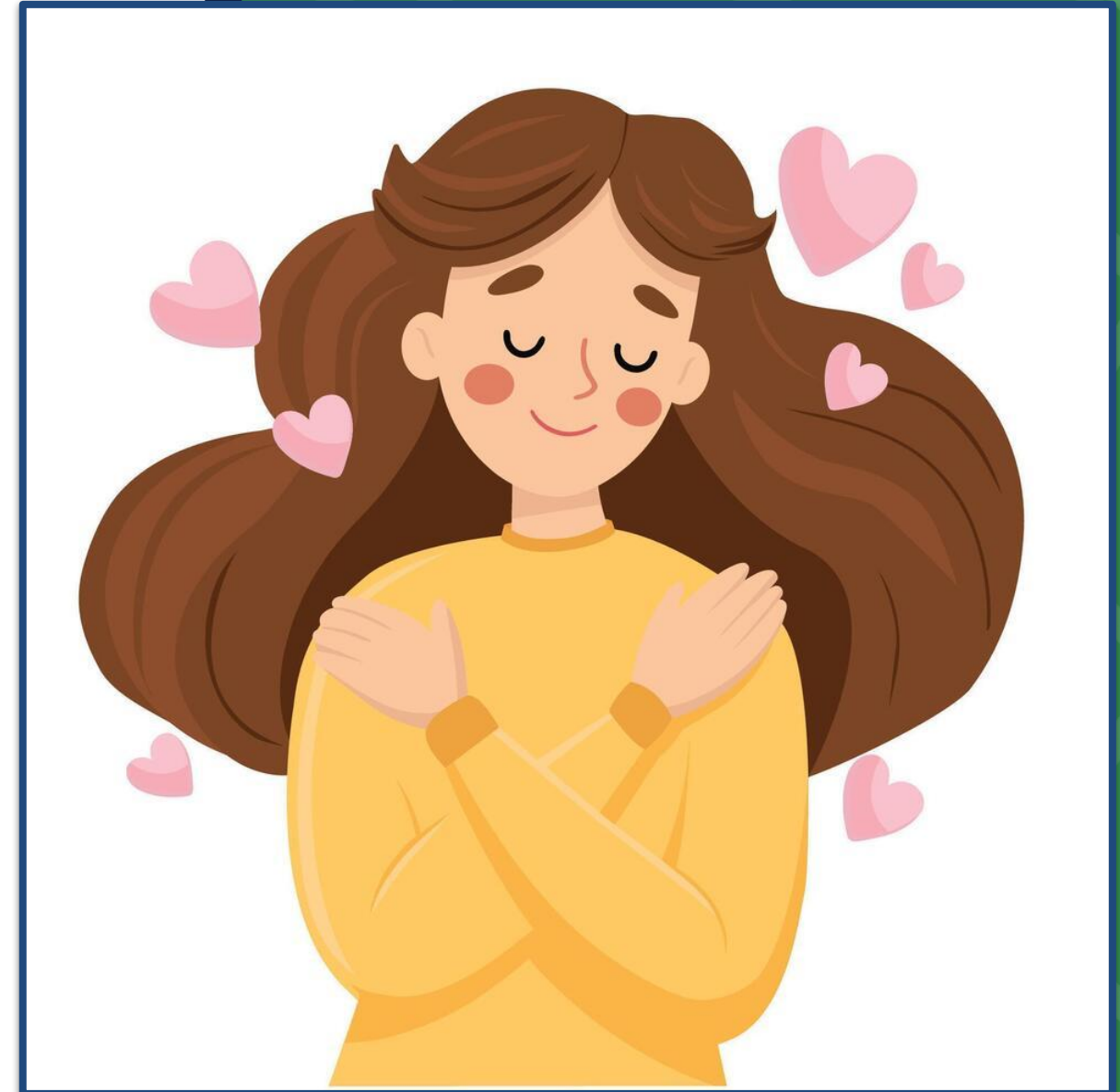




**Healthy Relationships,
Healthy Bodies,
Healthy Choices**

Remember

- Your body is special.
- Respect yourself.
- Respect others.
- Ask for help when you need it.



