

In the following slideshow for review:

- Updated slides have a white background
- Current slides have a blue background
- Proposed changes are indicated with highlighting

Unit 3: Building Respectful Future Dating Relationships

Directions



YOUR SEXUALITY: YOUR PERSONALITY IN MORE DETAIL

Your Sexuality is how you look, feel, think, and act because you were born male or female and raised to be the teen guy or girl you have become.

If you were raised by different parents you would probably think and act differently and probably even look different.

Agree or Disagree?

What might be different about you?

Our Sexuality in More Detail

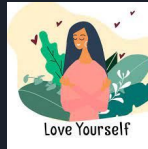
Sexuality is about our male or female bodies, sexual feelings, thoughts, attractions, and behaviors towards other people. It's a natural part of who we are that develops as we grow up.

But sexuality is also bigger than just feelings of attraction. It touches nearly every aspect of who we are - from our attitudes and values to our experiences and how we see ourselves. It's like a puzzle with many pieces that make up the whole picture of you.



YOUR SEXUALITY HAS BEEN SHAPED OVER THE YEARS BY MANY THINGS INCLUDING:

- your family relationships
- your life circumstances
- how you've been treated by others
- your friendship experiences
- your appearance
- how you feel about yourself



Our Sexuality in More Detail

Many things can influence our sexuality:

- Our family and how they talk about these topics
- Our culture and the traditions we grew up with
- Religious beliefs we may have
- The friends we spend time with
- The media we watch and listen to
- What we learn at school
- Our life circumstances
- Our appearance
- How we feel about ourselves



Everyone's sexuality develops in their own unique way and at their own pace. There's no single "right" way to experience these feelings, and it's completely normal to have questions as you grow.

The most important thing to remember is that understanding yourself takes time, and it's okay to talk to trusted adults when questions arise.

WHAT IS THE PURPOSE OF COVERING THIS?

We need to be **AWARE** of the fact that everyone was born with a different appearance and raised in a different environment. We need to **RESPECT** others and not expect everyone to look, think, and act like us.

REMEMBER: Your sexuality is something to be proud of! We need to appreciate ourselves and others as we each pursue our own interests and talents.

What is the purpose of covering this?



We need to be **AWARE** of the fact that everyone was born with a different appearance and raised in a different environment. We need to **RESPECT** others and not expect everyone to look, think, and act like us.

REMEMBER: Your sexuality is something to be proud of! We need to appreciate ourselves and others as we each pursue our own interests, talents and **beliefs**.

I. CHANGES IN YOUR TEEN YEARS

A. What is puberty?

A period of years in every person's life when he/she gradually changes from a child to an adult.

It can start as early as nine or ten years and usually ends in the late teens. Because of their heredity everyone was given a different biological clock which controls when each of the changes will happen.

Changes in your Teen Years

■ What is puberty?

A period of years in every person's life when he/she gradually changes from a child to an adult.

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

Everyone is born with a different biological clock which controls when each of the changes will happen.

QUESTION CARDS



Write a question about reproductive health

This can be anonymous OR write your name/PRIVATE and I will write you back

We will answer questions throughout the week

Question Cards

Write a question about reproductive health

This can be anonymous OR write your name on the card and I will respond

We will answer questions throughout the week

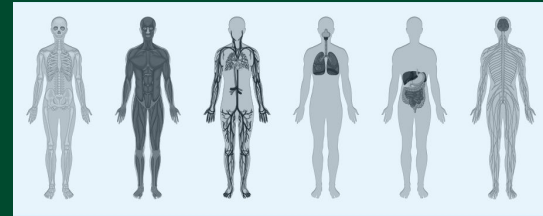
The Physical Changes of Puberty:

1. A major physical change during puberty is - being able to reproduce.

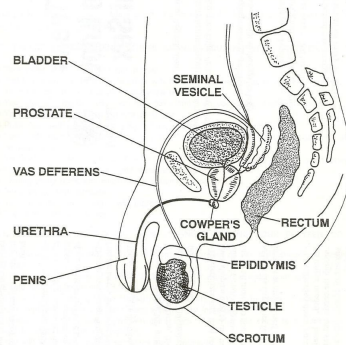
This means, through intercourse, males can start a pregnancy and females can become pregnant. This ability is something to respect, protect, and treat responsibly.



