

The Question Box

- During each health class, you will have a sticky note on your spot. Please write down any questions you have on the sticky note. At the end of class, all sticky notes should go in my box whether something is written or not.



Part 1: Unique and Special





You are unique and wonderful!
Your differences and
personality make you the only
YOU on this planet!

List or draw pictures of some
interests and aspects about you
that make you unique!

Part 2: Running with the Herd



What is peer pressure?

- When friends or acquaintances begin to influence you to do what's right or to do something wrong. Peer pressure isn't necessarily good or bad – it can be either one.

Peer Pressure

- **Everyone** is susceptible to peer pressure.
- Even **adults** are influenced by peers.
- Peer pressure will test your **convictions**.
- What are convictions?
 - **A firmly held belief or opinion.**
- Your friends can be a **corrosive** influence if they do not share your convictions.
- What are your convictions? Respond in your journal.



Peer Pressure Journal Response

- Where did these convictions come from? Is there a belief system that you associate yourself with? Did your parents teach you these beliefs?
- How often do you let negative peer pressure affect you? Are you confident in standing up to friends/peers/classmates who may challenge your beliefs and convictions?

Part 3: The Great Body Shop

Read your magazine and complete pages 4-7 in your journal.

If you have a question, write it on your sticky note.

Part 4: The Birth Process



It takes a baby 9 months to fully develop and be ready for birth.



Months 1-3

- Heart begins beating.
- Fingers and toes take shape.
- Bones form.
- Digestive system and nervous system form.



1 MONTH



2 MONTHS



3 MONTHS

Months 4-6

- Muscles form and baby “kicks”
- Hair, fingernails, and teeth form.
- Weighs 2 pounds



Months 7-9

- Organs develop
- Layer of fat develops
- Baby turns so that head is first to come out
- Average weight is 7 pounds or more
- Average height is about 20 inches long



One signal that a baby is ready to be born is contractions. These pains occur because the muscles of the uterus are contracting and relaxing.

The umbilical cord, which once supplied oxygen and nutrients to the fetus, is cut. This forms the belly button!



During pregnancy, a female's breasts develop milk to feed the baby, through breast glands.

Part 5: Maturity



Having a baby and becoming a parent is NOT a good idea at your age.





Be careful what you text and what pictures you send or post online. Any text or picture you send is in cyberspace forever regardless if you delete it.



Be friends with someone first!



Hang out with people in a group setting to really get to know the person before deciding to date.



Communicate your beliefs and convictions with the other person and stand strong on your convictions. The right person will respect your beliefs, morals, and convictions.

What is abstinence?

- Not having sexual intercourse or other intimate sexual contact

Why do you think teens make this choice?

When you choose abstinence, it is important to be able to communicate this choice to others. What are some ways someone could do this? What could someone say to a partner to tell them they are not ready for sex?

What are some negative consequences that could result from choosing to have sex as a teen?

1. Teen pregnancy
2. Sexually transmitted diseases
3. Emotionally difficult breakups with significant others

Part 6: Relationships and Dating



Remember, the best option for you right now as a teenager is to.....

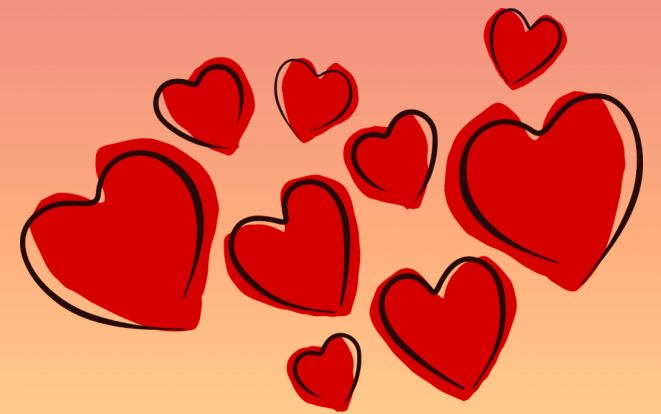
- Be friends with people you're interested in.
- Hang out in groups to really get to know that person better.



- Dating is a very personal choice and should be discussed with your parents/guardians. All families have different beliefs and rules. For some, dating may not be permitted until high school age, while others may allow it sooner.

What does it mean to love someone?

Wanting the best for someone else at your own expense. Putting someone else's desires before your own desires.



Society's Way



1. Do I like the way the person looks? Is he/she attractive?

The WISE WAY



1. Does this person's beliefs and morals match mine?
2. Do we have similarities? Can we hold good conversations together? Can we disagree and still respect each other?
3. Do I like the way the person looks? Is he/she attractive?

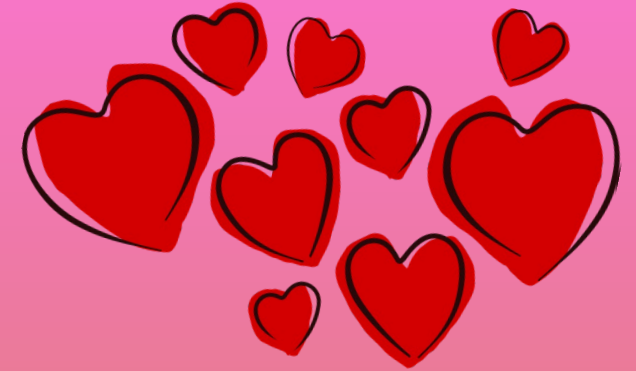
While society only focuses on appearance, the Wise Way has additional important questions and a specific order. Why are these questions important to consider? Why is this order wise?

Think about it!



- What are your boundaries in dating? What are you okay with while dating a person? What activities do you want to abstain from? Place a check mark in the box after you've mentally decided on your boundaries. This information is personal and doesn't need to be shared.

Turning Down a Date



- Be honest but respectful.
- “It’s so kind of you to ask me out, but I think of you more in a friendship way. I’d still like to be friends.”
- “I’m not quite ready to start dating right now, but I’d like to be friends.”

Use this time to focus on you! How can you better yourself and prepare yourself for when you start dating? Make 3 goals that you can work on right now to prepare yourself and better yourself for dating in the future.....

