



**6TH GRADE
STUDENT NOTES
CORE PROGRAM
5 SESSIONS**



Planning for a Bright Future

STUDENT NAME:

Class Period:

THANK YOU TO OUR SPONSORS



Providing you with the latest and best in outdoor power equipment and parts.



An Indiana based community bank providing personal, business, and agribusiness services.



United Way of Adams County, Inc.

Making a positive impact on our community.



Inspiring people and communities to build and distribute charitable funds for good.



Getting your commercial and industrial HVAC job done right the first time.



Enhancing the quality of life in Huntington County.



Providing fueling solutions for wholesale and retail customers.



Making a lasting difference in Wells County.



Saving marriages, strengthening families, and empowering individuals towards hope and wholeness.



United Way of Wells County

Making a positive impact on our community.

My Personal Health Goal

Name:

My Goal:

In each box mark a + for every day that you worked toward your goal.
Mark a - for every day that you could have done better.

Week 1

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Week 2

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Week 3

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Week 4

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GOALS

1. Quote: If you _____ at _____, you'll _____ it every _____.

2. Whole-person maturity - What does it mean to be mature:

a. Physically: _____

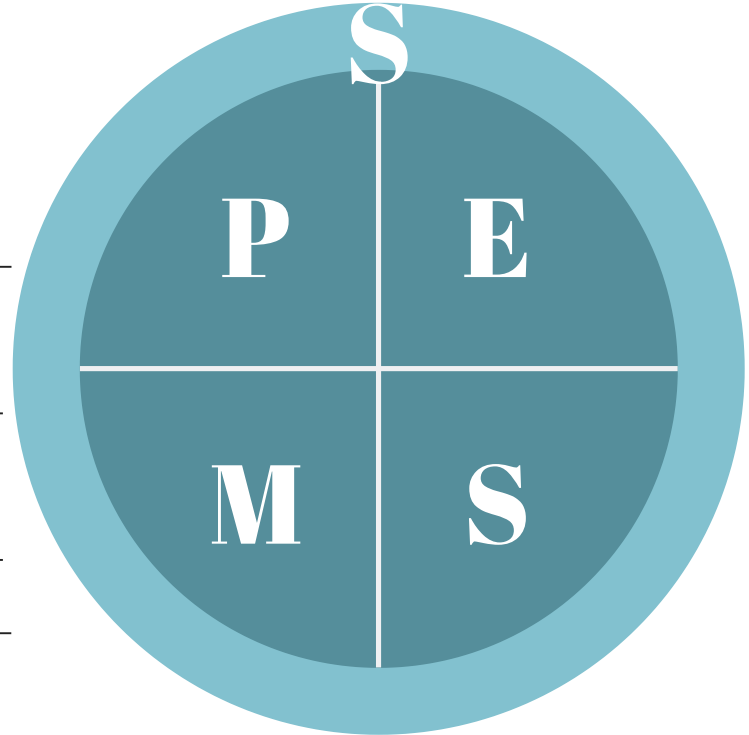
b. Emotionally: Top 2 female needs:

Top 2 male needs:

c. Mentally: _____

d. Socially: _____

e. Spiritually: _____



4. Snap decision: A choice you make without _____ through the consequences.

5. Reflective decision: A decision you put a lot of time and _____ into.

6. Goals should be: Specific, Measurable, Achievable, Realistic, _____.

7. My SMART Goal:

MY PERSONAL HEALTH GOAL

TO BE ACCOMPLISHED OVER THE NEXT 5 WEEKS

NAME:

MY GOAL IS:

STEPS TO REACH MY GOAL:

OBSTACLES THAT COULD KEEP ME FROM REACHING MY GOAL:

PERSONAL CHOICES I WILL HAVE TO MAKE:

MY PERSONAL ACCOUNTABILITY:

