



# CREATING HEALTHY RELATIONSHIPS

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

**Class Period:** \_\_\_\_\_

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# POSITIVE COPING SKILLS

## 1 Session



Brief increases in heart rate, mild elevations in stress hormone levels.

Serious, temporary stress responses, buffered by supportive relationships.

Prolonged activation of stress response systems in the absence of protective relationships.

### Homework: Ways to Handle Stress Practice

1. Stress is the feeling of being \_\_\_\_\_ or unable to cope with mental or emotional \_\_\_\_\_.
2. How do you notice stress in your \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_?  
\_\_\_\_\_
3. Stressors are \_\_\_\_\_ or \_\_\_\_\_ that cause stress.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Keeping our eyes focused on our goals and being \_\_\_\_\_, instead of comparing ourselves to others, can help \_\_\_\_\_  
from our lives.



# COPING WITH STRESS



## PRIORITIZE YOUR HEALTH/EXERCISE

Battle stress by eating healthy foods, exercising, and getting enough sleep. Just 20 minutes of exercise daily can improve your mood and increase your energy. It also helps to refocus your thoughts and improve mindfulness.



## MINDFULNESS

When you are stressed, your thoughts can run wild inside of your head. Taking the time to become aware of what you are thinking and then redirecting your thoughts to a more productive avenue can help you overcome stress..



## JOURNAL YOUR THOUGHTS

Do not filter your thoughts, simply write down what you are thinking. Often times, reviewing what you write over time can help you find triggers that may be causing the majority of your stress.



## AVOID PROCRASTINATION

Stress can cause you to delay activity because you are too overwhelmed to begin. However, delaying productivity will just lead to more stress. Often times tackling your problems as they arrive can reduce stress over the long haul.



## TALK TO A TRUSTED ADULT

A trusted adult has valuable life experience and resources that can help you. They have experienced and come through some of the same things you may be going through.



## HOBBIES

Hobbies can provide an outlet when you are feeling stressed. They can give you something to look forward to and help refocus your thoughts. Drawing, baking, gardening, skateboarding, photography, and caring for a pet are all great options for a hobby.

# NEGATIVE COPING SKILLS

## HOMEWORK: MY SAFE PEOPLE



### QUOTE:

"Never make a permanent decision about a temporary situation." - T.D. Jakes

1. Addiction: A strong \_\_\_\_\_ to do, use, or indulge in something\_\_\_\_\_.
  2. Boundaries: A line that marks your \_\_\_\_\_.
  3. It is never too late to get your life back on \_\_\_\_\_, but you may have lasting consequences from poor decisions.
  4. Quality relationships help us avoid \_\_\_\_\_ behaviors.
  5. Quality \_\_\_\_\_ are fulfilling, so there is less of a need to fill that void with unhealthy behaviors.
  6. The person who encourages me to be the healthiest version of myself is \_\_\_\_\_.
-

# Reframe Your Thoughts

1. Reframing: Seeing things from a \_\_\_\_\_ perspective.
2. Obstacles can seem impossible until we view them a \_\_\_\_\_ way.
3. Questions to broaden your \_\_\_\_\_:
  - A. Is this a fact or my \_\_\_\_\_?
  - B. Could I be \_\_\_\_\_?
  - C. How does this thinking \_\_\_\_\_ me?
  - D. How else could I \_\_\_\_\_ this situation?
  - E. What can I \_\_\_\_\_ from this?
4. Put yourself in a friend's shoes.
5. The quality of your \_\_\_\_\_ is the quality of where you live emotionally.
6. Our mindset determines our \_\_\_\_\_ more than our circumstances do.
7. If we want to get a new result in any area of our life, we must have a NEW \_\_\_\_\_.
8. Steps to change our \_\_\_\_\_:
  - \_\_\_\_\_ our mind positive truth every day.
  - \_\_\_\_\_ your body. Exercise helps you cope with fear and negative emotions.
  - Find a mission \_\_\_\_\_ than yourself.
  - Find a role \_\_\_\_\_ or mentor.

