



Building Healthy Futures
Level 1



"The great thing in this world is not so much where you stand, as in what direction you are moving."

- Oliver Wendell Holmes

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

- Carl Bard

"I am not a product of my circumstances. I am a product of my decisions."

- Stephen Covey

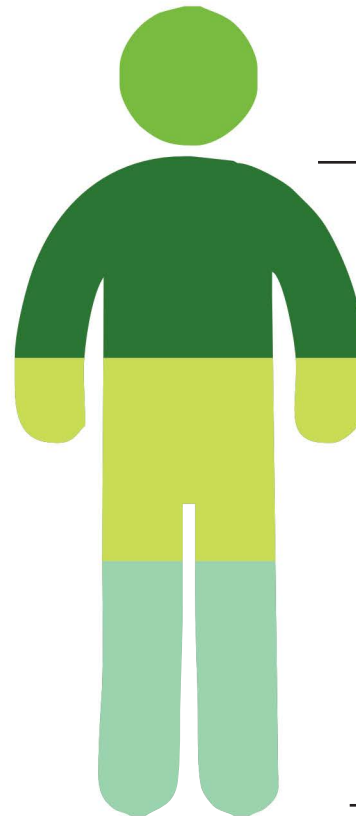
ANATOMY REVIEW

- ___ 1. Where are the female's egg cells stored?
- ___ 2. Where are the male's sperm cells produced?
- ___ 3. In what female organ does a baby grow?
- ___ 4. The process of a sperm joining an egg is called?
- ___ 5. The stage of life when a child develops into a young man or young woman is called?
- ___ 6. Special chemicals in the body that cause changes?
- ___ 7. The gland in our brain that controls our growth?
- ___ 8. The shedding of the lining of the uterus is called?

ANSWERS—CHOOSE ONE...

- A. Fertilization
- B. Testes
- C. Pituitary
- D. Ovaries
- E. Uterus
- F. Hormones
- G. Menstruation
- H. Puberty

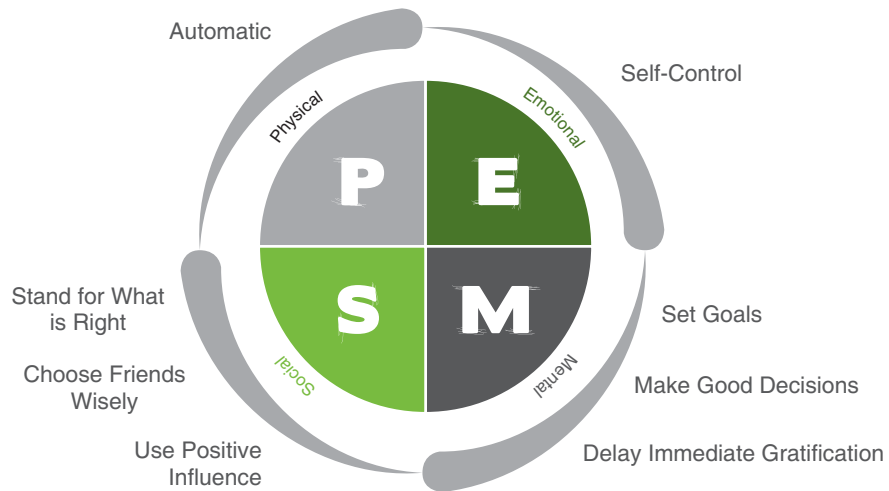
Whole Person Maturity



Maturity

(Whole Person Circle)

Discuss with an adult in your home.



Signature _____

Question

Answer the following...

What emotion do you have the hardest time controlling?

Explain how that emotion has on occasion controlled you or how you controlled that emotion.



Goals are dreams you work toward...

Two of my long-term goals are:

1. _____

2. _____

Two of my short-term goals are:

1. _____

2. _____

What are some things you need to do to accomplish your goals?

The lesson of the Mop Demo:

Keep your _____ on your _____ .



LOVE & CRUSHES

Love and **crushes** are easily confused. They can feel the same. They have similar characteristics. Most relationships start out as a crush and some develop into a healthy, loving relationship, but true love takes time to develop.

A **crush** as defined in Webster's Dictionary is "extravagant, short-lived passion." It is an over-exaggerated, intense feeling.

A **crush** is often short-term, one-sided, focused on looks, and casual.



FREDDIE THE FROG

(Use the following pictures to tell the story of Freddie the Frog to the adult(s) in your home.)



JACUZZI



~~JACUZZI~~
POOL





Question for Discussion

What would have happened if Freddie had a trustworthy friend with him?

What if the friend knew about the hot tub?

How did Freddie’s “crush” on Alexis affect his decisions?

Write down your conclusions.

Question to Answer

Explain (3) three things Freddie could have done to avoid his fate.

Steps of Physical Affection



Abstinence

(saving intimate sexual contact for marriage)

Intimate

(private or personal)

In your own words, how would choosing abstinence help you?

STIs

There is generally an exchange of body fluid during sexual activity in the underwear zone and through intercourse.

This is the most common way sexually transmitted infections are spread.

There are other less common ways people are exposed to someone else's body fluids.