Kinds of Relationships

Stranger

A person you don't know by name

Acquaintance

A person you kind of know. You know their name, but you don't hang out with them

Helper

A person who cares about you as part of their job

Family

People related to you (mom, dad, siblings, cousins, etc)

Friend

A person you know well and like a lot, but is not a member of your family

Dating Partner

A boyfriend or girlfriend

Safe Relationships



A good friend, boyfriend or girlfriend:

- Listens to you
- Respects your space
- Is kind
- Does not pressure you

Unsafe Relationships



Not safe if someone:

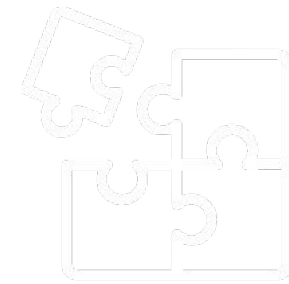
- Pushes or hits you
- Yells or calls you names
- Pressures you to do things you don't want
- Tries to control you

Kinds of Relationships

Safe Adults

Brainstorm or Draw: Who are your safe adults?

If you have questions about the things we talk about,
you can talk to your safe adults.



Growing Up - Puberty

Everyone changes as they get older.

Bodies, feelings, and thoughts can change. This is called puberty.

- Females usually start going through puberty from ages 8-13.
- Males usually start going through puberty from ages 9-14.



Respecting Differences

- Everyone's body is different.
- Some people go through puberty faster, some slower.
- All bodies are good.
- We must respect each other.



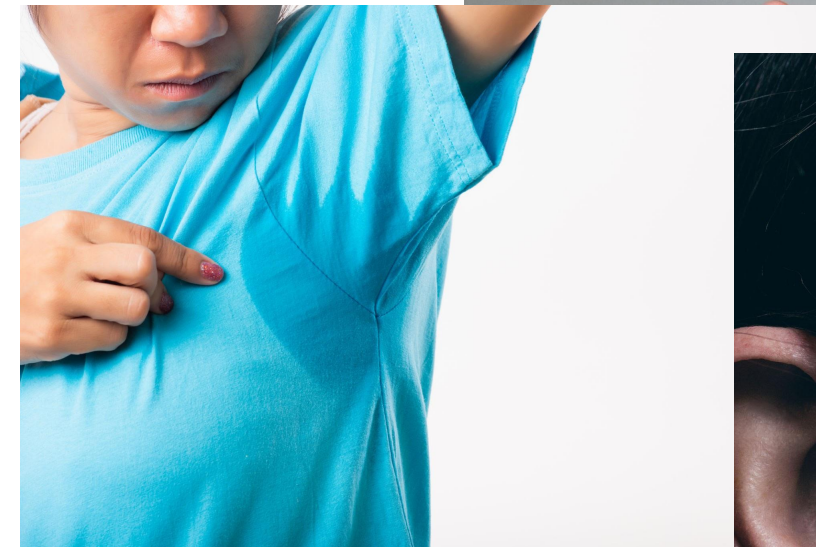
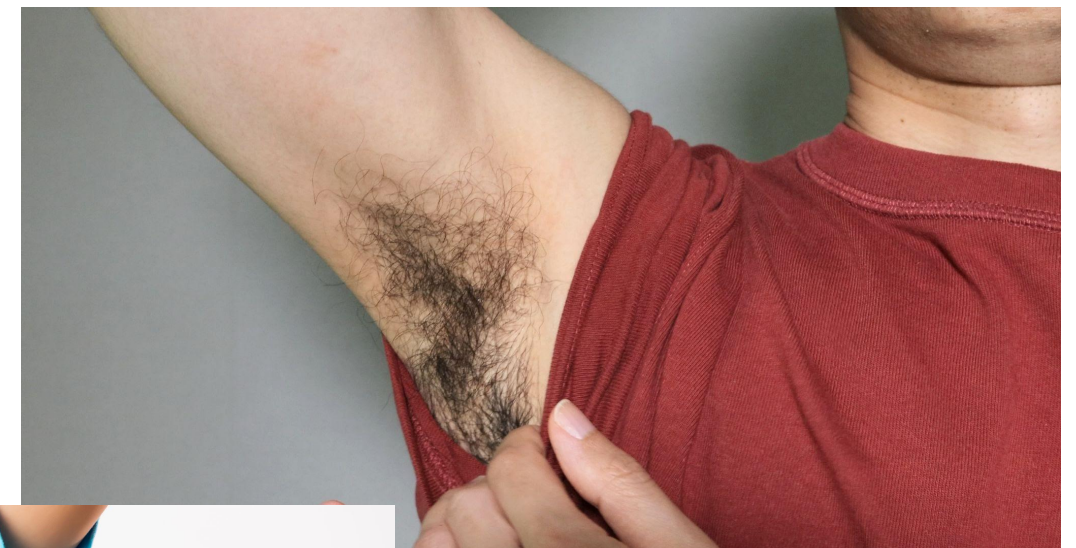
Feelings that Change in Puberty

