Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period\_\_\_\_\_\_\_\_\_\_\_

Unit 5: Human Sexuality



Day 1 Notes \_\_\_\_\_/15

Day 2 Notes \_\_\_\_\_/15

Kids Health.org assignment \_\_\_\_\_/25

Day 3 Notes\_\_\_\_\_/15

Day 4 Notes \_\_\_\_\_/15

Day 5 Notes \_\_\_\_\_/15

Position Paper \_\_\_\_\_/50

Total Points \_\_\_\_\_\_\_/150

Day 1: **Changes during Adolescence**

**Writing Prompt**:

Write your responses to the following questions:

What was one goal you had as a child?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

What is one goal you have as a teenager\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

What will be one goal you have as an adult?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Changes of You:**

During puberty a lot of \_\_\_\_\_\_\_\_\_\_\_\_\_ occur in your body.

Puberty: when your body begins to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**When does it occur?**

During \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or the teenage years between 13 and 19 and is considered the transitional change from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

For Girls: Between \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ years old.

For Boys: Between \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ years old.

Although, some people start puberty a bit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and some, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**What causes puberty to start?**

When your body reaches a certain age, your brain releases a special \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that signals the start of puberty.

**Physical Changes**

In Boys

Shoulders grow \_\_\_\_\_\_\_\_\_\_\_\_\_.

Voice becomes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Hair grows under the \_\_\_\_\_\_\_\_\_\_ and in the pubic areas.

\_\_\_\_\_\_\_\_\_\_ may appear

Odor (caused by a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ in the glands)

In Girls

Earliest change is usually breast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Hips get wider

\_\_\_\_\_\_\_\_\_\_\_ may appear

Hair appears under the arms and in the pubic region.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (period) starts.

For both \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it usually takes several \_\_\_\_\_\_\_\_\_\_\_\_\_ after the first changes of puberty begin before they are all complete- and there’s a lot of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from person to person.

So, two normally developing guys or girls who are the same \_\_\_\_\_\_\_\_ can appear quite \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from each other.

**Your brain changes too!**

Adolescence is a time of significant growth and development inside the teenage brain.

The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the decision making part of the brain.

**Responsible for:**

Our ability to \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ about the consequences

\_\_\_\_\_\_\_\_\_\_\_\_\_ problems.

And \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ impulses.

**Emotional Changes**

You might feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or have strong \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that you’ve never experienced before. You may feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about how your changing body looks.

Other emotional changes include:

* More interest in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_.
* Learning to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your feelings.
* You start to feel differently about your \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Feel closer to your friends and feel less connected to your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Handling emotions**

One day you could feel angry, sad, happy, scared and excited. The next day you may feel gloomy enough to cry.

This is often caused by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Lashing out at others or keeping feelings hidden inside--- not a good way to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Express your feelings by (write a few that you personally can do):

**Social Changes**

* Volunteering in \_\_\_\_\_\_\_\_\_\_\_\_\_, sports teams, or special interest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The social connections that you make as a teen can help you develop friendships, find job opportunities and get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ support.
* These connections also shape your values, and help you discover \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_.

**Things to remember**

Does every teen develop at the same time or even in the same way? \_\_\_\_\_\_\_\_\_\_\_\_\_

Are you “normal” if you develop earlier or later than your peers?

**Kidshealth.org Assignment**

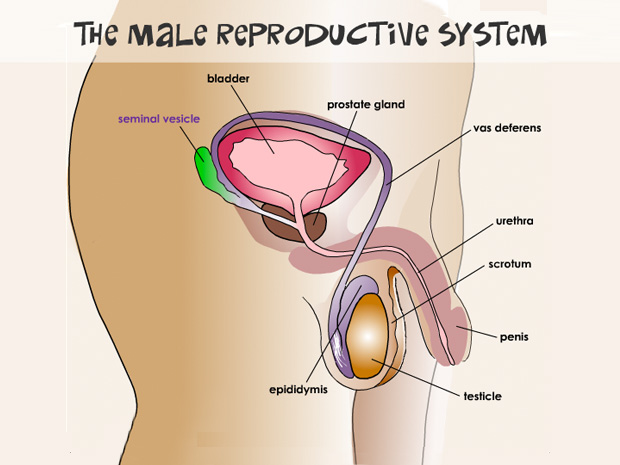
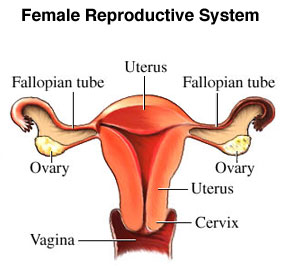
The purpose of this assignment is to be an introduction to learning about male and female anatomy before our discussion/ activities in class on Wednesday.

