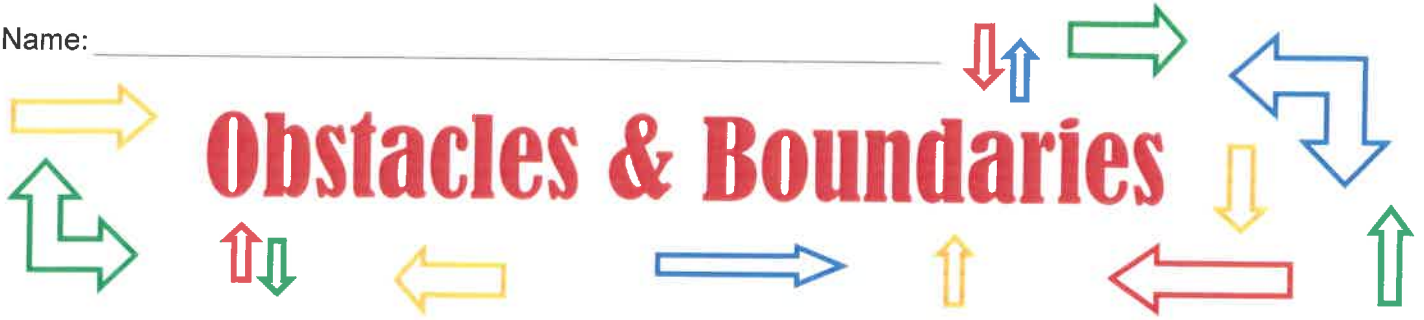


Name: \_\_\_\_\_



You matter! Your whole person is worth protecting. Below is a list of obstacles that affect your relationships and health. You will encounter challenges like these as you journey into adulthood. Planning ahead and setting boundaries now will help you successfully grow into your future.

**Here are some obstacles you might encounter:**

**Past Mistakes** – Never let your past dictate your future.

**Relationship Abuse** – A pattern of behaviors by one person in a relationship to maintain power and control.

**Drugs & Alcohol** – Healthy choices are made when you are not under the influence, and you can think clearly.

**Insecurity** – Risky behavior can be the result of a lack of confidence, a desire to feel loved, and a need for attention.

**Social Pressure** – Understand that not everyone is doing it.

**Sexting** – Sending an inappropriate picture or text.

**Sextortion** – A crime that happens online when an adult deceives a minor into sharing sexual pictures or performing sexual acts on a webcam.

**Pornography** – Sexually explicit pictures or videos meant to induce sexual arousal.

**Sexual Consequences** – Sexually Transmitted Infections (STIs) or pregnancy as a result of sexual activity.

Choose 3 obstacles you think might encounter. For each obstacle, identify actions and boundaries that you can create to protect yourself in these situations :

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
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