

Still Buffering 005: How to Health Class [Sex Ed]

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[theme music plays]

Raleigh:

Hello, and welcome to Still Buffering, a sisters' guide to teens through the ages. I am Raleigh Smirl.

Sydnee:

And I'm Sydnee McElroy.

Raleigh:

All right, Sydnee. I'm setting my phone timer right now-

Sydnee:

[laughing]

Raleigh:

... for 30 minutes exactly. That is all you get for this episode. Nothing more, nothing less. Here we go.

Sydnee:

Raleigh, you seem a little uncomfortable.

Raleigh:

I'm very uncomfortable. I'm setting my phone timer, and you're... Every time you mention it, I'm gonna mark it down by one minute. By the end of the episode, it's just gonna be two minutes long.

Sydnee:

[laughing] So, so, the reason that **Raleigh's** very uncomfortable this week is that, uh, first of all, thank you to everybody who's been posting in, in our Facebook group.

Raleigh:

Yeah, that was hilarious.

Sydnee:

All of the, the prom photos, and-

Raleigh:

Yeah, all those prom pictures. I love them all.

Sydnee:

And homecoming. Yes. All of your photos, all of the, uh, they're wonderful. They're amazing.

Raleigh:

They're great.

Sydnee:

Um, so thank you. Thank you for sharing all of the, the beauty and the awkwardness and the-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

It's wonderful. Um.

Raleigh:

It is. It's great.

Sydnee:

I, I do have to make one, one quick admission. Uh, a lot of people, I posted that picture of myself from senior prom-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... and I commented on my hair, my giant hair-

Raleigh:

That mom made.

Sydnee:

... that mom made. That's what I have to, I have to be truthful about.

Raleigh:

You don't have curly hair.

Sydnee:

I don't have curly hair. I know a lot of people have been like, "Oh, it's okay. I have curly hair." I am not, believe me. I used to want to have curly hair. I wanted it so badly that mom would do my hair like that for every dance. So that's not natural. That is-

Raleigh:

That is our mom.

Sydnee:

... hours, hours of hot rollers. That's what that is. [laughing] Hours and hours of hot rollers, and then a can of hairspray and a pick. [laughing]

Raleigh:

Yep. Sounds about right.

Sydnee:

Yeah. So, and that was a, I think all three of us girls-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... went through every dance, and you probably will continue to, Raleigh-

Raleigh:

Yeah.

Sydnee:

... unless you stop, stop her.

Raleigh:

Yeah. I stopped her this year. Just sorta stopped her. I was like, "Nope, put those rollers away, mom. Put 'em away."

Sydnee:

No curls.

Raleigh:

Get out those curls. Get 'em outta my hair.

Sydnee:

No, I would, I did, I, I envy you curly girls. I am not.

Raleigh:

I do too.

Sydnee:

I am not one of you.

Raleigh:

Me either.

Sydnee:

No. I'll, I'll fake it, though, if given the opportunity.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Uh, but, but thank you. And it, it got me thinking about a topic. Um, when we start talking about prom and dances and like, high school rites of passage, you start talking about more personal issues sometimes, one of those being sex.

Raleigh:

Ahh!

Sydnee:

And I know Raleigh does not wanna talk to me about that, but I thought maybe sex education would be a good topic-

Raleigh:

Ahh.

Sydnee:

... you know, to not... and this isn't, listen. I do not want to, if you are a teenager and you don't know about the birds and the bees yet, I am not here to break it to you. [laughing] That is not what this podcast is about.

Raleigh:

Go ask your parents.

Sydnee:

Go talk to your parents about that. That is not my, I have a kid already. I'm gonna have to tell her about it someday. I've been trying to get Raleigh to let me explain to her. [laughing]

Raleigh:

Nope, nope, nope.

Sydnee:

For a long time.

Raleigh:

Never.

Sydnee:

Uh, I do that as part of my day job. But I am not here to answer those questions for you right now. All I wanna do is talk about, Raleigh, sex education in school, because I think it is a source of great discomfort for us through the year. Just because it's always handled, at least in my experience, a little awkwardly.

Raleigh:

And also kind of grossly.

Sydnee:

[laughing]

Raleigh:

It's really gross. I'm doing this for all of you, [laughing] for your listening enjoyment. Like, this is the only time in my entire life I will ever talk about this topic, I'm not gonna say the word, ever talk about this topic with any of my family members ever.

Sydnee:

It's funny because, Raleigh, you are like this about a- anything personal, um, anything like bikini area. [laughing]

Raleigh:

Ahh!

Sydnee:

Uh, **Raleigh** gets this way. Taylor was always this way. Our other sister, Taylor, she, she was, I don't think she is as much now, but, uh, growing up, she was always this way.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

And it was never an issue for me. Like, I was always happy to talk about anything. I was never very uncomfortable about, not, it just didn't bother me. Um, so I think maybe this will be good. This will be therapeutic.

Raleigh:

Uh, I don't know about therapeutic. Maybe I'm gonna be uncomfortable for the next like, 26 minutes. [laughing]

Sydnee:

Now-

Raleigh:

And then it's okay.

Sydnee:

... now the other reason that I thought that this would be good for us to talk about is that, Raleigh, you missed school the other day.

Raleigh:

I did. Oh, I came in late. I came in late.

Sydnee:

Okay. She missed a class specifically because of what they were doing in sex ed in that class.

Raleigh:

Yeah. Um, do you, do you want me tell this story? Do you want me to elaborate?

Sydnee:

Yeah, go ahead. Go ahead, Raleigh. Tell us what, what was happening in, it was health class, I'm assuming.

Raleigh:

It was health class. Yeah.

Sydnee:

Yeah.

Raleigh:

So, we're all required to take health. And I was taking it this year, and it's usually taught by our teacher that like, works at the school. But for like, four or five weeks, we have this person come in and do sex education for all of us.

Sydnee:

Which is great, because does that mean you have a health teacher that doesn't know about sex or isn't qualified to teach you about it?

Raleigh:

No. No. I think they like, have like, state, like, I don't know. This probably isn't right. But state-mandated, like, things they have to teach us. And this is like, this woman's job. She goes, this is what she told us. I'm not just making this up. She told us that she goes to like, the juvenile detention centers-

Sydnee:

[laughing]

Raleigh:

... and teaches them about sex, [laughing] and then comes to our school and teaches us about sex. So, yeah. That's her job.

