



A Sexual Risk Avoidance Program
THREE - Day 6th GRADE
Presentation

DAY TWO

Content Covered:

Booklet page 4: Critical Health Behaviors

Booklet page 5: Personal Self Control

Booklet page 6: Boundary Setting

Note: *Black font is directive; red font illustrates suggested scripted dialogue; yellow highlighted text indicates important material that is measured in pre and post surveys.*

REVIEW DAY 1



Recommended optional video of “Gold” by Brit Nicole can be played while students are entering the classroom.



Briefly reintroduce self to students.



Pass out booklets.

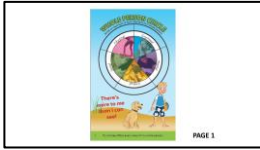


Remind students of jolly rancher rules.



Have kids stand – right hand, Good Choice; left hand, poor choice; both hands point to chest, my choice

Define that poor does not equal bad or bad people. We all make mistakes, but we all want to make the healthiest choices



Review Whole Person Circle



Review Puberty



Review Go To Adult

WHY IS THIS INFORMATION IMPORTANT???

Read Slide

YOU MATTER!

Read slide

BOOKLET PAGE 4: CRITICAL HEALTH BEHAVIORS



Today we're going to start with a topic that could potentially have a negative affect on our "Whole Person". We are going to focus on the physical, mental and ethical areas of the whole person.



Let's focus on page 4 our our books.



The United States of America has an organization that works to keep citizens healthy. This organization is called the Center for Disease Control or CDC. The CDC has come up with 6 behaviors that are the leading causes of death and injury. They are called Critical Health Behaviors.

Wouldn't you agree if you have all the information, you make better choices.

Everything we will discuss under the 6 Critical Health behaviors, you will have to make a choice/decision on your way to adulthood.

Some of this information may be review for you. Some of these topics you may have started learning about in kindergarten. But some of the information is likely new.



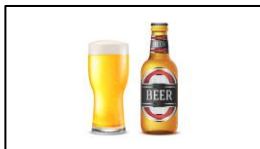
Let's start with the behaviors that are listed in red.

What does red usually signal us to do? Ans: Stop

Remember you are going through a physical transformation (Puberty), we need to carefully consider what goes into our bodies and how we use our bodies.



We're going to start with Alcohol and Drug Use



Alcohol:

We recognize that there is an age limit of 21 to legally buy and consume alcohol.

However, consuming alcohol, especially when you are going through puberty, alters our ability to make clear and healthy decisions. A good example of this is the slogan "Don't drink and drive!" Clearly, drivers have to make good decisions when they drive in order to be safe.

When you turn 21, even though it's legal, drinking too much is still an unhealthy behavior that can cause the body harm.



Illegal Drugs:

This is an example of an illegal drug. These are not the same as alcohol. When you reach the age of 21 you can legally purchase and drink alcohol. It is not the same with these type of drugs. There is absolutely nothing healthy about using these drugs.



Opioids:

Prescription drugs can be a confusing topic. When used as directed by a doctor, prescription drugs are useful and help us when we are sick or in pain. However, prescriptions drugs can also be abused when not taken as directed by a doctor OR used by a person whom it was not prescribed.

Currently, we are experiencing a nationwide epidemic of opioid use. “A lot of different drugs are called opioids, many are prescription drugs used for pain relief.”



Injury and Violence:

Injury and violence is second on our list of the 6 critical health behaviors. What do we mean by injury and violence in regard to critical health behaviors?



What about riding a bike without a helmet? Are we being safe if we ride without a helmet? Can that cause injury to a person? Of course it can!



Or using a seatbelt when we are in a car.



VIOLENCE:

Violence is when we cause pain, either physically or mentally, on someone else or ourselves. For example, you get so angry and you feel like hitting someone. But you have the power and control to make a healthier choice.

