood comes from the uterus and males don't have a uterus. Intersex individual can also menstruate.

**3 – All penises are the same size. Yes or no?**

 No

The male sex organ has different sizes.

**4 – All penises have the same shape. Yes or no?**

 No

A male sexual organ has different shapes.

**On the human body – level 0**

**1 – Yes or no? All vaginas look alike.**

 No

Not all vaginas are the same; they have different shapes.

**2 – Is the name for the female sexual organ, vagina or penis?**

 Vagina

**3 – True or false? When a female has her period, blood comes out of that person's vagina.**

 True

**4 – True or false? An erection means that a male penis becomes hard.**

 True

When someone feels excited the whole body reacts.

**On the human body - level 0**

**1 – Males can ejaculate during their sleep. Yes or no?**

 Yes

**2 – Many females and some intersex individuals have their period about once a month. Yes or no?**

 Yes

**3 – Many female, some intersex bodies and male bodies grow breasts during puberty. Yes or no?**

 Yes

**4 – True or false? A woman can get pregnant by kissing a man.**

 False

**On the human body - level 0**

1 – True or false? Menstruation or having your period is the same thing.

 True

2 – True or false? A female is pregnant when there is a baby growing inside her.

 True

3 – A pregnancy lasts for 40 weeks. Yes or no?

 Yes

4 – A girl's breasts develop during adolescence. Yes or no?

 Yes

On the human body - level 0

1 – True or False? A female and some intersex individuals can get pregnant if she has intercourse during her period.

 True

If they are not taking a contraceptive agent such as the pill or using a condom it can happen due to individual menstrual cycles and living time of sperm.

2 – True or False? Puberty usually starts between the age of 9 and 15 for females.

 True

3 – Complete the statement:

Vagina and clitoris are names of ...

-  a) male or intersex sex organs
-  b) female or intersex sex organs

4 – True or False? A spermatozoid is so small that it can only be seen through a microscope.

 True

On the human body - level 1

1 – A male's first ejaculation happens during puberty. Yes or no?

 Yes

When sperm comes out of a penis it's called ejaculation.

2 - Complete the statement:

After a female gets her period it means she ...

- a) can usually have a baby.
- b) is ill.

Not all individuals who menstruate can become pregnant.

3 – A tampon is placed inside the vagina to observe menstrual flow. Yes or no?

 Yes

4 – True or False? Males usually produce a lot of spermatozooids per day.

 True

On the human body - level 1

1 - During puberty hair grows in public areas and arm pits. Yes or no?

 Yes

2 - Complete the statement:

During their menstrual flow individuals use ...

-  a) menstrual pad or tampons.
-  b) a lot of underwear

3 – True or false? A tampon is removed by pulling the attached string.

 True

4 – Males and some intersex individuals experience voice changes during puberty. Yes or no?

 Yes

During puberty individuals' voices becomes deeper.

On the human body - level 1

1 – Female breasts stop growing during puberty. Yes or no?

 No

2 – Females and intersex individuals stop having their period at the age of 50 to 60 years. Yes or no?

 Yes

3 – A female can get pregnant after her first menstruation. Yes or no?

 Yes

4 – True or false? Individuals with male bodies can't have babies.

 True

Individuals with male bodies' can't have babies because they don't have a uterus.

On the human body - level 1

1 – True or false? Female and some intersex individuals' menstrual flow starts during puberty.

 True

2 – During puberty the penis thickens and increases in size.

 Yes

3 - Complete the statement:

A tampon is ...

-  a) a tube made of cotton with a string attached at the end.
-  b) a rectangular object that is attached to underwear.

4 – True or False? Most females stop having their period around the age of 50.

 True

On the human body - level 1

1 – True or false? A female person can't get pregnant during her period.

 False

Even though it's rare it can happen.

2 – True or false? Puberty is a period of sexual growth and development.

 True

3 – True or false? Menstruation occurs usually every 20 to 35 days.

 True.

4 – True or false? A penis, scrotum and testicles make up the male and some intersex reproductive systems.

 True

On the human body - level II

1 – True or false? A female can get pregnant if she forgets to take the pill for a day.

 True

If a person with a female reproductive system forgets to take the pill she is no longer protected.

2 - True or false? The male and some intersex reproduction organs are the penis and scrotum.

