

Name \_\_\_\_\_  
Class Period \_\_\_\_\_



# 6th Grade Student Notes

[www.aliveandwellteens.com](http://www.aliveandwellteens.com)

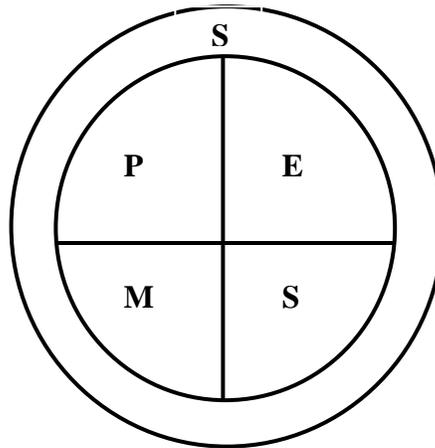
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# ALIVE & WELL STUDENT NOTES - SESSION 1

1. Quote: "If you \_\_\_\_\_ at \_\_\_\_\_, you'll \_\_\_\_\_ it every \_\_\_\_\_."

2. Whole-person Maturity:



3. What are some of our emotional needs?

4. Immediate gratification: I \_\_\_\_\_ to \_\_\_\_\_ good \_\_\_\_\_!

5. \_\_\_\_\_ gratification can lead to sweet \_\_\_\_\_.

6. Goals are \_\_\_\_\_ that you \_\_\_\_\_ toward.

7. Two of my goals are:

A. \_\_\_\_\_ B. \_\_\_\_\_

8. The lesson of the Mop Demo:

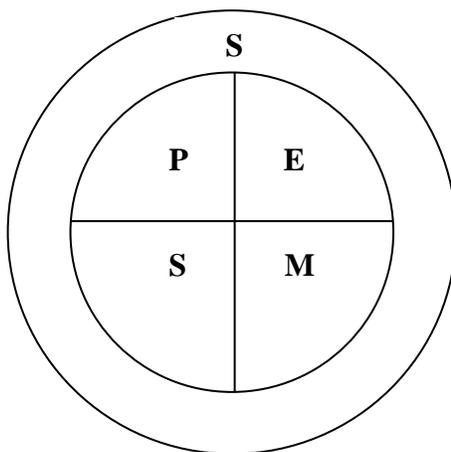
Keep your \_\_\_\_\_ on your \_\_\_\_\_!

**Parent Talk Assignment:** Complete the "MOM/DAD, I HAVE SOME QUESTIONS" worksheet with a parent or guardian. Be sure to get their signature and bring the bottom half of the assignment back to class for session 2.



## 6TH GRADE ALIVE & WELL NOTES - SESSION 2

1. Quote: Your sexuality is a very special \_\_\_\_\_ worth saving for a very special person – your \_\_\_\_\_.”
2. Abstinence means: Saving intimate \_\_\_\_\_ contact for \_\_\_\_\_.
3. Abstinence helps you create \_\_\_\_\_ relationships.
4. Sexuality affects the “whole person”:



5. List some changes that happen to boys and girls during puberty:

**Parent Talk Assignment:** Complete the Family Rules assignment with your parent/guardian. Be sure to get his/her signatures and bring it back for session 3.



## 6TH GRADE ANATOMY REVIEW



- \_\_\_ 1. Where are the female's egg cells stored?
- \_\_\_ 2. Where are the male's sperm cells produced?
- \_\_\_ 3. In what female organ does a baby grow?
- \_\_\_ 4. The process of a sperm joining an egg is called \_\_\_.
- \_\_\_ 5. The stage of life when a child develops into a young man or young woman is called \_\_\_.
- \_\_\_ 6. Special chemicals in the body that cause changes.
- \_\_\_ 7. The gland in our brain that controls our growth.
- \_\_\_ 8. The shedding of the lining of the uterus is called \_\_\_\_\_.
- \_\_\_ 9. A girl can get pregnant the first time she has sexual intercourse.  
True or False?
- \_\_\_ 10. A girl cannot get pregnant if she has not started her period.  
True or False?

### **ANSWERS—CHOOSE ONE**

- A. Fertilization
- B. Testes
- C. Pituitary
- D. Ovaries
- E. Uterus
- F. False
- G. Hormones
- H. Menstruation
- I. Puberty
- J. True

# 6<sup>TH</sup> GRADE ALIVE & WELL NOTES - SESSION 3

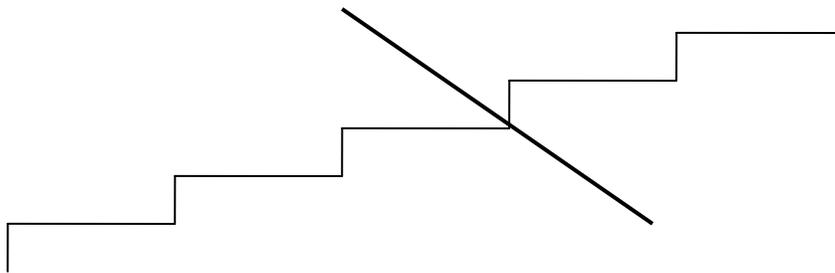
1. Quote: "Love takes \_\_\_\_\_ to grow, infatuation \_\_\_\_\_ and \_\_\_\_\_."