Body Systems: What systems are in the body that you know about?

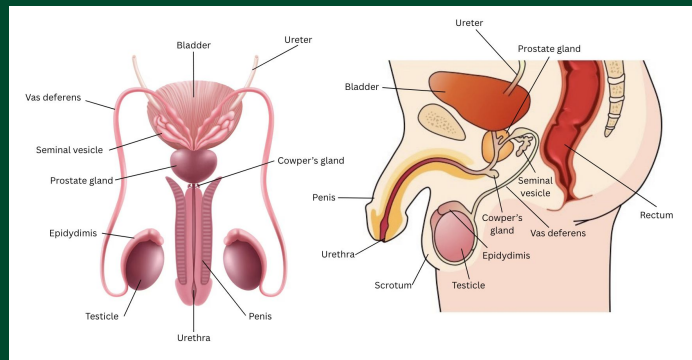


MALE REPRODUCTIVE SYSTEM DIAGRAM

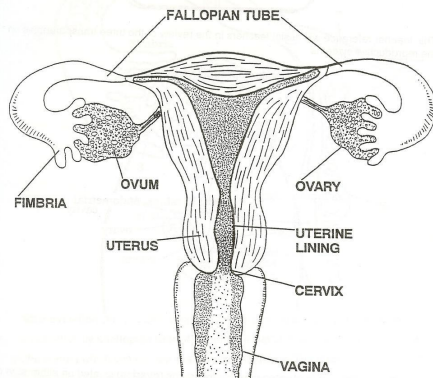


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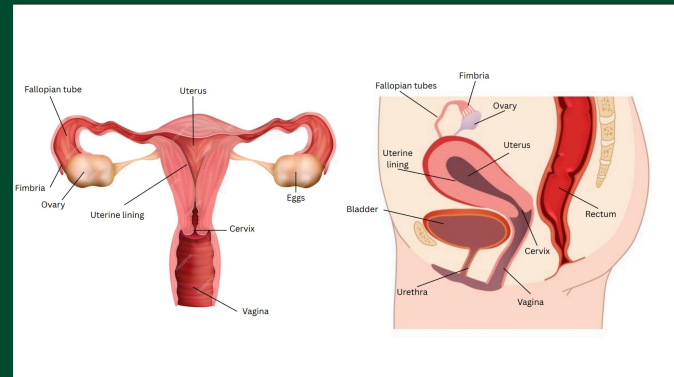
Male Reproductive System



FEMALE REPRODUCTIVE SYSTEM DIAGRAM



Female Reproductive System



4. UNDERSTANDING THE PROCESS OF CONCEPTION AND PREGNANCY

Responsible Considerations Concerning Conception and Pregnancy:

1. Whenever intercourse takes place, a pregnancy can occur.
2. It is responsible and wise to wait until marriage to be involved in sexual intercourse and intimate sexual activity.
3. It is responsible and wise to wait until marriage to have a baby.
4. Pregnancy and raising a child carry enormous responsibility.

Understanding the Process of Conception and Pregnancy

Things to consider regarding conception and pregnancy:

1. Whenever intercourse takes place, a pregnancy can occur.
2. It is responsible and wise to wait until marriage to be involved in sexual intercourse and intimate sexual activity.
3. It is responsible and wise to wait until marriage to have a baby.
4. Pregnancy and raising a child carry enormous responsibility.

