

Puberty: the Wonder Years

Grade
6



Goal: Promote appreciation and respect for the amazing changes experienced by self and others.

Lesson 6-6: Making Responsible Decisions

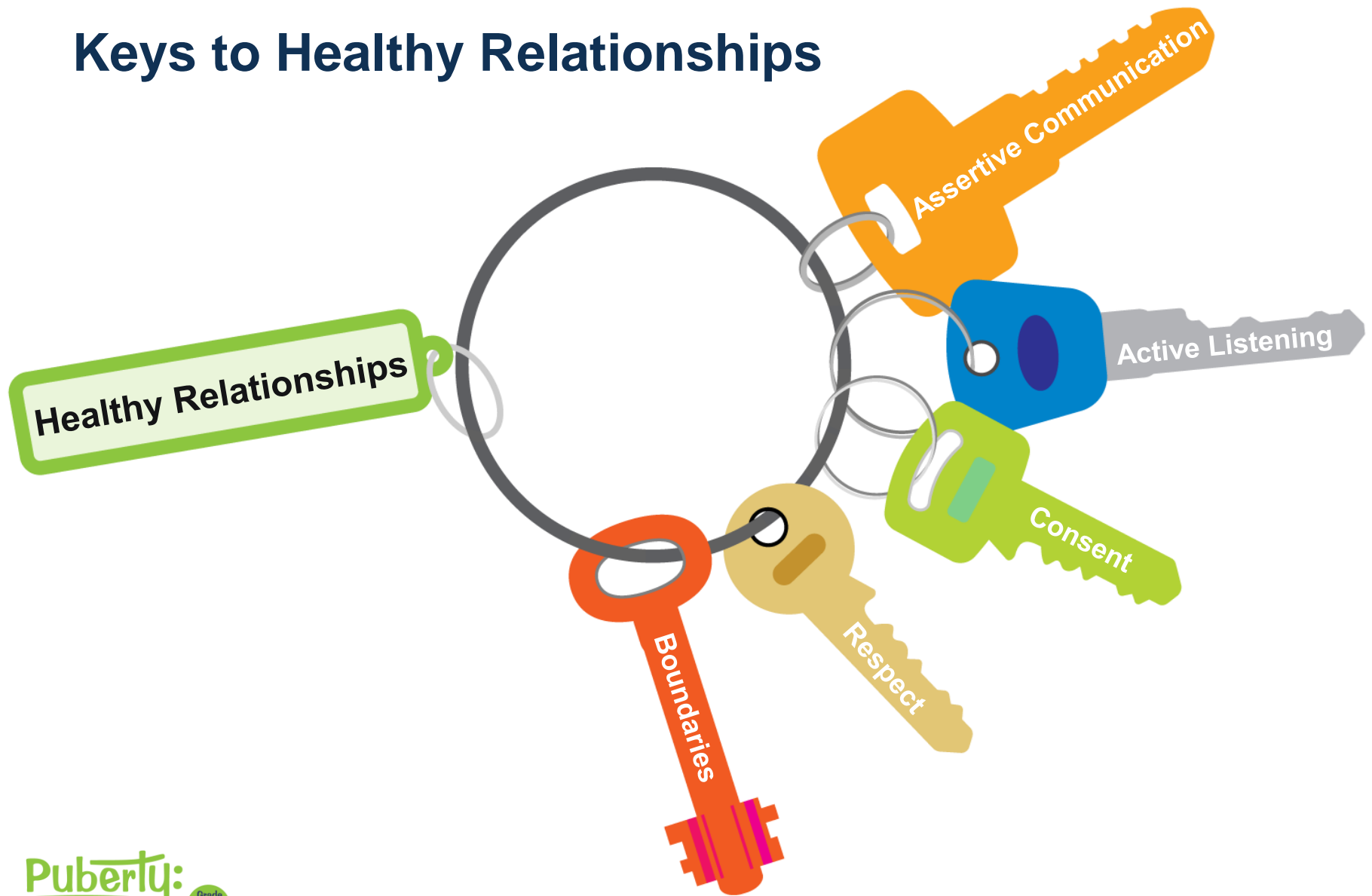


Keys to Healthy Relationships Review

Hold up one finger for each of the five keys to healthy relationships you can name.



Keys to Healthy Relationships





Exit Ticket and Question Box



What questions did you have about the last lesson?



Lesson 6-6: Making Responsible Decisions

Today we will...

- ➡ Define “sex.”
- ➡ List potential risks of sex.
- ➡ Practice making decisions in sexual situations.





On the Way to Adulthood

As adults, most people will decide to have sex. Some will not.

Adults who care about you want you to have a loving and fulfilling relationship—that might include pleasurable sex—if that is what you choose.

That will most likely happen if you wait for the:

- ➡ Right time
- ➡ Right person
- ➡ Right conditions

Remember: Only with consent!