I am grateful for \_\_\_\_\_

I am proud of \_\_\_\_\_

Session

3

HOMWORK:  
POWER POSE  
PRACTICE



# HEALTHY RELATIONSHIPS

## *Session 4*



1. Quote: "Love \_\_\_\_\_ not only a feeling, it is a \_\_\_\_\_."

2. Abstinence: Saving \_\_\_\_\_ sexual contact for \_\_\_\_\_.

3. Secondary abstinence means that someone has decided to \_\_\_\_\_ being \_\_\_\_\_ active and make a fresh \_\_\_\_\_ by choosing \_\_\_\_\_.

4. How to build a love relationship leading to marriage:

5. Qualities of a good friend:

6. The "nails" that hold the relationship together are called \_\_\_\_\_.

7. Lesson of the "Equality" Demo:

An \_\_\_\_\_ relationship usually results in a \_\_\_\_\_.

8. Where is the "caution light" in showing affection?  
\_\_\_\_\_.

Session 5

# ABUSIVE RELATIONSHIPS

1. Quote: \_\_\_\_\_ is \_\_\_\_\_!

2. Ten Signs of Relationship Abuse:

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

3. If someone has already had sex, do they have to continue? What needs to change?

4. Sexual abuse is when someone \_\_\_\_\_ you in the \_\_\_\_\_ zone without your permission or when someone \_\_\_\_\_ you to touch them in the \_\_\_\_\_ zone.

5. What should you do if you have been abused?

Remember:

IT'S NEVER YOUR \_\_\_\_\_!  
TELL A \_\_\_\_\_ ADULT!  
YOU CAN STILL HAVE \_\_\_\_\_ RELATIONSHIPS.

6. What makes a healthy relationship? \_\_\_\_\_



UNPLANNED PREGNANCY

SESSION 6

1. Quote: "Make life-long \_\_\_\_\_ with your \_\_\_\_\_, not your \_\_\_\_\_."

2. Choices for an unplanned pregnancy:

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

3. The youngest surviving premature baby was born at \_\_\_\_\_ weeks. He weighed \_\_\_\_\_ ounces and was \_\_\_\_\_ inches long.

4. Possible whole-person consequences of unplanned pregnancy:

A. Parenting: \_\_\_\_\_

\_\_\_\_\_

\* Responsibilities of the father \_\_\_\_\_, \_\_\_\_\_

\_\_\_\_\_, \_\_\_\_\_/\_\_\_\_\_.