HANDLING THE EMOTIONAL CHANGES OF PUBERTY

5. More emotional.

6. Stronger desire to be accepted by peers.

7. More interest in the opposite sex.

8. More frequently experiencing sexual feelings.

The Emotional Changes of Puberty:

- More comparison of self to others
- Increased desire for privacy
- Stronger desire for independence
- Wanting to take part in more adult-like behaviors and responsibilities
- More concern about appearance
- Stronger emotions
- Stronger desire to be accepted by peers
- More interest in dating
- Experiencing more sexual feelings

IN CONTROL / OUT OF CONTROL

Let's look at what might happen if someone handles their sexual feelings in a responsible way and irresponsible way.

Responsible and Irresponsible Behaviors

Let's look at what might happen if someone handles their sexual feelings in a responsible way or irresponsible way.

HANDLING sexual FEELINGS in a RESPONSIBLE way may result in:

happier life
good reputation
respect of others (boss, peers, family)
good sexual health
better chance of a positive relationship

confidence
attainment of life goals
pride/self respect

Handling your sexual feelings responsibly may result in:

- Happier life
- Good reputation
- Respect of others (peers, parents, teachers)
- Good sexual health
- Better chance of positive relationship
- Confidence
- Attainment of life goals
- Pride/self respect

HANDLING sexual FEELINGS in an IRRESPONSIBLE way may result in:

being laughed at, mocked
an undesirable reputation
suspension/expulsion
Detention
STD's
Legal trouble

kicked out of the house
grounded
losing trust of parents
teen pregnancy
loss of respect
losing friends

Handling your sexual feelings irresponsibly may result in:

- An undesirable reputation
- Suspension/expulsion
- Detention
- STIs
- Legal trouble
- Grounded
- Losing trust of parents/guardians
- Teen pregnancy
- Losing respect
- Losing friends

D. INAPPROPRIATE SEXUAL BEHAVIORS

Some people take sexual thoughts and feelings and act on them in a way that offends or hurts others. All of these behaviors are wrong and illegal!

These behaviors may range from sexual harassment to sexual assault.

Inappropriate Sexual Behaviors

Some people take sexual thoughts and feelings and act on them in a way that offends or hurts others. All of these behaviors are wrong and could be illegal.

These behaviors may range from sexual harassment to sexual assault.

INAPPROPRIATE SEXUAL BEHAVIORS

1. **Sexual harassment:** unwanted, unwelcomed sexual behavior which interferes with your life and causes personal discomfort. Sexual harassment is defined from the perspective of the person being harassed. Therefore, what one person may consider to be harassment, may be interpreted by the "sender" as flirting.

Sexual Harassment

1. Harassment can include unwanted, unwelcomed, illegal sexual behavior which interferes with your life and causes personal discomfort. What one person may consider to be harassment, may be interpreted by the "sender" as flirting.

sexual harassment examples:

- Comments
- Pinching
- Gestures
- Looks
- Jokes
- Touching
- graffiti
- text messages and notes of a sexual nature
- spreading sexual rumors
- brushing up against someone
- blocking in the hallway
- calling someone gay, homosexual, or lesbian
- touching or pulling at someone's clothing
- forcing someone to do something sexual
- showing sexual pictures

Sexual Harassment Examples:

- Comments
- Gestures
- Jokes
- Pinching
- Looks
- Touching
- Calling someone gay, homosexual, or lesbian
- Touching or pulling at someone's clothing
- Forcing someone to do something sexual
- Showing sexual pictures
- Text messages and notes of a sexual nature
- Spreading sexual rumors
- Not taking "no" for an answer
- Physically interfering with someone's movements
- Requests for sexual favors

Sexual Harassment

What is the difference between flirting and sexual harassment?

How might a person who is being sexually harassed feel at the time or later?

What should you do if you are sexually harassed?

Will I get in trouble if I harass someone?

INAPPROPRIATE SEXUAL BEHAVIORS

2. Criminal Sexual Conduct: also referred to as Child Sexual Abuse. Any form of sexual activity encouraged or forced by an adult (17 or older) with a child (16 or younger).