What Is Sex?

“Sex” is short for sexual intercourse.

Sexual intercourse is activity between people that involves the genitals and penetration.

Three forms of sex:

- 1 Vaginal sex = penis-in-vagina sex
- 2 Oral sex = mouth-to-penis sex or mouth-to-vagina sex
- 3 Anal sex = penis-in-anus sex

Potential Risks from Sexual Behaviors

Pregnancy can result from:

➡ Vaginal sex = penis-in-vagina sex



STIs can result from:

➡ Vaginal sex = penis-in-vagina sex

➡ Oral sex = mouth-to-penis or mouth-to-vagina sex

➡ Anal sex = penis-in-anus sex



What Is Abstinence?

“Abstinence” means not doing something.

Sexual abstinence means not having sex.

It is also called:

- ➔ Delaying sex
- ➔ Waiting
- ➔ Choosing not to have sex

Abstinence from sex prevents pregnancy and STIs.





Form 6 Groups for Activity 1

Team Roles:

- ➡ The **LEADER** helps your group finish the task.
- ➡ The **RECORDER** writes down the group's ideas.
- ➡ The **SPOKESPERSON** shares your group's ideas with the class.



Reasons Some Teens Might Have Sex: Activity 1

- 1** In your small group, discuss a reason you think some teens might have sexual intercourse. Leaders, give everyone a chance to share their ideas.
- 2** Recorders, take notes. Decide which one reason to share with the large group.
- 3** After two minutes, the spokespersons will report one reason your group thought of.





Reasons Some Teens Might Have Sex: Activity 1

- 1
- 2
- 3
- 4
- 5
- 6





Most Young People in Middle and High School Have NOT Had Sex



Deciding to Wait Model

- 1** What If...
(one possible choice)
- 2** Then this might happen...
(consequences, positive and negative)
- 3** Benefits of waiting...
(reasons not to make that choice)
- 4** Other Options...
(other ways to meet the goal)





Making Responsible Decisions: Activity 2

Divide into 4 groups. Find your group's story in Google classroom.
Each group reads a different story.

- ➔ Leaders, guide your small group to discuss your assigned story.
- ➔ Recorders, write down at least two negative consequences that might result from having sex.
- ➔ Record at least two benefits of not having sex.
- ➔ Record another option for the person in the story to reach their goal without having sexual intercourse... alternatives a young person could do instead.
- ➔ Ignore the last question for now.
- ➔ In five minutes, I will ask each spokesperson to tell the class their group's ideas.



5 min



Reasons Teens Do NOT Have Sex

- ➡ Proud they can say no
- ➡ Partner not willing
- ➡ Want to be in love first
- ➡ Worried about pregnancy
- ➡ Worried about STIs
- ➡ Feel like they are not ready or too young
- ➡ Haven't met the right person yet
- ➡ Want to avoid getting hurt
- ➡ Just don't want to
- ➡ Religious or cultural beliefs
- ➡ Fear of parental disapproval
- ➡ Fear of damaged reputation
- ➡ Important not to have sex until married



The reasons some young people might want to have sex might not balance out the potential negative consequences that they aren't ready to handle.

These negative consequences of having sexual intercourse as a young person are serious and can be long-lasting.

Let's hear some advice older teens would share with their younger siblings.






Let's Watch a Video, “Stay Out Loud: What advice would you give a younger brother/sister about their future?”!



During the video, listen for the advice these teens give.

- What piece of advice do you want to remember?



Let's Talk About Video, "Stay Out Loud: What advice would you give a younger brother/sister about their future?"!



TALK ABOUT THE VIDEO

What piece of advice do you want to remember?



Making Responsible Decisions: Activity 2

➔ Leaders, guide your small group to decide what advice a friend could give to the person in the story. **On your devices**, record your advice to the last question.



Include 3 things:

1

A negative consequence that might result from having sex.

2

A benefit of not having sex.

3

Another option for the person in the story to reach their goal without having sexual intercourse.



In five minutes, I will ask each spokesperson to read their group's response.



5 min



Lesson 6-6: Making Responsible Decisions

Today we...

- ➔ Defined “sex.”
- ➔ Listed potential risks of sex.
- ➔ Practiced making decisions in sexual situations.



Homework Assignment

Talk it over

Directions:

- Discuss these questions with a parent, caregiver, or another trusted adult.
- You do not need to write down any answers.
- Have the person you talked with sign this paper.
- Bring the paper back to class.

I Wonder What You Want Me to Know

What rules do you want me to follow to avoid situations that could lead to sexual pressure?

What consequences have happened to young people who had sexual intercourse?

What are some benefits of delaying sexual intercourse?

How did you (adult) learn about sex?





Question Box

Open your devices.

Go to the Google Classroom for
this class

- Write down a question you have about today's lesson or
- Something you learned today.