B. Adoption: \_\_\_\_\_

\_\_\_\_\_

C. Abortion: \_\_\_\_\_

\_\_\_\_\_

5. Which of the options a teen faces in an unplanned pregnancy is easy?

\_\_\_\_\_

6. What is the only 100% reliable way to avoid an unplanned pregnancy?

\_\_\_\_\_

# PHYSICAL HEALTH

## SESSION 7

1. The only \_\_\_\_\_ sex is \_\_\_\_\_ sex.

2. Postponing sexual activity until \_\_\_\_\_ protects \_\_\_\_\_ from potentially devastating physical consequences.

3. Common STIs:

### Viruses - No Cure

HPV  
Hepatitis  
Genital Herpes  
HIV/AIDS

### Bacteria - Curable

Syphilis  
Gonorrhea  
Chlamydia

### Parasites - Curable

Trichomoniasis  
Pubic Lice

4. How are STIs spread?

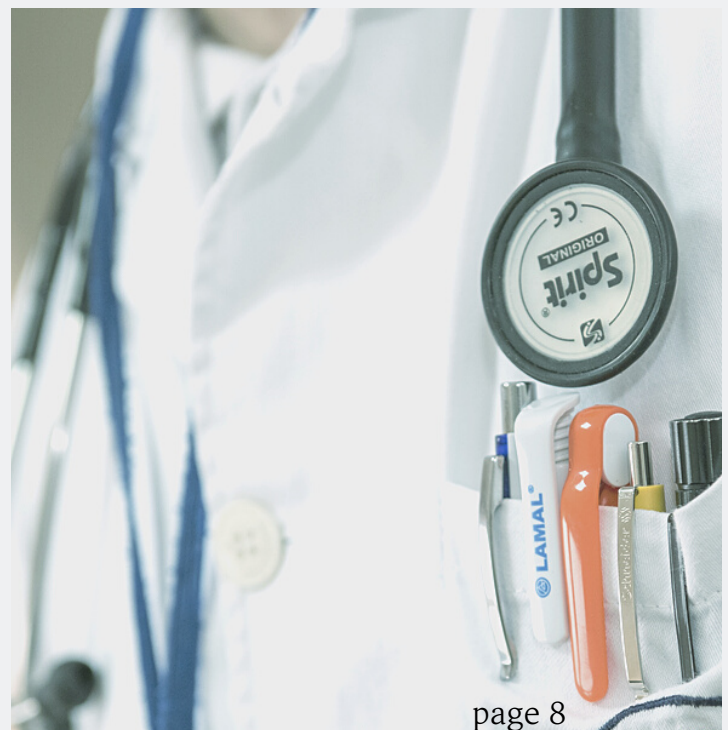
- Getting infected body \_\_\_\_\_ into a body \_\_\_\_\_.
- \_\_\_\_\_ to \_\_\_\_\_ contact in the underwear zone with an infected person.

5. Symptoms:

- Many STIs have no \_\_\_\_\_ until complications set in.
- Some symptoms may be blisters, sores or warts in the \_\_\_\_\_, poor health, burning during urination, excessive discharge, flu-like symptoms.
- Untreated STIs can lead to arthritis, heart disease, pelvic inflammatory disease, sterility, heart defects or death in infants and a higher risk of \_\_\_\_\_.
- If a person has some of these symptoms, it does \_\_\_\_\_ necessarily mean he/she has an \_\_\_\_\_.

**If you have been sexually active, you need to get tested!**

**Check with your local health department.**



page 8

# STI FACT SHEET

## VIRAL:

- **Human Papilloma Virus (HPV)** - Also known as genital warts because it may cause warts in the genital area. This can cause cancer of the cervix, vagina, and penis. There are over 100 strands of HPV, 30 of which infect the genital area of men and women.
- **Genital Herpes** - Can cause flu-like symptoms and painful blisters (on the genitals or mouth). This is transferrable with or without a visible outbreak present.
- **Hepatitis** - Some people suffer very disabling flu symptoms that may send them to the hospital for several days. Doctors can help treat the symptoms and control the virus. Without medical attention, the virus attacks the liver.
- **HIV/AIDS** - Human Immunodeficiency Virus is the virus that causes AIDS (Acquired Immune Deficiency Syndrome), the most deadly of all STIs.

## BACTERIAL:

- **Chlamydia** - Causes excess discharge from the penis or vagina & itching or burning during urination. It can lead to pelvic inflammatory disease, which can leave a person unable to have children.
- **Gonorrhea** - Can cause excess discharge from the penis or vagina and itching or burning during urination. It can lead to pelvic inflammatory disease.
- **Syphilis** - One of the oldest STIs. The bacteria causes a chancre sore on the mouth or in the genital area, then a rash on hands, feet, or stomach. If symptoms are not treated with antibiotics, the final stage can result in heart damage, brain damage, or even death.

## PARASITES:

- **Pubic Lice** - Just like head lice, except they prefer pubic hair! Special shampoos can cure the pesky infestation.
- **Scabies** - Insects that cause itching as they burrow under your skin. Ointment from the pharmacy can be given for relief.
- **Trichomoniasis** - A parasite that lives in your body that can cause itching and burning when transferred to another person. A prescription from the doctor is needed to cure the infection.