Criminal Sexual Conduct:

Also referred to as Child Sexual Abuse. This is sexual activity that is non-consensual or involves a victim who is unable to give consent. The age of consent is 16 in Michigan.

The age of consent is the minimum age at which a person is legally old enough to consent to participation in sexual activity. People who are younger than 16 in Michigan are not legally able to consent to sexual activity. Consent means giving clear, free, and confident permission for something to happen.



Criminal Sexual Conduct Includes Actions such as:

- any sexual touching of a child;
- sexual intercourse;
- encouraging a child:
 1. to take off their clothes
 2. to be photographed inappropriately
 3. to view pornographic material
 4. to touch someone in a sexual way
 5. to communicate in a sexual way with an electronic device
 6. to arrange a private meeting following internet contact



D. INAPPROPRIATE SEXUAL BEHAVIORS

3. **Rape:** when sexual intercourse is forced on a person, either physically or through intimidation

4. **Acquaintance Rape:** when sexual intercourse is forced on someone by a person the victim knows.

5. **Incest:** any form of sexual activity that occurs between a child and an adult relative; includes actions from sexual touching to sexual intercourse.

Inappropriate Sexual Behaviors

1. **Rape:** when sexual intercourse is forced on a person, either physically or through intimidation
2. **Acquaintance Rape:** when sexual intercourse is forced on someone by a person the victim knows.
3. **Incest:** any form of sexual activity that occurs between family members; includes actions from sexual touching to sexual intercourse.



Respecting Yourself and Your Reproductive System



What are the physical and emotional consequences of intimate sexual activity before marriage?



1. PHYSICAL consequences:

- pregnancy
- giving birth
- STD's

What are the physical consequences of intimate sexual activity before marriage?

- Pregnancy
- STIs



SOCIAL AND EMOTIONAL consequences

- guilt
- shame
- worry
- fear
- disappointment
- loss of trust
- pushed to go further
- rejection
- reputation
- broken heart
- accused / arrested

What are the possible social and emotional consequences of intimate sexual activity before marriage?

- Going too far
 - Feeling guilty/regret
 - Disappointing people
 - Losing trust (from who?)
 - Goals interrupted
 - Losing of self respect
 - Rumors started/poor reputation
 - Feeling disrespected
 - Relationship conflict
-



How does teenage pregnancy affect every area of a teen's life?



C. Teenage pregnancy affects every area of a Teen's Life.

Socially:

- Relationships Change
- Couple breaks up
- Drop out of activities
- Reputation
- Less money to spend

How does teenage pregnancy affect someone's life socially?

- Relationships Change
 - Couple can break up
 - Drop out of activities
 - Reputation
 - Increased financial need
-





Emotionally:

- Lower self esteem
- Loss of parent's trust
- Rejection / broken heart
- Depression
- Medical and Child expenses

How does teenage pregnancy affect someone's life emotionally?

- Lower self esteem
 - Loss of parent's trust
 - Relationship conflicts
 - Emotional distress
 - Increased financial need
-



Physically:

- changing Body
- weight Gain
- greater risks in childbirth
- tired / overwhelmed
- care for child 24/7

How does teenage pregnancy affect someone's life physically?

- Changing body
 - Potential for health complications
 - Tired/overwhelmed
 - Care for child 24/7
-

WHAT are STD'S?

- **STDs** are passed from an infected person to an uninfected person through intimate sexual contact.
- These behaviors include: sexual intercourse, intimate touching, and in some cases, kissing.
- If you are involved in sexual activity with someone who has a **STD**, you can get it too.
- Many people who have a **STD** don't know it. They may look and feel healthy, but they still could have a **STD**. Some people will not tell you they have one, even if they know.
- Some **STDs** are curable and some very serious ones are not. **It is important to avoid STDs.**

What are STIs?