Sydnee:

What's, what's her title? Like, is she-

Raleigh:

I don't know.

Sydnee:

... a medical person? Is she a teacher? Is she-

Raleigh:

I, she, she, sounds like, she's very nice. She sounds like she knows very little about the medical side of anything.

Sydnee:

Okay. So, so somebody, I don't even know. [laughing]

Raleigh:

I don't-

Sydnee:

Because I mean, even if, even if, if like, you have a, if you have certification in teaching health, I assume you would know more about it than, than the average person.

Raleigh:

Yeah, right.

Sydnee:

So, goodness. Okay.

Raleigh:

I don't know what her qualification is.

Sydnee:

So we don't know what her background is.

Raleigh:

No.

Sydnee:

But she came in to teach you.

Raleigh:

She came in to teach us about-

Sydnee:

About sex.

Raleigh:

... sex. Yes.

Sydnee:

Okay.

Raleigh:

And at first, it was just like, she gives us role playing things that like, we have to fill out. Anyways, that day, she was teaching about birth control. And we are [laughing] doing a thing called the condom game, which is where she put us into teams. And it's all, I am usually in all honors classes. And I know all my friends that are in all honors classes. Like, I know everyone I am in every class with, except for this class. I don't know any of these people. They all honestly kind of make me a little bit uncomfortable because they're all very like, outgoing, and I am not.

Sydnee:

[laughing]

Raleigh:

But I, they were putting us into teams.

Sydnee:

[laughing] I love the stereotype of the honors kids who are all quiet and uncomfortable, but then comfortable because they're all uncomfortable. And then suddenly like, you're away from other uncomfortable kids-

Raleigh:

Yeah.

Sydnee:

... and you don't know how to function. [laughing]

Raleigh:

It's a whole new world. I don't know what I'm doing. I don't talk in that class. But we are playing the condom game. She put us into teams. And we had to, she gave us condoms, and we had to put them, I don't know what they put them on. I don't know because I didn't go. But they had to put them on things and time them to see who could do it fastest.

Sydnee:

So it was a, it was a race. Was it like a relay race?

Raleigh:

Yeah, I think so.

Sydnee:

Did you have to like, take turns, like?

Raleigh:

Yeah. Everyone had to do it.

Sydnee:

Oh, okay. So-

Raleigh:

'Cause the next day, she was like, "So did everyone get a chance to put a condom on something?" And I just did not say anything.

Sydnee:

Yeah.

Raleigh:

[laughing] Because I don't wanna be the only one that day to be putting a condom on in front of the entire class.

Sydnee:

That's, that's one of those moments where I wish I could have like, leapt into the body of one of your classmates. [laughing] Like some, in some sort of mysterious '80s movie and been like, "Ooh, ooh, Raleigh didn't get to!"

Raleigh:

[laughing]

Sydnee:

"Ooh, don't, hey, lady with whatever qualifications you have!"

Raleigh:

With sex qualifications.

Sydnee:

[laughing] "**Raleigh** missed it. Can she do it?"

Raleigh:

They don't know my name, though.

Sydnee:

Oh.

Raleigh:

That's the good thing about that class. No one knows my name. No one knows I exist. I sit in the back of the class.

Sydnee:

"This quiet girl missed it!" [laughing]

Raleigh:

[laughing] "This girl who's always reading a book and seems very uncomfortable whenever you mention the word "sex" didn't do it. Make her do it right now."

Sydnee:

"Can she do it in front of the whole class, please, so we could all watch?" [laughing]

Raleigh:

"Please? By herself, please?"

Sydnee:

So, so it was sort of like, here's what I'm gonna envision, since you weren't there, and you can't tell us for sure what happened. It was like, you know on Top Chef-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... when they have to do the relay races with like, they have to chop an onion-

Raleigh:

Yes.

Sydnee:

... and like, break down a chicken and whatever, like shuck a bunch of oysters?

Raleigh:

Uh-huh [affirmative].

Sydnee:

It was kinda like that, right?

Raleigh:

Except with condoms.

Sydnee:

Except with condoms. [laughing]

Raleigh:

I, I'm assuming.

Sydnee:

Yeah. [laughing]

Raleigh:

I mean, now I'm thinking of all of my classmates in the, like, the Iron Chef kitchen, like, doing this [laughing] in front of our sex-qualified teacher. But yeah, I guess that's what it is.

Sydnee:

I hope someday I can be a sex-qualified teacher. [laughing]

Raleigh:

[laughing]

Sydnee:

Oh. So, okay. It, it sounds like at least, we'll, we'll, we'll discuss some more of your experiences in sex ed, like ones you've actually been there for. [laughing]

Raleigh:

Yeah.

Sydnee:

Um, it sounds like that in general, it's still a little bit as awkward as it was back in, back in my day, so.

Raleigh:

I mean, I wasn't there, but yes.

Sydnee:

My, my first introduction to, to sex ed, I remember, was in fifth grade, and I think a lot of people got this kind of like, mini sex ed-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... like, thing, where it wasn't about, it wasn't about sex. It was about like, your body's changing. That's what it was called.

Raleigh:

Yeah.

Sydnee:

Your Body's Changing. And it was like, a video we watched about like, they divided us up, girls in one class, boys in the other.

Raleigh:

They did that for you too? Yeah, they did that for us.

Sydnee:

In, in fifth grade, they did.

Raleigh:

Yeah.

Sydnee:

And the, and we watched a video about periods and stuff.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

And so, it was like, your body's changing. I don't know what the boys watched.

Raleigh:

I don't either.

Sydnee:

'Cause they were in another room.

Raleigh:

Yeah.

Sydnee:

So I don't know.

Raleigh:

I still don't know.

Sydnee:

And then, um, we did have a, like a, a, a doctor who came in and was like, would answer questions.

Raleigh:

Did they give you gift bags?

Sydnee:

I don't remember having gift bags.

Raleigh:

They gave us like, a gift bag with like, [laughing] tooth- toothpaste, which I don't understand, because like, we were brushing our teeth when we were little.

Sydnee:

[laughing]

Raleigh:

Um, toothpaste, deodorant, and like, a tampon and a pad.

Sydnee:

[laughing]

Raleigh:

They were like, "Here you go. I guess you're gonna start smelling really bad and you're gonna start having periods, so here you go. Here's one of each."