1 in 5 people in the U.S. have a sexually transmitted infection.

1/2 of the over 20 million new cases of STIs reported yearly are young people, age 15-25.

Free STI Testing Facility:  
The Hope Clinic  
hopeandanswers.com  
260.589.3561 OR  
260.728.4191

1. The internet is written in \_\_\_\_\_, not \_\_\_\_\_.
2. Your decision to stay safe online should include a \_\_\_\_\_ and \_\_\_\_\_.
3. Decisions are made in a \_\_\_\_\_. Consequences can last a lifetime.
4. Pressures and dangers teens face with their devices:

- o \_\_\_\_\_
- o \_\_\_\_\_
- o \_\_\_\_\_
- o \_\_\_\_\_
- o \_\_\_\_\_



5. What should you do if you receive a sexting message or become the victim of sextortion?

\_\_\_\_\_ do what is asked.

Always tell an \_\_\_\_\_ and then the \_\_\_\_\_.

6. What can I do to fight pressures to make unwise decisions?

Don't \_\_\_\_\_ with those who \_\_\_\_\_ you.

Choose \_\_\_\_\_ with similar \_\_\_\_\_.

Make your values \_\_\_\_\_.

Don't be \_\_\_\_\_ on a date.

\_\_\_\_\_ risky situations.

Be picky about your \_\_\_\_\_ and \_\_\_\_\_ use.



Day 1: Love is not just a feeling, it's a \_\_\_\_\_.

Day 2: \_\_\_\_\_ is \_\_\_\_\_!

Day 3: Making life-long \_\_\_\_\_ with your \_\_\_\_\_ not your \_\_\_\_\_.

Day 4: The only \_\_\_\_\_ sex is \_\_\_\_\_ sex.

# I NEED HELP!

A secret struggle can tear a person apart. Be sure to talk to a trusted adult, your school counselor, or one of the organizations listed below.

For more helpful websites, visit [aliveandwellteens.com](http://aliveandwellteens.com) or [211.org](http://211.org).

## ABUSE



**NATIONAL DOMESTIC VIOLENCE/ABUSE HOTLINE**

TEXT: loveis to 22522  
1.800.799.SAFE  
1.866.331.9474



**INDIANA CHILD ABUSE AND NEGLECT HOTLINE**

1-800-800-5556



**NATIONAL SEXUAL ASSAULT HOTLINE**

hotline.rainn.org  
800-656-HOPE

## BULLYING



**STOP BULLYING .GOV**  
stopbullying.gov  
1-800-273-TALK



**NATIONAL EATING DISORDERS ASSOCIATION**  
nationaleatingdisorders.org  
call or text: (800) 931-2237

## EATING DISORDERS

## COUNSELING



**LOOK UP INDIANA**  
Chat or text a soul medic  
Text LOOKUP to 494949  
or visit: [lookupindiana.org](http://lookupindiana.org)



**CROSSWINDS (FAMILY COACHING AND COUNSELING)**  
Crosswindseyouth.org  
855.927.7963



**RENOVATE COUNSELING SERVICES**  
[renovatecounseling.org](http://renovatecounseling.org)  
260.307.5030

## PORNOGRAPHY



**X3 WATCH**  
x3watch.com



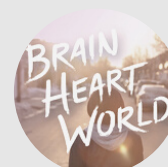
**NF COMPANION**  
App for Android



**COVENANT EYES**  
[covenanteyes.com](http://covenanteyes.com)



**FIGHT THE NEW DRUG**  
fightthenewdrug.org



**BRAIN, HEART, WORLD**  
[brainheartworld.org](http://brainheartworld.org)

# ONLINE PREDATOR



NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

[cybertipline.org](http://cybertipline.org)  
1-800-843-5678

# SELF HARM



SAFE ALTERNATIVES  
800-DONT-CUT  
[selfinjury.com](http://selfinjury.com)



Suicide Hotline



NATIONAL SUICIDE PREVENTION LIFELINE  
1-800-273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