- **STIs** are passed from an infected person to an uninfected person through intimate sexual contact.
- These behaviors include: sexual intercourse, intimate touching, and in some cases, kissing.
- If you are involved in sexual activity with someone who has a **STI**, you can get it too.
- Many people who have a **STI** don't know it. They may look and feel healthy, but they still could have a **STI**. Some people will not tell you they have one, even if they know.
- Some **STIs** are curable and some very serious ones are not.

STI vs. STD

"A sexually transmitted infection (STI) is a virus, bacteria, fungus, or parasite people can get through sexual contact. A sexually transmitted disease (STD) develops because of an STI and the term implies that the infection has led to some symptom of disease."

SEXUALLY TRANSMITTED DISEASES

can be classified
as a Bacteria,
Virus or Parasite

Sexually Transmitted Infections

- Can be classified as a bacteria, parasite, or virus
- STIs can still be transmitted from person to person even if someone is asymptomatic.

BACTERIAL

- Syphilis
- Gonorrhea
- Chlamydia

Bacterial (Bacteria)

- Syphilis
- Gonorrhea
- Chlamydia



Common Symptoms of Bacterial STIs:

- Sores
- Bumps
- Rashes
- Itching
- Unusual discharge
- Burning during urination
- Can be asymptomatic

VIRAL

- Herpes
- HIV - AIDS
- HPV - genital warts

Viral (Virus)

- HIV/AIDS
 - HPV-genital warts
 - Herpes
 - Hepatitis B (HBV)
- If someone contracts a viral STI, they will have it for the rest of their life.

Common Symptoms of Viral STIs:

- Genital warts
- Sores
- Bumps
- Lowered immune system
- Flu like symptoms
- Genital and abdominal pain

PARASITIC

• Pubic Lice

Parasitic (Parasite)

- Pubic Lice
- Trichomoniasis



Common Symptoms of Parasitic STIs:

- Itching
- Pubic lice
- Scabs
- Can be asymptomatic
- Pain during sexual intercourse
- Burning during urination
- Unusual discharge

E. HOW WOULD HAVING an STD AFFECT A TEEN'S LIFE...

socially?
emotionally?
physically?

Write down 2 examples for each:

How would having
a **STI** affect a
teens life...



SOCIALLY

- Reputation
- Need to tell future partner
- **Broken relationships**
- **Discrimination**


Socially:

- Reputation
- Need to tell future partner
- **Impact future relationships**

EMOTIONALLY

- **Feel ashamed / dirty**
- Medical Costs
- **Depression**
- Keeping secrets

Emotionally:


- Lowered self-esteem
 - Medical costs
 - Emotional distress
 - Keeping secrets
-
- 




PHYSICALLY

- Need to be tested / treated
- Cancer, sterility, brain damage
- May die early
- Contagious - could pass to others

Physically:

- Feeling sick
 - Cancer, sterility, liver or brain damage
 - Contagious - could pass to others
-
- 



What is the only 100%
way to keep from
becoming pregnant or
contracting a STD?

What is the only 100% way to keep from becoming pregnant or contracting a STI (through sexual contact)?

ABSTINENCE!

ABSTINENCE!

*Remember that someone can still get a STI from using dirty needles for piercings, tattoos, drugs, through childbirth and breastfeeding.

If you save intimate sexual activity for the person you marry, and that person also waits for you, then neither of you ever has to worry about becoming pregnant or getting a STD. More than likely you have a healthy, pure body right now. Why not keep it that way? Making these kind of good decisions now will help you to have healthier and happier teen years.

What is Abstinence?

Choosing to wait for intimate sexual activity until marriage.



Choosing abstinence now can lead to a healthier, happier, and more stress-free teen experience.