 False

The male and some intersex reproductive organs are: penis, scrotum and testicles.

3 - Complete the statement:

“Generally, human pregnancy has the duration of ...

- a) 35 weeks
-  b) 40 weeks

4 – True or false? Breasts always have milk.

 False

Breasts only produce milk if a person is pregnant and breast feeding.

On the human body - level II

1 – True or false? The male and some intersex reproduction organs are the testicles and scrotum.

 False

The male and some intersex reproductive organs are: penis, scrotum and testicles.

2 - Complete the statement:

Spermatozoids are produced ...

- a) in the scrotum
-  b) in the testicles

3 – True or false? A female persons' fertile period is when the egg is ready to be fertilized.

 True

4 – True or false? A person with female reproductive organs can only get pregnant by having intercourse.

 False

It is also possible for a person with female reproductive organs to get pregnant through a process called artificial insemination or fertilization *in vitro fertilization*.

On the human body - level II

**1 - Complete the statement:**

"Someone is going through puberty when ...

- a) *physical and emotional changes take place.*
- b) they are always happy.

**2 – True or false? A person with female reproductive organs can't get pregnant on a first sexual encounter.**

False

If a person with female reproductive organs is in a fertile period it's possible to become pregnant.

**3 – True or false? A person with female reproductive organs can get pregnant even if the ejaculation occurs outside the vagina.**

True

If ejaculation occurs near the entrance of the vagina and it's during the fertile period a pregnancy is possible.

**4 – True or false? Teenagers have pimples because hormones produce too much fat to hydrate the skin.**

True

**On the human body - level II**

**1 - Complete the statement:**

The primary function of the sperm is to ...

- a) fertilize the egg and produce a baby.
- b) protect the body from germs.

**2- True or false? A person can have sex during her period.**

True

It's fine if the partners don't have a problem with that, however there are more risks so it's necessary to use a condom.

**3 – True or false? Menstruation is a normal painless situation.**

False

Sometimes females and persons with female reproductive organs feel pain, cramps and headaches.

**4 – True or false? Abortion is when a pregnancy is terminated.**

True

**On the human body – level II**

**1 - Complete the statement:**

A person can procreate...

- a) *from the moment he starts ejaculating.*
- b) from the age of 18 on.

**2 – True or False? Abortion can be spontaneous or carried out by a doctor.**

True

**3 - Complete the statement:**

A uterus is a bag inside a female and some intersex bodies ...

- a) that will receive a fertilized egg.
- b) that produces sperm.

**4 – True or False? An abortion has to be performed by a doctor in a clean environment.**

True

**On the human body - level II**

**1 – True or false? A human female doesn't ejaculate.**

 True

What comes out of the vagina due to an orgasm is usually vaginal lubrication, however some individuals with female reproductive organs ejaculate.

**2 – True or False? Both males and females have orgasms.**

 True

**3 – True or False? A female person masturbates by caressing her breasts and touching her vagina and clitoris.**

 True

While masturbating a female person's vagina becomes wet.

**4 – By using a preservative a person avoids risk of pregnancy. Yes or no?**

 Yes

**Discovering sex - level 0**

**1. True or False? Ejaculation is the discharge of semen.**

 True

**2 – True or False? A male person masturbates by stroking his penis.**

 True

When a person with a penis masturbates it becomes hard and releases semen.

**3 – Sex may involve caressing, stroking and kissing the partner's body. Yes or no?**

 Yes

Depending on a person's sexuality, sex may involve practices that use a number of different methods.

**4 - A homosexual is a person who feels attracted to someone of the same gender . Yes or no?**

 Yes

**Discovering sex - level 0**

**1 – True or false? A lesbian is a female who feels attracted to another female.**

 True

**2 - A birth control pill is a small capsule that a person with female reproductive organs takes to avoid pregnancy. Yes or no?**

 yes

**3 – The word *gay* applies to someone that is attracted to a person of the same gender. Yes or no?**

 Yes

**4 – Condoms reduce the probability of catching some diseases. Yes or no?**

 Yes

**Discovering sex - level 0**

**1 - A condom is a latex covering that is placed on the penis. Yes or no?**

 Yes

Besides male condoms there are also female condoms.