MAKE SMART GOALS

Session 1



S

SPECIFIC



M

MEASURABLE




A

ACHIEVABLE



R

RELEVANT



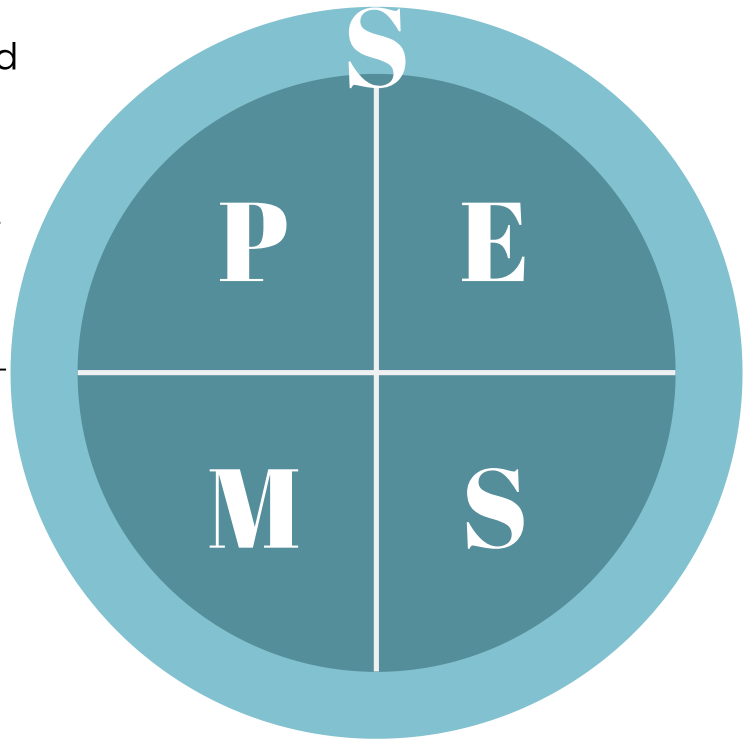
T

TIMELY



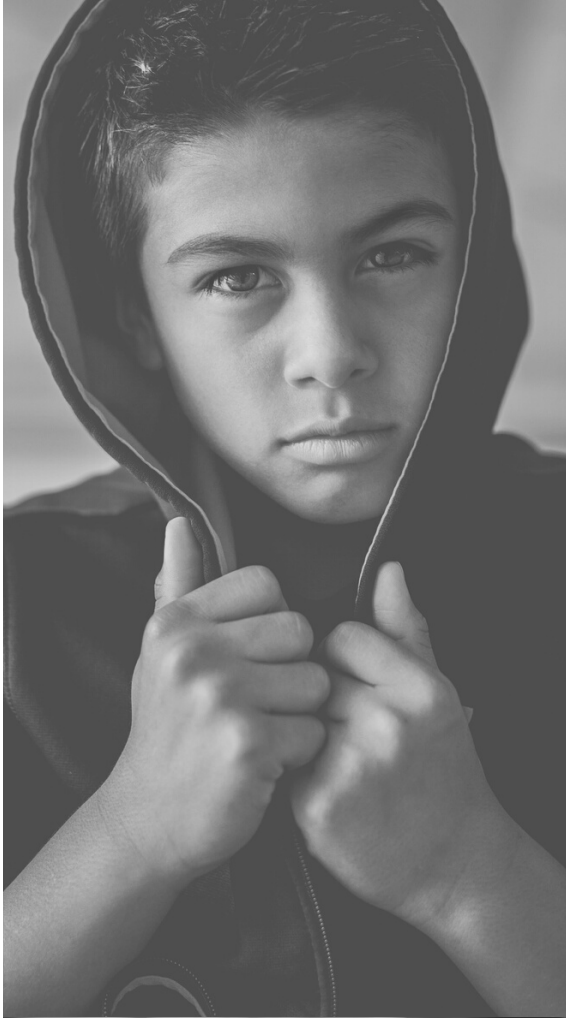
PUBERTY

1. Quote: Your sexuality is a very special _____ worth respecting and _____.
2. Abstinence: Saving intimate _____ contact for _____.
3. Abstinence helps you create _____ relationships.
4. Sexuality affects the whole person.
5. List some changes that happen to boys and girls during puberty:
 - a. Physically: _____
 - b. Mentally: _____
 - c. Emotionally: _____
 - d. Socially: _____
 - e. Spiritually: _____



