6th Grade
Student Notes
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United Way of Adams County, Inc.
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First Bank of Berne
Felger Hart, Inc.
1. Quote: “If you _____ at _________, you’ll _____ it every _____.”

2. Whole-person Maturity:

3. What are some of our emotional needs?

4. Immediate gratification: I _____ to _____ good _____!

5. ____________ gratification can lead to sweet ____________.

6. Goals are ____________ that you ____________ toward.

7. Two of my goals are:
   A. __________________________   B. __________________________

8. The lesson of the Mop Demo:
   Keep your __________ on your ____________!

**Parent Talk Assignment:** Complete the “MOM/DAD, I HAVE SOME QUESTIONS” worksheet with a parent or guardian. Be sure to get their signature and bring the bottom half of the assignment back to class for session 2.
1. Quote: Your sexuality is a very special __________ worth saving for a very special person – your ____________ ______________.”

2. Abstinence means: Saving intimate __________ contact for __________.

3. Abstinence helps you create __________ relationships.

4. Sexuality affects the “whole person”:

5. List some changes that happen to boys and girls during puberty:

Parent Talk Assignment: Complete the Family Rules assignment with your parent/guardian. Be sure to get his/her signatures and bring it back for session 3.
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 _____.
9. A girl can get pregnant the first time she has sexual intercourse. True or False?
10. A girl cannot get pregnant if she has not started her period. True or False?

**ANSWERS—CHOOSE ONE**

A. Fertilization  
B. Testes  
C. Pituitary  
D. Ovaries  
E. Uterus  
F. False  
G. Hormones  
H. Menstruation  
I. Puberty  
J. True
1. Quote: “Love takes _____ to grow, infatuation _____ and ______.”

2. Compare:

<table>
<thead>
<tr>
<th>LOVE</th>
<th>INFATUATION/CRUSH</th>
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<td></td>
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</tbody>
</table>

3. “How far should I go?”
   A. Steps of Affection

   B. __________________ should not be __________________!

   C. The healthiest place to draw your line is no higher than ______________.

4. ______________ abstinence means a person ______________ to
   ______________ crossing the ______________.

5. Sexual Abuse: No one has the ______ to touch you in the ________
   zone without your ____________!

6. Peer or Relationship Abuse: Any type of ____________, ____________
   behavior that takes place in a ______________.

Parent Talk Assignment: With your parent or guardian, complete the
ALIVE & WELL MEDIA ASSIGNMENT. Then, be sure they sign it. Bring
it back for session 4.
1. Quote: “Let the _________ you make ________ be choices you can ______________ ________ tomorrow.

2. Possible whole-person consequences of sexual activity before marriage:

3. Sexually Transmitted Infections (STIs)
   A. Basic reasons why there is an epidemic:
      ➢
      ➢
      ➢
   B. How do people get STIs?
      By ______ to ______ contact in the ______________ ________ with an infected person OR getting infected _______ _____ into body openings.
   C. Lesson of the “Risky Business” Demo:
      STI’s can __________ to __________ people over a period of time.
   D. __________ Immunodeficiency __________(HIV) is the virus that causes ______.
   E. HIV attacks the body’s ______________ ________________.
   F. If a person has been sexually active and has STI symptoms they should _____
      __________.
   G. If you have been sexually active, do you have to continue? ________

Parent Talk Assignment: With your parent or guardian, complete the Character Qualities assignment. Then, be sure they sign it. Bring it back for session 5.
411 on STIs

STIs = Sexually Transmitted Infections
STDs = Sexually Transmitted Diseases
STIs are caused by Viruses, Bacteria and Parasites. STIs can become STDs. Some Viral STDs cannot be cured!

A Short List of STIS
Human Papilloma Virus (HPV)
Genital Herpes
HIV/AIDS
Hepatitis B
Syphilis
Gonorrhea
Chlamydia
Trichomoniasis
Pubic Lice

REMEMBER THIS!

Some symptoms of STIs include flu-like symptoms, burning during urination or excess discharge from penis or excess from vagina, unusual blisters, sores or warts on genitals. A person can have some of these symptoms without having an STD/STI.