**2 – True or False? Only men have orgasms.**

 False

**3 – A daily birth control pill is a common form of contraception. Yes or no?**

 Yes

**4 – True or False? A bisexual person feels attracted to both male and female.**

 True

**Discovering sex - level 0**

**1 – True or false? An orgasm leaves a person weak.**

 False

It leaves a person satisfied.

**2 – Complete the statement:**

**Ejaculation during intercourse happens when ...**

 the prostate gland contracts

 the testicles fill up

**3 – True or false? A heterosexual is a person who likes someone of a different gender.**

 True

**4 – True or false? A travesty is a person who dresses or acts in a way that is conventionally expected to be performed by someone of the so-called opposite sex.**

 True

**Discovering sex - level I**

**1 – True or false? "Orgasm" is the name given to the sensation experienced during intercourse or masturbation.**

 True

**2- A transsexual is a person that doesn't identify with the gender assigned to at the time of birth. Yes or no?**

 Yes

A male or a female identifies with a gender that doesn't apply to the gender assignment based on the genitalia at the time of birth.

**3- True or False? Oral sex is when the vulva or a penis is stimulated by the partner's mouth.**

 True

**4- True or False? Pill and condoms are possibilities to avoid unwanted pregnancies.**

 True

**Discovering sex - level I**

**1- True or false? A person doesn't get pregnant from oral sex but can be infected.**

 True

This can happen if the other person is infected.

**2- True or false? Anal sex is the insertion of the erect penis, an anal plug or dildo into a person's anus.**

 True

**3-Complete the statement:**

Masturbation is ...

-  a) *caressing and stroking the body to get sexual pleasure.*  
b) caressing and stroking another person's genitals to get sexual pleasure.

**4- True or false? Contraception refers to the different methods to avoid a pregnancy.**

 True

**Discovering sex - level I**

**1 – True or false? A condom is only used to avoid a pregnancy.**

 False

A condom reduces the risk of sexually transmitted infections such as HIV/AIDS or hepatitis.

**2- True or false? A condom is put on a limp penis.**

 False

A condom is placed on an erect penis.

**3- True or false? The condom avoids pregnancy because it traps the sperm.**

 True

**4-Complete the statement:**

In order to know which is the most suitable contraceptive, a person should ...

-  a) consult a doctor.  
b) get advice from friends.

**Discovering sex - level I**

**1-True or false? There are only condoms for male.**

 False

There exist special condoms for females too.

**2-True or false? Condoms can only be bought at a pharmacist.**

 False

Condoms can be bought at pharmacies, drug stores, supermarkets, vending machines in WC or sex shops.

**3- True or false? Males are no longer virgins after their first sexual encounter.**

 True

**4-True or false? A person has an active sex life when there are frequent sexual encounters.**

 True

**Discovering sex - level I**

1- True or false? A vibrator is an object designed like a penis to stimulate the clitoris.

 True

2-True or false? A sex shop is a place that sells sex products.

 True

3-True or false? Condoms can only be bought at a supermarket.

 False

4- True or false? When a person desires another there's a longing to cuddle.

 True

Discovering sex - level I

1 – In a sexual relationship the man should always take the initiative. Yes or no?

 No

2 – When a person is pregnant she shouldn't have intercourse. True or false?

 False

3 – The size of a penis determines the degree of pleasure of the partners. True or false?

 False

4 – Female can also like to masturbate. True or false?

 True

Discovering sex - level I

1 – True or false? There is no set number of possible orgasms.

 True

2- Homosexual couples can have children through artificial insemination. Yes or no?

 Yes

3- True or false? There is no orgasm through anal sex.

 False

4- True or false? Most of the females who are on the pill take it daily during 3 weeks and stop for 1 week.

 True

However there are some pills that are taken consecutively.

Discovering sex - level II

**1- True or false? Females who are on the pill take it daily during 1 week and stop for 3 weeks.**

 False

**2-Complete the statement:**

**The use of sexual lubricant ...**

-  a) makes penetration easier and pleasurable.  
b) dries the vagina and makes penetration difficult.

**3- A male can better protect himself by using two condoms. Yes or no?**

 No

The use of two condoms increases the friction making them more likely to tear.

