



Building Respectful Future Dating Relationships

Jenison High School



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 9 or 10 and usually ends in the late teens.



Handling the Physical Changes of Puberty

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

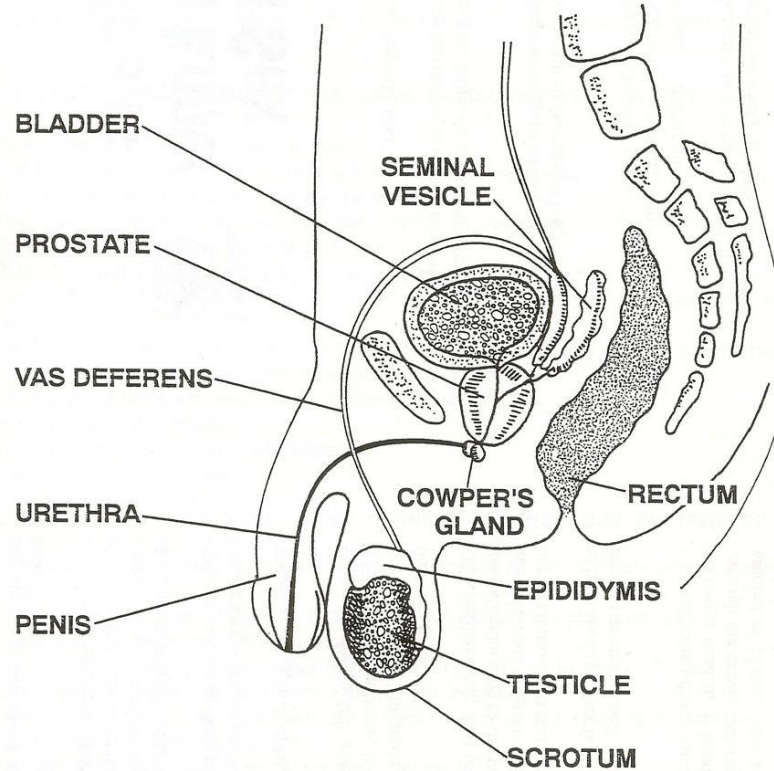
This means, through intercourse, a male can start a pregnancy and a female can become pregnant. The ability to create a baby is something to respect, protect, and treat responsibly.



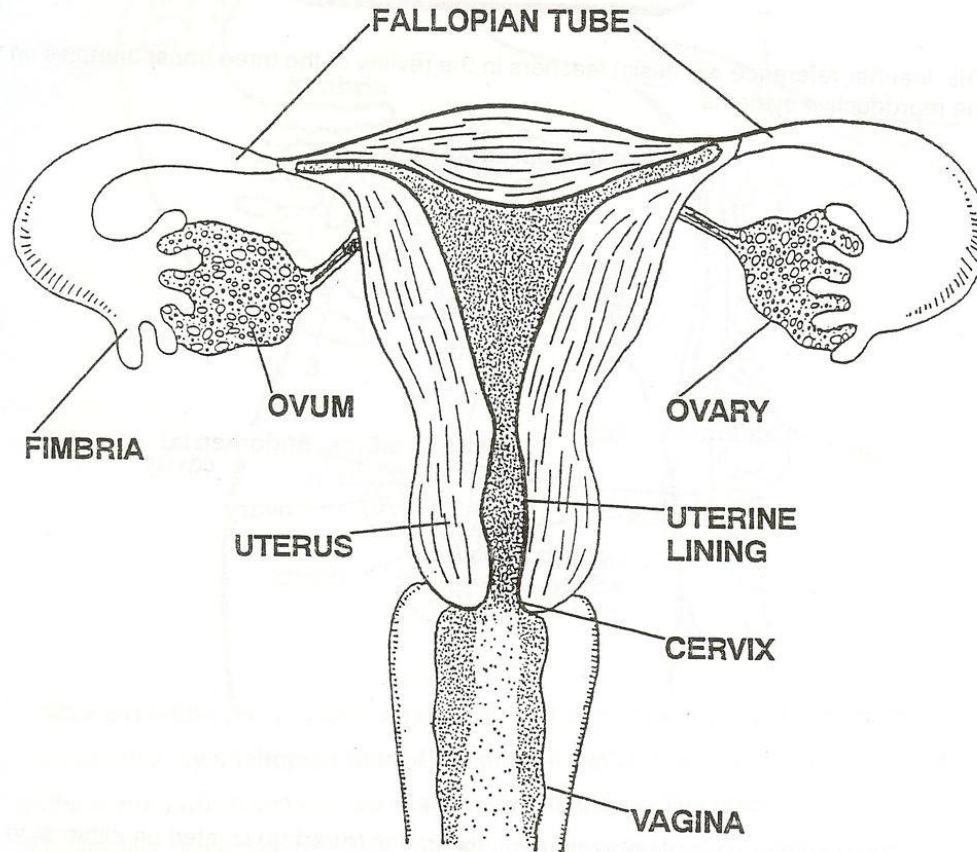
Body Systems


What systems are in the body that you know about?

MALE REPRODUCTIVE SYSTEM DIAGRAM



FEMALE REPRODUCTIVE SYSTEM DIAGRAM






Understanding the Process of Conception and Pregnancy

Responsible Considerations :

1. Whenever sexual 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

1. More comparison of self to others
2. Increase desire for privacy
3. Stronger desire for independence. Wanting to take part in more adult-like behaviors and responsibilities.
4. More concern about appearance.



