

TEAM

ONE

TEAM

TWO

TEAM

THREE

TEAM

FOUR

TEAM

FIVE

TEAM

SIX

Friendly looks and smiles

Hold hands

**Put arms
around**

Hug and kiss

**Sexual touch
above
the waist**

**Sexual touch
below
the waist**

Have sex

PASSIVE

Passive-Assertive-Aggressive: Situation 1

**“What if I end up not knowing
what I’m doing?”**

Passive-Assertive-Aggressive: Situation 1

ASSERTIVE

Passive-Assertive-Aggressive: Situation 1

**“No, I just don’t want to try it.
Not even once.”**

Passive-Assertive-Aggressive: Situation 1

AGGRESSIVE

Passive-Assertive-Aggressive: Situation 1

**“You just want to get me drunk
so I’ll have sex with you.”**

Passive-Assertive-Aggressive: Situation 1

PASSIVE

Passive-Assertive-Aggressive: Situation 2

**“Look, I just don’t think
Taylor will go for it.”**

Passive-Assertive-Aggressive: Situation 2

ASSERTIVE

Passive-Assertive-Aggressive: Situation 2

**“No, I’m not going to do it.
And fear has nothing
to do with it.”**

AGGRESSIVE

Passive-Assertive-Aggressive: Situation 2

**“What’s scary is how
stupid you guys are.
All you think about is sex!”**

PASSIVE

Passive-Assertive-Aggressive: Situation 3

“What if they find out?”

Passive-Assertive-Aggressive: Situation 3

ASSERTIVE

Passive-Assertive-Aggressive: Situation 3

“No, I don’t want to do that.”

Passive-Assertive-Aggressive: Situation 3

AGGRESSIVE

Passive-Assertive-Aggressive: Situation 3

“You just want me to be like you, always lying to get what you want!”

STEP ONE:

Say NO

Repeat NO

STEP TWO:

State how the pressure makes you feel.

ASK: "Why do you keep pressuring me after I said NO?"

STEP THREE:

Refuse to discuss the matter any further.

Suggest another activity.

DIFFERENT TYPES OF RELATIONSHIPS:

Acquaintances – Classmates, someone you recognize.

Friends and Best Friends – You can trust them, talk directly to them, share ideas, feelings and enjoy doing things together.

Dating Relationships – Enjoy being with them and expressing your feelings through words and actions. You might hold hands, hug or kiss. You can set limits on how feelings are physically expressed.

Committed Relationships – This relationship develops over time; long-term commitments such as marriage are often made. This relationship is defined by depths of feeling, not level of physical affection.

GROUND RULES:

1. Respect the right to privacy for yourself and others.
2. Participate as much as possible.
3. Respect each other's ideas and opinions.
No "put downs" or laughing at each other.
4. It's OK to pass.
5. Hands up = stop and listen.

SEVEN LEVELS OF PHYSICAL AFFECTION:

Friendly looks and smiles

Hold hands

Put arms around

Hugs and kisses

Sexual touch above the waist

Sexual touch below the waist

Have sex

SHORT- TERM GOALS

SHORT-, MID-, LONG-TERM REVIEW ACTIVITY

MID- TERM- GOALS

SHORT-, MID-, LONG-TERM REVIEW ACTIVITY

LONG- TERM GOALS

SHORT-, MID-, LONG-TERM REVIEW ACTIVITY

PHYSICAL CHANGES

Acne

Appearance of pubic hair

First ejaculation

Period of maximum growth in height

Emotional changes

Marked voice changes

Enlargement of breasts

Nocturnal emission, or "wet dreams"