Remember that you are going through puberty and you may experience mood swings that make you feel like you're out of control. However, the reality is that YOU are always in control. (Remember You Decide For You) You can always make the choice to not be physically violent.



Bullying is violence with our words and actions towards someone else. We never want to be responsible for hurting someone else to the point that they would consider harming themselves.

We all want to be respected and protected and we have a responsibility to treat others the same way.



The next item on the list is Tobacco Use.



Tobacco Use:

We now know that there is no healthy benefits to smoking cigarettes. When smoking first became a popular activity, there was not awareness of the harmful health consequences of this behavior. It took years of research for the CDC to determine that this is an unhealthy behavior. We now know that smoking can cause cancer and other diseases.

The good news is that fewer young people are starting to participate in the behavior of smoking cigarettes. However, remember that the cigarette companies are a business. What do businesses want? Ans: Money Like any other business, if they are seeing a decrease in sales, they have to come up with another product to sell.

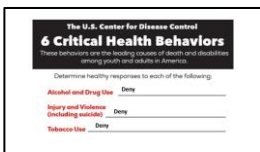


The newest product is vape pens. You may have heard that this is a healthier option to smoking. But this is what we know through the CDC, this behavior is as harmful as smoking cigarettes or chewing tobacco. All of these behaviors can cause us harm.

Now, we all probably know someone who smokes, vapes or uses tobacco. This does not make them a bad person, it just means that they are making unhealthy choices. However, the data/research does not support health benefits to vaping over smoking.



We should say, "Access Denied!" Write the word "deny" on lines beside each of these behaviors .



Allow students time to fill in the blanks in their booklets.



The next two behaviors on our list are nutrition and physical activity. These are in green. What does green signal to us? Go!



We need to eat the right types of food to keep our bodies healthy. How many of you like to eat chocolate cupcakes? They are delicious, but let's face it, chocolate cupcakes are not the healthiest of foods. It's important that we have a balanced diet.



Exercise is another manageable health behavior.

We need to get our bodies moving to keep our muscles healthy, especially our heart muscle. If we sit all day long and play video games and watch TV, we are actually harming our bodies. Some like to use the excuse, “I’m not athletic because I’m not on a sports team.” But you don’t have to be athletic to get exercise.



And let’s not forget getting adequate rest. A good night of sleep is a healthy behavior that we can manage.

When you are tired, do you make clear decisions or choices? Or is it more difficult?



If we’re not eating a healthy diet and getting enough exercise and sleep, we will run out of battery power.



Write “manage” on the lines next to nutrition and physical activity.



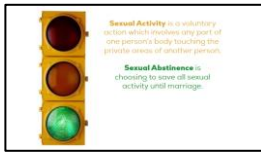
Last on our list of critical health behaviors is sexual activity. Let’s talk about when it’s the RIGHT TIME for sexual activity and why it’s on our critical health behavior list.



It’s OK to feel shy or a little embarrassed. You may feel the need to giggle, put your head down or hide your eyes. These are topics that we just don’t talk about just anywhere with just anyone. All you have to do is keep breathing and don’t disrupt the class. We haven’t lost anyone yet!

Let’s get to our definitions:

Sexual activity: Sexual activity is a voluntary action which involves any part of one person’s body touching or coming in contact with the private areas of another person’s body. The private area is what one covers with a swim suit. It is covered because it is personal and private and should be protected.



Sexual abstinence is the choosing to save all sexual activity until marriage. We're going to talk about sexual abstinence as a protective boundary. However, we do need to talk about one other definition.



Sexual Abuse: Read definition

In early grades you may have learned "good touch/bad touch" as a way to protect you from someone who is trying to touch you on your private areas.

If this has happened or is happening to you or someone you know, please tell a trusted adult today.



Never forget that when it comes to sexual activity it is a MY CHOICE situation.

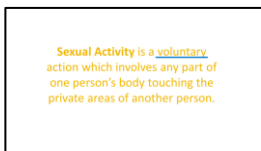
My choice means YOU give consent.

