7th grade student notes packet
www.aliveandwellteens.com

PLEASE THANK THESE SPONSORS
1. Theme: “My ___________ is a very _________ gift worth ___________ and ___________.”

2. Abstinence: Saving intimate ________ contact for __________.

3. Timeline: _______ _______ _______ _______ _______ _______ _______ _______ _______

4. Quote: No one _____ to _____ but many _____ to _____.

5. Sexual abuse is when someone __________ or __________ someone to touch them in an intimate way.

6. Relationship Abuse: Any type of disrespectful, abusive behavior that takes place in a _______________ relationship.

7. Peer Abuse: Set-up an ____________ plan. Trust your gut instinct!

8. What to do if you have been abused? Remember: A) IT’S NEVER YOUR _______! B) TELL A __________ ADULT! C) YOU CAN STILL HAVE __________ RELATIONSHIPS!

9. My Future Matters!

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<th>GOALS</th>
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10. Abstinence Plan:
Setting standards of ___________ and ________________;
Avoiding ______________ situations.
Saying NO to __________, drugs & sexual ________.
Practicing ______-________________.

PARENT TALK ASSIGNMENT: Talk to your parents about the Steps of Affection hand out from back of your packet. Have them sign it and bring it back for session 2.
1. Quote: “Respect __________ and others will _______________ you.”

2. R-E-S-P-E-C-T... Will __________ put someone at risk. It will __________ harm someone physically, emotionally, socially, or mentally.”

3. RESPECT- Creates ___________________ relationships.

4. Love is not just a __________________. It is the way that you ____________ someone.

5. Abstinence Plan.

Setting standards of right and wrong, avoiding risky situations, saying No to alcohol, drugs & sexual media and practicing self-control.

**Setting __________________.**

6. ___________ - ____________ is the number one reason some teens become sexually involved.

7. Setting a goal for abstinence is a ___________________ decision.

PARENT TALK: Take home House Rules page from the back of your packet. Complete with a parent and bring it back for session 3.
1. Quote: “You can choose your_________ but not your __________.”

2. Possible consequences of being sexually involved before marriage (whole person):

3. Lesson of the “Sticky Tape” Demo:
   The ________ created during sexual activity does not guarantee a ______________ relationship.

4. How do people get STIs?
   ______ to ______ contact in the __________ ________ with an infected person OR getting infected ______ into body openings.

5. Prevention: ________________!

6. Lesson of the “Worth the Risk” demo:
   A choice to postpone __________ ________ until marriage ______ me from physical consequences such as ______________.

7. Abstinence Plan:
   Setting standards of right and wrong, avoiding risky situations, saying No to alcohol, drugs & sexual media, practicing self-control & setting boundaries.
   **Making ______________ decisions.**

**PARENT TALK:** Take Internet & Cell Phone Guidelines from the back of your packet. Complete it with a parent and return it for session 4.
**Viral STDs:**

1. **Human Papilloma Virus (HPV)** – This disease is commonly referred to as Genital Warts. Of the 100 different types of the Human Papilloma Virus, more than 30 can infect the genital area of men and women. Some may cause warts in the genital area; other types lead to cancer of the cervix, vagina and penis.
2. **Genital Herpes** – This virus can cause flu symptoms and painful blisters (on the genitals or on the mouth). Not everyone with the virus has visible sores but they can still pass it to someone else.
3. **Hepatitis B** – Some people suffer very disabling flu symptoms that may send them to the hospital for several days. Doctors can help treat the symptoms and control the virus. Without medical attention, the virus attacks the liver.
4. **HIV/AIDS** – HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immune Deficiency Syndrome), the most deadly of the STD’s.

**Bacterial STDs:**

1. **Chlamydia** – This disease causes a discharge from the penis and vagina, itching or burning during urination. It can lead to pelvic inflammatory disease, which can leave a person sterile (unable to have children).
2. **Gonorrhea** – This disease can cause a discharge from the penis or vagina, itching or burning during urination. It can lead to pelvic inflammatory disease.
3. **Syphilis** – Syphilis is one of the oldest STD’s. The bacteria causes a chancre sore on the mouth or in the genital area, then a rash on hands, feet or stomach. If symptoms are not treated with antibiotics, the final stage can result in heart damage, brain damage and even death.

**Parasitic STDs:**

1. **Pubic Lice** – These lice are just like head lice, except they prefer pubic hair! Special shampoo cures the itchy infestation.
2. **Scabies** – These insects cause itching as they burrow under your skin. Ointment from the pharmacy is needed for relief.
3. **Trichomoniasis** – This parasite lives in your body, but when it’s transferred to another body opening it can cause itching and burning. A prescription from the doctor will cure the infection.

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**Did you know That…**

- 65 million Americans have an STD!
- 70% of people who have an STD don’t know they have one… yet!
- Some viral STD’s cannot be cured!
- The only way to know you have an STD is to see a doctor!

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**How could I get an STD??**

1. **Skin-to-Skin Contact**
   - in the underwear zone
   - **OR**

2. **Infected Body Fluids**
   - (blood, semen, vaginal fluid, urine)
   - in a **Body Opening**
   - (cuts or sores, mouth, vagina, penis, anus, urethra)
1. Quote: “If you don’t ______ for something, you’ll ______ for ________.”