ANATOMY REVIEW

Session 2



1. Where are the female's eggs stored?

2. Where are the male's sperm cells produced? _____
3. In what female organ does a baby grow?

4. The process of a sperm joining an egg is called _____.
5. The stage of life when a child develops into a young man or woman is called _____.
6. Special chemicals in the body that cause changes to occur. _____
7. The gland in our brain that controls our growth. _____
8. The shedding of the lining of the uterus is called _____.
9. A girl can get pregnant the first time she has sexual intercourse. _____
10. A girl cannot get pregnant if she has not yet started her period. _____

A. Fertilization

B. Testes

C. Pituitary

D. Ovaries

E. Uterus

F. False

G. Hormones

H. Menstruation

I. Puberty

J. True

LOVE OR CRUSH?

STUDENT NOTES SESSION 3



Staying under control when we are in love:

1. Recognize this is _____.
2. Take a deep _____.
3. Order your _____ brain to be in charge.

Quote: Love takes _____ to grow, a _____ will _____ and go.

Love	Crush

4. Crush: Extravagant, short lived _____.

5. Hormones will push someone _____ the next step.

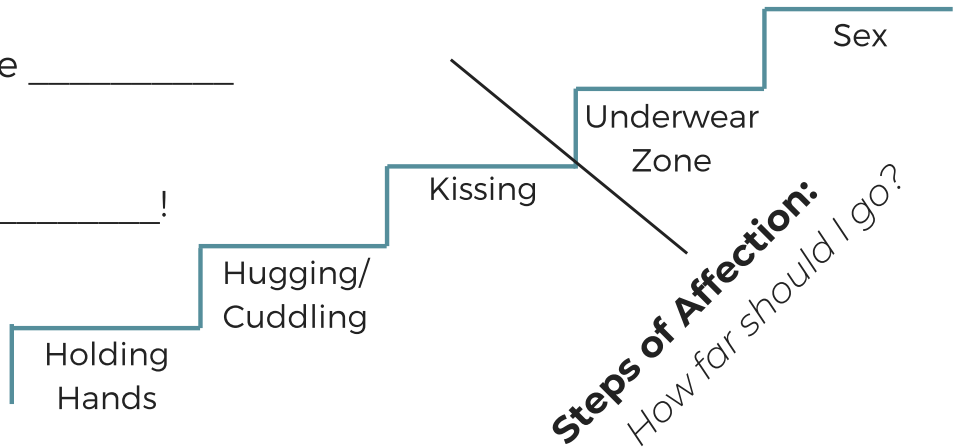
6. _____ should not be _____!

7. The healthiest place to draw your line is no further than _____.

8. _____ abstinence means a person _____ to _____ crossing the line.

