

Name: _____

Date: _____



RELATIONSHIPS UNDER CONSTRUCTION

What Will It Take To Be Me?

Name: _____

Date: _____

School: _____

Grade: _____

List some hobbies and subjects that interest you.

List some careers that interest you.

Write down two goals for each age level and three things you will have to do in order to reach those goals (a, b, c).

Age 12-13

Goal 1: _____

- a. _____
- b. _____
- c. _____

Goal 2: _____

- a. _____
- b. _____
- c. _____

Age 16

Goal 1: _____

- a. _____
- b. _____
- c. _____

Goal 2: _____

- a. _____
- b. _____
- c. _____

Age 18

Goal 1: _____

- a. _____
- b. _____
- c. _____

Goal 2: _____

- a. _____
- b. _____
- c. _____

Have your parents/guardian write down ways they can help you reach your goals. They can use this space or the back of the page. Have your parents/guardian sign and date their part.

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RELATIONSHIPS UNDER CONSTRUCTION

STI/STD Worksheet (Side 1)

Parent or Guardian Signature: _____

Abstain: To Voluntarily _____ to Avoid

Sexual Abstinence: Avoiding Sexual Activity Until Marriage or _____ Sexual Activity For Marriage

What character traits did we say it will take to live an abstinent lifestyle?

Self- _____, self- _____, perseverance, _____ for others and for self.

Living an abstinent lifestyle shows respect for oneself and for others and reflects the qualities of personal integrity. It is an _____ way to live.

_____ abstinence after you have been involved sexually is called renewed abstinence.

STI = sexually transmitted _____ STD = sexually transmitted _____.

Out-of-wedlock pregnancies means the baby is born outside of _____.

STI/STDs are at _____ levels. There are over 18.9 million new infections each year.

There are three _____ of STI/STDs – Bacterial, Viral and Protozoan.

HPV – Human Papilloma Virus:

Fact: HPV is the #___ viral STI/STD and the #___ most common STI/STD. There are 6.2 million new infections per year in the U.S.

Fact: 98-99% of those infected with HPV have ___ symptoms at the onset. 1-2 % have soft gray warts in or around their genital area.

Fact: In 90% of the cases of HPV, the body's immune system clears the HPV infection naturally within two years. _____ % of cases can result in cervical cancer.

Fact: We now have a vaccine for _____ strains of HPV. There are 100 strains of HPV; 40 of which cause genital infection. The vaccine protects against two strains that cause 70% of cervical cancer and two more strains that cause warts. This is a very important breakthrough to have a vaccine against cancer, but there are also many side effects with the vaccine.

HSV 2 – Herpes 2:

Fact: Over _____ million Americans over the age of 12 are now infected with Herpes 2. _____% have no symptoms.

Fact: Antiviral drugs are used to treat Herpes 2. People can transmit Herpes 2 to others whether they have symptoms or not. Herpes is not curable, but symptoms are not always evident.



RELATIONSHIPS UNDER CONSTRUCTION

STI/STD Worksheet (Side 2)

Chlamydia:

Fact: Chlamydia is the # ____ bacterial STI/STD.

Fact: There are approximately 2-3 million estimated new infections per year.

Fact: ____% of females and ____% of males show no symptoms at the onset.

Fact: Untreated, chlamydia can cause pelvic inflammatory (____) disease in women. Chlamydia is known as the silent destroyer and often does much damage to the reproductive system in females. It can even make young women unable to have a baby, which we call infertility.

Gonorrhea:

Fact: Gonorrhea is the # ____ bacterial STI/STD, and there are about 700,000 reported cases/year.

Fact: Gonorrhea can also cause PID in women.

Fact: Some strains of gonorrhea are resistant to antibiotics.

Syphilis:

Fact: Syphilis is the # ____ bacterial STI/STD. There are 70,000 cases each year.

Fact: Syphilis causes infection and disease in stages.

Stage 1 is a chancre (shanker) which forms in 10-90 days from the point of infection and goes away in two to five weeks. It is ____ painful.

Stage 2 can be a rash, especially on the hands or feet, a low-grade fever which comes and goes. Stage 2 can last for one to two years.

