Name:

Reproductive and Sexual Health

Healthy Relationships

Quick Questions:

1. What are some differences between friendships and dating relationships?

2. What are some similarities between friendships and dating relationships?

3. What are some ways you can show the people close to you that you care?

4. What are some characteristics you would look for in a person you are thinking about dating?

Definitions:

_____ - the state of being friends (one attached to another by affection or esteem)

_____ - strong interest or attachment in someone

_____ - romantic social relationship

_____ - state of being united as spouses in a consensual and contractual relationship recognized by law

Unhealthy Relationships

Quick Questions:

1. Your best friend has recently started dating a partner, Sam. Suddenly, they have stopped hanging out with you and seem to be spending all of their time with Sam instead. You send a text message to your friend and they respond with “Sorry, Sam says I can’t hang out with you anymore.”

What would you send back to your friend?

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2. Charlie, your close friend, has recently started dating a new partner, Riley. It is Friday and Charlie just found out that Riley is having a party at their house and their parents will be gone. Charlie's phone showed they had a new text message. It was Riley asking if Charlie was planning to come to the party. Charlie is pretty uncomfortable with the idea of going over when there are no parents at the house. Help Charlie create a text message response:

<u>Definitions:</u>

- _____ - intentional bodily injury
    - Slapping, kicking, shoving, etc.
- _____ - non-physical behaviors that are meant to control, isolate, or frighten you.
    - Threats, insults, constant monitoring, excessive jealousy, manipulation, humiliation, intimidation, dismissiveness
- _____ - any sexual activity that occurs without consent.
    - Consent - _____ for something to happen or agreement to do something

<u>Give an example of:</u>

- A new partner has invited you to a situation you feel uncomfortable with. Give an example of Saying No using each refusal strategy type:
    - Give a reason, fact, or excuse -
    - Walk away -
    - Change the subject -
    - Avoid the situation -
    - Strength in numbers -

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Anatomy, Puberty, Reproduction, and Pregnancy

Fertilization - when male sex cells (sperm) and female sex cells (eggs) and their genetic material join to create new life

Sexual Risk

Quick Questions:

1. What are you most looking forward to for 7th grade?

2. What are you most looking forward to for high school?

3. What do you hope to do after high school?

4. After high school, what are you most looking forward to?

Notes:

What is abstinence?

Abstinence is the only 100% effective method of preventing:

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STD/STI - infections that are passed from one person to another through sexual contact