9. Sexual Abuse: No one has the _____ to touch you in the _____ zone without your _____!

10. Peer or relationship abuse: Any type of _____, _____ behavior that takes place in a _____.

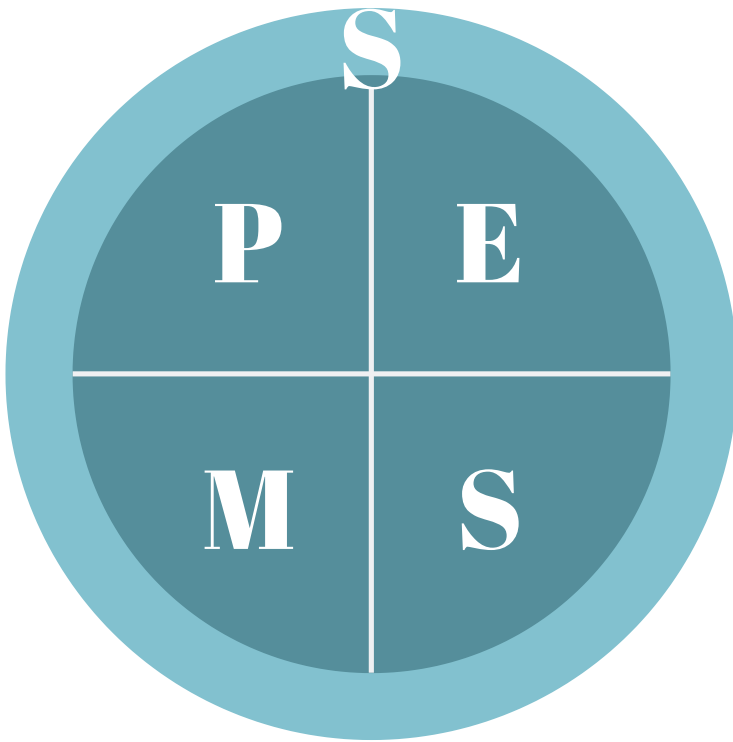


STUDENT NOTES
SESSION 4

CONSEQUENCES

1. Let the _____ you make _____ be choices you can _____ tomorrow.

2. Possible whole person consequences of sexual activity before marriage:



Spiritual: _____

Physical: _____

Emotional: _____

Mental: _____

Social: _____

3. Basic reasons why there is an epidemic:

a. The symptoms are hard to _____.

b. People who get infected may not tell _____.

c. There are more sexual relationships outside of a committed _____.

4. How do people get STIs? ~ _____ to _____ contact in the underwear zone with an infected person or getting infected _____ into body openings.

5. Lesson of the "Risky Business" Demo: STIs can be _____ to _____ people over a period of time.

6. HIV attacks the body's _____ system.

7. If a person has been sexually active with more than one person, they should get _____.

8. If you've been sexually active, do you have to continue? _____

411 ON STIS

STI - SEXUALLY TRANSMITTED INFECTIONS

Could be caused from:

VIRUSES

HPV
Genital Herpes
HIV/AIDS

BACTERIA

Syphilis
Gonorrhea
Chlamydia

PARASITES

Trichomoniasis
Pubic Lice

How Does Someone Get An STI?

1. By getting infected body fluids into body openings
2. Skin to skin contact in the underwear zone with an infected person

- 7 out of 10 people who have an STI don't know they have one.
- If diseases are left untreated, they can cause symptoms that are worse like cancer, seizures, heart disease, even death.
- Some STIs can be passed to a baby during pregnancy, delivery or breastfeeding, which may cause the baby to have serious medical complications at birth.

If you have not been sexually active, you do not need to worry about having a sexually transmitted infection.

FRIENDSHIP AND TECHNOLOGY

Student Notes Session 5



1. Show me your _____ and I'll show you your _____.
2. Mirror neurons encourage us to _____ others.
3. Self-esteem: My _____ of _____.
4. Two things I value about myself are:
 - a. _____
 - b. _____
5. Good character: It's what's on the inside that counts.
One character quality that I would like to work on: _____

Tips for healthy communication:

- a. Always treat the other person the way that _____ would want to be _____.
- b. When communicating through technology, remember that I am leaving a digital footprint that can be:
 - i. _____
 - ii. _____
 - iii. _____
 - iv. _____
 - v. _____



LET'S REVIEW

1. If you _____ at _____, you'll _____ it every _____.
2. Quote: Your sexuality is a very special _____ worth saving for a very special person - your _____.
3. Love takes _____ to grow, a _____ will _____ and go.
4. Let the _____ you make _____ be choices you can _____ tomorrow.

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 or 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



CROSSWINDS (FAMILY COACHING AND COUNSELING)
Crosswindseyouth.org
855.927.7963



RENOVATE COUNSELING SERVICES
renovatecounseling.org
260.307.5030

PORNOGRAPHY



X3 WATCH
x3watch.com



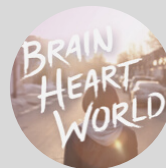
NF COMPANION
App for Android



COVENANT EYES
covenanteyes.com



FIGHT THE NEW DRUG
fightthenewdrug.org



BRAIN, HEART, WORLD
brainheartworld.org

ONLINE PREDATOR



NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

cybertipline.org
1-800-843-5678

SELF HARM



SAFE ALTERNATIVES
800-DONT-CUT
selfinjury.com



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255
suicidepreventionlifeline.org

SEX TRAFFICKING



SHARED HOPE INTERNATIONAL
sharedhope.org
1-866-437-5433



HUMAN TRAFFICKING IN OUR BACKYARD
InOurBackyard.org
888-3737-888
Text: HELP to 233733

STI TESTING



THE HOPE CLINIC
hopeandanswers.com
Berne:
260.589.3561
Decatur:
260.728.4191



A HOPE CENTER
ahopecenter.org
Call or Text:
224.585.3544

UNPLANNED PREGNANCY

Check your local Health Department for valuable resources.