If you did not give consent, you are not considered sexually active. This is called abuse. That's why it's so important to talk to a trusted adult.



An abuser violates a person by disregarding the person they are hurting. This is an ethical choice they are making. Talking to a Go-To Adult helps start the healing process for a survivor of sexual abuse. This is the quickest way to heal emotionally.

Remind students that sexual abuse affects all areas of the whole person circle.



Remind students that sexual activity is a voluntary action. They can choose to participate or not participate in sexual activity.



Remember we defined sexual activity as a voluntary action. Even though this is the "I Decide for Me" program and we can make all the choices and decisions that we want, we can not choose our consequences. How many have ever made a decision and you wish you had made a different decision?

What are some of the physical consequences of sexual activity outside the boundaries of marriage.

Allow responses from students.



One physical consequence is pregnancy. Remember when we talked about puberty? Puberty is when our reproductive systems mature and we are able to reproduce which means we can have a baby.

Why is this a part of a critical health behavior list? It's because there is an increased chance of complications for you and your baby when you are younger. Pregnancy affects both the man and the woman, and both are important to the child.



Other physical consequences are Sexually Transmitted Infections (STIs) and Sexually Transmitted Diseases (STDs).

Ask: What does transmitted mean?

Answer: To transmit means to transfer, convey or move from one person to another. Germs are microscopic organisms that cause disease.

STIs and STDs are results from germs moving from one person to another through sexual activity. Sexual activity is the primary way to get STIs/STDs: therefore, this is another reason that choosing to save all sexual activity until marriage is the healthiest choice.

There are over 25 identified STIs/STDs. Some of these are curable but many are not and cause other health complications. This sounds scary, however, it's important to have all the information to make the healthiest decisions.



Abstinence until marriage is the healthiest best choice because it protects our whole self for our whole life. Someone who truly loves you will respect your healthy boundary of waiting until marriage for sexual activity. Let's write CONTROL TIMING in our books.



Sexual Activity: We control the timing of when we start sexual activity. It is healthy to wait and save sexual activity until marriage.



We are not saying that sexual activity is bad. Inside a loving, faithful, committed relationship one finds the healthiest and best sexual activity.

If you are not married, it is not in your best interest to engage in sexual activity with anyone.



You don't have to worry about getting any of these consequences if you are not sexually active.

Addendum: Freedom Circle Activity

Abstinence until marriage is the healthiest, best choice because it protects our whole self for our whole life.

BOOKLET PAGE 5: PERSONAL SELF CONTROL



Turn to page 5 in your booklet.

Maria is in the middle of some important decision making. She is asking herself "What can I control?" Becoming a healthy adult requires self-control and personal-boundary setting.

Moving into adulthood means learning to control your actions and making decisions on your own (just like Maria).



Let's help Maria decide what she can and cannot control.

Healthy adults make decisions based on facts not based on emotions or social settings. Work down items listed on left side of page. Read instructions. Give kids personal examples.



Illegal Drugs (including opioids)

Ask: Can Maria control her use of illegal drugs?

Yes: Draw a circle around



Recall that we discussed that drinking under age is illegal. Using marijuana is illegal.



Can Maria control the websites she views?



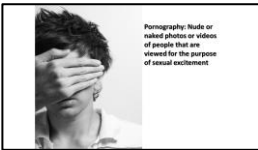
To truly understand how to make healthy decisions, we're going to lean on our mental and ethical part of our whole person.



There is a business that is targeting you and even younger kids because they want you to become adult paying customers. They make sure that you see their content as early as possible. This business works through websites and mobile apps.

And these websites and mobile apps are inappropriate.

This is called pornography.



Two things we need to understand about Pornography.

1. This is a false image of what our bodies look like.
2. It is a false image of what healthy relationships look like.

A relationship is a caring loving commitment between two people. This is not represented in pornography.

People in this business are not respecting you by making this so easy to access and also having it pop up when you are not even looking for it.