Sydnee:

[laughing] And toothpaste because we just ran out of things to put in there.

Raleigh:

[laughing] And toothpaste, we only had three things to put in here.

Sydnee:

I like how they give you a tampon and a pad, because-

Raleigh:

Yeah. Like this is gonna last you for literally a third of a day. Here you go.

Sydnee:

Those are clearly, the, I know. those are clearly just like, like prototype things.

Raleigh:

Oh, yeah.

Sydnee:

Those are for you to take home and like, unwrap, and look at-

Raleigh:

Well-

Sydnee:

... and try to figure out like, what does this do? [laughing]

Raleigh:

This was right before lunch. So we all walked to lunch holding our little grab bags full of lady products.

Sydnee:

[laughing]

Raleigh:

And we get to lunch, and we all pull out our tampons, and all of us just, all the girls look at each other, like, what is this?

Sydnee:

[laughing]

Raleigh:

What do we do with this? I don't understand. [laughing]

Sydnee:

Um, okay. So that, that was *Sawbones*, I've talked about it. But I, I had the experience of, uh, a gym teacher who was also responsible for like, talking to us in this class.

Raleigh:

Mm-hmm [affirmative]

Sydnee:

And told us, explained to us that as our body changes, the shape of our body changes. And he drew a triangle, [laughing] and he said, "This is what girls will look like."

Raleigh:

[laughing]

Sydnee:

Like, we'll be kind of narrow on top.

Raleigh:

And then wide?

Sydnee:

And then we'll just keep getting wider on the bottom. And then he grew-

Raleigh:

Well-

Sydnee:

... he drew an upside down triangle and said, "This is what boys look like. They're real broad on the top. And they're real narrow on the bottom. And you're just gonna keep getting more like this."

Raleigh:

This is false.

Sydnee:

[laughing] That's it. There you go.

Raleigh:

[laughing] Bye, everybody. Great health class.

Sydnee:

[laughing] And I'm just sitting there looking at myself, going, what parts of me are gonna be triangular in a few years?

Raleigh:

[laughing]

Sydnee:

Like, how do I navigate with the triangle body that's coming? [laughing]

Raleigh:

That's gonna be really hard to fit through doorways.

Sydnee:

[laughing]

Raleigh:

I don't know how any of us are gonna fit through doorways when we're older!

Sydnee:

What, male, female, whatever. It doesn't matter. None of us are gonna fit. What?

Raleigh:

[laughing]

Sydnee:

I, my parents don't like triangles. How do I not know?

Raleigh:

Yeah.

Sydnee:

Do, do you stop? Like, do you look like a triangle and then you go back to like, human shape for a while?

Raleigh:

[laughing] No. [laughing] Now I'm thinking of like, werewolves on like a full moon, where like, they're werewolves for just that one night, and the normal people, like, on a full moon, you're a triangle. [laughing] [wheezing] you're a normal person. [laughing]

Sydnee:

No wonder middle school was so rough. We were all triangles the whole time.

Raleigh:

We were all triangles. And like, we were blind to it. We didn't know we were triangles. It was just a thing.

Sydnee:

Now, I, I, in middle school that like, the next evolution of that was we had co-ed health class.

Raleigh:

Yeah.

Sydnee:

And, and part of that was sex ed.

Raleigh:

Uh-huh [affirmative].

Sydnee:

And, and we did some of the things you're kind of talking about in high school. We, we were doing some of this. And, and I don't know if my, my health teacher was like, groundbreaking or if this was just like, the norm.

Raleigh:

Was it a sex-qualified teacher? [laughing]

Sydnee:

[laughing] This was just, I mean, she was the health teacher.

Raleigh:

Yeah.

Sydnee:

So they didn't, they didn't bring in any, any special like-

Raleigh:

Right.

Sydnee:

... sex-qualified person [laughing], so.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Or maybe she just happened to be a health teacher who was also sex- sex-qualified.

Raleigh:

[laughing] Who was also qualified in sex.

Sydnee:

But she, she, um, she taught us all about, like, we did some of the role playing kind of things-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... like about peer pressure and [laughing] a like, like being on a date-

Raleigh:

Yeah.

Sydnee:

... and, you know, we would have to sit in front of the class and like-

Raleigh:

Right.

Sydnee:

... uh, and it was always very gendered. Like, ve- very like-

Raleigh:

Oh yeah. Yeah.

Sydnee:

... heteronormative kind of stuff, where like, you would have to sit, like a boy and a girl would have to sit in front of the class, and the boy would try to pressure the girl-

Raleigh:

Yeah.

Sydnee:

... to make out with him. And the girl would have to say no.

Raleigh:

Right.

Sydnee:

And you'd have, and then everybody would critique them and be like, "You, you know, you should have been more forceful. Why didn't you... ?"

Raleigh:

Mm-hmm [affirmative].

Sydnee:

A- and it was always, I mean, like, which is ridiculous. And like, hopefully we can evolve past that now.

Raleigh:

Yeah.

Sydnee:

Um, but the, the thing that stands out to me the most is that we played a game called Risky Business. [laughing]

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Which is a reference to a movie.

Raleigh:

Like the movie with Tom Cruise?

Sydnee:

Okay. So you, you were aware. Yeah, there you-

Raleigh:

Okay.

Sydnee:

... hey, I'm impressed!

Raleigh:

There we go.

Sydnee:

Uh, so we played Risky Business. And basically what it was is, she had put a bunch of different, um, not just sex practices, but things that you could do that may put you at risk for getting some sort of either sexually-transmitted infection or just some sort of infection.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Because, I mean, she included things like HIV and hepatitis, which you can get other ways as, as well.

Raleigh:

Right.

Sydnee:

So she, she gave us all these note cards, and they had everything on them from like, like I said, sexual practices to like, getting a tattoo or, um, uh, one of 'em was like holding hands, you know, [laughing] like shaking hands with somebody, sitting on the same toilet seat, that kind of thing.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Um, so that we could discuss things that also weren't risky, as well as things that that might be.

Raleigh:

Right.

