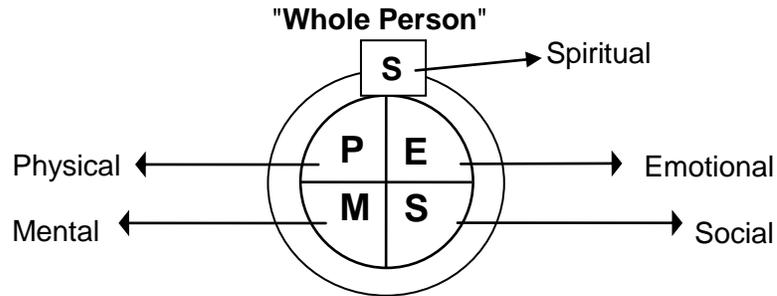




7TH GRADE

Introduction: In Alive & Well class, we will talk about how our sexuality (being a boy or girl) affects our **"Whole Person,"** not just our bodies.



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

Students will receive a packet for taking notes each day. PARENT TALK assignments are created to promote parent/teen discussions.

SESSION 1: SELF-CONTROL, GOAL SETTING, MAKING A PLAN

Grade 7

Quote: "No one plans to fail—but many fail to plan."

- CONTENT:
- Choose Abstinence, creating positive relationships
 - Mature decision-making builds positive relationships
 - Developing a plan to reach your life goals
 - Developing an Abstinence Plan
 - Sexual Abuse
 - Peer Abuse
 - Relationship Abuse

Exercising SELF-CONTROL and MAKING A PLAN is the key to achieving the goal of saving our "gift of sexuality" for marriage.

PARENT TALK: Talk to your parents about the steps of affection hand out from back of your packet. Have them sign and return it in session 2.

SESSION 2: PRESSURES

Grade 7

Quote: "Respect yourself and others will respect you."

CONTENT:

- Respect
- Love is not just a feeling, it's the way you treat someone
- Respect *Creates Positive Relationships*
- How to show respect in all areas of whole-person circle
- Setting boundaries
- Peer-pressure

PARENT TALK: Take home House Rules page from the back of your packet. Complete it with a parent and return it in session 3.

SESSION 3: CONSEQUENCES

Grade 7

Quote: "You can choose your choices, but not your consequences."

- CONTENT:
- Possible consequences of premarital sex
 - STI information
 - Setting limits of physical affection

BONDING: Sexual intercourse creates a powerful bond between two people, not only physically, but also mentally, emotionally, and socially.

Premarital effects: It can fool someone into thinking there is more to the relationship than there really is. When such a relationship ends, there may be deep emotional pain. It can leave powerful memories that can't be "erased."

Discussion of sexually transmitted infections (STIs), sometimes called sexually transmitted diseases (STDs): Includes some information about incidence, symptoms and long-term considerations.

Without self-control, the "Steps of Affection" can become the "Steps of Infection!"

All kinds of sexual activity can spread STIs.

PARENT TALK: Take Internet & Cell Phone Guidelines from the back of your packet. Complete it with a parent and return it for session 4.

SESSION 4: MEDIA

Grade 7

Quote: "If you don't stand for something, you'll fall for anything."

CONTENT:

- Media pressures
- Self-Esteem
- Cyber-bullying
- Sexting and sextortion
- Dangers of pornography

Most of the images we see in the media do not reflect reality and this can affect your self-esteem. Be careful to stay safe online and with a cellphone.

Parent Talk: Take home the Abstinence Plan assignment. Discuss it with your parents and get their signatures. Bring it back for the next session.

SESSION 5: PEER-PRESSURE

Grade 7

Quote: "No one can hide from peer-pressure."

CONTENT:

- Peer-Pressure...Everyone faces it.
- Feelings
- Act out and discuss different scenarios about resisting peer-pressure.
- Continue to build your abstinence plan.

HOMEWORK: Take Internet & Cell Phone Guidelines from the back of your packet. Complete with a parent and bring it for session 5.

Please visit our website:

www.aliveandwellteens.com