You will go to the website: <http://www.kidshealth.org/teen/>

Select the button on the left side of the page titled Sexual Health.

Under the section titled “Your Changing Body” you will first select “Female Reproductive System” and answer the questions below:

1. What is reproduction?
2. The two types of sex cells or \_\_\_\_\_\_\_\_\_\_\_\_\_\_ are involved in the reproductive process: The male gamete or \_\_\_\_\_\_\_\_\_\_ and the female gamete or \_\_\_\_\_\_\_\_\_\_\_\_\_\_ meet in the female reproductive system.
3. Humans pass certain characteristics of themselves to the next generation through their \_\_\_\_\_\_\_\_\_, the special carriers of human traits.
4. Male and Female Reproductive systems are different in \_\_\_\_\_\_\_\_\_ and structure, but are designed to \_\_\_\_\_\_\_\_\_\_\_, nourish and \_\_\_\_\_\_\_\_\_\_\_\_ either the egg or sperm.
5. The female reproductive system is located in the pelvis or the \_\_\_\_\_\_\_\_\_\_ part of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. External Female reproductive organs include the \_\_\_\_\_\_\_\_\_\_ which means covering.
7. The \_\_\_\_\_\_\_\_\_\_\_ is a muscular hollow tube that extends from the vaginal opening to the \_\_\_\_\_\_\_\_. It is \_\_\_\_ to \_\_\_\_ inches long in a grown woman.
8. The vagina has the ability to expand and \_\_\_\_\_\_\_\_\_\_, and allows it to accommodate something as slim as a tampon or as big as a baby.
9. The \_\_\_\_\_\_\_\_\_\_ or womb, is shaped like an upside down pear with a thick lining and muscular walls.
10. The \_\_\_\_\_\_\_\_\_\_\_ connects the vagina and uterus and is very small (no wider than a straw). This part of the body expands to allow a baby to pass through.
11. The \_\_\_\_\_\_\_\_\_\_\_\_ tubes connect the uterus to the \_\_\_\_\_\_\_\_\_\_.
12. The \_\_\_\_\_\_\_\_\_\_\_\_\_ are two oval-shaped organs that lie to upper left and right of the uterus. They \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ eggs (the female gamete).
13. Ovaries also produce the female sex \_\_\_\_\_\_\_\_\_\_\_\_\_\_ called \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.



After filling in the guided notes for female reproduction, go back to the main “Sexual Health” page and under the “Your Changing Body” tab, select “Male Reproductive System” and fill in the following guided notes.

1. The \_\_\_\_\_\_\_\_\_\_\_\_ vesicles secrete a thick fluid that nourishes the \_\_\_\_\_\_\_\_\_\_\_.
2. The \_\_\_\_\_\_\_\_\_\_\_\_ gland, is a walnut sized gland that surrounds a portion of the urethra and produces some fluid in the semen.
3. The \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ is a thin muscular tube that transports \_\_\_\_\_\_\_\_ from the epididymis to the urethra.
4. The \_\_\_\_\_\_\_\_\_\_\_ is a tube that caries semen and urine out of the penis.
5. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_ hangs under the penis and contains the \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_.
6. The \_\_\_\_\_\_\_\_\_\_\_\_\_ is the male external genitalia. It includes the \_\_\_\_\_\_\_\_\_ or the main part, the \_\_\_\_\_\_\_\_\_\_\_ or the tip.
7. The male sex hormone \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the male gamete \_\_\_\_\_\_\_\_\_\_\_ are produced in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or testes.
8. This is the storage unit for the sperm created by the testes, also called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Day 2: **Female and Male Reproductive Anatomy and Communication Part 1**

**Writing Prompt:**

How does growing older and maturing have an impact on your relationships?