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.



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.



HANDLING sexual FEELINGS in a **RESPONSIBLE** way may result in:

happier life

confidence

good reputation

attainment of life goals

respect of others (boss, peers, family)

pride/self respect

good sexual health

better chance of a positive relationship



HANDLING SEXUAL FEELINGS IN AN **irresponsible** WAY MAY RESULT IN:

teen pregnancy

getting a bad reputation

STD's

suspension/expulsion

being laughed at, mocked

lose friends

losing trust of parents

trouble with the law

parents upset/grounded



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.



Inappropriate Sexual Behaviors

1. **Sexual harassment:** unwanted, unwelcomed sexual behavior which interferes with your life and causes you to feel uncomfortable.



sexual Harassment EXAmPLes:

- Sexual Comments
- Sexual Gestures
- Sexual Jokes
- Sexual touching
- Uncomfortable looks
- Text messages or notes of a sexual nature
- Spreading sexual rumors
- Brushing up against someone
- Blocking in the hallway



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. 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 includes actions such as:

- any sexual touching of a child;
- sexual intercourse;
- encouraging a child:
 - to take off their clothes
 - to be photographed inappropriately
 - to view pornographic material
 - to touch someone in a sexual way
 - to communicate in a sexual way with an electronic device
to arrange a private meeting following internet contact [internet contact](#)



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.




RESPECTING YOURSELF AND YOUR REPRODUCTIVE SYSTEM

What are some physical
consequences of being involved
in sexual activity before
marriage?



Physical Consequences:

- Pregnancy
 - Giving birth
 - STD's
- Would these be hard for a teenage boy and girl?



What are some Social and Emotional Consequences of being involved in sexual activity before marriage?

- feel guilty
- feel confused
- worry and fear
- broken heart / disappointment
- loss of trust / parents find out
- rejection
- trouble with parents, school or law



What are STDs?

Sexually Transmitted Diseases

- STDs are passed from an infected person to an uninfected person through intimate sexual contact.
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- These behaviors include: sexual intercourse, intimate touching, and in some cases, kissing.
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- If you are involved in sexual activity with someone who has a STD, you can get it too.



STDs

- 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.



Sexually Transmitted Diseases

Are either:

- A Bacteria
- A Virus
- A Parasite



BACTERIAL

- Syphilis
- Gonorrhea
- Chlamydia



viral


(NOT curABLE)

- Herpes
- HIV – AIDS
- HPV – genital warts



PARASITIC

- Pubic Lice



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



Abstinence

Choosing to wait for
intimate sexual activity
until marriage.



ABSTINENCE

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 Good about choosing
to abstain ?

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

1. **Set Sexual Standards** and make a commitment to abstain. Share this decision with someone close to you.

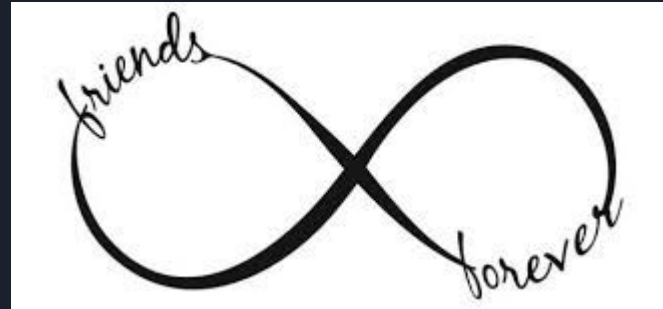




2. Choose friends who share your values on abstinence.




VALUES




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






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





5. Avoid risky situations.
Stick with supervised
group activities.





6. Dress modestly to avoid sending mixed messages and increase the chance of sexual attention. Dress appropriately for the place you are going.



7. Avoid drugs and alcohol.
People easily lose control
while drunk or high.




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




9. 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. It could also lead a person to looking at Pornography. Which can be addicting, unhealthy and illegal.



You have the opportunity to enjoy a great life ahead of you! For this to happen it's important to develop a healthy respectful view on relationships, dating, and appropriate sexual activity for the future.



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- Saying no to pornography will help you to...
 - feel good about yourself as you take a stand for your values
 - be respected by others
 - develop and maintain good family and friend relationships
 - respect your future dating and marriage partner



If you come across media that has sexual scenes or is pornography:

- 1. Turn it off, Turn away, Leave the area**
- 2. Take a stand and call it what it is**
- 3. Tell a trusted adult**



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

- their families rules and guidelines

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



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.



Healthy Relationships

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

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



They Should:

- Be kind
- Interested in what you do and have to say
- Talk about appropriate things
- Practice manners
- Respect your values
- Respect your family's rules



They Shouldn't:

- Talk crude and swear
- Peer pressure you to do bad things
- Lie to you or put you down
- Push you to do sexual things
- Talk negative about your family and their rules



What are the benefits of hanging out in groups?

- feels more comfortable
- good way to learn about each other
- easier to talk in a group
- safety in numbers /because others are around
- less likely to be pressured for affection

Name some group activities that most parents would approve of, that TEENS could do to socialize with special friends they Like.

after school games or clubs

playing frisbee

bowling

YMCA

out to eat

youth group events

miniature golf



going to the park

playing board games