- Teens may start to have new feelings.
- It is normal to:
 - Want more privacy
 - Care more about friendships
 - Want to be liked
 - Have bigger feelings



Body Changes During Puberty

- Some body changes happen to males and some body changes happen to females.
- Some body changes happen to both
 - Body Hair
 - Growth spurts
 - Body odor
 - Acne



Male Body Changes During Puberty

Facial hair

Voice deepens

Erections

Nocturnal emissions
(wet dreams)

Male



Female Body Changes During Puberty

Breast development

Periods

Female



What is the difference between private and public?

Private

You are alone



Public

Other people can see you, or you are in a public place



Our Bodies

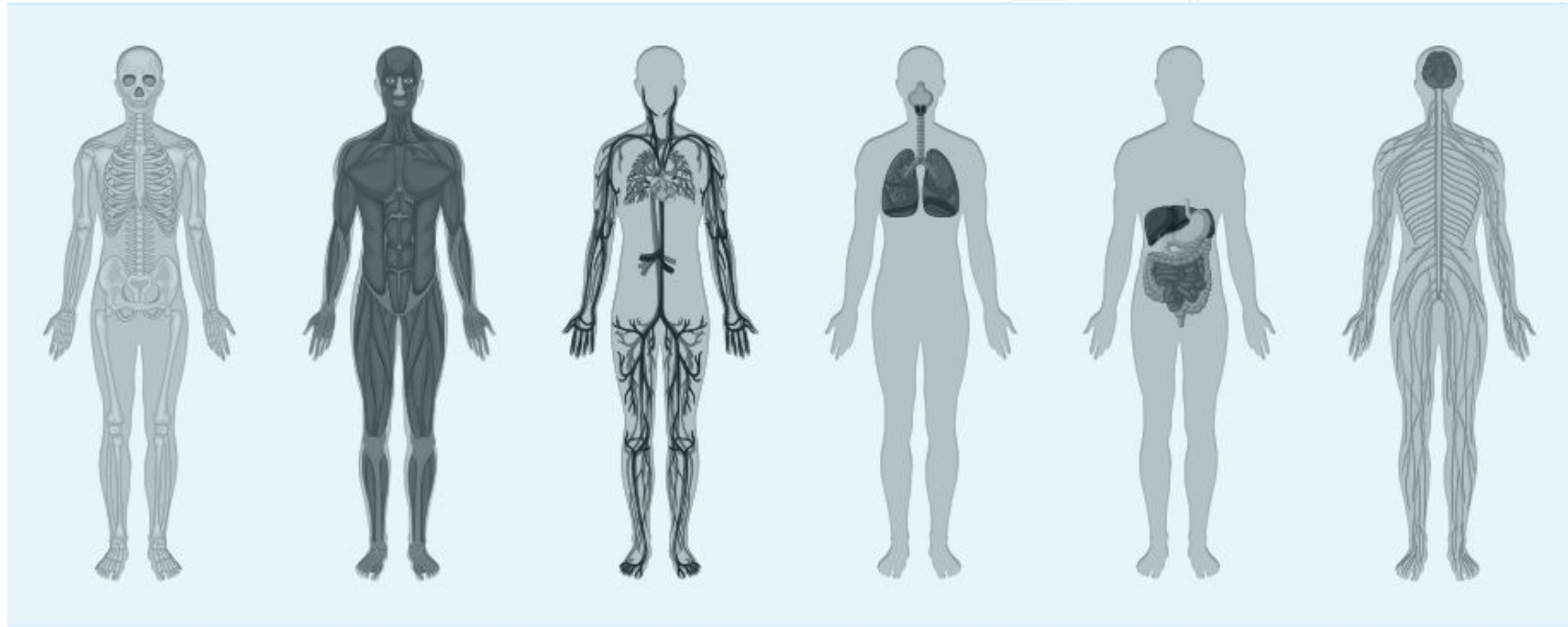
Our bodies have private and public areas. Some areas should be covered (private), while other parts can be seen (public).