Body odor

Beginning of ovulation

Onset of menstruation

Early voice changes

Growth of hair under arms

Development of facial hair

Growth of internal and external sex organs

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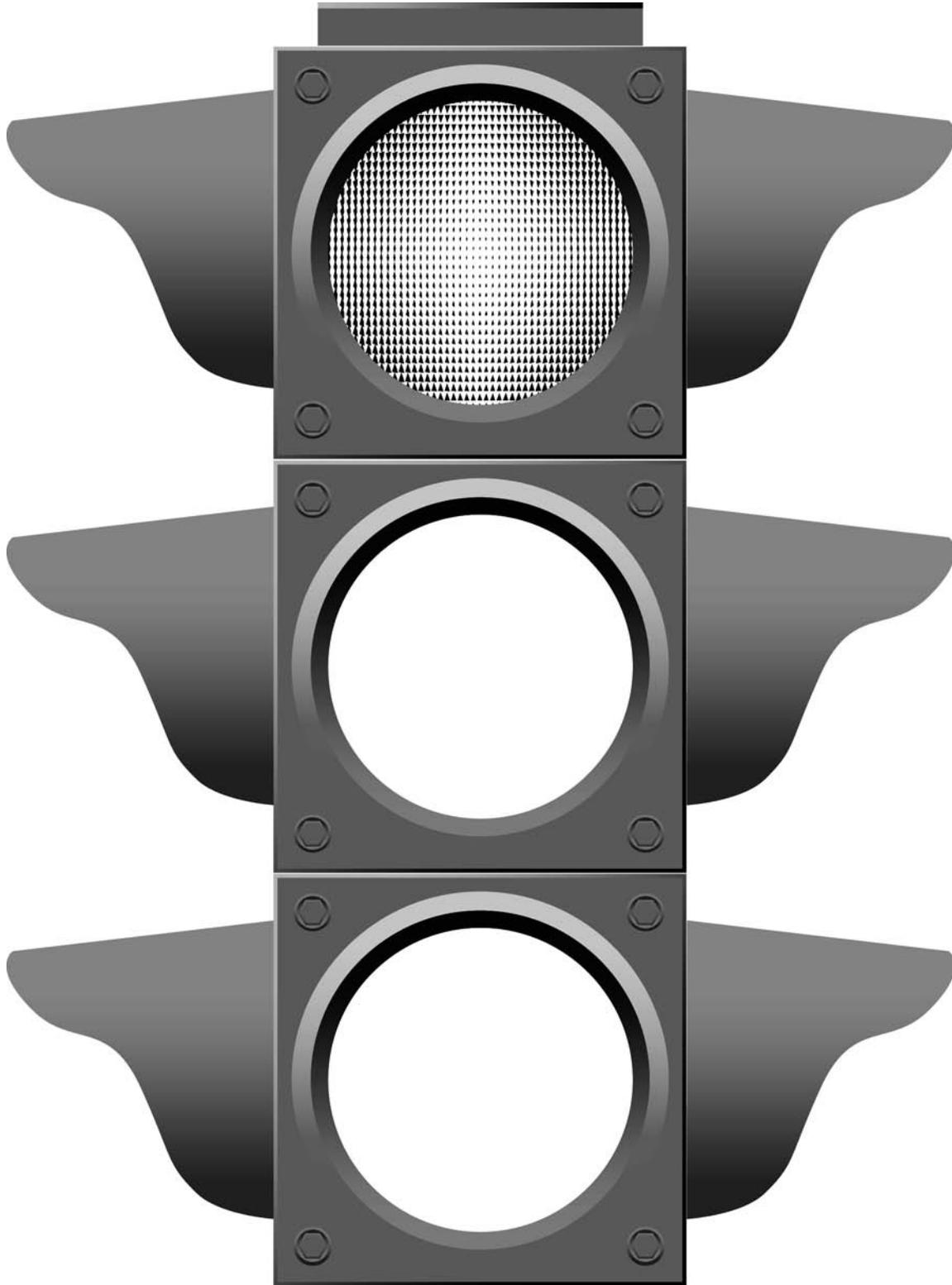
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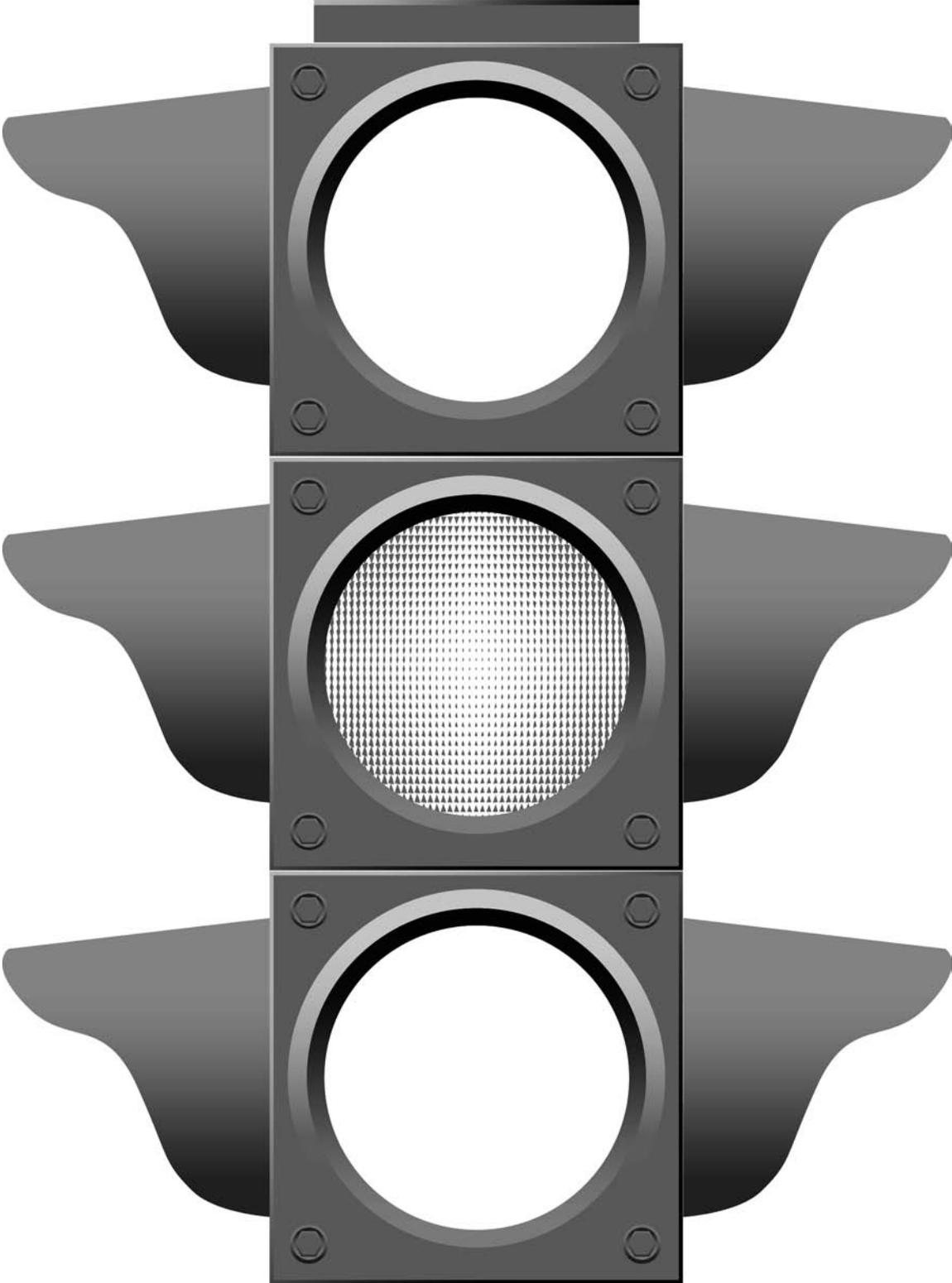
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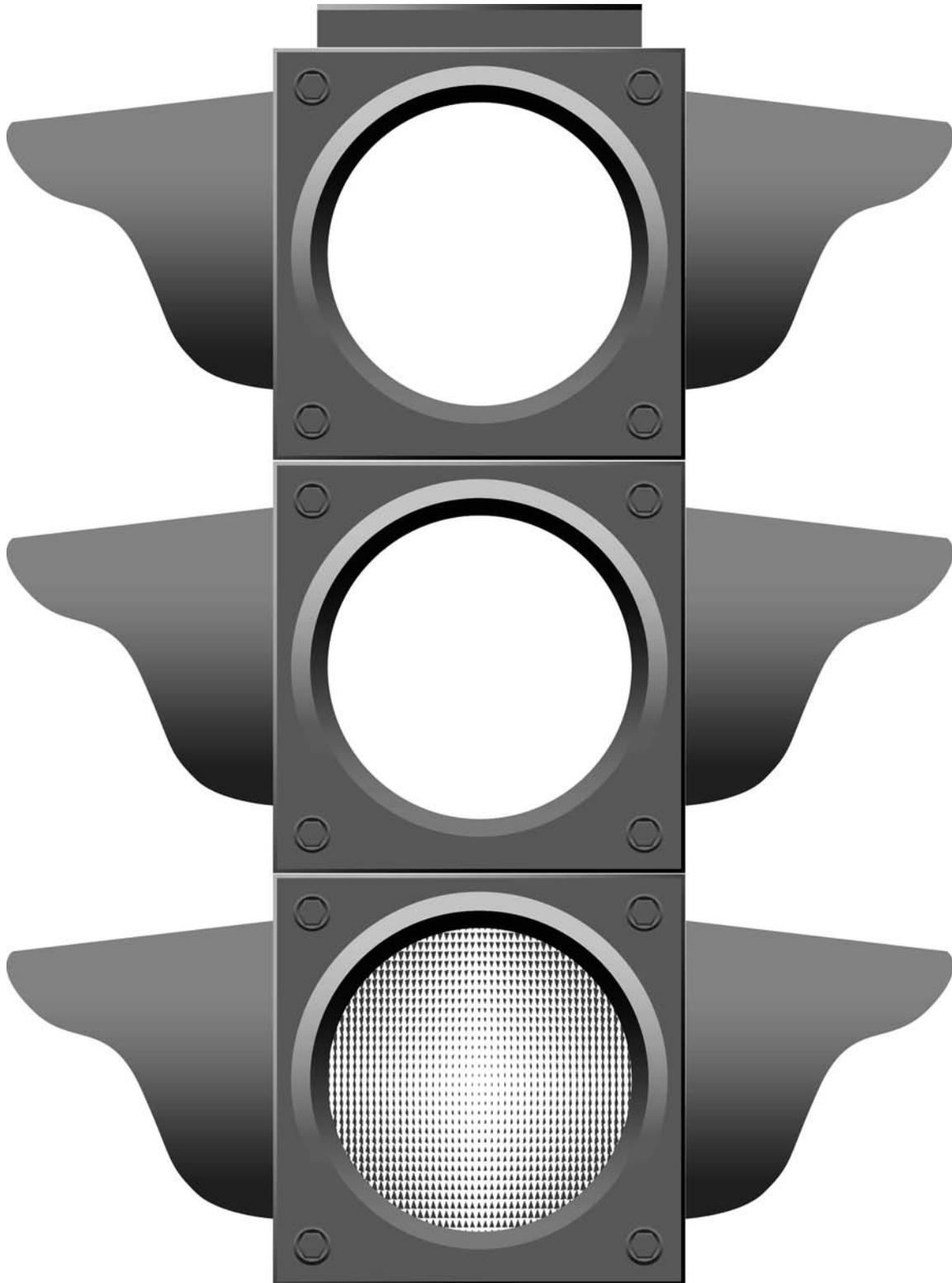
RED