# SEX TRAFFICKING



SHARED HOPE INTERNATIONAL  
[sharedhope.org](http://sharedhope.org)  
1-866-437-5433



HUMAN TRAFFICKING IN OUR BACKYARD  
[InOurBackyard.org](http://InOurBackyard.org)  
888-3737-888  
Text: HELP to 233733

# STI TESTING -CHECK YOUR LOCAL HEALTH DEPARTMENT



THE HOPE CLINIC  
[hopeandanswers.com](http://hopeandanswers.com)  
Berne:  
260.589.3561  
Decatur:  
260.728.4191



A HOPE CENTER  
[ahopecenter.org](http://ahopecenter.org)  
Call or Text:  
224.585.3544

# UNPLANNED PREGNANCY



Huntington Health Dept  
(Offers pregnancy & STI testing)  
260.358.4831



THE HOPE CLINIC  
Berne or Decatur  
[thehopeclinic.net](http://thehopeclinic.net)  
B: 260.589.3561  
D: 260.728.4191  
24/7 Help Line:  
1.800.395.HELP



HELPING HANDS  
Pregnancy Resource  
Bluffton, IN  
[helpinghandscpc.org](http://helpinghandscpc.org)  
260.824.4263



A HOPE CENTER  
Fort Wayne  
[ahopecenter.org](http://ahopecenter.org)  
24/7 Help Line:  
260.422.3544

# I NEED TO TALK

## Session 7

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

**Teens:** Mark at least 2 topics from the list below that you would like to talk to a parent about. Then, give this page to your parent. After you have talked, get your parent's signature and turn in **the bottom** of the form for session 5.

Questions about my body	Pressures I am facing
Dating	Self-esteem/body image
Safety/ Bullying	Depression
Friendship	Sex
Pornography	Alcohol
Drugs	Stress/Anxiety
Abuse	Other

*Return bottom portion for credit:*

**Student's Name:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

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# DATING GUIDELINES

# SESSION 6



**Talk to your parent or guardian about the rules they will have for you if you date. Fill in the blanks below and return it signed by next week for credit.**

What were 2 of my parent's/guardian's dating rules when he/she was a teen?

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

How old will I need to be to go on a:

- Group date? \_\_\_\_\_
- Double date? \_\_\_\_\_
- Single date (in a car alone)? \_\_\_\_\_

My curfew time in:

- 8th grade \_\_\_\_\_
- 9th grade \_\_\_\_\_
- 10th grade \_\_\_\_\_
- 11th grade \_\_\_\_\_
- 12th grade \_\_\_\_\_

The grade difference between me and my date can be no more than: (Studies show that when there is at least a 2 yr age difference, teens are more likely to be sexually active.)

- \_\_\_\_\_ yr(s) in 8th grade
- \_\_\_\_\_ yr(s) in 9th grade
- \_\_\_\_\_ yr(s) in 10th grade
- \_\_\_\_\_ yr(s) in 11th grade
- \_\_\_\_\_ yr(s) in 12th grade

Four other dating rules for me:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

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

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

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

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

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# UNPLANNED PREGNANCY

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T F 1 in 4 girls in the US will become pregnant before the age of 20.

T F Only half of teen mothers earn a high school diploma by age 22.

T F Teen mothers are more likely to live in poverty and depend on government assistance programs.

T F Children of teen mothers have no differing statistics than children in a 2 parent household.

T F The government spends approximately \$10,000 on average for every teen birth through medical and economic supplies throughout the first year.

T F Less than 2% of teen moms earn a college degree by age 30.

T F 7 out of 10 teen dads don't marry the mother of their child.

T F A sexually active teen who does not use contraceptives has a 90% chance of becoming pregnant within a year.

T F More than half of all mothers on welfare had their first child as a teenager.