Private body parts may be called sexual body parts.

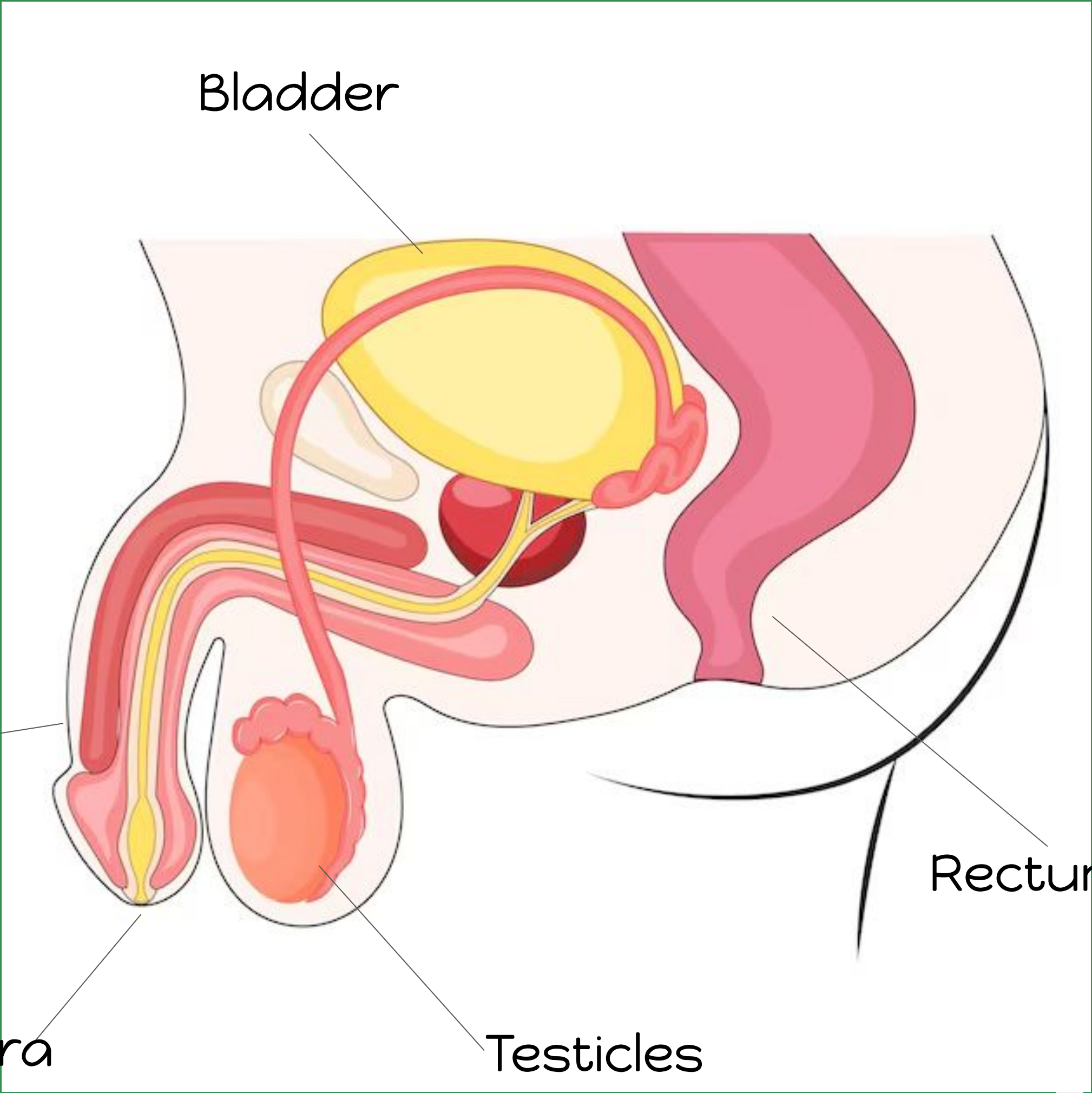


Body Systems

What body systems do you know about?