Sydnee:

And she had the room labeled, like each corner was labeled either no risk, low risk, mild risk, or, or medi... or moderate risk or high risk-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... of getting some sort of infection. And then you had to take your little note cards you drew randomly, you had to take your note card, and it had what it was on the front, and then a description of it on the back in case you didn't know what it was.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

And you had to like, look at it and then decide and go to your corner of the room. And then it was like show and tell because then everybody in each corner had to read their cards.

Raleigh:

Right.

Sydnee:

And she would either tell them if they were right or wrong.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

And then they had to describe to the class whatever they got on their card was.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Which was really intense.

Raleigh:

It sounds like it would be.

Sydnee:

For middle school. I know it was intense 'cause one of my friends passed out in the middle of it.

Raleigh:

Oh.

Sydnee:

[laughing] She was standing there in her corner of the room and just went down, hit the floor.

Raleigh:

That would've been me. That was me! That was time traveler Raleigh.

Sydnee:

[laughing] I think it was too much for her. She couldn't take it. Um, and I remember that, that, uh, some of the sexual practices were, I mean, I, I think it was a good idea that we were discussing all of the things you can do.

Raleigh:

Uh-huh [affirmative].

Sydnee:

I guess, I guess it was, because certainly, there were, there were probably people doing those things.

Raleigh:

Yeah.

Sydnee:

And so, it's important to, to talk about them all. But for others of us who were a little more naive at the time, I, I learned all kinds of things-

Raleigh:

Yeah.

Sydnee:

... that I didn't know you could do.

Raleigh:

Right.

Sydnee:

Or how to do. But by the end of class, I did.

Raleigh:

But you knew, you know, now.

Sydnee:

Yeah. And again, I don't, I'm not criticizing that. I don't know if it was a bad thing. I just mean it was a really intense, uh, class period.

Raleigh:

Yeah. I mean, it's a bunch of like, 11-year-olds.

Sydnee:

Yeah. It was, it was a lot to take in. We all walked out a lot wiser. [laughing]

Raleigh:

Yeah.

Sydnee:

And a lot less comfortable with each other.

Raleigh:

I feel like we should qualify really quick, the, for people who do not live in the United States, the ages of middle school and high school, elementary school.

Sydnee:

That's a good point. Somebody's asked us to do that. Yeah.

Raleigh:

Yes. Elementary school ,without going into too much detail, is pretty much kindergarten through fifth grade, which is like, five years old to 10 years old?

Sydnee:

I think that's about right.

Raleigh:

Does that sound about right.

Sydnee:

Yeah.

Raleigh:

And then middle school is right after elementary school, sixth, seventh, and eighth grade, which is like 11, 12, 13-year-olds.

Sydnee:

Mm-hmm [affirmative].

Raleigh:

And then high school is right after middle school with ninth through 12th grade, which is like, 14 through 18.

Sydnee:

Right.

Raleigh:

Yeah. That's about right.

Sydnee:

Right. So, so yeah, so I would've been, I would've been like, 12 with this.

Raleigh:

Yeah.

Sydnee:

And so, this was, for me, this was a very intense experience. Um, but, uh, but I mean, I'm, I, I will also say, I'm kind of glad that we did, because I don't know... I, you already sound like you're getting more practical information about sexual education in high school than I did.

Raleigh:

Yeah.

Sydnee:

'Cause I will tell you that in our health class in high school, which, it was the same thing. We had like, one mandatory health class that everybody was supposed to take.

Raleigh:

Right.

Sydnee:

And I don't, I took it like, my freshman or soph— maybe it was my sophomore year.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

It was one of the two. it was, it was early. Um, just to get it outta the way, because you don't wanna be the only senior in health class. [laughing]

Raleigh:

Right. And there are people like that in my class.

Sydnee:

Yeah. So I, I remember taking it, and I remember watching lots of movies.

Raleigh:

You all watched movies?

Sydnee:

That was all we, we watched a lot of like, movies about something serious.

Raleigh:

Mm-hmm [affirmative]-hmm.

Sydnee:

So like, I remember watching movies about people getting STDs.

Raleigh:

Yeah.

Sydnee:

Sexually transmitted infections. I remember watching like, a movie about somebody who got chlamydia.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

And a movie about HIV.

Raleigh:

Yeah.

Sydnee:

And then, but it was all in the same con... like, everything was a movie. Like, we, we also watched a movie about a girl with bulimia.

Raleigh:

Yeah.

Sydnee:

Like, I mean, it was just, it was like, hey, there's probably a Lifetime movie about this awkward thing.

Raleigh:

It was, it's Lifetime movies. Yes.

Sydnee:

That's what they were.

Raleigh:

Yeah.

Sydnee:

And so, I don't feel like I can tell you about it. I'm really uncomfortable. So I'm just gonna show you this movie, and then we're not gonna talk about it very much.

Raleigh:

Yeah. No, uh, we've only watched one movie, but I know what you're talking about. And it was before the [laughing] sex-qualified teacher came in/

Sydnee:

[laughing]

Raleigh:

And it was about a girl who was 13 years old, like a freshman, but was 13, and, um, was forced into sexual activity. And then through this high school, which I'm surprised there was a 13-year-old in this high school. It was a very weird high school. But, um, there was-

Sydnee:

You may have been 13 when you started high school.

Raleigh:

Yeah.

Sydnee:

Yeah?

Raleigh:

Only for a few weeks, though.

Sydnee:

Yeah.

Raleigh:

Um, but there was an outbreak of syphilis. But there was this one girl that was also 13 years old who had been involved with 50 other people in this high school.

Sydnee:

Oh, my goodness.

Raleigh:

So this outbreak of syphilis was like the movie Contagion. Like, it was like a, an epidemic.

Sydnee:

So it was more about controlling the syphilis than it was about-

Raleigh:

Yeah, it really was. Like, that's all I learned-

Sydnee:

... like, the importance of protection. [laughing]

Raleigh:

... was that this one girl w- was with a lot of people, and this one girl wasn't, but they both got syphilis. That's about it. That's really all I learned in that movie.

Sydnee:

I don't even know, what were you, what were you supposed to learn from that mo... like don't

Raleigh:

Don't have sex.

Sydnee:

Don't get syphilis. [laughing]

Raleigh:

Don't get syphilis. I don't know.

Sydnee:

Or if you do have sex, don't get syphilis.

Raleigh:

But they seemed like it wasn't a big deal because they didn't have to tell their parents, they made that very clear.