THE FREEDOM TO BECOME

A look at the possible consequences of having sexual intercourse before marriage most often causes us to decide to wait. The practice of abstaining from sexual activity before marriage is called abstinence. Saying "NO" to sex in your teenage years is saying "YES" to a lifestyle filled with opportunities to grow, to be free to become the person you want to be. Though movies, television, and popular songs may want you to think you are more free when you are having sex, consider the physical and emotional freedom that is lost with a sexually transmitted disease or pregnancy. As a teenager, what are some of the freedoms you have when you abstain from sex?

Choosing to be abstinent is a commitment. Striving to be abstinent in today's world is certainly not easy, but it brings tremendous awards.

B. ADVANTAGES AND FREEDOMS THAT COME WITH CHOOSING ABSTINENCE

You will have freedom to do certain things...and freedom to be whoever you want

BRAINSTORM A LIST OF WHAT YOU WILL HAVE FREEDOM FROM:

- guilt, doubt
- emotional conflict
- worry
- interrupting goals
- HIV / AIDS
- STDs
- pressure to marry at an early age
- pregnancy

Brainstorm a LIST OF WHAT YOU WILL HAVE FREEDOM TO DO:

- be in control of my life
- develop a respect for myself
- experience better communication
- have trust in marriage some day
- focus my energy on meeting my goals
- enjoy being a teen!

Advantages of Abstinence:

- Less worry about STIs
- No worry about pregnancy
- Less stress and drama
- More time for friends and fun
- Healthy relationships
- Staying focused on goals
- Respecting your own values
- Parental and personal peace of mind

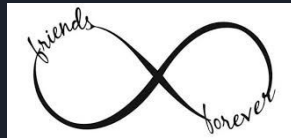
What are some tips for teens to stick to their commitment of abstinence?

C. WHAT ARE SOME TIPS FOR TEENS ON HOW TO STICK TO A COMMITMENT OF ABSTINENCE?

1. **Set Sexual Standards** and make a commitment or pledge to abstain. Share this decision with someone close to you. Ex. A "True Love Waits" ring



2. Choose friends who share your values on abstinence.



3. Don't date too early. Build friendships with both sexes through groups.



4. Be ready to say no. Think of what you would say in advance in case someone tries to pressure you.



1. **Set your boundaries** – Decide what is and isn't okay for you in a relationship and stick to it.
2. **Surround yourself with supportive friends** – Choose friends who respect your decision and encourage positive choices.
3. **Don't rush into dating** – Focus on building strong friendships with both boys and girls in group settings before jumping into dating.
4. **Have a plan for peer pressure** – Practice what you'll say if someone tries to pressure you, like "I'm not into that" or "I've made my choice, and I'm sticking to it."



5. Avoid risky situations.

Stick with supervised group activities.



6. Be selective in your media choices (movies, magazines, music, internet activity).



Media which shows or promotes sexual activity often leads a person to lowering their sexual standards.

7. Dress modestly to avoid sending mixed messages and increase the chance sexual harassment. Dress appropriately for the place you are going.

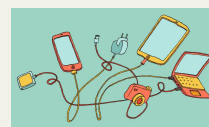


8. Avoid drugs and alcohol. People easily lose control while under the influence.

Goals

9. Set goals to help you stay focused in your education, health, and relationships.

5. **Avoid risky situations** – Stay out of situations where you might feel pressured, like being alone in private settings or under the influence of alcohol or drugs.
6. **Be selective in your media choices** (movies, magazines, music, internet activity, social media). Media which shows or promotes sexual activity often leads a person to lowering their sexual standards.
7. **Remember your future goals** – Keep in mind what you want for your future and how staying committed to abstinence can help you get there.



IV. BUILDING POSITIVE FUTURE DATING RELATIONSHIPS

A. You can like someone and hang out with them without going out with them.

B. Every person feels ready at a different time for relationships. Why?


their stage of puberty and maturity, their comfort level, and the family and peer influences

* It is important not to rush or be rushed into relationships.

Building Positive Future Dating Relationships


Every person feels ready at a different time for relationships. Why?