Not everyone who has an STI has noticeable symptoms. Seven out of ten people who have an STI don’t even know they have one!

If these diseases are left untreated, they can cause symptoms that are a lot worse... like cancer, seizures or heart disease -- even death.

Some STIs can be passed from a mother during pregnancy or breastfeeding which could cause the baby to have symptoms of the disease or other damage.

How can you pick up an STI?

1. SKIN TO SKIN CONTACT in the underwear zone
2. INFECTED BODY FLUIDS (blood, semen, vaginal fluid, urine) IN A BODY OPENING (cuts or sores, mouth vagina, penis, anus, urethra)

If you have not been sexually active, you do not need to worry about having a sexually transmitted infection.
1. Quote: “Show me your ________ and I’ll ______ you your __________.”

Factors that will help me build better relationships.

2. Self-esteem: ______ opinion of __________.

   A. Things I value about myself.
      1. ________________ 2. ________________

3. It’s what’s on the ________________ that ________________.

   A. One character quality that I would like to work on: ________________

4. Communication
   A. Always treat the other person the way that ______ would want to be ________.
   B. When communicating through texts or online, I will remember that I am leaving a ________________ that can be:
      1. 
      2. 
      3. 
      4. 
      5. and is ________________!

Day 1: If you ______ at _____________ you’ll hit it every ________!
Day 2: Your sexuality is a very special ______ worth saving for a very special person – your ________ ________.
Day 3: ______ takes time to ________, ________________ comes and goes!
Day 4: Let the ________ you make ________ be choices you can _____ _____ tomorrow!
Day 5: Show me your ________ and I’ll ________ you your ________.

Please visit us at www.aliveandwellteens.com
If someone you know needs help, talk to a parent or trusted adult. Here is a list of places you can call too! For some more helpful websites visit www.aliveandwellteens.com and www.211.org

Counseling
www.211.org

Crosswinds (Family Coaching and Counseling) crosswindsyouth.org
Will come to your home if you prefer 855-927-7963

Renovate Counseling Services renovatecounseling.org
Individual, couples or family counseling 260-307-5030

Free Pregnancy Tests & Help
Helping Hands Pregnancy Resource Center in Bluffton 260-824-4263 helpinghandscpc.org

The Hope Clinic (in Berne or Decatur) hopeandanswers.com
24 Hour Helpline: 1-800-395-HELP(4357)
Berne 260-589-3561 Decatur 260-728-4191

A Hope Center (Ft. Wayne area) ahopecenter.org
24 Hour Helpline: 260-422-3544

Wells County Health Department (across from the Library)
260-824-6489

pregnancydecisionline.org 877-791-5475

Bethany Christian Services (Adoption Specialist)
(317)578-5000

STI/STD Tests
The Hope Clinic – Berne (589-3561) and Decatur (728-4191) hopeandanswers.com

A Hope Center - Ft. Wayne call or text 224-585-3544 ahopecenter.org

Allen County Department of Health 260-449-7504

STDCheck.com 1-800-456-2323 24/7 support

Abuse
National Domestic Violence/Abuse Hotline 1-800-799-SAFE

TEXT “loveis” to 22522 or call 1-866-331-9474.
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Character Qualities

Who are you on the inside?

With a parent or guardian, checkmark the qualities that you know you already have. Then, mark the ones that you want to develop with a “W”. Have a parent, guardian or trusted adult mark the qualities that they see in you with a star and the qualities that need improvement with an “I”. Then, have them sign the bottom of the worksheet. You can have ALL of these qualities if you WORK on them, and no one can ever take them away from you!

