

Activity: The Crowded Bed

Targeted Grade Level: Grades 8-12

Objectives: Examine the potential complications of sexual activity.

Standards and Benchmarks:

Health Education Benchmarks		Language Arts Standards
<ul style="list-style-type: none">• HE.8.B.5.3• HE.8.B.5.2• HE.8.B.6.1	<ul style="list-style-type: none">• HE.912.B.5.1• HE.912.B.5.2• HE.912.C.1.1• HE.912.C.1.4• HE.912.C.1.8• HE.912.C.2.2• HE.912.C.2.8• HE.912.P.7.2	<ul style="list-style-type: none">• SL.1.1 (a-d)• SL.2.4• SL.2.6• L.3.6

Materials needed:

<ul style="list-style-type: none">• 22 to 26 large cards	<ul style="list-style-type: none">• a marker	<ul style="list-style-type: none">• a sheet or blanket	<ul style="list-style-type: none">• John and Maria’s stories.
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Preparation:

On each large card, write the name of a character in the story. It’s a good idea to make extras of certain characters such as “Can’t Remember Name” and “Suzy’s Partners.” Place the sheet or blanket on the floor at the front of the room. Hand out large cards to members of the audience and ask them to participate. Explain to them that they are to come forward and stand or sit on the sheet or blanket when the name on their card is mentioned in the story.

Directions:

Read “John and Maria’s Story”

JOHN AND MARIA became engaged this afternoon on a romantic date. That night, they went home to their respective apartments and called their families to tell them their news. As they prepared for bed, thoughts start crowding their minds. Their thoughts were not about their future and what the honeymoon would be like. Rather, their thoughts were crowded with memories of past relationships and experiences.

MARIA’S SIDE OF THE BED

DON – Maria met her first love, Don, as a high school sophomore. After dating two months, they both had sex for the first time. Their experience was clumsy and embarrassing. They broke up two weeks later.

SAM – Maria met Sam her senior year. At first he did not pressure her to have sex. One night at a party, unknown to Maria, Sam drank alcohol heavily and had sex with a girl at the party, SUZY. He did not know her sexual history. (Have SUZY’S PARTNERS come to the “bed”.) Later his friends said there were rumors Suzy

used drugs. He felt guilty and did not tell Maria. Sam and Maria became more sexually intimate over time. Two months after the one-night stand with Suzy, Sam was diagnosed with Chlamydia. He told Maria and she received medical care. They broke up from lack of trust. Maria left for college.

JOSE – In her second year of college, Maria met Jose. He dated a lot, but limited his sexual activity, JOSE'S PARTNERS. After dating for a year, Jose proposed. They had sexual intercourse. Three months later Jose was killed in a car accident.

JOHN'S SIDE OF THE BED

CAN'T REMEMBER NAME and CAN'T REMEMBER NAME'S PARTNERS – As a freshman, John's friends believed it was the "in thing" to have sex whenever and with whomever they could. John dated lots and had sex with at least three different partners. He can't even remember their names. The sex always followed alcohol at a party.

TIFFANY and ANDREA – John dated two girls seriously during this sophomore and junior years. He was more careful because he did not want to have his girlfriends get pregnant. He made sure that he only had genital contact but no actual intercourse. He now realizes even that contact could have resulted in an STD.

CLARA, CLARA'S BOYFRINED, CLARA'S BOYFRIEND'S PARTNERS – John met Clara during his senior year. She had a young child. She did not know the sexual history of the father. They dated a year before having sex. Despite dating for two more years, they decided they were not compatible and ended the relationship.

JOHN AND MARIA TODAY

After college, John met Maria. Because they were more mature and had learned from their relationship experience, they felt they were ready to commit to marriage. As John and Maria anticipate their wedding day, they begin to think about their past relationships. They know that people can have HIV and other STDs for years without knowing it. They are beginning to get worried about what they have done in their past. John and Maria realize that their honeymoon bed will be very crowded.

Discussion:

Before participants return to their seats, the facilitator should ask them to look at the crowded bed. Had they ever imagined that so many people would connect to each other? Remind the group that even though Maria and John had been sexually active, they only had a few partners each.

The participants may return to her seats.

The facilitator can ask the follow questions:

1. Was the story realistic?
2. What did John and Maria do that put them at risk for STDs and HIV?
3. Why did they have more than one sex partner?
4. What should John and Maria do now?
5. How could you rewrite this story?
6. What have you learned from this activity?
7. How would you feel if you were someone's "can't remember name?"