8th grade student notes packet

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ALIVE & WELL 8th GRADE NOTES

Session 1

1. Quote: “Love ___ not an _____, it’s a ______________.”

2. Abstinence: Saving ___________ sexual contact for __________.

3. Secondary abstinence means that someone has decided to _______ being _______ active and make a fresh _______ by choosing ______________.

4. How to build a
   love relationship
   leading to marriage:

5. Qualities of a good friend:

6. The “nails” that hold the relationship together: ____________________

7. Lesson of the “Equality” Demo:
   An ______________ relationship usually results in a ______________ ________.

8. Where is the “caution light” in showing affection?

Parent Talk Assignment: Alive and Well Review- Due Session 2
ALIVE & WELL 8th GRADE NOTES

Session 2

1. Quote: ___________ is ______________!

2. Video: “Ten Signs of Relationship Abuse”

1. 6.
2. 7.
3. 8.
4. 9.
5. 10.

3. If someone has already had sex, do they have to continue? What needs to change?

4. Sexual abuse is when someone _________ you in the ___________ zone
   without your permission or when someone _________ you to touch them in the
   ___________ zone.

5. What should you do if you have been abused? Remember:
   IT’S NEVER YOUR ________!
   TELL A __________ ADULT!
   YOU CAN STILL HAVE __________ RELATIONSHIPS

6. What makes a good relationship?

Call for help: National Domestic Violence/Abuse Hotline 1-800-799-SAFE
www.legacy-house.org or http://centers/rainn.org
Loveisnotabuse.com: Take a quiz to test your knowledge of teen dating violence

Parent Talk Assignment:
Qualities of a Good Parent- Due Session 3
1. Quote: “Make life-long _________________with your ______________, not your _________________.

2. Choices for an unplanned pregnancy:
   A. 
   B. 
   C. 

3. Fetal Development: List some things you learned.

4. Possible whole-person consequences of unplanned pregnancy:
   - Parenting
   - Adoption
   - Abortion

5. Responsibilities of the father_____________________________________

6. Which of the options a teen faces in an unplanned pregnancy is easy? ____________

7. What is the only 100% reliable way to avoid a pregnancy? _____________________

Parent Talk Assignment:
Dating Guidelines- Due Session 4
8TH GRADE ALIVE & WELL NOTES  
Session 4

1. Quote: “The only _______ sex is ________ sex.”

2. Postponing sexual activity until ______________, protects ___ from potentially devastating physical consequences.

3. Common STDs
   - Viruses - No Cure
   - Bacteria - Curable
   - Parasites - Curable
   - Human Papilloma Virus
   - Syphilis
   - Trichomoniasis
   - Hepatitis B
   - Gonorrhea
   - Pubic Lice
   - Genital Herpes
   - Chlamydia
   - HIV/AIDS

4. How are STDs/STIs spread?
   - Getting infected body __________ into a body ______________
   - ______________ to_______________ contact in the __________ ________

5. Symptoms
   - Many STIs have no symptoms until __________ set in.
   - Some symptoms may be blisters, sores or warts in ___________ ________, poor health, burning during urination, excessive discharge, flu-like symptoms.
   - Untreated STDs can lead to arthritis, heart disease, pelvic inflammatory disease, sterility, heart defects or death in infants and a higher risk of ________.
   - If a person has some of these symptoms it does ______necessarily mean he/she has an STD/STI.


Parent Talk Assignment:
Mom/Dad: I Need To Talk
Due Next Session
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 STDs.

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 STDs. 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. **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.

**Did you know That...**

- 110 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!

**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 (curs or sores, mouth, vagina, penis, anus, urethra)
1. Quote “Your ___________ is a very special _______ worth ______ for a very special __________, your ____________ ____________.

Day 1: Love is not an ____________, it’s a ______________________!

Day 2: ______________ is ______________!

Day 3: Make life-long ________________ with your___________ not your ______________.

Day 4: The only _______________ sex is ______________ sex.

2. Your decision to postpone sexual activity until marriage should include a _______ and ______________.

3. Pressures & dangers teens face:
   *
   *
   *
   *
   *

4. What I can do to fight pressures to be involved in sexual things?
   - Don’t __________ __________ with those who __________you.
   - Choose______________ with similar ________________.
   - Make your values ________________.
   - Don’t be _____________ on a date.
   - ________________ risky situations.
   - Be picky about your _____________ and ____________ use.

Would you like to make an Abstinence Til Marriage pledge?
I NEED HELP!!!

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
Crosswinds (Family Coaching and Counseling) crosswindsyouth.org
Online counseling is available 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.
“MOM/DAD, I NEED TO TALK!”

**Dear parents:** You are the most important people in your son/daughter’s life. Alive & Well wants to partner with you to help your teen make healthy choices. We believe that it is very important for young people to discuss issues with their parents. The purpose of this activity is to “break the ice” to help you have these important conversations with your child. Please set aside some time within the next week to listen and share your thoughts with your son/daughter.

**Teens:** Mark at least 2 topics from the list below that you would like to talk to a parent about. Then, give this page to your parent. After you have talked, get your parent’s signature and turn in the bottom of the form for session 5.

- Questions about my body
- Pressures I am facing
- Dating
- My self-esteem (how I feel about myself)
- I am being bullied
- Depression
- Issues with my friends
- Sex
- Pornography
- Alcohol
- Drugs
- Things that I am worried about
- Abuse
- Other

-------------------------------------------------------------------------------

Return this bottom portion of your assignment to your Alive & Well instructor for session 5, and you will receive a prize.

“MOM/DAD, I NEED TO TALK!”

My son/daughter gave me this Alive & Well assignment with at least 2 topics marked.

_________________________________________  ______________________________________
Student’s Name                                    Parent Signature
This page intentionally left blank.
Talk to your parent or guardian about the requirements they will have for you if you date. Fill in the blanks below and be sure to have them sign it.

What were 2 of my parent’s/guardian’s dating rules when he/she was a teen?

1. _______________________________________________________________________

2. _______________________________________________________________________

How old will I need to be to go on a:

- Group date? __________
- Double date? __________
- Single date (in a car alone)? __________

My curfew time in:
- 8th grade ______
- 9th grade ______
- 10th grade ______
- 11th grade ______
- 12th grade ______

The grade difference between me and my date can be no more than: (Studies show that when there is at least a 2 yr age difference, teens are more likely to be sexually active.)

- _____ yr(s) in 8th grade
- _____ yr(s) in 9th grade
- _____ yr(s) in 10th grade
- _____ yr(s) in 11th grade
- _____ yr(s) in 12th grade

Four other dating rules for me:

1. _______________________________________________________________________

2. _______________________________________________________________________

3. _______________________________________________________________________

4. _______________________________________________________________________

If I feel uncomfortable or unsafe, my escape plan is:

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

__________________________________________

Student’s Name ___________________ Parent’s Signature ___________________
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QUALITIES OF A GOOD PARENT

Ask your parents to help you make a list of five qualities of a good parent on this sheet. Then, get their signature on the bottom. We’ll be sharing these on Wed.

1.

2.

3.

4.

5.

__________________________  _______________________
Student Name                  Parent’s Signature
Parent Talk: Alive & Well Review

Teens: Think about what you have learned in 6th and 7th grade Alive & Well. Share what you remember about the following topics with a parent.

1. Name the parts of the whole person circle and explain how your choices can affect you in each area.

![Circle Diagram]

2. Identify each of the steps of affection and explain why it's important to draw your line before you are in a relationship.

_________________________                    _________________________
Student’s Name                    Parent’s Signature
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