



Lesson 10

Journal entry

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



What are some examples of feelings that people can have for each other?



Healthy behavior

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



By the end of this lesson, you will be able to...

- 1. Describe appropriate, healthy and safe ways to express romantic feelings.**
- 2. Explain the importance of setting personal limits to avoid sexual risk behaviors.**
- 3. Give examples of how setting personal limits for the expression of romantic feelings can help keep teens healthy and safe.**

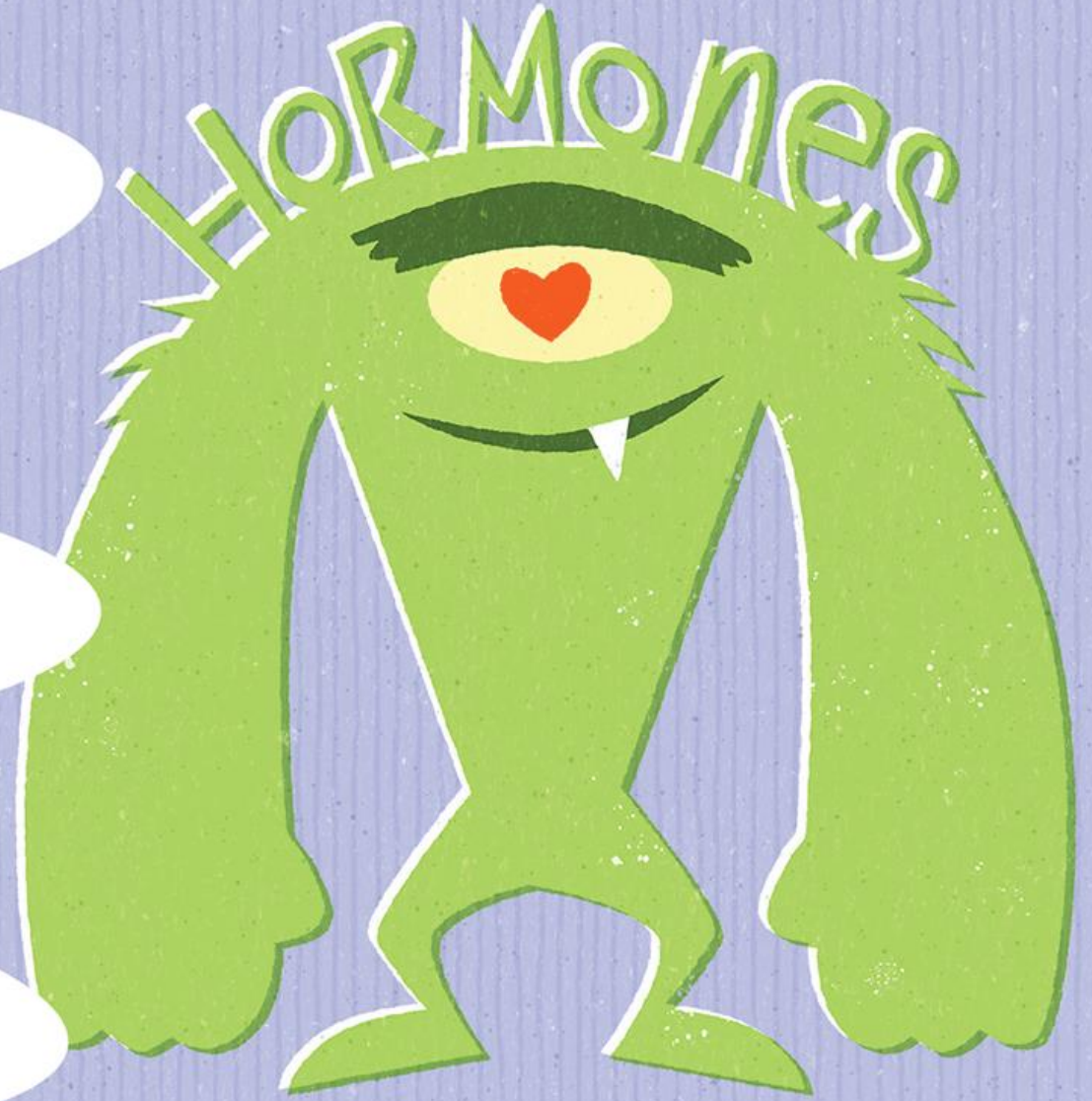


Romantic Feelings

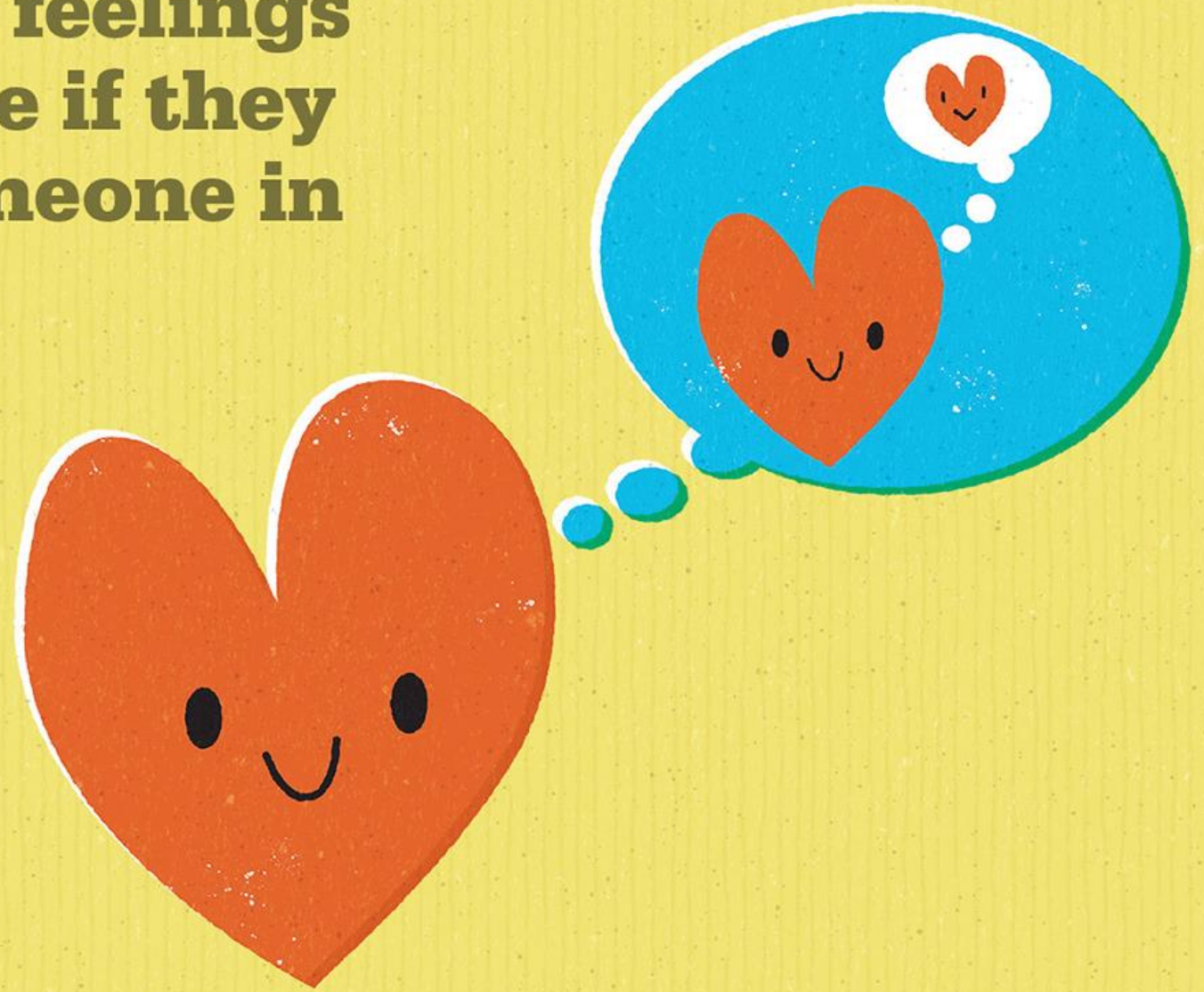
Hormones can have a strong effect on feelings or emotions.

During puberty some young people feel attraction to someone in a romantic way.

These feelings can be strong, fun or confusing.