<table>
<thead>
<tr>
<th>ATTENTIVENESS</th>
<th>HUMILITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Listening with eyes, ears &amp; heart)</td>
<td>(Not thinking that I am better than someone else)</td>
</tr>
<tr>
<td>CONTENTMENT</td>
<td>KINDNESS</td>
</tr>
<tr>
<td>(Happy with what I have)</td>
<td>(Good hearted, careful, gentle words and ways)</td>
</tr>
<tr>
<td>COURTESY</td>
<td>PROMPTNESS</td>
</tr>
<tr>
<td>(Showing care &amp; respect for others)</td>
<td>(Being on time and getting things done when I say I will)</td>
</tr>
<tr>
<td>CREATIVITY</td>
<td>PATIENCE</td>
</tr>
<tr>
<td>(Doing something in a new way)</td>
<td>(Waiting with a happy spirit)</td>
</tr>
<tr>
<td>DILIGENCE</td>
<td>RESPONSIBILITY</td>
</tr>
<tr>
<td>(Working hard to accomplish a task)</td>
<td>(Doing what I know I ought to do)</td>
</tr>
<tr>
<td>FAIRNESS</td>
<td>SELF-CONTROL</td>
</tr>
<tr>
<td>(Treating others equally)</td>
<td>(Controlling my emotions and my actions)</td>
</tr>
<tr>
<td>GENEROSITY</td>
<td>THANKFULNESS</td>
</tr>
<tr>
<td>(Sharing what I have)</td>
<td>(Being grateful and saying so)</td>
</tr>
<tr>
<td>HELPFULNESS</td>
<td>HONESTY</td>
</tr>
<tr>
<td>(Ready to serve at anytime)</td>
<td>(Truthful in words and ways)</td>
</tr>
</tbody>
</table>

Parent Signature ____________________________  Student Signature________________________
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This is a homework assignment for you and your parents to do together. The purpose of the assignment is to observe what messages your electronic devices are throwing at you and determine how they influence positive relationships.

1. Name a show you normally watch, site you visit, app you use or a video game you play:
   ______________________________________________________________

2. As you are watching or using this, make a checkmark in the appropriate box each time there’s an action, comment or picture which shows disrespect in the following areas:

   ✓ Disrespectful or Sexual Language  ✓ Violence  ✓ Sexually suggestive clothing or actions

3. Were there any consequences shown for these behaviors?
   If YES, what are they?

4. What are the benefits of watching or using this?

5. What are the risks?

6. Is this show, app or game helping you learn the skills of creating positive, healthy relationships?  YES____  NO_____

Parent signature: ______________________
Student signature: ______________________
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What are some of my chores?_____________________________________

Do I have a bedtime?_______________

Sleep overs- How many nights a week can I sleep over?_______________
Can I have sleep overs on school nights?__________________________

Are there any rules about the types of clothing I can wear? _________________

If I have/get a cell phone, can a parent check my phone & text messages?____________
Am I allowed to have my cell phone in my room at night?____________________

How much time can I spend on other electronic devices (iPad, computer, video games, etc)?______________ How much time can I spend watching T.V.?________

Can I have Facebook, Twitter, Instagram, Snapchat, Vine, etc?__________________
Will my parents have the passwords?________________________________________

What are the rules about which sites/videos/games/apps I am allowed to use?__________________________________________

Am I allowed to have a phone, computer or other devices in my room at night? _____

Two other house rules for me:
1.___________________________________________________________.
2.___________________________________________________________.

What will happen if I break the house rules?______________________________

If I feel uncomfortable or unsafe, my escape plan is:
Just like we need to discuss escape routes in case of a fire, it is very important to discuss a plan to escape an uncomfortable or “dangerous” situation with peers or a date.

________________________________
________________________________
________________________________

Parent Signature___________________ Student Signature ___________________
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Dear parents: You are the most important people in your child's life. Alive & Well wants to partner with you to help your pre-teen make healthy choices. Next week, we will be presenting the topics of puberty and abstinence in your son/daughter's class. We believe that it is very important for young people to discuss these issues with their parents. The purpose of this activity is to "break the ice" to help you have these conversations with your child. Please set aside some time within the next week to listen and share your thoughts with your son/daughter.

"MOM/DAD, I HAVE SOME QUESTIONS"
Here are some of my questions about puberty, relationships, sex and that kind of stuff:

1. 
2. 
3. 
4. 

................................................................................................................................................................................
Return this portion of your assignment to your Alive & Well instructor for session 2, and you will receive a prize.

☐ Yes, my student showed me their Alive & Well assignment.

Suggestions/Comments:

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Parent/Guardian Signature
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