BARB HARTSELL
Pregnancy Counselor
Bethany Services
bhartsell@bethany.org
260.820.3404



THE HOPE CLINIC
Berne or Decatur
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
260.824.4263



A HOPE CENTER
Fort Wayne
ahopecenter.org
24/7 Help Line:
260.422.3544

MY PERSONAL HEALTH GOAL REFLECTIONS

SESSION 5

Did you accomplish your goal?

If so, what do you think helped you accomplish it?

If not, why don't you think you were able to?

What has gone well in the past several weeks?

What could go better in the future?

What steps could YOU take to make those things go better in the future?

Did your accountability person help you stay on track with your goal? Why or why not?

If not, do you think you should find new accountability? If you need to find new accountability, who should it be?



CHARACTER QUALITIES

Session 4 Homework



Put an H next to the character qualities that you HAVE and a W next to the character qualities that you WANT. Review your answers with your parent or guardian and have them mark with an H and W for you as well.

ATTENTIVE _____

(Listening with eyes, ears, & heart)

CONTENT _____

(Happy with what I have)

HONEST _____

(I tell the truth all the time)

CREATIVE _____

(Doing something in a new way)

DILIGENT _____

(Working hard to accomplish a task)

FAIR _____

(Treating others equally)

GENEROUS _____

(Sharing what I have)

HELPFUL _____

(Ready to serve at any time)

HUMBLE _____

(I don't think of myself as better than anyone else)

KIND _____

(Good hearted, careful, gentle)

PROMPT _____

(Being on time - getting things done when I say I will)

PATIENT _____

(Waiting with a happy spirit)

RESPONSIBLE _____

(Doing what I say I will do when I say I will do it)

SELF-CONTROL _____

(Controlling my emotions and actions)

THANKFUL _____

(Being thankful and telling others)

NAME: _____

PARENT SIGNATURE: _____

PLEASE THANK THREE OF OUR SPONSORS:



*Enhancing the quality of life in
Huntington County.*



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of Wells County**

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on our community.*



**NATIONAL
OIL & GAS, INC.**

*Providing fueling solutions for
wholesale and retail customers.*

MEDIA ASSIGNMENT

SESSION 3 HOMEWORK

What messages are your devices communicating? How will these messages affect your relationships?

1. Name a show you normally watch, site you visit, video game or app you play:

2. As you are watching or playing, make a tally mark in the appropriate box every time there's an action, comment, or picture which shows disrespect in the following areas:

Violence

Language

Sexual

3. Were there any consequences shown for these behaviors? _____

If yes, what were they?

4. What are the benefits of your favorite form of media?

5. What are the risks?

6. Is this show, app, or game helping you learn the skills of creating positive, healthy relationships?

_____ Yes _____ No

Parent Signature: _____

Student Name: _____

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Name: _____

Parent Signature: _____

RESPECTED ADULT INTERVIEW

SESSION 2 HOMEWORK

What advice did someone give you when you were my age that you were glad you listened to?

What advice do you wish you would have listened to when you were a teenager?

What attributes do you see in me that make you excited for my future?

What attributes do you see in me that you think I need to be cautious of for my future?

Do you have any other advice for me?



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STEPS TO MAKING A GOOD DECISION

Session 1 Homework

Name: _____


	PROS	CONS
1. _____ YOUR GOAL		
2. GATHER _____		
MY DECISION: _____ _____		

CONSIDER THE CONSEQUENCES (POSSIBLE CONSEQUENCES):

*Can you live with those consequences?

4. _____ YOUR DECISION.
5. EVALUATE YOUR _____

I HAVE SOME QUESTIONS...



Alive & Well wants to partner with 6th grade parents or guardians to help your pre-teen make healthy choices. Next week, we will be presenting the topics of puberty and abstinence in your student's class. We believe that it is very important for young people to discuss these issues with their guardians. 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 discuss the questions your child lists below.

Here are some of my questions about relationships, puberty, sex, etc.
