



# CREATING HEALTHY RELATIONSHIPS

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

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

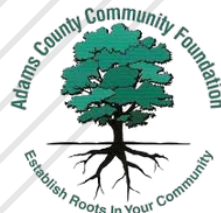
# THANK YOU TO OUR SPONSORS



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



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



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



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



United Way of Adams County, Inc.

Making a positive impact on our community.



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.

# HEALTHY RELATIONSHIPS

## *Session 1*



1. Quote: "Love \_\_\_\_\_ not an \_\_\_\_\_, it's 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 2

# 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 good relationship?



UNPLANNED PREGNANCY

SESSION 3

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

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 \_\_\_\_\_.

**The Hope Clinic**  
**hopeandanswers.com**

Berne:

260.589.3561

Decatur:

260.728.4191



page 4

# 411 ON STIS

## 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 2 sexually active young people will contract an STI by age 25.

The CDC estimates that undiagnosed STIs cause 24,000 women to become infertile each year.

Free STI Testing Facility:  
The Hope Clinic  
[hopeandanswers.com](http://hopeandanswers.com)  
260.589.3561 OR  
260.728.4191

# INTERNET SAFETY

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 an \_\_\_\_\_, 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



## EATING DISORDERS

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

## 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  
260.307.5030

## PORNOGRAPHY



**X3 WATCH**  
x3watch.com



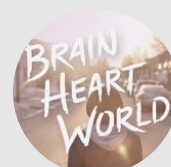
**NF COMPANION**  
App for Android



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

## SELF HARM



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



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



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

Check your local Health Department for valuable resources.



BARB HARTSELL  
Pregnancy Counselor  
Bethany Services  
[bhartsell@bethany.org](mailto:bhartsell@bethany.org)  
260.820.3404



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

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



# PLEASE THANK THREE OF OUR SPONSORS:



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



**NATIONAL  
OIL & GAS, INC.**

*Providing fueling solutions for wholesale and retail customers.*



*Making a positive impact on our community.*



# DATING GUIDELINES



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

3

# PLEASE THANK TWO OF OUR SPONSORS:



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



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

What do you know about

# UNPLANNED PREGNANCY

---



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



# PLEASE THANK TWO OF OUR SPONSORS:



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



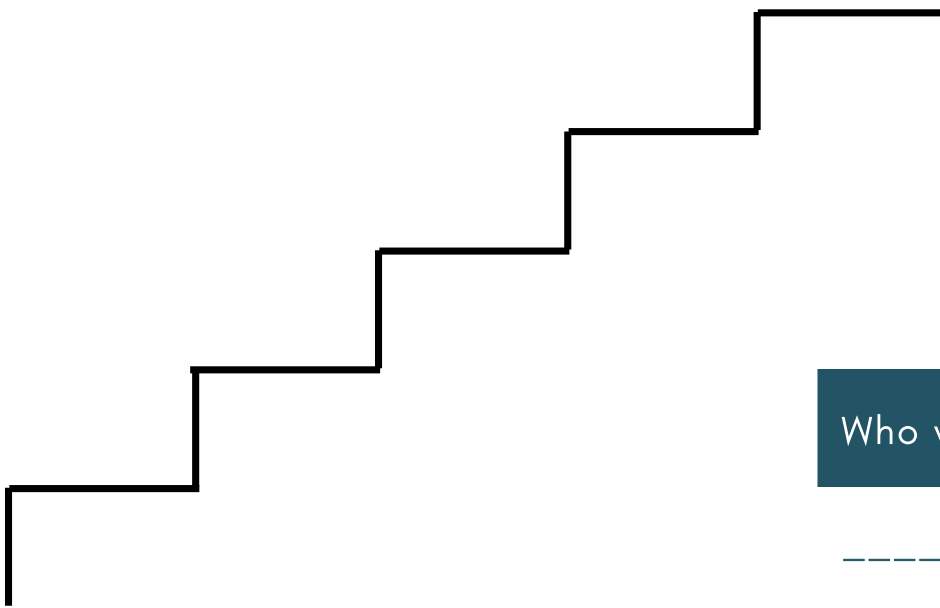
*Inspiring people and communities  
to build and distribute charitable  
funds for good.*



# HEALTHY CHOICES, HEALTHY FUTURE



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



1

Who will help you reach your goal?

\_\_\_\_\_

Can you predict a potential barrier to prevent you from reaching your goal?

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

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

# PLEASE THANK TWO OF OUR SPONSORS:



United Way  
of Adams County, Inc.

*Making a positive impact  
on our community.*



*Enhancing the quality of life in  
Huntington County.*