Sydnee:

They-

Raleigh:

They didn't have to tell their parents when they got tested for it. And all you had to do to get rid of it, in this movie, at least, was to get one shot of antibiotics.

Sydnee:

Actually, that's true.

Raleigh:

Okay.

Sydnee:

Yeah.

Raleigh:

Well then, yeah.

Sydnee:

Gen- generally, very generally speaking, yes, that's true.

Raleigh:

Like, 90% of the kids in this movie did not tell their parents they had it, got tested for it, were positive, and then got one shot of antibiotics and were done.

Sydnee:

You know, it's, uh, where was this movie set? Was it set in the US?

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Maybe this is a, maybe this is a state to state difference. Let me just say this. I could not treat people who are underage without-

Raleigh:

Without consent?

Sydnee:

Without their parents. Like I can't even, if you come in and you're 13 into my office, I need like a note from your-

Raleigh:

Yeah.

Sydnee:

I need some, I need, I need parental involvement. Um.

Raleigh:

And this was like a school nurse. Like a school nurse was testing them and taking blood and stuff like that. And like, I don't even know where the school's nurse's office is.

Sydnee:

Goodness.

Raleigh:

Yeah. I-

Sydnee:

Yeah. That that's a lot. That's a lot for, for if you don't... well, um, I mean, but it's, the, I guess that's an important message because I, I didn't watch a movie like that in health class, but there was a show I used to watch that I think is still on now called Degrassi. [laughing]

Raleigh:

Uh-huh [affirmative]. They re... they redid a Netflix original Degrassi.

Sydnee:

Really?

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Do you watch it?

Raleigh:

No.

Sydnee:

Oh.

Raleigh:

But I watch the old Degrassi.

Sydnee:

Okay. So, so Degrassi, which was, it was actually a Canadian show.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

But it was way cooler than a lot of, of the old-

Raleigh:

It was. Yeah.

Sydnee:

... American teen shows from my, back from my day because it, like, they used to say, I remember on the channel, it was on, that I watched it here, they would say, "It goes there."

Raleigh:

Mm-hmm [affirmative].

Sydnee:

"Degrassi: It goes there." Degrassi, it did.

Raleigh:

[laughing] It does go.

Sydnee:

It, it went there.

Raleigh:

It does indeed.

Sydnee:

[laughing] Because I remember one of the characters got, um, gonorrhoea of the throat.

Raleigh:

Oh, I didn't see that.

Sydnee:

Yes. And I remember thinking like, at the age I was like, how does that happen? What? What?

Raleigh:

What?

Sydnee:

Ah! And, and like, it was, it was very educational for me.

Raleigh:

Yeah.

Sydnee:

And it was a very important lesson about like, always being safe, no matter what you're doing, and that it doesn't mean like, just because like, well, I only did that with one person, that you're safe from it.

Raleigh:

Yeah.

Sydnee:

No, I mean, you should always, you know, protect yourself-

Raleigh:

Yeah.

Sydnee:

... and do things responsibly. And it was, um, Degraasi taught me more about sex than I think anything [laughing] in school did.

Raleigh:

Yeah. Um, I feel like I wanna back back up to middle school for a second, because you're talking about how she actually taught you about like, diseases, and like, you call them sexual practices.

Sydnee:

Mm-hmm [affirmative].

Raleigh:

Like, things like that. In middle school, [laughing] my first year and a half of middle school was in a Catholic school. And I am not kidding you when I say there was a section in our health books that was about sex, we skipped over that entire section. We went to the one that was called abstinence. And they just taught us, don't do it. And I was like, the most innocent person in my entire middle school. I didn't know what they weren't telling us to do.

Sydnee:

[laughing]

Raleigh:

Like, well, I know I'm not supposed to do something. Don't know what it is.

Sydnee:

[laughing]

Raleigh:

And then it was like, I go to public school for the last year of health class, and they're showing us slideshow with pictures of sexually transmitted infections on them, like pictures of people who had them.

Sydnee:

Yeah.

Raleigh:

And I was like, I just went from not knowing what I was supposed to not be doing, to looking at pictures of people who did it wrong. Like, this is-

Sydnee:

[laughing] And you still don't know what it is. [laughing]

Raleigh:

I still don't know what it is. What if I get this by like, going and drinking after someone? They aren't teaching me what it is. I don't know what I'm not supposed to be doing.

Sydnee:

Raleigh, Raleigh's suddenly terrified. Like, I, "Fine. I get it. I'll abstain. What do I abstain from? You have to tell me."

Raleigh:

I'm just not gonna, I just can't touch anyone ever at any time.

Sydnee:

"What if I accidentally do this thing that they're telling me not to do?"

Raleigh:

And then I get all these awful diseases, like awful things that you were showing me. I didn't understand. [laughing] I didn't know what I wasn't supposed to do.

Sydnee:

Um, wow. See, I, I actually, you know, what's funny is, mom and dad gave me a book. This wasn't in school. This was just my, our parents-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... gave me a book that was actually written by a Catholic priest. So it was, you know-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

from, from, 'cause we, I mean, we were, we were both raced Catholic.

Raleigh:

Right.

Sydnee:

Uh, and it was, um, How You Got to Be You.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

And it was all about, uh, everything.

Raleigh:

Really?

Sydnee:

Everything. Pictures and all.

Raleigh:

See-

Sydnee:

It, every, I mean, now at the end, yes. And I think that that's probably true for a lot of, uh, faith-based sex ed type programs-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... at the end, it, it said like, "Don't have sex until you're married."

Raleigh:

Right. Yeah.

Sydnee:

You know, that was the, that was the final.

Raleigh:

Yeah.

Sydnee:

That was the, I don't know the moral of the story. [laughing]

Raleigh:

Yeah.

Sydnee:

But, uh, but it did, um, it did e- e- explicitly describe sex.

Raleigh:

I got nothing.

Sydnee:

Like I knew what it was after mom read me and walked me through that book.

Raleigh:

Fun!

Sydnee:

Just the two of us sat there and went through that book together.

Raleigh:

I got a-

Sydnee:

And by the end, I was like, well, I get it. [laughing]

Raleigh:

I got a, uh, a puberty book as well. But mine was [laughing] from our grandma, Grandma Jody.

Sydnee:

[laughing]

Raleigh:

And it was an American Girl book.