They are a business that is using the value of shock to make money.



Read slide.

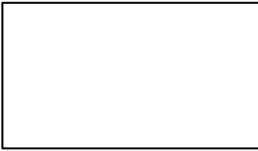
Remember Matt's brother, Mikey, is only 8 years old.



The amount of time that we see these images truly do matter. In fact, seconds matter. The more we see an image, the harder it is for our brains to forget that image. It stays in our mind!

So now you may be asking yourself, what do I do if this happens to me?

1. Look away and remember seconds matter
2. Tell an adult
3. Remind your brain that you're in control!



Let's do an activity that will give you an example of how our minds remember things.
I'm going to show you a picture. *Encourage students to focus on the screen.*



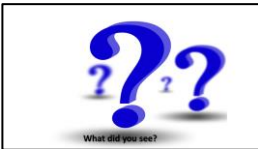
Allow students to view the screen for 1 second.



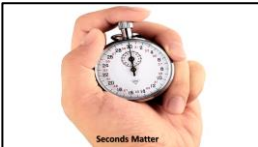
Ask students what items that they saw on the screen. Pass out jolly ranchers for responses.



Next, allow students to view screen for 3 more seconds.



Ask students what items that saw on the screen.
Ask students if they saw more items compared to the first time.
Pass out jolly ranchers for responses.



The longer we look at something, whether that is an image or a video, the harder it is to forget. Viewing pornography sets off a chemical in our brains called Dopamine. Dopamine activates the wanting, seeking, craving parts of our brains. It can trick us into wanting to see more images that are not healthy for us.

In the brain, viewing pornography looks much the same as drug use and it can lead to addiction.



Friends--Can Maria control friendships in her life?



SOCIAL

We are social and like to interact with others. Friendships are an important part of our whole person.



Yes, we can control who are friends are, but we cannot control our friend's behavior.



We look for a lot in our friendships, so it's important to understand that to have good friends, we need to be a good friend. Point out other traits of friendship listed on the slide.

One of the most important friend traits is being forgiving.

Ask: Have you ever forgiven a friend who has hurt your feelings. Or have you ever been forgiven when you have hurt somebody?

When we are forgiving, we are naturally friendly, honest, dependable.



Information sharing--Can Maria control the information she shares on the internet?

ANS: Yes. She can use caution especially when using social media.

(Note: This is discussed at length on Day 3 of the presentation.)



Sexual Activity--Can Maria control her voluntary participation in sexual activity?

ANS: Yes! Circle sexual activity and draw a line to Maria.



Sexual activity can leave us very confused and lost in knowing which direction we are going. Many people worry about the consequences of voluntary participation in sexual activity.

Matt's older brother, Mark, is a senior in high school. He has a girlfriend that is a junior and they had been dating for a while. Mark is getting ready to graduate and go off to college where he plans to play baseball. He even got a scholarship to play! Mark and his girlfriend made the choice to participate in sexual activity while they were dating. They had not had the I Decide for Me program while they were in high school and had not learned about setting boundaries. They did not establish marriage as their boundary for sexual activity. As a result, they had to deal with a consequence of their voluntary participation in sexual activity. Can you guess what consequence they had to deal with?

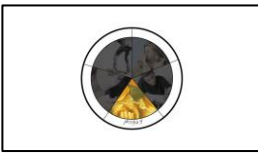
Allow students to answer.



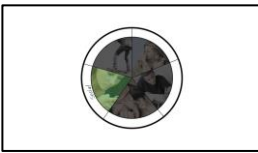
You guessed correctly! His girlfriend became pregnant. Do you think that decision affected them emotionally? Of course, it did! Suddenly there was a lot of regret that they had participated in sexual activity.