2. Compare:

LOVE	INFATUATION/CRUSH

3. "How far should I go?"

A. Steps of Affection



B. \_\_\_\_\_ should not be \_\_\_\_\_!

C. The healthiest place to draw your line is no higher than \_\_\_\_\_.

4. \_\_\_\_\_ abstinence means a person \_\_\_\_\_ to \_\_\_\_\_ crossing the \_\_\_\_\_.

5. Sexual Abuse: No one has the \_\_\_\_\_ to touch you in the \_\_\_\_\_ zone without your \_\_\_\_\_!

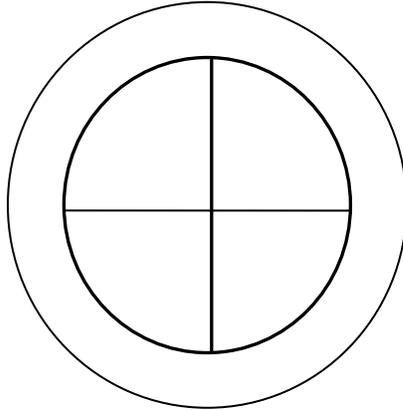
6. Peer or Relationship Abuse: Any type of \_\_\_\_\_, \_\_\_\_\_ behavior that takes place in a \_\_\_\_\_.

**Parent Talk Assignment:** With your parent or guardian, complete the ALIVE & WELL MEDIA ASSIGNMENT. Then, be sure they sign it. Bring it back for session 4.

# 6TH GRADE ALIVE & WELL NOTES - SESSION 4

1. Quote: "Let the \_\_\_\_\_ you make \_\_\_\_\_ be choices you can \_\_\_\_\_ tomorrow."

2. Possible whole-person consequences of sexual activity before marriage:



3. Sexually Transmitted Infections (STIs)

A. Basic reasons why there is an epidemic:

- 
- 
- 

B. How do people get STIs?

By \_\_\_\_\_ to \_\_\_\_\_ contact in the \_\_\_\_\_ with an infected person  
OR getting infected \_\_\_\_\_ into body openings.

C. Lesson of the "Risky Business" Demo:

STI's can \_\_\_\_\_ to \_\_\_\_\_ people over a period of time.

D. \_\_\_\_\_ Immunodeficiency \_\_\_\_\_ (HIV) is the virus that causes \_\_\_\_\_.

E. HIV attacks the body's \_\_\_\_\_.

F. If a person has been sexually active and has STI symptoms they should \_\_\_\_\_.

G. If you have been sexually active, do you have to continue? \_\_\_\_\_

**Parent Talk Assignment:** With your parent or guardian, complete the Character Qualities assignment. Then, be sure they sign it. Bring it back for session 5.



# 411 on STIs



STIs = **Sexually Transmitted Infections**  
STDs= **Sexually Transmitted Diseases**  
STIs are caused by **Viruses, Bacteria and Parasites**. STIs can become STDs.  
Some **Viral** STDs cannot be cured!

## A Short List of STIS

Human Papilloma Virus (HPV)  
Genital Herpes  
HIV/AIDS  
Hepatitis B  
Syphilis  
Gonorrhea  
Chlamydia  
Trichomoniasis  
Pubic Lice

### **How can you pick up an STI?**

- 1. SKIN TO SKIN CONTACT** in the underwear zone
- 2. INFECTED BODY FLUIDS** (blood, semen, vaginal fluid, urine) **IN A BODY OPENING** (cuts or sores, mouth vagina, penis, anus, urethra)

**If you have not been sexually active, you do not need to worry about having a sexually transmitted infection.**

### **REMEMBER THIS!**

- ⚡ Some symptoms of STIs include flu-like symptoms, burning during urination or excess discharge from penis or vagina, unusual blisters, sores or warts on genitals. A person can have some of these symptoms without having an STD/STI.
- ⚡ Not everyone who has an STI has noticeable symptoms. Seven out of ten people who have an STI don't even know they have one!
- ⚡ If these diseases are left untreated, they can cause symptoms that are a lot worse... like cancer, seizures or heart disease -- even death.
- ⚡ Some STIs can be passed from a mother during pregnancy or breastfeeding which could cause the baby to have symptoms of the disease or other damage.