Male Reproductive System



Female Reproductive System

Uterus

Bladder

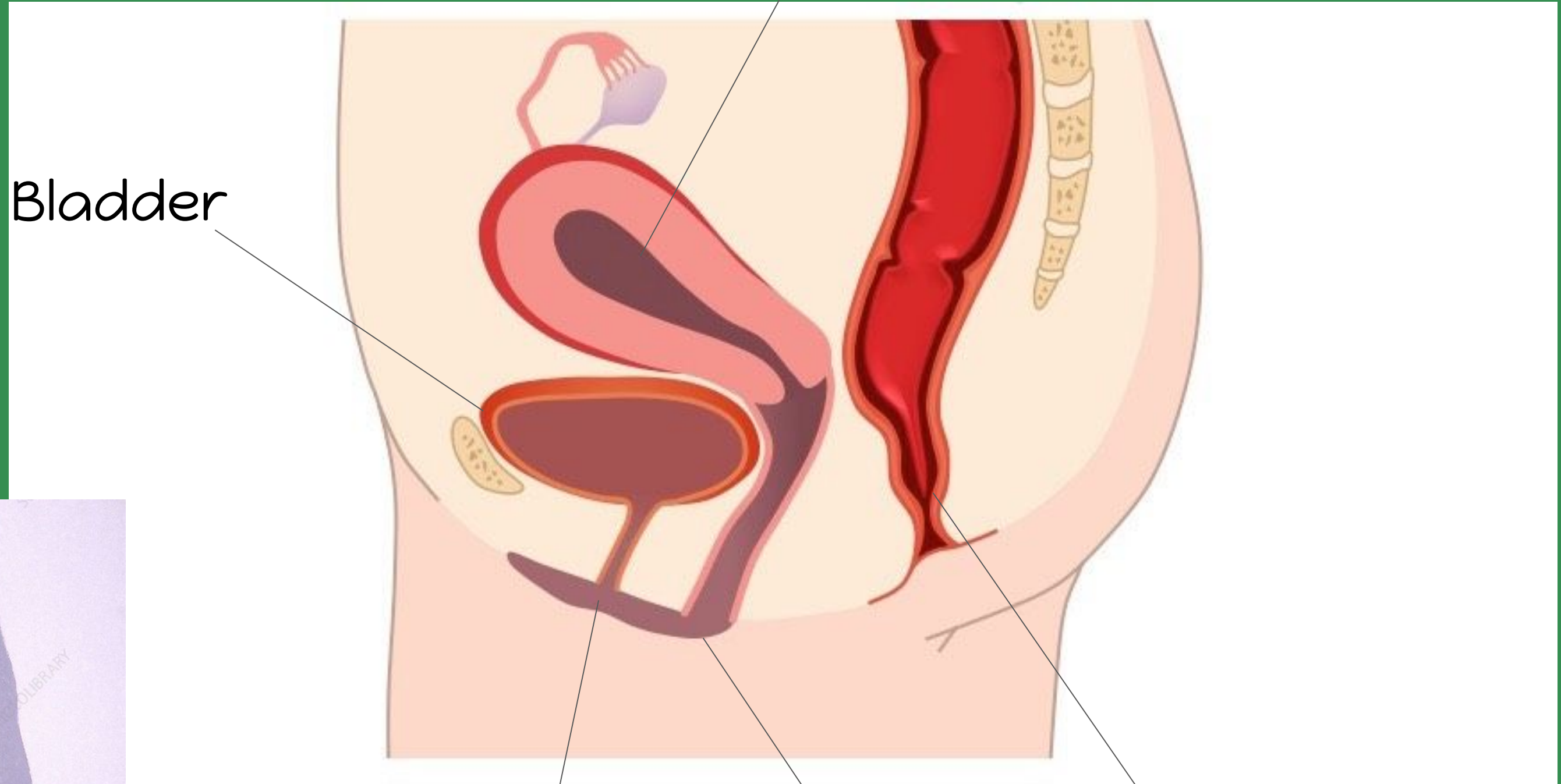
Uterus

Urethra

Vagina

Rectum

Vagina



Pregnancy and Babies

- Sex is when a penis goes into a vagina. Having sex can make a female pregnant with a baby.
- The only 100% way to not get pregnant is by not having sex. This is called abstinence.
- Having a baby is a big responsibility. Babies need care all day and night.
- Teenagers are not ready to take care of a baby.
- The safest choice is to wait to have sex until marriage.