**4-True or false? If a female puts an object or fingers in the vagina this might lead to breaking the hymen.**

 True

**Discovering sex - level II**

**1- True or false? Besides the pill and the condom female can also use an (IUD).**

An intrauterine device is an object inserted in the uterus by a doctor.

 True

**2 – True or false? An intimate relationship may be short or long it depends on the couple and their involvement.**

 True

**3– All male that like anal sex are homosexuals. Yes or no?**

 No

Many male and female find that anal stimulation is a pleasurable experience but that doesn't mean that a person is a homosexual. There are even some gay males that don't enjoy anal sex.

**4- True or false? Birth control pills or IUD protect against sexually transmitted infections.**

 False

Only a condom protects against sexually transmitted infections.

**Discovering sex - level II**

**1- True or false? Sexually transmitted diseases affect sexual organs.**

 True

Depending on the disease and it's stage some STDs also affect others parts of the body.

**2- True or false? The hormones present in the pill inhibit ovulation.**

 True

**3-True or false? It's all right to loan sexual objects, such as, vibrators.**

 False

These objects can't be shared for health and hygiene reasons.

**4-True or false? The hymen is a membrane that surrounds the external vaginal opening.**

 True

Hymens can have different shapes and ductility. Some can be destroyed without having had intercourse and others can still be intact after the first intercourse.

**Discovering sex - level II**

**1- True or false? After their first intercourse, females are no longer virgins.**

 True

**2-True or false? If a female doesn't bleed when she has sex , that means that she is not a virgin.**

 False

Some females are born without a membrane/hymen and that doesn't mean that they are not virgins. Hymens can have different shapes and ductility and some can be destroyed without having had intercourse. On the other hand, sometimes the opening of the membrane is wide enough and doesn't tear during intercourse.

**3- There is no need to wear condoms during oral sex. Yes or no?**

 No

Sexually transmitted diseases can spread from the mouth to the genital area and vice-versa.

**4-True or false? There is only one type of hymen.**

 False

Every hymen is shaped differently; some are thin and elastic, while others are thicker and less stretchy.

**Discovering sex - level II**

**1- True or false? A boyfriend/girlfriend is someone we feel attracted to and he/she to us.**

 True

**2- A friend is a person who shares our interests and likes to spend time with us. Yes or no?**

 Yes

**3- A boyfriend/girlfriend is the same as friend. Yes or no?**

 No

**4-True or false? When we are in love our heart beats faster.**

 True

**Feelings and emotions - level 0**

**1- True or false? Partner and boyfriend/girlfriend are all the same.**

 True

**2-True or false? When we love someone we want the best for them.**

 True

**3-True or false? When we are in love we only see good things in that person.**

 True

**4-True or false? Partners/girlfriends/boyfriends must always respect each other.**

 True

**Feelings and emotions - level 0**

**1-True or false? A partner/boyfriend/girlfriend always likes us as much as we like him/her.**

 False

The feelings we have for each other are shown in different ways.

**2-True or false? Partners/girlfriends/boyfriends don't have to respect each other.**

 False

**3-True or false? When we are in a relationship we must respects each other's feelings.**

 True

**4-A friend is the same as a partner/boyfriend/girlfriend. Yes or no?**

 No

**Feelings and emotions - level 0**

**1- True or false? A romantic relationship begins with an intense feeling for another person.**

 True

**2- True or false? When we are in love being away from that person may be painful.**

 True

**3-True or false? The passion we feel for a person never changes.**

 False

Relationships change and so do people's feelings.

**4- True or false? Some romantic relationships change from intense passion into a deep and long lasting relation.**

 True

**Feelings and emotions - level I**

**1-True or false? When we are in love, we think about our partner most of the time and are always excited to see them.**

 True

**2-True or false? Couples never argue or get angry at each other.**

 False

All relationships have good and bad moments where the partners argue, however it is important that they respect each other in those moments.

**3-True or false? A boyfriend or girlfriend is someone that we like very much and who also likes us.**

 True

**4-True or false? When we are in love we want to be with the other person all the time.**

 True

**Feelings and emotions – level I**

**1-True or false? When we are in a relationship with someone it's alright to expect the person to do everything we want.**

 False

Even in an intimate relationship with someone we have to respect that person's feelings and needs.