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



OK **OR** **Not OK?**

**Asking someone
to dance at the
school dance**



OK **OR** **Not OK?**

**Holding hands
in the school
hallway**



OK **OR** **Not OK?**

**Holding hands
in the school
hallway**

**Kissing in the
school hallway**



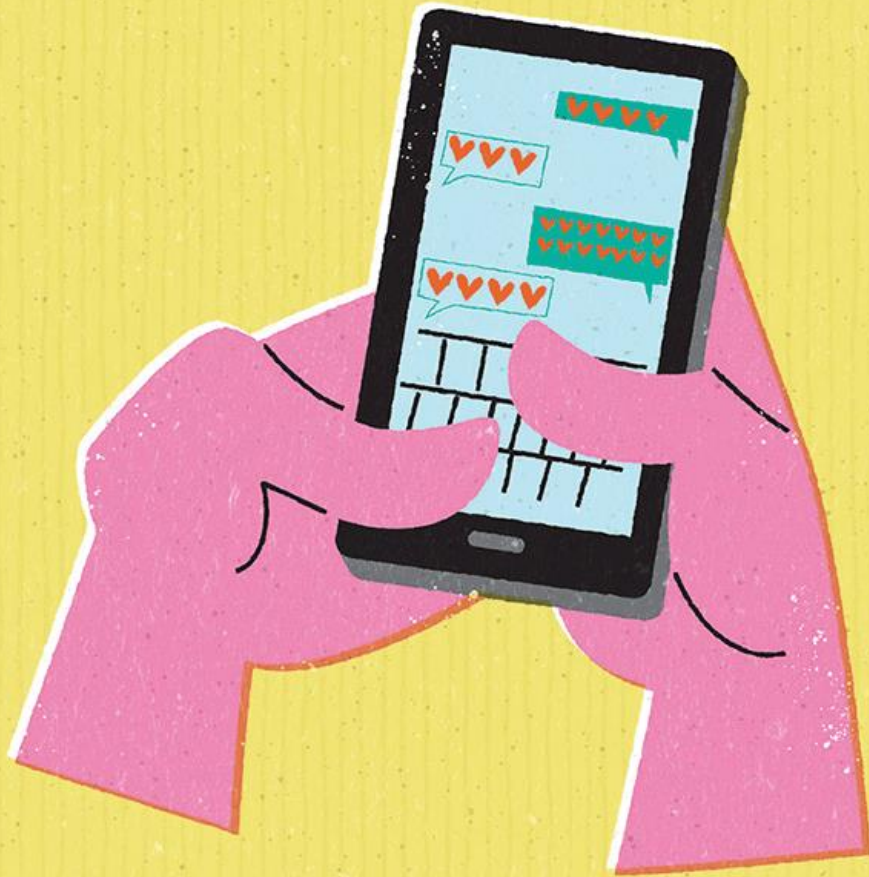
OK **OR** **Not OK?**

**Watching a
TV show or movie
together that has
sexual scenes**

