

THERE IS **NO-GRAY**™ AREA

Name _____

DAY 1

1. **Yes** to _____ **No** to _____

2. List three goals you want to achieve this year: _____

3. The moral of *your* story: I am _____. I know who I am and what I want to be because I am _____.
I will reach my goals because I am _____.

4. The purpose of sex is for bonding and babies. Show how **PIESS** is affected when sex is taken outside a healthy, committed relationship. Draw a line from the words in the left column to the words in the right column to match the following:

PHYSICAL	ANXIETY
INTELLECTUAL	ENSLAVED TO PLEASURE/LUST
EMOTIONAL	RESTLESS SPIRIT
SOCIAL	OBSESSION
SPIRITUAL	RISK OF STDS
SEXUAL	SECLUDED

5. What's standing in the way of *your* goals? _____

DAY 2

1. What's the last thing you remember seeing in the media? _____

2. Media portrays sex as _____ acts without _____.

3. **BRAIN CHEMICALS:** Match the chemical on the left with the feeling it produces on the right:

SEROTONIN	BONDS YOU TO A PERSON/OBJECT
DOPAMINE	STATE OF FOCUS/"FEEL-GOOD" REWARD
VASOPRESSIN/OXYTOCIN	KEY TO MOOD REGULATION

Notes: _____



DAY 1 Questions:

DAY 2 Questions:

4. Sexting can be explicit _____, _____, or _____.

5. Who can you report a sext to? _____

6. Sexual abuse is _____. Report it. Remember: it is NOT your _____.

It does not _____ you! Get help for _____.

DAY 3

1. There are _____ STDs.

2. The three types of STDs: _____, _____, _____

3. Match the STD with its fact:

TRICH (PARASITIC)

CAN DESTROY THE ABILITY TO HAVE BABIES

HPV (VIRAL)

BUGS THAT CAN DAMAGE THE IMMUNE SYSTEM

CHLAMYDIA

COMES IN OVER 100 STRAINS

4. If you've had ANY type of sexual contact, get _____!

5. _____ / _____ people who have an STD are currently unaware.

6. Describe your life today if you had an unplanned pregnancy or STD: _____

7. Relationship guide: Know your _____.

Set good _____.

Maintain _____.

_____ high-risk behaviors.

Notes: _____