# 6TH GRADE ALIVE & WELL NOTES - SESSION 5

1. Quote: "Show me your \_\_\_\_\_ and I'll \_\_\_\_\_ you your \_\_\_\_\_."

Factors that will help me build better relationships.

2. Self-esteem: \_\_\_\_\_ opinion of \_\_\_\_\_.

A. Things I value about myself.

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. It's what's on the \_\_\_\_\_ that \_\_\_\_\_.

A. One character quality that I would like to work on: \_\_\_\_\_

4. Communication

A. Always treat the other person the way that \_\_\_\_\_ would want to be \_\_\_\_\_.

B. When communicating through texts or online, I will remember that I am leaving a \_\_\_\_\_ that can be:

- 1.
- 2.
- 3.
- 4.
5. and is \_\_\_\_\_!

*Day 1: If you \_\_\_\_\_ at \_\_\_\_\_ you'll hit it every \_\_\_\_\_!*

*Day 2: Your sexuality is a very special \_\_\_\_\_ worth saving for a very special person – your \_\_\_\_\_.*

*Day 3: \_\_\_\_\_ takes time to \_\_\_\_\_, \_\_\_\_\_ comes and goes!*

*Day 4: Let the \_\_\_\_\_ you make \_\_\_\_\_ be choices you can \_\_\_\_\_ tomorrow!*

*Day 5: Show me your \_\_\_\_\_ and I'll \_\_\_\_\_ you your \_\_\_\_\_.*

Please visit us at [www.aliveandwellteens.com](http://www.aliveandwellteens.com)

# I NEED HELP!!

If someone you know needs help, talk to a parent or trusted adult. Here is a list of places you can call too! **For some more helpful websites visit [www.aliveandwellteens.com](http://www.aliveandwellteens.com) and [www.211.org](http://www.211.org)**

## **Counseling**

[www.211.org](http://www.211.org)

Crosswinds (Family Coaching and Counseling)      [crosswindseyouth.org](http://crosswindseyouth.org)  
Will come to your home if you prefer              855-927-7963

Renovate Counseling Services                              [renovatecounseling.org](http://renovatecounseling.org)  
Individual, couples or family counseling              260-307-5030

## **Free Pregnancy Tests & Help**

Helping Hands Pregnancy Resource Center in Bluffton 260-824-4263    [helpinghandscpc.org](http://helpinghandscpc.org)

The Hope Clinic (in Berne or Decatur)    [hopeandanswers.com](http://hopeandanswers.com)  
24 Hour Helpline: 1-800-395-HELP(4357)  
Berne 260-589-3561    Decatur 260-728-4191

A Hope Center (Ft. Wayne area)    [ahopecenter.org](http://ahopecenter.org)  
24 Hour Helpline: 260-422-3544

Wells County Health Department (across from the Library)  
260-824-6489

[pregnancydecisionline.org](http://pregnancydecisionline.org)    877-791-5475

Bethany Christian Services (Adoption Specialist)  
(317)578-5000

## **STI/STD Tests**

The Hope Clinic – Berne (589-3561) and Decatur (728-4191) [hopeandanswers.com](http://hopeandanswers.com)

A Hope Center - Ft. Wayne call or text 224-585-3544    [ahopecenter.org](http://ahopecenter.org)

Allen County Department of Health 260-449-7504

STDCheck.com 1-800-456-2323 24/7 support

## **Abuse**

National Domestic Violence/Abuse Hotline 1-800-799-SAFE

*TEXT “loveis” to 22522 or call 1-866-331-9474.*

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Name \_\_\_\_\_

# Character Qualities

Who are you on the inside?

With a parent or guardian, checkmark the qualities that you know you already have. Then, mark the ones that you want to develop with a “W”. Have a parent, guardian or trusted adult mark the qualities that they see in you with a star and the qualities that need improvement with an “I”. Then, have them sign the bottom of the worksheet. You can have ALL of these qualities if you WORK on them, and no one can ever take them away from you!

