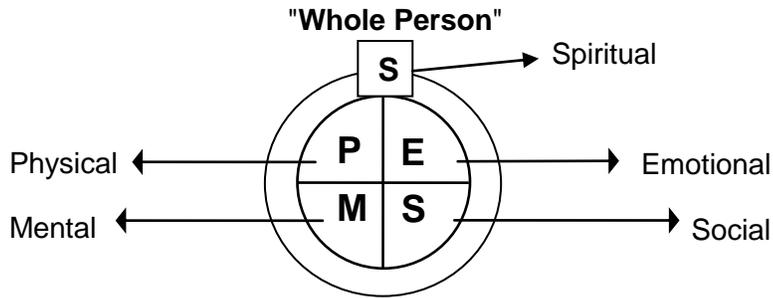


GRADE 6



THEME: "My sexuality is a special gift worth respecting and protecting."

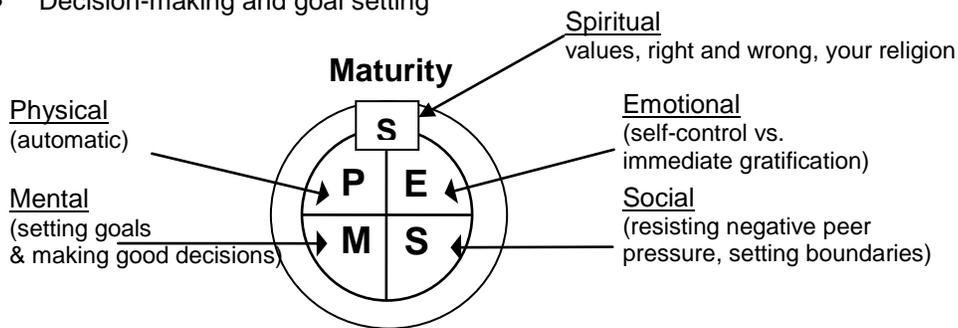
Students will receive a packet for taking notes. PARENT TALK assignments are intended to promote parent/pre-teen discussions.

SESSION 1: MATURITY

Grade 6

Quote: "If you aim at nothing, you'll hit it every time."

- CONTENT:
- Emotional needs, maturity, immediate vs delayed gratification
 - Decision-making and goal setting



PARENT TALK ASSIGNMENT - MOM/DAD, I HAVE SOME QUESTIONS"

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.

SESSION 2: ANATOMY & HEALTHY CHOICES

Grade 6

Quote: "Your sexuality is a very special gift worth saving for a very special person - your future spouse".

- CONTENT:
- Anatomy & development of reproductive system, puberty
 - Abstinence, creating positive relationships

Video: "You, Your Body and Puberty" Define or identify: pituitary gland, puberty, hormones, ovaries, uterus, menstruation, testes, fertilization.

PARENT TALK ASSIGNMENT - FAMILY RULES Students and parents will work together to complete and sign the Family Rules assignment. Due in session 3

SESSION 3: LOVE & INFATUATION

Grade 6

Quote: "Love takes time to grow; infatuation comes and goes."

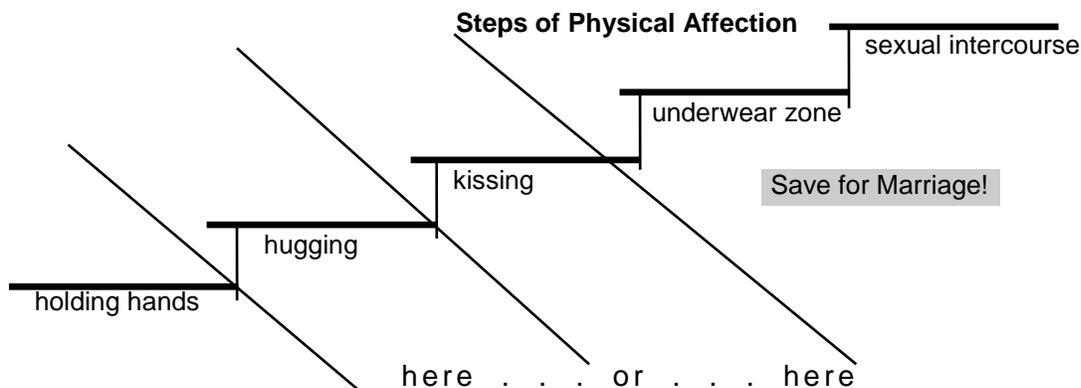
- CONTENT:
- Love, infatuation
 - Setting limits
 - Abuse

Love is long-term, committed, thinks of the other person's needs.

Infatuation is short-term, no commitment, thinks of one's own needs.

Save sexual involvement for the loving, committed relationship of marriage. Infatuation is normal, fun and exciting—but can be hurtful when a person mistakes infatuation for love and becomes physically involved in a relationship based on infatuation.

If you show physical affection before marriage, decide now where you will "draw your line."



Most junior/senior high relationships don't progress to marriage. If a line of affection has not been drawn, the risks and consequences will be greater in the "whole-person circle."

Sexual Abuse is when someone touches another in the "underwear zone" without permission or they force a person to touch them. Abuse is never the victim's fault. It must be reported so it can be stopped and both people can get help.

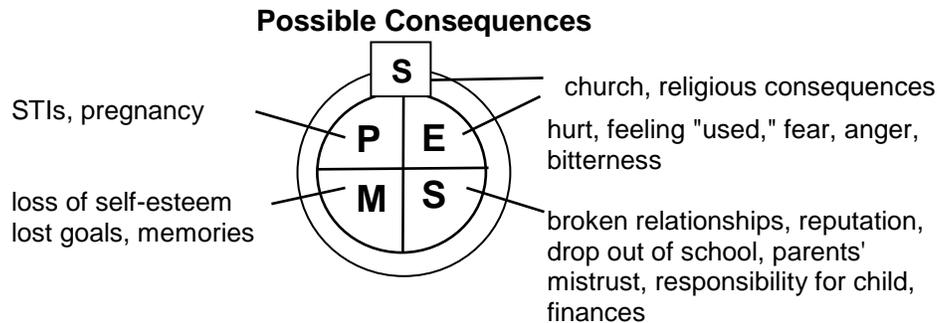
PARENT TALK ASSIGNMENT: With your parent or guardian, complete the ALIVE & WELL MEDIA ASSIGNMENT and get his/her signature. Bring it back for session 4.

SESSION 4: CONSEQUENCES

Grade 6

Quote: "Let the choices you make today be choices you can live with tomorrow."

- CONTENT:
- Possible physical, emotional, mental consequences of sexual involvement
 - Basic STI information – definition, transmission, symptoms, prevention
 - You can choose Abstinence



Sexually Transmitted Infections (STIs) sometimes called Sexually Transmitted Diseases (STDs): 40 years ago there were only 2 common STIs. Today there are over 25 named STIs and with lots of various strains. Why? They are transmitted in body fluids through body openings. At which "step of affection" can STIs be transmitted? The underwear zone.

Secondary Abstinence: If a person has been sexually involved, (s)he can STOP and START OVER by deciding NOW to wait until marriage for sexual intimacy. This may take changes: boy/ girlfriend, friends, activities, media etc.

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.

SESSION 5: BUILDING POSITIVE FRIENDSHIPS

Grade 6

Quote: "Show me your friends—I'll show you your future."

- CONTENT:
- Factors that will help me build better relationships
 - Work on my self-esteem, It's what's on the inside that counts, improving my character.
 - Respectful communication
 - Texting, My digital footprint

Please visit our website:
www.aliveandwellteens.com