**2- True or false? In a romantic relationship it's alright not to respect the other person's wishes.**

 False

**3-True or false? When we love somebody who doesn't feel the same way about us, that may cause sadness.**

 True

**4-True or false? True love never ends between two people.**

 False

Feelings change through time and sometimes people fall out of love and the relationship or marriage ends.

**Feelings and emotions - level I**

**1-True or false? A friend is someone we can trust and helps when we have a problem.**

 True

**2-True or false? In a relationship it's very important that the partners talk a lot so that they get to know each other well.**

 True

**3-True or false? We can make another person love us.**

 False

**4- True or false? It's easy to recover from a disillusionment of love.**

 False

Heartbreak can be a painful experience that needs time to heal.

**Feelings and emotions - level I**

**1- True or false? When we are in love it's usually easy to reveal our feelings to the other person.**

 False

It's difficult for many people to talk about their feelings.

**2-True or false? When we are in love we think our partner is the most attractive and wonderful person in the world.**

 True

**3-True or false? When a person is in a relationship one should be faithful.**

 True

It is very important to be faithful to what the partners have agreed upon in the beginning of the relationship.

**4-True or false? A romantic relationship is always between people of different genders.**

 False

There are relationships between people of the same gender.

**Feelings and emotions - level I**

**1- True or false? We don't have to accept relationships between people of the same sex.**

 False

We should respect everyone, regardless of their sexual orientation, religion or ideology.

**2-True or false? A long term relationships need a lot of effort and understanding.**

 True

**3- True or false? It's difficult to explain what love is but when these feeling are present we recognize them.**

 True

**4-True or false? It's simple to understand why we love one person and not another.**

 False

It's not easy to understand why we love a certain person; some say it's a question of chemistry.

**Feelings and emotions - level II**

**1- True or false? After some time couples grow accustomed to each other and the passion and excitement may simmer down.**

 True

**2 - True or false? It's always a wonderful feeling to be in love.**

 False

If we have romantic feelings for someone who doesn't feel the same way it can be painful.

**3- True or false? One has to have intercourse with a person if they are in a relationship.**

 False

Nobody has to have sex with a person if they don't want to just because they date or are married.

**4-True or false? In a romantic relationship people are never unfaithful.**

 False

Sometimes people have relationships with more than one person at the same time. However people should always be honest about this and talk about it with each other.

**Feelings and emotions - level II**

**1-True or false? A person doesn't have to consent to have intercourse with someone just because they are dating or are married.**

 True

Nobody has to have intercourse with a person if they don't want to just because they date or are married.

**2- True or false? It's hard to explain why we feel attracted to a certain person and not another.**

 True

It's difficult to explain why we love someone, this feeling simply happens.

**3- True or false? We should respect all kinds of relationships independently of the gender in question.**

 True

We should respect everyone no matter what their sexual orientation, religion or ideology might be.

**4-True or false? It's important for a couple to talk about the things they like and what they don't enjoy in the relationship.**

**Feelings and emotions - level II**

1 –True or false? No one can touch me if I don't want it.

 True

2 - If someone touches me in a way that I don't like I have to tell someone I trust. True or false?

 True

3- If a person is forced to have intercourse with someone she is being raped. True or false?

 True

4- True or false? Even if a person is in an intimate relationship nobody should make us do anything we don't want.

 True

**Abuse - level 0**

1- If someone touches you intimately, in a way that makes you feel uncomfortable, that is abuse. Yes or no?

 Yes

2- Not even a person close to me can touch me intimately. Yes or no?

 Yes

3-True or false? If a person is forced to touch another person intimately it's abuse.

 True

4-If a person gives me a present, then that person can touch me intimately. True or false?

 False

**Abuse - level 0**

1-True or false? Nobody has the right to touch me intimately without my permission.

 True

2-True or false? Rape is when a person is forced to have intercourse.

 True

3- Any person that I am close to can touch me intimately. Yes or no?

 No

4- We have to be careful with people we meet in the net. Yes or no?

 Yes

**Abuse - level 0**

1 -True or false? Nobody should touch another person intimately without permission.

 True

2- True or false? If we are in a relationship and one of the partners says “no” the other should ignore it.

 False

3- Rape is punishable by law. True or false?

 True

4- True or false? It’s not rape when someone is forced to have intercourse.

 False

**Abuse - level I**

1-True or false? Both sexual abuse and rape are crimes punishable by law.