ATTENTIVENESS \_\_\_\_\_

(Listening with eyes, ears & heart)

HUMILITY \_\_\_\_\_

(Not thinking that I am better than someone else)

CONTENTMENT \_\_\_\_\_

(Happy with what I have)

KINDNESS \_\_\_\_\_

(Good hearted, careful, gentle words and ways)

COURTESY \_\_\_\_\_

(Showing care & respect for others)

PROMPTNESS \_\_\_\_\_

(Being on time and getting things done when I say I will)

CREATIVITY \_\_\_\_\_

(Doing something in a new way)

PATIENCE \_\_\_\_\_

(Waiting with a happy spirit)

DILIGENCE \_\_\_\_\_

(Working hard to accomplish a task)

RESPONSIBILITY \_\_\_\_\_

(Doing what I know I ought to do)

FAIRNESS \_\_\_\_\_

(Treating others equally)

SELF-CONTROL \_\_\_\_\_

(Controlling my emotions and my actions)

GENEROSITY \_\_\_\_\_

(Sharing what I have)

THANKFULNESS \_\_\_\_\_

(Being grateful and saying so)

HELPFULNESS \_\_\_\_\_

(Ready to serve at anytime)

HONESTY \_\_\_\_\_

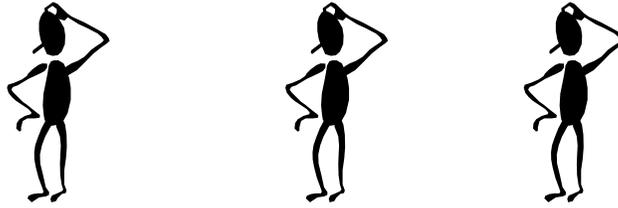
(Truthful in words and ways)

Parent Signature \_\_\_\_\_ Student Signature \_\_\_\_\_

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# ALIVE & WELL MEDIA ASSIGNMENT

Name: \_\_\_\_\_



This is a homework assignment for you and your parents to do together. The purpose of the assignment is to observe what messages your electronic devices are throwing at you and determine how they influence positive relationships.

1. Name a show you normally watch, site you visit, app you use or a video game you play:

\_\_\_\_\_

2. As you are watching or using this, make a checkmark in the appropriate box each time there's an action, comment or picture which shows disrespect in the following areas:

<input checked="" type="checkbox"/> Disrespectful or Sexual Language	<input checked="" type="checkbox"/> Violence	<input checked="" type="checkbox"/> Sexually suggestive clothing or actions
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3. Were there any consequences shown for these behaviors?  
If YES, what are they?
4. What are the benefits of watching or using this?
5. What are the risks?
6. Is this show, app or game helping you learn the skills of creating positive, healthy relationships? YES\_\_\_\_ NO\_\_\_\_

Parent signature: \_\_\_\_\_

Student signature: \_\_\_\_\_

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# 6<sup>th</sup> GRADE - FAMILY RULES

Name \_\_\_\_\_

What are some of my chores? \_\_\_\_\_

Do I have a bedtime? \_\_\_\_\_

Sleep overs- How many nights a week can I sleep over? \_\_\_\_\_

Can I have sleep overs on school nights? \_\_\_\_\_

Are there any rules about the types of clothing I can wear? \_\_\_\_\_

If I have/get a cell phone, can a parent check my phone & text messages? \_\_\_\_\_

Am I allowed to have my cell phone in my room at night? \_\_\_\_\_

How much time can I spend on other electronic devices (iPad, computer, video games, etc)? \_\_\_\_\_ How much time can I spend watching T.V.? \_\_\_\_\_

Can I have Facebook, Twitter, Instagram, Snapchat, Vine, etc? \_\_\_\_\_

Will my parents have the passwords? \_\_\_\_\_

What are the rules about which sites/videos/games/apps I am allowed to use? \_\_\_\_\_

Am I allowed to have a phone, computer or other devices in my room at night? \_\_\_\_\_

Two other house rules for me:

1. \_\_\_\_\_.

2. \_\_\_\_\_.

What will happen if I break the house rules? \_\_\_\_\_

**If I feel uncomfortable or unsafe, my escape plan is:**

Just like we need to discuss escape routes in case of a fire, it is very important to discuss a plan to escape an uncomfortable or “dangerous” situation with peers or a date.

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

Parent Signature \_\_\_\_\_

Student Signature \_\_\_\_\_

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**Dear parents:** You are the most important people in your child's life. Alive & Well wants to partner with you to help your pre-teen make healthy choices. Next week, we will be presenting the topics of puberty and abstinence in your son/daughter's class. We believe that it is very important for young people to discuss these issues with their parents. The purpose of this activity is to "break the ice" to help you have these conversations with your child. Please set aside some time within the next week to listen and share your thoughts with your son/daughter.

### "MOM/DAD, I HAVE SOME QUESTIONS"

Here are some of my questions about puberty, relationships, sex and that kind of stuff:

- 1.
- 2.
- 3.
- 4.

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Return this portion of your assignment to your Alive & Well instructor for session 2, and you will receive a prize.

Yes, my student showed me their Alive & Well assignment.

Suggestions/Comments:

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Parent/Guardian Signature

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