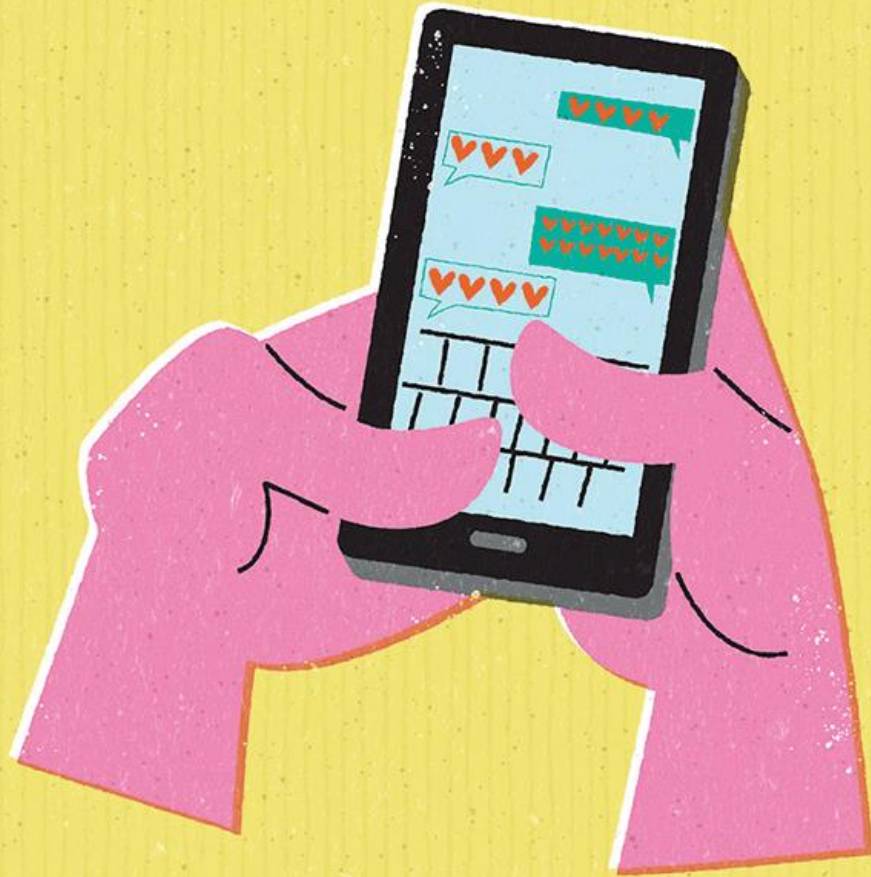


OK **OR** **Not OK?**

**Sending an affectionate
text message**



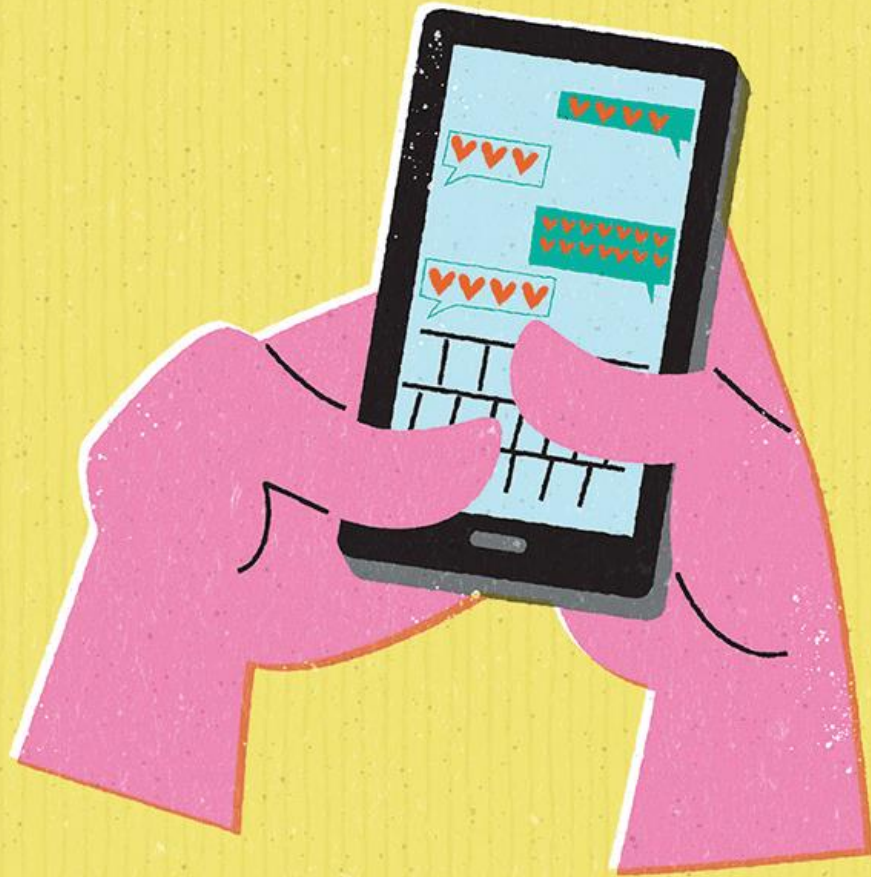
OK **OR** **Not OK?**



**Sending an affectionate
text message**

**Sending a sexy picture
or sexual text message**

OK **OR** **Not OK?**



Sending an affectionate text message

Sending a sexy picture or sexual text message

What are some possible negative consequences of sexting as a way to show attraction?