Latent Stage can last indefinitely.

Stage 3 syphilis can still be cured, but the disease has often done its damage. Outcome is severe damage to the brain and body organs and eventually death.

HIV/AIDS or Human Immunodeficiency Virus/Acquired Immunodeficiency Disease

Fact: About _____ Americans contract HIV each year. Approximately 1,100,000 or 1.1 million Americans are living with the AIDS virus.

Fact: It is possible to be infected with more than one strain of HIV at the same time which makes treatment more difficult. Some strains are resistant to treatment.

Sexually Transmitted Infections/Diseases can be controlled by our behavior.

Centers For Disease Control 2007 Fact Sheets

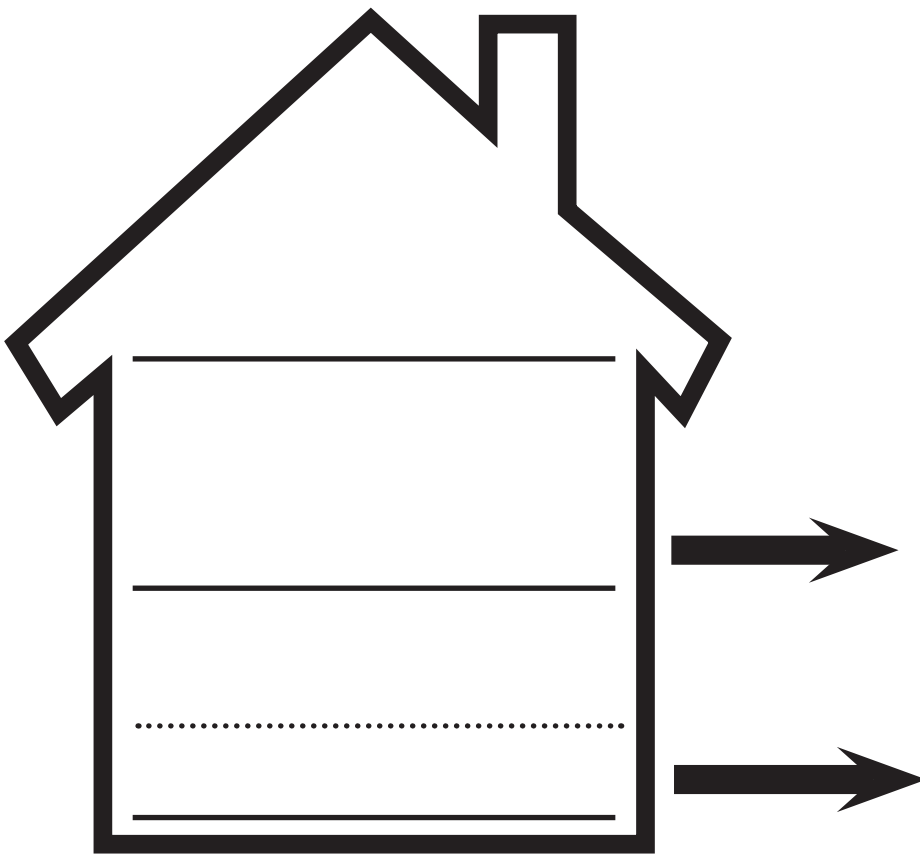
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RELATIONSHIPS UNDER CONSTRUCTION

Building A Healthy Relationship



Name: _____

Date: _____



RELATIONSHIPS UNDER CONSTRUCTION

Lies, Lines, and Comebacks

Here are lines some people may use to pressure others into participating in sexual activity. When someone uses these lines, we hope you recognize them and have a great comeback. Write down some comebacks for the lines below.

Come-on line

Comeback

Come on, just this once.

What could it hurt?

Everybody's doing it.

If you loved me, you'd let me

I promise we'll use a condom every time

No one has to know.

What are you afraid of?

Don't you love me enough to have sex with me.

You're just chicken.

Don't you want to know what it's like?

Everyone knows you've done it before.

Maybe you just don't like girls.

Put out or get out.

I'm clean, I promise.