 True

2-True or false? If someone touches us and we don’t like it, a person must say “stop”.

 True

3-True or false? If someone touches us without our permission, one should remain silent about that because it’s shameful.

 False

When someone is touched without permission it’s important to tell people we trust or the police. It’s nothing to be ashamed of.

4- True or false? If a person is forced to touch someone intimately that isn’t sexual abuse.

 False

Nobody may force another person to do things they don’t want, it’s a crime.

**Abuse – level I**

1-True or false? If I dress in an appealing way and someone makes an advance of a sexual nature then it’s my fault.

 False

2-Rape is punishable by law. True or false?

 True

3-True or false? If someone touches you without your permission, you must tell someone you trust.

 True

4-True or false? When someone is in a relationship and one of the partner’s forces the other to have intercourse it is considered rape.

 True

**Abuse - level I**

1 – Only I decide who touches me intimately. True or false?

 True

2 – True or false? Rape only happen to female.

 False

3- True or false? In an intimate situation when one of the partners says “no” the other should respect that and stop.

 True

4-Noboby should make me have intercourse if I don't want to. Yes or no?

 Yes

**Abuse - level I**

1-True or false? When we are in a relationship it's natural to want to do everything to please the partner even if it's something we don't like.

 False

2-True or false? Men are never sexually abused.

 False

3- True or false? Sexual abuse is when someone is touched in a way that makes them feel uncomfortable even if the other person is known to them.

 True

4 – Only female are sexually abused. True or false?

 False

**Abuse - level II**

1-True or false? If a person is in a relationship and it's forced to have intercourse that is not rape.

 False

Nobody has the right to force another to have intercourse, even if they are in a relationship, if one says “no” the other has to respect that wish.

2-True or false? Sometimes we don't like the way a person touches us but we are no sure if it was with bad intentions.

 True

3-True or false? In order not to be sexually abused we should dress in a discreet way.

 False

4- Men can be sexually abused. True or false?

 True

**Abuse - level II**

**1-True or false? When females and persons with female reproductive organs have their period they can't go to the beach.**

 False

**2-True or false? People can't go naked anywhere they like.**

 True

**3-True or false? If we feel like it we can have intercourse anywhere we please.**

 False

A sexual relationship is intimate so we have to choose a place where we have privacy.

**4-True or false? When a females and persons with female reproductive organs menstruates they should avoid exercise.**

 False

There is no problem in exercising or in any other physical activity as long as a person feels fine.

**Values and beliefs - level 0**

**1-True or false? Pain during intercourse is natural.**

 False

If a person feels pain during intercourse it's best to see a doctor because that is not a common situation.

**2-True or false? When a girl or woman has her period she mustn't have a shower.**

 False

There is no problem in taking a shower as hygiene is very important.

**3- Masturbation reduces the size of boy's penis. Yes or no?**

 No

**4- True or false? Masturbation helps people lose weight.**

 False

**Values and beliefs - level 0**

**1-True or false? Masturbation is not a nice thing to do.**

 False

Masturbation is something natural and perfectly acceptable.

**2-True or false? Masturbation does not make hair grow more or cause acne.**

 True

**3-True or false? If a person masturbates a lot it's bad for their health.**

 False

**4- True or False? Men are always in a mood to have intercourse.**

 False

**Values and beliefs - level I**

**1-Menstruation is an illness. Yes or no?**

 No

**2-True or false? There is a correct way to have intercourse.**

 False

There is no manual for best way to have intercourse but people can try different ways and see which gives them more pleasure.

**3-True or false? Masturbation doesn't make for a bigger penis and breasts.**

 True

**4- Can females also have orgasms. Yes or no?**

 Yes

Females can have orgasms, however there are also some females who may have problems with that and some who never had one for several reasons.

**Values and beliefs - level I**

**1-True or false? Anal sex is wrong.**

 False

As long as both partners agree, its alright to have anal sex, they just have to take precautions.

**2-True or false? A country's laws, cultural values or social customs condition the way a person behaves in public.**

 True

**3-True or false? If I want to masturbate I must find a private place to do it.**

 True

**4-True or false? A person's moral values differ from other person's.**

 True

People's values tend to be different and change over time; however each person has to be respected.

**Values and beliefs - level II**