OK OR **Not OK?**

**Putting your arm
around someone**



Slide 10K

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OK OR **Not OK?**

**Putting your arm
around someone**

**Putting your arm
around someone who
doesn't want you to**



OK **OR** **Not OK?**

**Putting your arm
around someone**

**Putting your arm
around someone who
doesn't want you to**

**Consent means people
clearly agree through words
or actions. Always respect
the other person's wishes.**



OK **OR** **Not OK?**

**Introducing someone
to your family**



OK **OR** **Not OK?**

**Being alone with
each other**



OK **OR** **Not OK?**

Being alone with each other

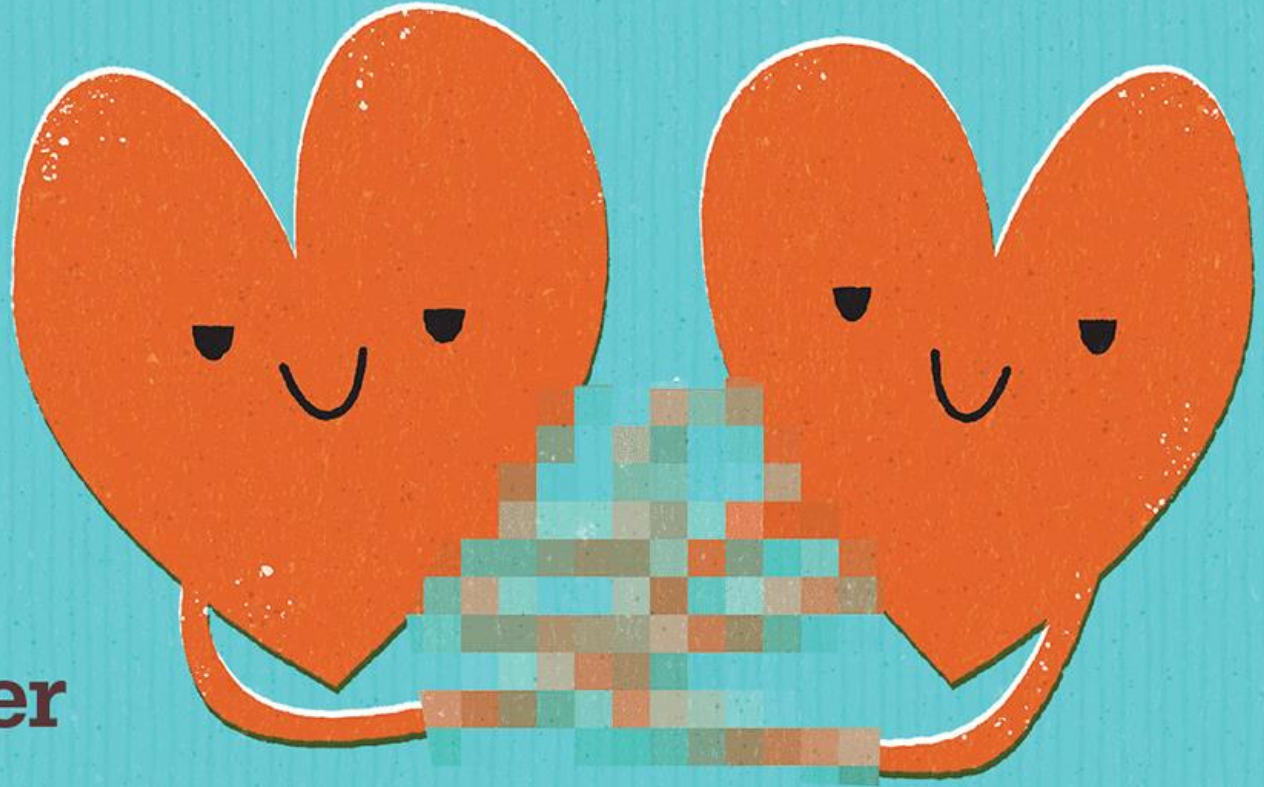
**When might it be OK to
be alone with someone
you're attracted to?
When might it not be OK?**



OK OR **Not OK?**

**Touching
each other in
a sexual way**

**What are some risks
of touching each other
in a sexual way?**



What Is Sexual Abstinence?

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

You have a better chance of staying abstinent if you can express romantic or sexual feelings in appropriate and safe ways.



Expressing Feelings of Attraction

Different people may have different views on appropriate ways to express love and affection.

It's OK to have romantic feelings or feelings of attraction for someone.

It's important to be clear about your own values and choices.



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

► Why is this appropriate, healthy and safe?

1. _____> _____

2. _____> _____

3. _____> _____

4. _____> _____

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.

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