NAME: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

SOURCES: DOSOMETHING.ORG, NCSL.ORG, CNN.COM, CDC.GOV

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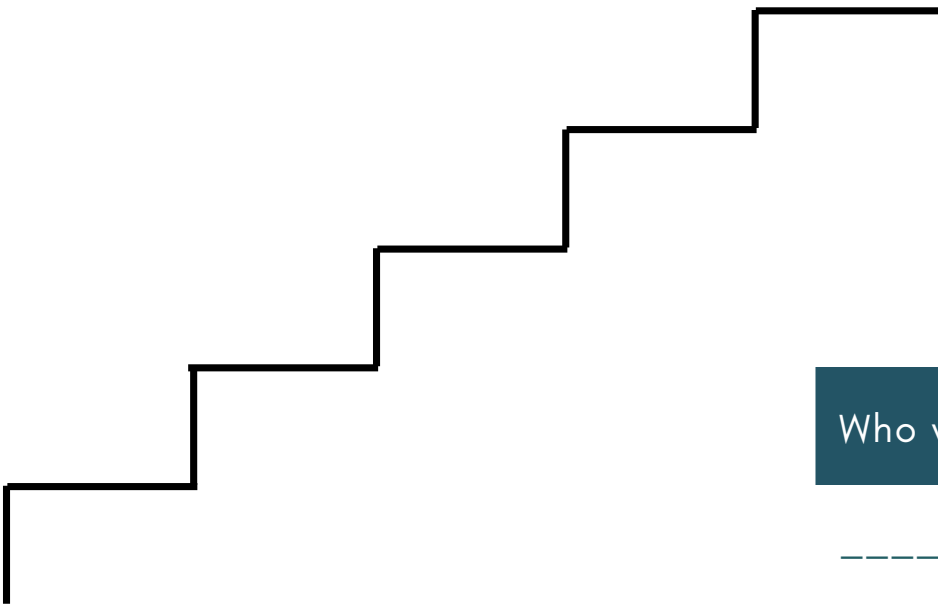
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Fill in the steps of affection and draw your own line to plan for your future relationships:



Who will help you reach your goal?

\_\_\_\_\_

Can you predict a roadblock to prevent you from reaching your goal?

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

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

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# 3

Due Session 4

# Power Pose Practice

*Stand up tall, puff out your chest, and put your hands on your hips. Set a timer for 2 minutes and answer these questions while you stand in this position:*

1. What am I really proud of in my life?

---

---

2. What am I really grateful for?

---

---

3. What am I excited about?

---

---



*Go through your entire day. At the end of the day, evaluate how the power pose affected your day.*

1. Did you feel more confident than usual?

---

---

2. Did you feel less stressed?

---

---

3. Did you take action when you normally wouldn't have?

---

---

4. When do you think it could be helpful for you to use the power pose?

---

---

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

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



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# MY SAFE PEOPLE

# 2



1. Name 5 teens or adults that you feel safe around. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Name any of those people that encourage you to make healthy choices.

\_\_\_\_\_

\_\_\_\_\_

3. From the list above, who makes healthy choices in their own life?

\_\_\_\_\_

4. From the above list, who do you admire? \_\_\_\_\_

**If you named someone for all three questions, chances are they are a safe person that you can go to when you are struggling in life.**

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

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

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

# Ways to Handle Stress Practice

Look through the 6 ways to handle stress that we talked about in class. Answer the questions below to help you learn how to implement these stress relievers in your daily life.



**TAKE CARE OF YOUR HEALTH**



**MINDFULNESS**



**WRITE IT DOWN**



**AVOID PROCRASTINATION**



**HOBBIES**



**TALK TO A TRUSTED ADULT**

1. Which of these ways to handle stress is the easiest for you to do?

---

2. Which of these ways to handle stress is the hardest for you?

---

3. Is there a strategy that you could use on a regular basis to help you relieve stress in your life?

---

---

4. How are you going to implement this strategy?

---

---

5. How do you think this will benefit your quality of life?

---

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

**DUE SESSION 2**

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