YELLOW



GREEN



SCRIPTED ROLE-PLAY

Situation 1

James is hanging out with his friends after school. James has been dating Terry for three months and his friends have been pressuring him about how far they have gone physically.

Friends: "Come on James! Just tell us how far you two have gone!"

James:

Step One:

"No. I said I'm not going to talk about it."

Friends: "What's the problem?"

James:

Step Two:

"You know what, obviously you guys aren't listening. Why do you keep bugging me when I've already told you I'm not talking about it?"

Friends: "We just don't get what the big deal is."

James:

Step Three:

"Look, this discussion is over. Let's go get something to eat."

END OF ROLE-PLAY

SCRIPTED ROLE-PLAY

Situation 2

Monica and Avery are out on a date. They've been going out for about a month and lately Monica has been pressuring Avery to take their physical relationship further.

Monica: "So Avery, do you want to come to my house? My parents are out for the evening."

Avery:

Step One:

"No. I don't think that's such a good idea."

Monica: "Oh come on. Please? It'll be nice to have some time alone."

Avery:

Step Two:

"I feel like you're not respecting my decision. Why do you keep asking me to do something I'm not comfortable with?"

Monica: "I don't get it. You act like you're not even attracted to me."

Avery:

Step Three:

"Let's not talk about it anymore. Do you want to go see a movie?"

END OF ROLE-PLAY

VAGINAL SEX

RISK CARDS

ANAL SEX

RISK CARDS

ORAL SEX

RISK CARDS

MASTURBATION

RISK CARDS

HOLDING HANDS

RISK CARDS

WET OR TONGUE KISSING

RISK CARDS

DRY KISSING

RISK CARDS

HAVING SEX WITH MULTIPLE PARTNERS

RISK CARDS

GIVING OR RECEIVING A SHOULDER OR BACK MASSAGE

RISK CARDS

**HAVING SEX
WITH SOMEONE
WHO
INJECTS DRUGS**

RISK CARDS

GOING ON A DATE TO THE MOVIES OR A DANCE

RISK CARDS

**HAVING SEX WITH
A PERSON WHO
HAS SEX WITH
MULTIPLE
PARTNERS**

RISK CARDS

SHARING A SODA ON A DATE

RISK CARDS

GIVING YOUR FRIEND A HUG

RISK CARDS

ABSTINENCE

RISK CARDS

HAVING SEX WITH MULTIPLE PARTNERS AND USING A CONDOM

RISK CARDS

**THINKING
ABOUT HOW YOU
FEEL AND
PLANNING FOR
THE FUTURE**

RISK CARDS

**HAVING SEX
WITH ONLY ONE
PERSON (BEING
MONOGAMOUS)**

RISK CARDS

PLAYING SPORTS

RISK CARDS

LEARNING ABOUT THE RISKS OF SEXUAL ACTIVITY

RISK CARDS

FINISHING YOUR EDUCATION

RISK CARDS

DOING YOUR HOMEWORK

RISK CARDS

LEARNING TO PLAY AN INSTRUMENT

RISK CARDS

DOING DRUGS OR DRINKING ALCOHOL

RISK CARDS



Most students at this school
aren't having sex.



