**Healthy Choices and Sex**

Desirable Character Traits – define

1. Goal-
2. Determination-
3. Wisdom-
4. Responsibility-



1. Honesty-
2. Self-Respect-
3. Abstinence-



1. Self-Discipline-
2. Courage-
3. Boundaries -



Risky Sexual Behavior

1. What are examples of risky sexual behaviors?
2. How can substance abuse effect an individual’s decision making with regards to risky sexual behavior?
3. List some consequences, both physical and emotional, of premarital sex.
	1. –
	2. –
	3. –
	4. –
	5. –

Sexually Transmitted Diseases

1. List 5 forms of contraception.
2. Which form of contraception is most effective against the spread of HIV?
3. Which of these 3 types of STD’s can be cured and how?
	1. Viral STD b. Bacterial STD c. Parasitic STD
4. Chlamydia
5. Genital Herpes



1. HPV
2. Gonorrhea
3. HIV
4. AIDS
5. Pelvic Inflammatory Disease
6. Can you outwardly tell if someone has an STD?
7. What is the only 100% way to avoid contracting an STD?

Relationships

1. What is the difference between love and infatuation?
2. Describe an appropriate sequence of developing a healthy relationship from a first meeting to a sexual relationship.
3. How can emotions, infatuation, and sex interfere with the healthy development of a relationship?
4. The five C’s to developing healthy relationships:
	1. C
	2. C
	3. C
	4. C
	5. C

Refusal Skills

1. List 3 reasons for teens to remain abstinent.
2. What barriers can interfere with your ability to maintain boundaries?
3. Create a refusal strategy for resisting pressures to be sexually active. Hint: think about what the diagram above is saying
4. Explain how you can refuse pressures to be sexually active and still maintain a healthy relationship.



Babies

1. What is the average annual cost of raising a baby?
2. How does teenage pregnancy usually effect the teenage relationship?
3. How does teenage pregnancy effect the parent’s ability to pursue their goals?

Conclusion

1. What is the only 100% way to ensure that you are free from the risks of STD’s, pregnancy, and negative emotional consequences associated with premarital sex?