Sexual Feelings

- Sexual feelings are body feelings or thoughts about liking someone in a romantic or private way.
- You might feel excited, curious, or want to be close to someone.
- These feelings are normal as you grow up.
- Having sexual feelings does not mean you need to act on them.
- It is important to handle these feelings in a safe, private, and respectful way.

Healthy Sexual Choices

When you make healthy sexual choices, it can help you:

- Stay safe
- Feel proud
- Reach your goals
- Have good relationships



Healthy Sexual Choices

- It's normal and natural to have feelings like love, attraction and curiosity.
- When you have these feelings, talk to a safe adult about what to do.



Respecting Yourself and Others



- Keep hands to yourself.
- Always ask before touching someone.
- “No” means to stop right away.
- Respect private body space.

Unsafe or Unwanted Behaviors

Sexual Harassment

When someone makes you feel uncomfortable, scared or upset because they talked about or touched your private body space.



Unsafe or Unwanted Behaviors

- These are NEVER okay -

- Touching someone's private body space without asking
- Making sexual jokes
- Sending, saving, or sharing sexual pictures of private parts
- Forcing someone to do something sexual

You can hurt people, it is wrong, and it is against the law.

Staying Safe

If someone pressures you to touch or talk about your private body space or their private body space:

- Say “No.”
- Walk away.
- It is important to tell a safe adult.

You are never in trouble for telling.



Germs

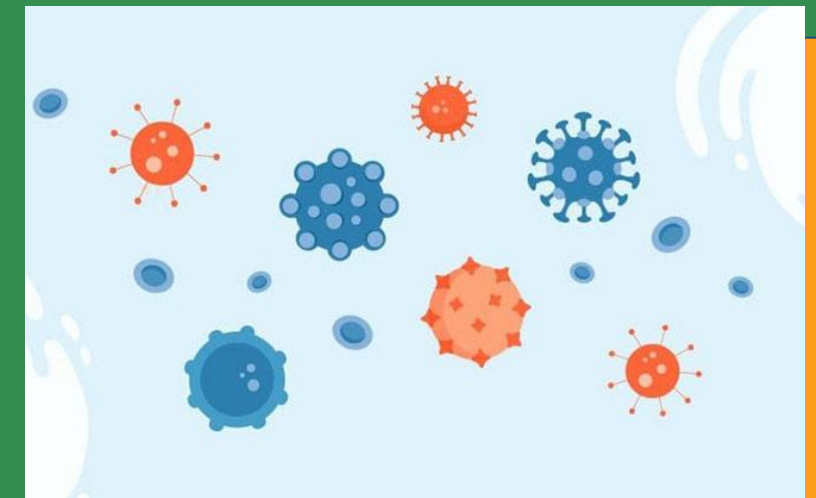


- **Germs** are tiny and can pass from one person to another and cause someone to be sick
- **Example:** Germs that cause a cold can come from someone sneezing or coughing near another person

Sexually Transmitted Infections

Sexually Transmitted Infections (STI)

are germs that are passed from one person's sexual body parts to another person's sexual body parts.



Types of Sexually Transmitted Infections

- The types of germs that cause a cold are different from the type of germs that cause a sexually transmitted infection.
- Your body can heal itself or you can take medicine to feel better and get rid of some germs.
- Your body or medicine cannot get rid of some STIs. One of these is called HIV/AIDS.
- If someone thinks they might have a STI, they can tell a trusted adult and go to the doctor.

ABSTINENCE

- Abstinence means choosing to not have sex.
- Abstinence is the only 100% sure way to not get pregnant and keep your body safe from STIs that can spread during sex.



Pornography

Pictures, videos or stories that show private body parts and sex. These are not for kids or teenagers.

Pornography does not show real love, healthy relationships, or how bodies really work.



Staying Safe: Pornography

What should you do if you see pornography?

- Stop looking at it, and close the screen or app.
- Tell a safe adult.

What should you do if someone asks for a picture or video of your private body parts?

- Block the person.
- Tell a safe adult.

You are never in trouble for telling.



My body is special and unique.

- I will respect myself.
- I will respect others.
- I will ask for help when I need it.