Brainstorm and write at least three bullet points.

**Female and Male Reproductive Anatomy Review**

Respect for human sexuality is dependent in part upon a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ understanding of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, physiology, and the growth and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the reproductive systems.

Caring for the reproductive system is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to maintaining a healthy life.

There is a need for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, responsible behavior with respect to reproduction.

It is important for you to understand how your body functions. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of information can contribute to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ behavior that can have a devastating effect.

**Female Reproductive Anatomy: Process of Menstruation**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ secretion cause an \_\_\_\_\_\_\_\_\_\_ in the \_\_\_\_\_\_\_\_\_\_\_\_ to mature.

About \_\_\_\_\_\_\_\_\_\_\_\_ a month, that tiny eggs leaves the ovaries (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) and travels down one of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tubes.

Before ovulation, hormones stimulate the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to build up the lining with extra blood and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.. This happens to prepare the uterus for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If the egg isn’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (sperm meets egg) the egg will not attach to the wall of th uterus, and the uterus sheds the extra tissue lining.

The blood, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and unfertilized egg, leave the uterus going through the vagina on the way out of the body. This is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

This process happens almost every month for several decades (except of course, when a \_\_\_\_\_\_\_\_\_\_\_\_ is pregnant) until the woman reaches \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and no longer releases eggs from her ovaries.

Irregular periods are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in girls who are just beginning to menstruate. It may take the body a while to sort out all the changes going on.

**Male Anatomy**

Even a \_\_\_\_\_\_\_\_\_\_\_\_\_ injury to the testicles can cause severe \_\_\_\_\_\_\_\_\_\_\_\_\_, bruising or swelling. Most testicular injuries occur when the testicles are \_\_\_\_\_\_\_\_\_\_\_\_\_\_, hit, kicked or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Men are often unaware of the need for regular \_\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ physician’s examinations. Beginning at \_\_\_\_\_\_\_\_\_\_\_\_\_\_, with the enlargement of the testicles, every boy and man should examine his testicles \_\_\_\_\_\_\_\_\_\_\_\_ a month. Any changes in size or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the scrotum of testicles requires immediate medical attention.

**Dating/Relationships and Communication**

What are qualities that define a romantic relationship?

What boys want/ What girls want Activity:

**Characteristics of a Healthy Relationship**

Honesty and Trust:

* Giving real compliments
* Discussing \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Using “I” Messages to share feelings
* Admitting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Asking (not accusing) each other about rumors

Emotional Respect:

* Disagreeing without put-downs or threats
* Respecting their right to be \_\_\_\_\_\_\_\_\_\_\_\_\_ and to control their own bodies and decisions
* Caring to find out their point of view.

Listening:

* Asking what they \_\_\_\_\_\_\_\_\_\_ and how they \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Empathize by putting yourself in their shoes
* Saying what we think we heard to check for understanding
* Asking what is important to them.

Freedom and Encouragement

* We have the right to our own and support each other’s rights to have \_\_\_\_\_\_\_\_\_\_\_\_, feelings, space, activities, friends, and dreams
* Expressing fears, instead of claiming ownership when jealous
* Either person can decide to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**What are ways you can develop and maintain a healthy relationship based on characteristics we have discussed?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ways to Strengthen Relationships**

* Be aware of what you want for yourself and for your relationship
* Let one another know what your \_\_\_\_\_\_\_\_\_\_\_ are and be able to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ them assertively
* Do not demand that a partner change to meet all of your expectations
* Realize that healthy relationships take continual \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to maintain.

**Dating Purpose**

To meet new people

To have new \_\_\_\_\_\_\_\_\_\_\_\_\_ experiences

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Find out what qualities you like and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Dating Age depends on: When you are socially/mentally/ emotionally \_\_\_\_\_\_\_\_\_\_\_ and when your \_\_\_\_\_\_\_\_\_\_\_ let you.

