

DEAL BREAKER CHECKLIST

What is important to me in a relationship?

	Must Have	Nice to Have	Can Put Up With	Must Not Have
Gets along with my family				
Is a good listener/tries to see my side				
Is jealous - has to know what I'm doing and who I'm with				
Cares about their appearance/look				
Has a plan after high school				
Is honest - always tells the truth				
Unpredictable temper/argumentative				
Is self-controlled/respectful of my boundaries				
Dresses to draw attention				
Stays out of trouble/respects the law				
Enjoys my company				
Shares my interests				
Is generally happy - adapts when things don't go their way				
Calls me names/embarrasses me				
Smokes				
Good manners/polite to everyone				
Drugs or underage drinking				

Name:

Parent Signature

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The age difference between me and my date can be no more than: ____ years.

**Studies show that when there is at least a 2 year age difference, teens are more likely to be sexually active.*

I am allowed to:

- ____ Group date
- ____ Double date
- ____ Be alone with a date

My curfew is ____

GUIDELINES FOR SAFE DATING

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

Four additional dating guidelines for me:

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



Name: -----

Parent Signature: -----

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NAME: _____

WHAT DO YOU THINK?

If the average age to marry is 29 and your goal is to reach that age without an STI, what decisions do you need to make to reach that goal?

What are some choices you can make now to help you reach this goal?

What are some choices you could make now that would prevent you from reaching this goal?



Abstinence:
Saving
intimate
sexual
contact for
marriage.

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NAME _____

WHERE AM I HEADED?

THINKING THROUGH WHERE I WANT TO GO AND HOW I PLAN TO GET THERE



SET A GOAL



MAKE A PLAN



**VISUALIZE MY
FUTURE**

What are some of my priorities for my life?

What are some of my interests and passions?

What does my desired future look like (family, career, where I want to live, etc)?

What decisions can I make now that will bring me closer to my desired future?

What decisions can I make now that will take me further from my desired future?

Who could I ask to hold me accountable to staying on track towards my desired future?

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For the next 24 hours bring this paper with you to your classes. Keep track of all the different emotions you feel throughout each class period.

Emotions:

Admiration
Adoration
Appreciation
Amusement
Anxiety
Awe
Awkward
Bored
Calm
Confused
Craving
Disgust
Envy
Excited
Fear
Horror
Interest
Joy
Nostalgia
Pain
Romance
Sad
Satisfaction
Sympathy
Triumph



Name: _____

Parent Signature: _____

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