Sydnee:

Uh-huh [affirmative]. [laughing]

Raleigh:

And it was a, it was called like, Your Body and You, or something like that.

Sydnee:

Uh-huh [affirmative].

Raleigh:

I don't know. But it was all cartoon pictures inside of American, American Girl doll-esque drawings.

Sydnee:

Yes.

Raleigh:

And it was nothing about sex. Just all about puberty.

Sydnee:

I remember this.

Raleigh:

And this is where I learned how to put a tampon in, because I got them in elementary school, didn't know what to do with them. And then this book that I got in like sixth grade, I wanna say, taught me how to put a tampon in, taught me how to like, put on deodorant, shave my armpits, like, stuff like that. [laughing]

Sydnee:

Now, when did, when did you get the book where you read it and you started calling it pubic [pronounced: puhb-ick] hair? [laughing]

Raleigh:

[laughing] Taylor drew a comic of me. Right?

Sydnee:

No, you, that was a real thing, though.

Raleigh:

I think it was that book!

Sydnee:

You really did show, okay. I thought that was the-

Raleigh:

I think it was that book.

Sydnee:

'Cause you really did show it to Taylor and say, "Look, pubic hair."

Raleigh:

[laughing] I feel like I was, I was younger than sixth grade, and I feel like I was probably in elementary school.

Sydnee:

No, you were little then, because Taylor was just, Taylor was still at the, in the head space where she was not acknowledging any of this.

Raleigh:

Like I am now.

Sydnee:

Yes. And so you just, she was horrified. Like, you held up this book and were like, "Look, pubic hair!" And she was like, "Bah, I can't even, I mean, get away from my sister." [laughing]

Raleigh:

[laughing] I probably knew about as much then as I did in, in Catholic school.

Sydnee:

Okay. I'm not gonna ask you to tell me anything you know, but like, do you know now?

Raleigh:

Yes.

Sydnee:

Okay. Who told-

Raleigh:

Health class. This year.

Sydnee:

Okay. So they, they finally in health class have told you enough for you to understand-

Raleigh:

Yes.

Sydnee:

... what you, what you're abstaining from [laughing] at the moment.

Raleigh:

Yeah. I know what I'm abstaining from now. And also, uh, health class in eighth grade, because that was when she showed us slide shows of STDs.

Sydnee:

Did they, did they teach you about, though? Because I don't ever remember really anyone sitting down and, and, like I said, I, there were vague references to protecting yourself and like, how to avoid getting sexually transmitted infections.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Um, and what, what could cause them and what couldn't.

Raleigh:

Right.

Sydnee:

Underlining it all was a common theme of abstinence.

Raleigh:

Yeah, definitely.

Sydnee:

I think that no matter what level of education I was at, it, they didn't tell you that was the only thing.

Raleigh:

Yeah.

Sydnee:

But it was like the end of every conversation was, "But your best bet is don't have sex. Don't have sex. Don't have sex." Which was crazy to me in high school, 'cause I remember having a health teacher looking at all of us, going just, "Your best bet is just don't have sex for now. Just wait until you're older. Just don't have sex." And I remember the, the, one of the girls who sat near me had a kid. And I remember thinking like, well-

Raleigh:

She did! [laughing]

Sydnee:

... she did. And like, maybe, maybe we need to talk about other things, 'cause like, like, the other things we could do.

Raleigh:

Yeah.

Sydnee:

'Cause clearly, people are having sex, like.

Raleigh:

So did they not, was there not someone teaching you about different forms of birth control in high school?

Sydnee:

Uh, no. I think, I think there was a vague, like, there are ways, you know, I, condoms were definitely mentioned. I knew what those were.

Raleigh:

Yeah.

Sydnee:

But as far as like, what else I could do, I had no idea. It was, it was, the only reason I ever learned about any of that was that, uh, I went on birth control pills for acne.

Raleigh:

Yeah.

Sydnee:

And so, mom took me to the doctor, and the doctor told me about it and explained it to and what it was.

Raleigh:

Right.

Sydnee:

And from there, I mean, I already had enough, I, I was, I read a lot.

Raleigh:

Yeah.

Sydnee:

I was curious about this stuff. And so, from there, I read enough information to figure it all out for myself.

Raleigh:

Yeah.

Sydnee:

But if I had counted on the school to, to teach me how to keep myself safe?
No.

Raleigh:

See, now we had this whole day [laughing] that was right before or the condom game day where she brought in her birth control box, is what she called it.

Sydnee:

Mm-hmm [affirmative].

Raleigh:

And she had, um, for us to look at, um, an IUD. And uh, she told us about the Depo shot. She showed us an implant that you can get in your arm.

Sydnee:

Mm-hmm [affirmative].

Raleigh:

The patch that you can put on.

Sydnee:

Yeah.

Raleigh:

Um, birth control pills, condoms. Um, and then a bunch of other things that I had never heard of that are also forms of birth control, or ways, I guess mostly ways to prevent against sexually transmitted infections.

Sydnee:

Oh, did she, did she show you things like diaphragms and sponges, and-

Raleigh:

Yeah. Yeah. Stuff like that.

Sydnee:

Okay. Some, some of that stuff we don't use as much these days.

Raleigh:

Yeah, but, yeah.

Sydnee:

They're still available. People use them, but it's just not as common.

Raleigh:

But she went into great detail about like, m- mostly 'cause I guess there aren't that many forms of male birth control. I guess there are, but I mean mostly female.

Sydnee:

Yeah.

Raleigh:

Like IUDs and shots and stuff like that, but she spent-

Sydnee:

Yeah, it's usually just, most men use condoms, but.

Raleigh:

Yeah. She spent like, a majority of the class telling us about the different forms of birth control for females.

Sydnee:

That's really great.

Raleigh:

Yeah.

Sydnee:

I mean, coming from my, and now let me say, I am come coming from the perspective of a healthcare provider here.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

This is not my, my political agenda. Um, I, I see a lot of adolescents, and I have found that by and large, they don't know this stuff.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

And they do have questions. And it's usually not just them asking. I have parents who are saying like, "Please talk to my kid about this stuff-

Raleigh:

Yeah.

Sydnee:

... "'cause I'm terrified that something's gonna happen. And I don't know how to talk to 'em about it 'cause it makes me really uncomfortable." And I mean, I think all parents kind of echo to me the same thing.

Raleigh:

Right.

