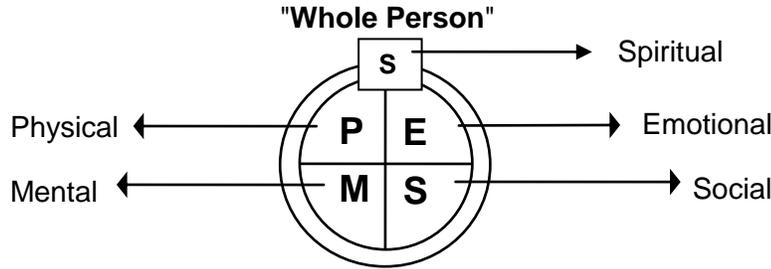




8TH GRADE

Introduction: In Alive & Well class, we will talk about how our sexuality affects our "Whole Person," not just our bodies.



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

SESSION 1: LOVE AND MARRIAGE

Grade 8

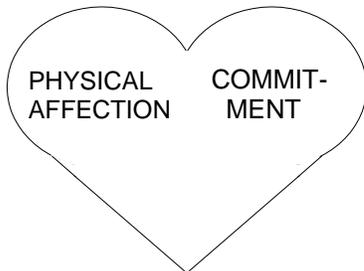
Quote: "Love is not an act; it's a commitment."

- CONTENT:
- Healthy progression of a relationship including commitment
 - Setting limits
 - Qualities in a marriage partner
 - Distinguishing infatuation from love

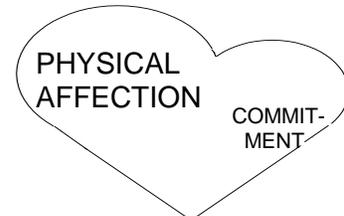
Levels of a relationship that lead to marriage:

The "storms of life" can destroy a love relationship if it's not built on the "foundation" of friendship and held together with the "nails" of commitment.

The amount of physical affection expressed in a love relationship should equal amount of commitment in the relationship.



Otherwise the relationship is out of balance!



Marriage is a public declaration of a full commitment to each other.

Parent Talk Assignment: Alive and Well Review- Due Session 2.

SESSION 2: RESPECT

Grade 8

Quote: "Love is Respect."

- CONTENT:
- Relationship Abuse: Definition, signs of it, how to get help
 - Sexual Abuse
 - Escape Plan
 - Secondary Abstinence

Video: *"The Ten Signs of Relationship Abuse"*

Parent Talk Assignment: Qualities of a Good Parent- Due Session 3

SESSION 3: TEEN PREGNANCY

Grade 8

Quote: "Make life-long decisions with your brain, not your hormones."

- CONTENT:
- Teen pregnancy, consequences, there is no easy option, stages of fetal development
 - Responsibilities of a teen father
 - Secondary abstinence

Why do teens become involved sexually?

How would your life change if you became a teen parent?

Why do so many teenage marriages fail?

What are the possible mental, emotional, social and spiritual consequences of an unplanned pregnancy?

If a teen has been sexually involved and wants to stop and start over again, what should he/she do?

Parent Talk Assignment: Dating Guidelines - Due Session 4

SESSION 4: SEXUALLY TRANSMITTED INFECTIONS (STIs)

Grade 8

Quote: "The only 'safe sex' is SAVED sex."

- CONTENT:
- STI review of facts
 - Long-term effects of STIs, sometimes referred to as sexually transmitted diseases (STDs).
 - Reality of "safe sex"

Why is "safe sex" not safe? It can reduce the risk of infection; it does not eliminate the risk. The only "safe" sex is "saved" sex for marriage to an uninfected spouse.

Video: "The Rules Have Changed" by Dr. Meg Meeker

**Parent Talk Assignment: Mom/Dad: I Need To Talk
Due Next Session**

SESSION 5: VALUE OF SEXUALITY

Grade 8

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

- CONTENT:
- Contrasting possible risks of premarital sexual involvement with positive effects of sex within marriage
 - Resisting pressures
 - Understanding the influence of media
 - Cyberbullying
 - Sexting

Within marriage the bonding helps renew and strengthen the commitment to each other.

Practice come-backs to the very real pressures to have sex.

Abstinence 'Til Marriage Pledge cards

Please visit our website:

www.aliveandwellteens.com