1. **Sharing needles when involved in illegal drug use. This would only expose someone to the virus if the previous needle user had the infection.**
2. **Any blood to blood contact such as touching someone else's infected blood. However, the blood has to enter a body opening in the other person.**
3. **Birth. An infected mother can pass an STI, like the HIV virus to her baby during delivery or during breast feeding. To prevent the spread from mom to baby, doctors can deliver by a caesarean section (surgically deliver the baby) and mom can use formula, instead of nursing.**

Some STIs are not in body fluid.

Some infections are passed from genital skin-to-skin contact.

When two people get married and have **NOT** been infected from previous partners, as long as they stay faithful they will not get exposed to STIs.

What is the only guaranteed way to prevent STIs and HIV/AIDS?

Abstinence!

HIV/AIDS



HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immune Deficiency Syndrome).

If someone develops AIDS, it is because they have HIV. AIDS is the final stage of an HIV infection.

HIV weakens the immune system. A weakened immune system is more likely to struggle with fighting off infection. Anti-retroviral drugs prescribed by a doctor can help weaken the HIV virus while helping to strengthen someone's immune system.

**List at least 5 characteristics
you look for in a friend...**

What is Maturity?

Character Qualities

Who are YOU on the inside? Put a checkmark by the qualities that you know you already have. Mark with a "W" any qualities you "Want to Develop."

What qualities do others see in you? Have them circle the qualities they already see in you.

Remember, you CAN have ALL of these qualities if you work on them and no one can ever take them away from you.

ATTENTIVENESS

(Listening with eyes, ears and heart)

CONTENTMENT

(Happy with what I have)

COURTESY

(Showing care and respect for others)

CREATIVITY

(Doing something in a new way)

DILIGENCE

(Working hard to accomplish a task)

FAIRNESS

(Treating others equally)

GENEROSITY

(Sharing what I have)

HELPFULNESS

(Ready to serve at any time)

HONESTY

(Truthful in words and ways)

HUMILITY

(Not thinking that I am better than someone else)

KINDNESS

(Good-hearted, careful, gentle words and ways)

PROMPTNESS

(Being on time and getting things done when I say)

PATIENCE

(Waiting with a happy spirit)

RESPONSIBILITY

(Doing what I know I ought to do)

SELF-CONTROL

(Control my emotions and my actions)

THANKFULNESS

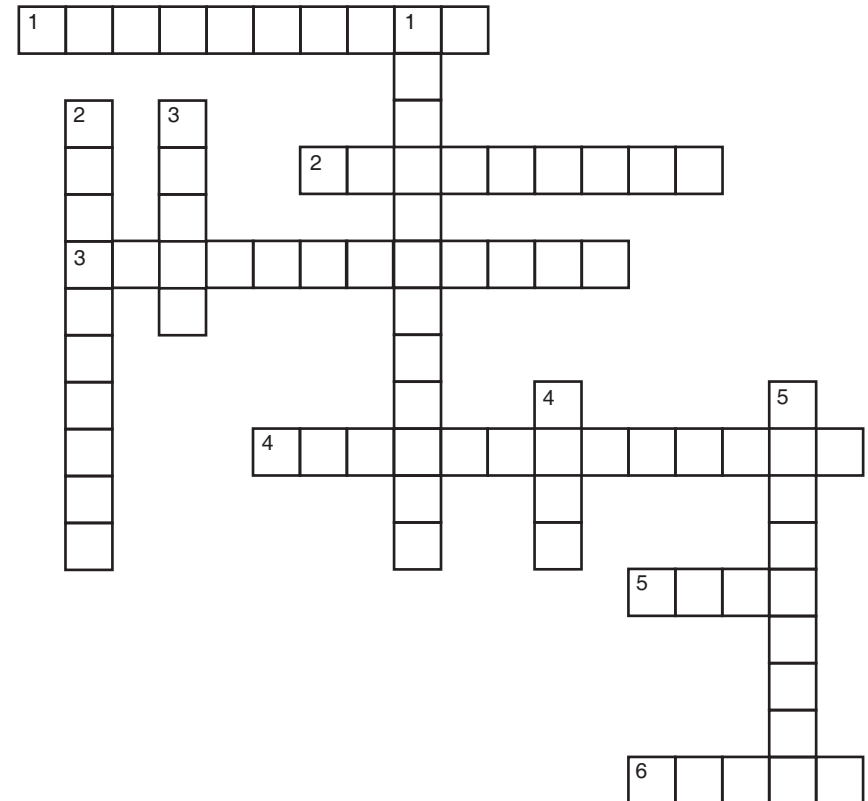
(Being grateful and saying so)

Across:

- Some STIs are not in body fluid. Some infections are passed from genital ___-___-___ contact.
- Each month (after puberty) an egg is released from one ovary. This is called ___.
- The dominant sex hormone for the male is ___.
- I want to feel good NOW!-This is an example of Immediate ___.
- A ___ relationship takes time to develop and is respectful.
- Keep your eyes on your ___.

Down:

- There is an "army" protecting the body called the ___ ___.
- Choosing to save intimate sexual contact until marriage is called ___.
- A ___ is described as short, extravagant passion.
- HIV causes ___.
- Communication of facial expressions, gestures, posture and overall body language are types of ___ Communication.



Questions/Notes

Choose your favorite quote from page 2-3 and explain why it is your favorite and what it means to you...

creating
positive
relationships