

Lesson 10

Healthy behavior

Being sexually abstinent, and expressing romantic feelings in healthy ways.

Health terms

- abstinence
- appropriate
- attraction
- consequence
- culture
- inappropriate
- intense
- negative
- risk
- romantic

Student Journal Feelings & Relationships

Journal entry

List 2 things you've learned about taking care of your sexual health.

Feelings of attraction

What thoughts or feelings might a person have if they are attracted to someone in a romantic way?

Sexual abstinence is choosing not to do any sexual activity that can result in pregnancy or a sexually transmitted infection (STI).

Your personal limits

What are some personal limits around expressing attraction and affection you are going to set for yourself to help you stay safe and healthy?

Ways to Express Romantic Feelings

Directions: What are 4 appropriate, healthy and safe ways to express romantic feelings for someone you're attracted to? After each way you describe, explain why it is appropriate, healthy and safe.

▶ Ways to express romantic feelings

1. _____
2. _____
3. _____
4. _____

▶ Why is this appropriate, healthy and safe?

-> _____
-> _____
-> _____
-> _____

Explain why setting limits around ways to express romantic feelings is important, and give at least 2 examples of how limits can help keep teens healthy and safe.

Self-Check

- I described 4 safe and healthy ways to express romantic feelings.
- I explained why each way is appropriate, healthy and safe.
- I explained why setting limits around ways to express romantic feelings is important.
- I gave 2 specific examples of how limits can help keep teens healthy and safe.

