

Book Title: Healthy Relationships & Sexuality

Quotation: “Whenever you’re in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude.” ~Henry James

Overview: During the teen years, your needs are beginning to change in many ways. Your relationships at home and at school are probably changing, too. You may find yourself expressing your independence more often. What your friends do and say may be taking on greater importance. You may also begin to show an interest in members of the opposite gender. Exploring these topics will help you understand what is causing some of these changes. It will also help you understand how the decisions you make now play a key role in your future.

Guiding

Questions: What are the factors that contribute to healthy relationships with ourselves and others?

What changes happen to adolescents during puberty?

Reading Assignments	Title	Activity
Lesson 1 pages 1 – 3	Being a Teen	Lesson 1 Review page 3
Lesson 2 pages 4 – 7	Adolescence	Lesson 2 Review page 7
Lesson 3 pages 8 – 11	Relationships & Love	Health Skills Activity page 11
Lesson 4 pages 12 – 16	The Male Reproductive System	Lesson 4 Review page 16
Lesson 5 pages 17 – 21	The Female Reproductive System	Lesson 5 Review page 21
Lesson 6 pages 22 – 26	Responsible Relationships	Lesson 6 Review page 26
Lesson 7 pages 27 – 31	Marriage and Parenthood	Lesson 7 Review page 31
Lesson 8 pages 32 – 33	Pregnancy and Childhood	Lesson 8 Review page 33
Lesson 9 pages 34 – 38	STIs and HIV/Aids	Lesson 9 Review page 38
Assessment	Module Test	T13-T14