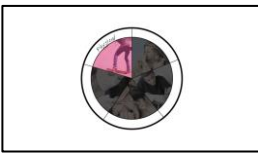
What about mentally? Did their decision to participate in sexual activity affect them mentally? Yes! Suddenly, all they could think about was the baby that they were expecting. It was very difficult for Mark to focus on math, science and English that he needed to focus on when trying to finish up the requirements for graduation. All he could think about was the baby! His girlfriend had the same experience, she was just trying to finish her junior year and could not focus.



Next, let's move to the Ethical side of the whole person. Who do you think were the first people that they had to tell about the pregnancy? Ans: Their parents. A female that is expecting a baby cannot hide the pregnancy for very long. Mark and his girlfriend had to make the ethical decision to talk to their parents and let them know that they were going to be grandparents.



Do you think their decision affected them socially? Shortly after this happened Mark's girlfriend stated that she felt like she no longer had any friends. No one wanted to hang out with a pregnant girl. Before the pregnancy, Mark's family loved her and her family loved him. But after the pregnancy started, Mark's family didn't show her love as much and her family was angry with Mark. All of these social relationships were strained and a sweet little baby was getting ready to enter the world.



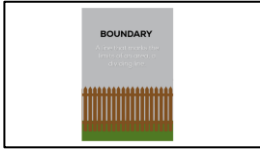
Lastly, we know that the pregnancy was a physical consequence of their choice to participate in sexual activity and it affected his girlfriend physically because she had to carry the baby.

But did the pregnancy affect Mark physically? Yes, it did! He became so stressed that he wasn't eating the way he should. He also had a hard time sleeping because he was so worried. Don't ever forget that for every female that is pregnant there is a male that is impacted.



What about boundaries? Can Maria set her own personal boundaries?

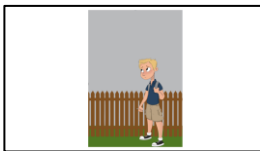
BOOKLET PAGE 6: BOUNDARIES



Read slide: A boundary is a line that marks the limit of an area; a dividing line. A boundary is a protection not a punishment. It keeps the good stuff in and the bad stuff out. You are the good stuff.



Notice Maria is inside the boundary. This means our boundaries keep the good stuff in and the bad stuff out. You kids are the good stuff! A boundary is protective.



Notice that Matt is on the opposite side of the fence from Maria. Matt is outside the boundary. When we are outside the boundary we are vulnerable to many negative behaviors. Matt is already behaving in an unhealthy way.



Matt is making a poor choice. (Ask: What's a poor choice? An unhealthy choice.) Here you see Matt making the choice to smoke.



Many times when we begin to make poor choices, it can lead to making other poor choices that might have greater consequences. You can see that Matt is considering some of these other unhealthy choices such as alcohol...



Or prescription painkillers called Opioids...



Illegal drugs such as marijuana...



And Matt is also thinking about watching some things that are unhealthy for him...some shows that have a rating for mature audiences...or pornography.

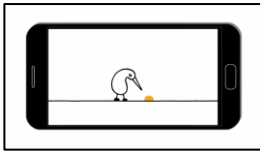


This is why we say without boundaries; our poor choices can take control and lead to addiction to unhealthy behaviors.

Read addiction definition on slide.

Addiction is an urge to do something that is hard to control or stop. All of the things you see in Matt's thought/smoke bubble can be turned into an addiction.

Let's look at this video to help better understand the process of addiction.



View Addiction Video.



Review Key Concept:

Maria can become a healthy adult but becoming a healthy adult requires self-control.



Review Key Concept:

Becoming a healthy adult also requires that we set our own personal boundaries.



Thank you for your attention. If you have any questions over any of the material that I've presented yesterday or today, now is the time for you to write them down. All questions are anonymous. Tomorrow we'll try to address these questions.

NOTE: Encourage all students to write something. If they do not have a question, they should be encouraged to share something about themselves (hobby, favorite book, favorite sport, etc.) This will aid in helping those that do have questions to avoid being embarrassed to write a question.



Collect books at the conclusion of Day 2.

PRESENTATION NOTES