**Things to consider when choosing a date:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ values and standards

Parents approve

Close to your \_\_\_\_\_\_\_\_ age

More than \_\_\_\_\_\_\_\_\_\_\_ attraction

**Communication**

It is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ component to any relationship

**Appropriate ways to show affection:**

* Showing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for their personal space and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Complimenting and showing interest, not criticizing and belittling.
* Respecting their right to be safe and to control their own bodies and decisions.

Day 3

**Writing Prompt:**

Think of relationships you have seen in movies and TV shows or in your own life that show healthy and unhealthy characteristics. On the T-chart below, list the characteristics of healthy relationships and the characteristics of unhealthy relationships.

Healthy Relationships Unhealthy Relationships

**Communication Continuum:**

Less healthy--------------Healthy----------------Less healthy

|  |  |  |
| --- | --- | --- |
| **Passive Behaviors/Style** | **Assertive Behaviors/Style** | **Aggressive Behaviors/Style** |
| Hoping the other person will guess your feelings | Using “I” messages to explain your feelings | Using “you” messages to blame the other person |
| Always listening; rarely talking | Actively listening to the other person | Interrupting; being sarcastic |
| Denying your own feelings | Trying to understand the other person’s feelings | Making fun of the other person’s feelings; using name calling |
| Criticizing yourself; always apologizing | Expressing appreciation, being respectful | Criticizing the other person, never giving a complement |
| Always giving in to the other person | Seeking a compromise that does not go against either of your values | Always wanting your own way |
| Mumbling; looking away; fidgeting nervously | Speaking clearly and confidently; making eye contact; appearing interested | Yelling or refusing to talk; pointing your finger; glaring; using physical force. |

Below, CIRCLE if the scenarios are passive, assertive, or aggressive communication styles. **If they are passive or aggressive, rewrite those scenarios using an assertive communication style.**

1. **Passive, Aggressive or Assertive**: Sam wants to try out for the men’s basketball team. His parents think that he should focus on school work and just play basketball for fun, insisting that basketball will take too much time. Sam refuses to talk to his parents, determined that they are just being unfair, and he will try out for the basketball team anyway.

2. **Passive, Aggressive or Assertive**: Rebecca has made the decision to wait until after marriage to have sex. Her boyfriend, Shawn, has been pressuring her to have sex, saying that if they are in love, why should they wait? Every time they talk about it, Rebecca gets very nervous and hopes Shawn will see her nervousness and stop asking her.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. **Passive, Aggressive or Assertive**: Shelby has a lot of friends that like to joke about sexual topics that make Shelby feel very uncomfortable. She feels very anxious when she knows they are going to hang out. Shelby decides to talk to her friends the next time they meet and tell her that the conversations make her feel uncomfortable and to ask her friends to please not joke about those things around her.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4**. Passive, Aggressive or** **Assertive**: Tom and his friends like to hang out a lot after school. He knows his friend Robert has made a choice to remain sexually abstinent until marriage. Tom constantly makes fun of Robert for his choice to remain abstinent. Robert is a little shy, and not sure how to defend his choice, always looking away when Tom says hurtful things about him.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5. Passive, Aggressive or** **Assertive:** Jill and her boyfriend Jared have talked a lot about open communication in their relationship. They have decided that if one of them ever feels uncomfortable, that they immediately tell the other person and they will listen and discuss the issue. This has created a lot of opportunities for Jill and Jared to strengthen their relationship and have open, respectful discussions.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reflection Questions**

What are the benefits of becoming more assertive in our communication style and expression of emotion?

Why is important to use assertive communication when clarifying your values or what you believe in if someone tries to get you to do something you do not want to do?

What goals can you set **this week** to become more assertive in your communication style?

Inappropriate Comments/Advances:

People we \_\_\_\_\_\_\_\_\_, or even people we don’t know could make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_comments or advances that could make you feel uncomfortable.

Knowing what to do \_\_\_\_\_\_\_\_\_\_\_\_\_ will help you avoid or leave situations like this if they happen.