Sydnee:

Like, "I wish they wouldn't do this yet, 'cause I feel like they're not old enough to understand the repercussions, possibly, yet."

Raleigh:

Mm-hmm [affirmative].

Sydnee:

"But I also think they're gonna do it anyway."

Raleigh:

So they should be safe.

Sydnee:

"So, will you help me with it?"

Raleigh:

Right.

Sydnee:

And so, my, my perspective is very much that.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Like, how can I help? How can I give you all the information? How can I make sure that when people decide to have sex, that they have all the information on how to protect themselves-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... and that they know what decision they're making-

Raleigh:

Yeah.

Sydnee:

... and what they're entering into and what they're doing.

Raleigh:

Right.

Sydnee:

And then afterwards, like, let, allow people to decide when they're ready to, to do things like start families.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Like, to make that, that conscious decision as opposed to just "Uh-oh, you know, I didn't know what I was doing. I didn't know how to, how to prevent this. And so, I just did what my friends were doing and what people were talking about."

Raleigh:

Mm-hmm [affirmative].

Sydnee:

"And because I'm a human and we're all animals."

Raleigh:

Uh-huh [affirmative].

Sydnee:

"We're, we're driven to do." [laughing] "And now, and now I'm in a situation where I, I, I need a lot of help."

Raleigh:

Yeah.

Sydnee:

And so, you know, from my perspective, that's great.

Raleigh:

Yeah.

Sydnee:

'Cause I, I don't think, if I hadn't had such an understanding mom?

Raleigh:

Mm-hmm [affirmative].

Sydnee:

, I don't think I would've known all that stuff from school.

Raleigh:

Yeah. Yeah. And I mean, the only other thing about that, that I don't know if you all did, was we have an assignment actually that's due like, the end of this week. Like, I haven't done it yet, but you're supposed to visit or call a health clinic. Like, the, we have the Marshall Health Clinic.

Sydnee:

Yeah.

Raleigh:

And ask them what services they provide in terms of birth control or like, prenatal care.

Sydnee:

Really?

Raleigh:

And then like, ask them, like, I don't know, a bunch of other questions about their clinic, but yeah. That's like, our assignment-

Sydnee:

That's really, okay.

Raleigh:

... is calling them and finding out information about like, teen pregnancy, but also regular pregnancy, and also just like, sex and general services.

Sydnee:

That's great.

Raleigh:

Yeah.

Sydnee:

No, that's good that, that you need to start thinking about how you're going to access healthcare and take care of yourself in the future.

Raleigh:

Right.

Sydnee:

So that, that's a good lesson for, certainly for women's health and, and prenatal care and sex ed. But it's also a great lesson in general at this age to start thinking about, you know-

Raleigh:

Right.

Sydnee:

... when you turn 18, you don't have to take your mom to the doctor anymore.

Raleigh:

Yeah.

Sydnee:

Or your dad.

Raleigh:

You, you can just go.

Sydnee:

Right. So, you know.

Raleigh:

You need to know like, how. [laughing]

Sydnee:

How to navigate the healthcare system.

Raleigh:

Yeah.

Sydnee:

So, uh, that's, that's a good thing.

Raleigh:

Yeah. But, I mean, so far, I haven't finished this health course yet, but that's pretty much the extent of my sexual education.

Sydnee:

That's really, that's, you know, that's a step in the right direction, though, I think.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Um, because I, I really do feel like we were kind of wandering in the, in the dark a lot. And uh, I remember a, a lot of what I learned before mom set me down and told me the, the truth-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... which I'm glad she did. And I know that that sounds really uncomfortable to you.

Raleigh:

It sounds awful. [laughing] Like, horrifying.

Sydnee:

But well, that's why I offered to do it for you so much. I thought it would be less uncomfortable coming from me.

Raleigh:

It's kind of the same amount of uncomfortability.

Sydnee:

Thanks. Thanks. Okay. Cool. Thanks. [laughing]

Raleigh:

Well, it's true.

Sydnee:

I'm a mom. Okay. Uh, but, you know, I learned before that, a lot of it was just what my friends said.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

And I remember one of my first ideas or the first concept when I was younger, that I had about sex was that if you had, that sex is illegal. I had no idea it had anything to do with babies.

Raleigh:

[laughing] Uh-huh [affirmative].

Sydnee:

I didn't know that. I, I didn't know what it was, really. I mean, I was, I was young. I just knew that there was this thing called sex, and that sometimes like, bad people did it. Like they did it in, in alleys somewhere.

Raleigh:

Uh-huh [affirmative].

Sydnee:

Somewhere there were people doing drugs and there were people having sex, and it was all kind of the same thing, and it was totally illegal. And if you did it, you would get arrested and go to jail. And I thought that was illegal. And I also thought that the, that it was illegal not to go to college.

Raleigh:

Well, you were told a lot of misinformation there in your childhood.

Sydnee:

Yes. So, it was good, it was good when mom sat me down and said, "Oh honey, no."

Raleigh:

No.

Sydnee:

"No, let me, let me tell you about this stuff."

Raleigh:

Yeah. I feel like the earliest mention like, that I have that is a misconception of sex is, um, uh, the movie Mean Girls. [laughing] I first watched it with my friends when I was in like, third grade, fourth grade.

Sydnee:

Uh-huh [affirmative].

Raleigh:

And the health teacher just hands them out a box of condoms, but he didn't call them condoms. So I didn't know what they were. I was very confused.

Sydnee:

[laughing]

Raleigh:

And, um, he just says, "Don't have sex. You'll get pregnant and die."

Sydnee:

Yes. [laughing]

Raleigh:

So I was like, well, I don't know how you get pregnant. I don't know how you would die. Not gonna do it 'cause I don't wanna die. And then a few years later, I was like, don't have sex. I was like, well, they're just, you know, confirming that. So good job, Mean Girls.

Sydnee:

That's, well that's, I mean, that was kind of what mine was like. I really feel like my sex education was like, here, here are some, some things we're gonna tell you about that you didn't know people could do with their bodies and that they're doing.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

Oh my gosh. I didn't know. And then, okay, now don't do any of that.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

And if you do, that, that was pretty much it. Like, you're gonna get diseases. There's nothing we can do about it.

Raleigh:

Yeah.