2. Media Messages
   SEX-______________ is doing it! There are no ________________.

3. Most of the images we see do not reflect ___________________. This can _______________affect our self-esteem.

4. CYBERBULLYING: When a __________ is tormented, threatened, harassed, humiliated, embarrassed or otherwise __________________ by another minor using the Internet, interactive and digital technologies or mobile phones.

5. PORNOGRAPHY can change the neurological __________ of your brain which can lead to an ______________. PORN destroys ______________!

6. SEXTING
   Three illegal activities when it comes to sexting. It is illegal to ____________, ____________or ____________ any sexually explicit photos of a minor.

7. What to do if you receive a sexting message or become a victim of Sextortion?
   _______________do what is asked.
   Always tell your _______________ and then the _______________

8. Four actions to take to stay safe online or on a cell phone.
   1.) Never take or send a ___________suggestive or explicit ________of anyone.
   2.) Never give out your ____________ to social media sites.
   3.) Always keep your ___________ __________ private. Think before you _________!
   4.) Never ____________ someone in person that you only know ____________!

Parent Talk: Take home the Abstinence Plan assignment. Discuss it with your parents and get their signatures. Bring it back for the next session.
7TH GRADE ALIVE & WELL NOTES

SESSION 5

1. Quote: “_________ can hide from _______ pressure.”

2. We are more likely to _______ _____ against pressure if we realize how ______ we are.

3. Pressure can be _____________ or ________________.

4. List the peer pressure tricks:

5. Tips for dealing with peer pressure:

6. Abstinence Plan:

   Setting standards of right and wrong, avoiding risky situations, saying No to alcohol, drugs & sexual media, practicing self-control, setting boundaries & making wise decisions.

   **Building strong ______ - _________ & choosing __________________with similar _____________**

   **Talking with a trusted ________________.

Day 1: No one plans to _______ - but many fail to ________.
Day 2: Respect _________ and others will ___________ you.
Day 3: You can choose your _________ - but not your _________________!
Day 4: If you don’t _______ for something, you’ll _____ for _________.
Day 5: __________ can hide from ____________ pressure.
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](http://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](http://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](http://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.
Abstinence Plan

Choose from the words listed below to complete the Abstinence Plan. Then, with your parent/guardian, discuss what you have learned in Alive & Well. Bring your signed worksheet for Session 5.

- Setting standards of ______ & ________.
- Avoiding ______ situations.
- Saying NO to ________, ________ & sexual ________.
- Practicing ______-_______.
- Setting ____________.
- Making _____ decisions.
- Building strong ______-_______.
- Choosing ______ with similar values.
- Talking with a trusted ______.

I have discussed this assignment with my son/daughter. ___________________.

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Technology & Media Guidelines

In order to stay safer while using the Internet or cell phone, I will remember the following guidelines:

1. I will not post on a public site or give to anyone online any personal information about myself, including my family, my school, my telephone number or my address. I will only give my cell phone number to people I know very well.
2. I will not send my picture without permission from my parents. I will NEVER meet an online acquaintance under ANY circumstance (even if I feel like I know them really well)!
3. I will always remember that not everyone may be who they say they are.
4. If someone harasses me online or on my cell, says anything inappropriate, or does anything that makes me feel uncomfortable, I will tell my parents or another responsible adult.
5. I will not post messages on public sites that hurt, threaten or falsify information about other teens or adults. This is considered cyber-bullying and could lead to serious consequences.
6. If I see pornography of any kind, I will tell an adult immediately.
7. I will not send texts or pictures or post anything that I would be embarrassed for adults to see.
8. If I receive an inappropriate text or picture on my cell phone. I will not forward it. I will delete it immediately. I understand that sexting can get me into trouble with the police.

_____________________________  _______________________
Student Signature                Date

Parent Guidelines: In order to protect my son/daughter, I will frequently check his/her Internet and cell phone history. I will set up an Internet filter and, if needed, will contact my cell phone company to monitor cell phone use.

_____________________________  _______________________
Parent Signature                Date
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7th Grade House Rules

Parents: What HOUSE RULES will help your child create positive relationships and choose abstinence? Alive & Well does not encourage dating in middle school, however we feel it is important to begin discussing these issues with your child.

What is my curfew in middle school?_________ In high school?_________? Parents, don’t forget about those unscheduled times. If curfew is 11pm and the movie is over at 10pm, where will your child be for that hour? Think about setting a curfew based on the activity and not just a set time for every night.

When I am at home, can I have a member of the opposite sex:
1) in the house without a parent?______. 2) in my bedroom?_______.

If I start to date, what can be the age difference between us?
1) In middle school?_____________. 2) In high school?_________________.
Studies have shown that when there is at least a 2 year age difference, teenagers are more likely to be sexually active.

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

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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Steps of Physical Affection

Discuss the steps of affection with your parents. Then, decide where to draw your line!

Student Signature:_________________________________________________

Parent Signature:_________________________________________________
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