**HOW TO SAY NO**

1. Just say no.

"I'd rather not."

2. Ignore the comment.

Appear not to hear, or act too busy.

3. Make an excuse.

"I'm tired."

4. Change the subject.

"Isn't it time for dinner."

5. Turn the idea into a joke.

"How could you suggest such a thing when you know I'm

on a diet."

6. Act surprised.

"You've got to be kidding!"

7. Express your feelings for them.

"Sorry, but I like you too much to do that."

8. Suggest a different plan.

"Let's go to my house and make a pizza."

9. Return the challenge.

"If you really liked me you'd never ask me to do that."

10. Leave.

"Go home."

**Dating Rules Poster**

Below, list your dating rules that you have, or that your parents have for your family. Discuss them with your parents. Be sure to get them to sign it!

For Parents:

I have discussed the following with my student (signature) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you!

Day 4

**Writing Prompt**

Below, rank the following in order of importance (1- Most, 5- Important but not too crazy, 10- Not really on my mind yet)

**Ranking**

* **Spending time with friends**
* **Finishing High School**
* **Getting a job**
* **Having your parent’s approval**
* **Living according to personal or family beliefs**
* **Traveling**
* **Being Healthy**
* **Getting Good Grades**
* **Making a Sports team or Music Group**
* **Going to College**

**Reflection:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Notes on Next Page)**

**Family Planning Worksheet**

**Budget for December**

|  |  |
| --- | --- |
| **Wages after Tax/Total Income** | **$** |
| **Money into Savings** | **$** |
| **Food (for the month)** | **$** |
| **Mortgage or Rent** | **$** |
| **Utilities (water, electricity, gas, garbage)** | **$** |
| **Transportation (car payments, gas)** | **$** |
| **Loan repayment** | **$** |
| **Insurance** | **$** |
| **Clothing** | **$** |
| **Diapers/Formula** | **$** |
| **Lessons, Soccer Practice, Etc** | **$** |
| **Date Money** | **$** |

**Reflection:**

**How hard was it to budget your money? (circle one)**

**Extremely Hard Very Hard Hard Somewhat Hard Not Hard**

**Why?**

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**How would budgeting change as a teen parent? Would it be harder to budget? Why or why not?**

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**Benefits of Remaining Sexually Abstinent Before Marriage**

Emotional Benefits:

Physical Benefits:

**NewBorn Safe Haven Law:**

What is it?

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What does it do?

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Day 5: Sexually Transmitted Diseases and Infections

**Writing Prompt:**

Below, list any sexually transmitted diseases you know or have heard about, including any information on signs or symptoms.

STD/STI Signs/Symptoms

**Sexually Transmitted Diseases**

1. **HIV/AIDS-**

Virus or Bacteria?

How is it transmitted?

Signs/Symptoms:

Is it curable?

Long-term affects?

1. **Chlamydia**

Virus or Bacteria?

How is it transmitted?

Signs/Symptoms:

Is it curable?

Long-term affects?

1. **Gonorrhea**

Virus or Bacteria?

How is it transmitted?

Signs/Symptoms:

Is it curable?

Long-term affects?

1. **Herpes**

Virus or Bacteria?

How is it transmitted?

Signs/Symptoms:

Is it curable?

Long-term affects?

1. **Syphilis**

Virus or Bacteria?

How is it transmitted?

Signs/Symptoms:

Is it curable?

Long-term affects?

Why are women more susceptible to sexually transmitted diseases?

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Most prevalent STD in the United States?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Circle the one below that can be cured using antibiotics.**

Viral Sexually Transmitted Diseases Bacterial Sexually Transmitted Diseases

**What is the only 100% for sure way to avoid contracting an STD?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Why is early detection and treatment important?

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Two Minute Paper: If you were diagnosed with an STD, how would that affect your life right now, and your life and romantic relationships in the future?

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Below, create any type of advocacy poster for reducing and preventing the spread of sexually transmitted diseases, including importance of sexual abstinence before marriage, a monogamous relationship, treatment options, importance of being tested, etc.

**Advocacy Poster:**