Their stage of puberty and maturity, their comfort level, and the family and peer influences.



C. IT IS IMPORTANT TO FOLLOW YOUR FAMILY'S RULES CONCERNING DATING RELATIONSHIPS.

As you respect your family's rules, your parents will gradually give you more freedom as they see you are ready for more responsibility. Breaking these rules often involves sneaking and lying which results in conflict, distrust, and punishment.



D. It is wise to build a friendship first before becoming boyfriend / girlfriend with someone.

E. Respect in relationships is so important. What would true respect for a special person look like? What about their actions? Their conversations?



They Should:

Talk a lot about appropriate things

Practice manners

Respect each other's values

Respect each other's family's rules



They Shouldn't

Talk crude, use profanity

Sexual harass each other

Peer pressure each other to do bad things

Touch each other inappropriately

Healthy Relationships

Respect – You listen to each other, value each other's opinions, and treat each other kindly.

Trust – You feel safe and comfortable being yourself without worrying about jealousy or dishonesty.

Good Communication – You can talk openly and honestly without fear of being judged or ignored.

Boundaries – You both understand and respect each other's limits, whether it's personal space, time with friends, or physical boundaries.

Unhealthy Relationships

Disrespect – They ignore your feelings, make fun of you, or put you down.

Jealousy & Possessiveness – They try to control who you talk to or get upset when you hang out with friends.

Poor Communication – They don't listen, argue often, or ignore your messages on purpose.

Pressure – They push you to do things you're not comfortable with, like showing affection or spending all your time together.

Lack of Trust – They accuse you of lying or cheating, even when you haven't done anything wrong.

Healthy Relationships

Support – You encourage each other's interests, goals, and successes without trying to control or change one another.

Independence – You still have time for friends, family, hobbies, and school, instead of only focusing on the relationship.

No Pressure – A healthy relationship never involves pressure to do things you're not ready for, whether that's physical affection, spending all your time together, or changing who you are.

Fun & Positivity – Being together should bring happiness and make you feel good about yourself, not stressed or upset.

Unhealthy Relationships

Isolation – They try to keep you away from your friends, family, or activities you enjoy.

Mood Swings & Anger – They get angry easily, overreact, or make you feel like you have to "walk on eggshells."

Guilt-Tripping & Manipulation – They make you feel bad for saying no or try to control you with threats or drama.

Physical or Verbal Harm – They push, hit, yell, or say mean things to hurt you.

One-Sided Effort – They expect you to do all the work in the relationship while they give little in return.

Why Healthy Relationships Matter

- In a healthy relationship you can feel respected and supported, communicate better, and build confidence
- An unhealthy relationship can lead to stress, conflict, disrespect, or pressure

The way we treat others—and how we are treated—shapes our well-being. Choose kindness, respect, and trust in all relationships!

WHAT ARE THE BENEFITS OF HANGING OUT IN GROUPS?

feels more comfortable

learn about the opposite sex

easier to talk in a group

safety in numbers

less likely to be pressured for affection

What are the benefits of hanging out in groups?

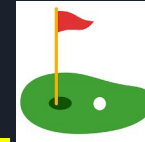
- Feels more comfortable
- Learn about each other
- Easier to talk in a group
- Safety in numbers
- Less likely to be pressured for affection
- Get to know acquaintances better
- Builds community

G. Name SIX GROUP ACTIVITIES THAT MOST PARENTS WOULD APPROVE OF, THAT SEVENTH GRADERS COULD DO TO SOCIALIZE WITH OPPOSITE SEX FRIENDS.

after school games or clubs

playing football

Bowling



YMCA

out to eat

youth group events

miniature golf



What are some group activities that most parents would approve of, that seventh graders could do to socialize with the opposite sex?

- Attending school games or clubs
- Bowling
- Going out to eat
- Playing mini golf
- Shopping
- Playing games/sports
- Going to a gym
- Participating in youth group events