

Name_____

Date_____

Period _____

Reflection Questions

1. **Concept & Science:** Explain how the immune system protects the body from germs, and describe one way HIV can spread and one way it **cannot** spread (casual contact)
2. **Healthy Decisions & Skills:** Describe an assertiveness or refusal skill you practiced today to protect personal boundaries, and identify a trusted adult or reliable source you can go to with questions.

Rate your current level of understanding for each of our learning targets on a scale of 1 to 4

1 = I am still confused and need help.

2 = I understand some parts but have questions.

3 = I understand this well and can explain it.

4 = I understand this so well I could teach it to a peer.

Learning Target	1	2	3	4
I can explain how the immune system defends the body and how HIV can and cannot spread.				
I can identify healthy behaviors and reliable and trustworthy sources of health information.				
I can use assertive communication and refusal skills to set clear physical and social boundaries				
I can explain how myths and misinformation about illnesses can lead to unfair treatment of others.				

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