**It's best for teens to wait or
postpone sexual involvement.**



**There are possible consequences
the first time anyone has sex.**

**Most teens aren't ready to
deal with the consequences
of having sex.**



A **myth** is an idea some people believe is true even though it has been proven false or there is **no evidence** to support it.





Abstinence is the only 100% sure way to avoid consequences.

**TV, movies, music, and
magazines may influence
how we think about sex.**



The media **sometimes tries to
get me to believe that if I wear
a certain product it will make me
look sexy and be popular.**





**Messages from the media
may not always be obvious but
they can still influence us.**



Some messages from the media may go against my beliefs and values. It's important for me to think for myself.



It is up to ME to **decide how
I am going to be **influenced** by
the messages from the media.**



When you **say NO to sexual
involvement, you are saying what
most teens your age say.**

You **can get pregnant or cause
a pregnancy the **first** time
you have sex.**





**Most students in this school
are not having sex.**



**TV, magazines, and music
may influence our decisions
on sexual involvement.**



It is up to **YOU to decide**
how media messages will influence
YOUR decisions so you can make
the most of your future.



Peer pressure comes from
kids around us and is the most
difficult pressure to handle.



**I always have the right to
set my own limits and say NO!**



**You can get a sexually
transmitted disease or infection
the **first time** you have sex.**



There are many ways to show affection without having sex.



There are many **advantages to **postponing** sexual involvement.**



Abstinence is the
only **100%** sure way of
avoiding pregnancy and STDs.



Advertisers use sex to sell products.



**I don't have to have sex
to feel grown up.**



Most students in this school
aren't having sex.

TV, magazines, and movies 
most often show love and
sex as fun and grown up, but
don't show diseases, unplanned
pregnancies, and school drop outs.

Advertisements on TV and in  magazines often **want you to believe** that if you **buy** a certain type of product **or wear** a certain type of clothes **you will be popular.**



**It is important to develop
my own values and beliefs and
stick with them.**



**No one has the right to pressure
me after I have said NO.**



**I always have the right to
say NO to sexual involvement.**



Setting limits allows you
to be cautious and stop
when you want to.





Being **assertive** means I let the
other person know **where I stand.**



**The first assertive step is
to **say NO.** I should not
offer reasons or excuses.**

The second assertive step is to  **reverse the pressure.** I need to say how the pressure makes me feel and ask why they keep pressuring me when I've already said **NO.**



**The third assertive step is to
refuse to talk about it and **suggest**
we do something else.**



In order to be **effective** when
I say NO I must make sure my
body language also says NO.

PUBERTY

MONOGOMY

BODY ODOR

BREASTS

PUBIC HAIR

PENIS

ERECTION

EJACULATION

SEMEN

SPERM

Vocabulary Term cards 10

NOCTURNAL EMISSIONS

VAGINA

CLITORIS

UTERUS

OVARIES

OVULATION

EGG / OVUM

MENSTRUAL CYCLE

VAGINAL SECRETION

MASTURBATION

**When the body matures enough to reproduce sexually
(get pregnant or get someone pregnant).**

Having sex with just one person.

During puberty, a person's body might start smelling differently due to sweat and hormones.

**May become fuller during puberty for everyone.
For females, breasts develop to produce breast milk
after a baby is born.**

Hair that starts to grow around the genitals at puberty.

The male organ through which urine and semen pass.

A blood flow to the penis causing it to harden and lengthen.

A sudden discharge of fluid that comes out of the penis (male bodies) or from near the urethra (female bodies).

**The fluid that comes out of the penis during ejaculation.
Contains sperm once sperm are being produced.**

The male reproductive cell.

Also called “having a wet dream.” When a person is sleeping and some discharge (either fluid from the vagina or fluid from the penis) comes out. It is completely normal to have this kind of discharge—and also completely normal not to have it. It occurs commonly in people your age.

The birth canal on the female reproductive system.

A small knob of skin in the front of the female genitalia area.

**A muscular organ in the female reproductive system
where the embryo is nourished.**

A pair of glands in the female reproductive system, located on either side of the uterus, where eggs are stored and the estrogen hormone is produced.

When ovaries release an egg/ovum that moves to the uterus.

The female reproductive cell.

When blood passes from the uterus for several days when one is not pregnant. Occurs in female bodies about once a month; also called "having a period."

The fluid that comes out of the vagina.

Touching one's own body and genital organs for pleasure.