Sydnee:

Or you're gonna get pregnant. And, and there was never, like, nothing was ever rational. And I think it's because everybody was always so uncomfortable.

Raleigh:

Mm-hmm [affirmative].

Sydnee:

So I think it sounds good that people are more open. That's why I would encourage you, Raleigh-

Raleigh:

[laughing] Yes.

Sydnee:

... and anyone else your age, who's uncomfortable talking about it, 'cause most people, most people have a little bit of discomfort with this-

Raleigh:

Right.

Sydnee:

... is the more open you can be and the more you can just talk about it, acknowledge that it's something that, whether or not choose to do it right now or whatever your, your, you know, moral feelings or political feelings or religious beliefs, whatever those are-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... the more we acknowledge that this is a thing that exists-

Raleigh:

Mm-hmm [affirmative].

Sydnee:

... [laughing] and we have a way to talk about it with whoever we feel comfortable talking about it with-

Raleigh:

Yeah. Right.

Sydnee:

... not with everybody, but whoever you are comfortable talking about it with, the, the safer we're all going to be. And the, and the easier it will be for us to make the right decision for each one of us.

Raleigh:

Yeah. Yeah.

Sydnee:

Is that fair to say?

Raleigh:

Yeah.

Sydnee:

That wasn't too painful?

Raleigh:

No.

Sydnee:

Okay.

Raleigh:

And your timer has been up for a few minutes now, so.

Sydnee:

I know. I know. Well, I had to give you some advice, which, which-

Raleigh:

I let you keep going. You seemed like you were excited about telling me about this.

Sydnee:

I am. I am. I, I, I love giving, I think this is important information.

Raleigh:

Well, now I have it.

Sydnee:

Now you have it. And if you ever, you know, have follow-up questions and you just wanna like, pop some popcorn-

Raleigh:

Mm, don't think, mm...

Sydnee:

... and, you know, grab some Diet Dr. Peppers and-

Raleigh:

Don't think I'm gonna be doing that any time soon.

Sydnee:

... sit on the couch under a blanket and talk about this stuff, just real like, like sister chat.

Raleigh:

No. No.

Sydnee:

We can, you know?

Raleigh:

No. No.

Sydnee:

Really?

Raleigh:

No.

Sydnee:

It's just like, like a slumber party.

Raleigh:

Nope. Never, never gonna happen.

Sydnee:

Okay. [laughing]

Raleigh:

Nope. Never, never, ever.

Sydnee:

Well, talk to somebody, okay?

Raleigh:

Okay. I will.

Sydnee:

All right. That's, there. That's all I ask.

Raleigh:

Maybe my sex-qualified teacher. [laughing]

Sydnee:

Yeah. [laughing] That's fine. Whoever this person is, they sound very qualified. [laughing] All right. Well, **Raleigh**, thanks for-

Raleigh:

Is that enough sex talk?

Sydnee:

Yes.

Raleigh:

Oh, thank god.

Sydnee:

Thanks for indulging me this week. Thank you guys at home for, for listening in. Um, hopefully this has been helpful to somebody. [laughing]

Raleigh:

Yeah, you can, you can breathe now. We're done. We're done.

Sydnee:

You can breathe. We're gonna, we're not gonna talk about that anymore. Um, thank you everybody again for the involvement on our, on our Facebook group, group.

Raleigh:

Yeah.

Sydnee:

If you're not a member, please come join and check out some amazing photos and CD binders and all kinds of cool stuff.

Raleigh:

They're amazing.

Sydnee:

Uh, listen to the, the Spotify Team Jams playlist that has been made. [laughing]

Raleigh:

Which is also great.

Sydnee:

Uh, based on Still Buffering, which is awesome. And I am totally listening to in the shower every day now 'cause it's awesome.

Raleigh:

Right. Yeah.

Sydnee:

Um, check us out on Twitter @stillbuff. Uh, you can-

Raleigh:

No, we are not a podcast about being, uh, muscle-ly.

Sydnee:

No. [laughing]

Raleigh:

We're not a podcast about being buff.

Sydnee:

[laughing] Just what, what we could get, so. [laughing]. @stillbuff, tweet at us, please. Um, if you have ideas or things you think we, questions we could answer on the show, uh, please email us-

Raleigh:

Yeah.

Sydnee:

... at stillbuffering@maximumfun.org.

Raleigh:

And thank you to the Novellas for the use of our theme song, "Baby, You Change Your Mind".

Sydnee:

Hey, this is Sydnee from the future after we were done recording the episode with a quick, uh, public health clarification and announcement. Um, when I was trying to figure out if all of those kids in that movie could get treated for syphilis without their parents' permission, the truth is, yes, in, in, in all states you can seek, uh, treatment for STIs without parental permission. Of course, we always prefer to have parents involved if possible, but if not, you still can. Uh, the, the difference is that it's a state by state regulation as to contraceptive services and, uh, and other healthcare that minors may receive. There are other issues that vary state by state. And in West Virginia, we are one of the states that actually is a little more restrictive in

terms of what I can do, uh, without parents present or, or at least, uh, uh, aware of what's going on.

So, it is a state by state issue, but in general, no matter where you are, if you need counseling or services regarding sexually transmitted infections, you should be able to receive it. So, check your state laws to figure out what else applies to you. And, um, it is always optimal to talk to the people you love and trust in your life to look for support for, for serious and, um, sensitive issues like this. But, uh, if you can't, go talk to a doctor. So, all right, we'll finish the show now.

Raleigh:

This has been Still Buffering, [laughing] a sisters' guide to teens through the ages. I am Raleigh Smirl.

Sydney:

I'm Sydney McElroy.

Raleigh:

I am a teenager.

Sydney:

And I was too. [singing]

Travis:

Hi, buddies. I'm Travis.

Andie:

And I'm Andy.

Travis:

And we host Bunker Buddies on maximumfun.org. What is Bunker Buddies, you ask? Well, it's a show hosted by two comedians about how to survive the apocalypse. We talk about stuff like the rapture.

Andie:

Zombie apocalypse.

Travis:

How to survive an EMP.

Andie:

What if a disease takes over the dead? [laughing]

Travis:

How to survive a food shortage.

Andie:

The people who eat other people.

Travis:

So, don't get freaked out. We're gonna tell you how to get through it.

Andie:

We're comedians first and, you know, aspiring preppers second. Join us!

Travis:

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