



# Lesson 1

## Journal entry

**Write down 3 or 4 things you do to take care of your health.**



**Slide 1A**

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# Class Agreements

Having a set of agreements can help people talk about certain topics.

With your partner, think about what could help everyone feel more comfortable when talking about sexuality in this class.

Come up with 2 guidelines that could help everyone feel comfortable, safe and respected.



**Think about a choice you made that affected your health in a positive way.**

**Find a partner and share why you made that choice.**

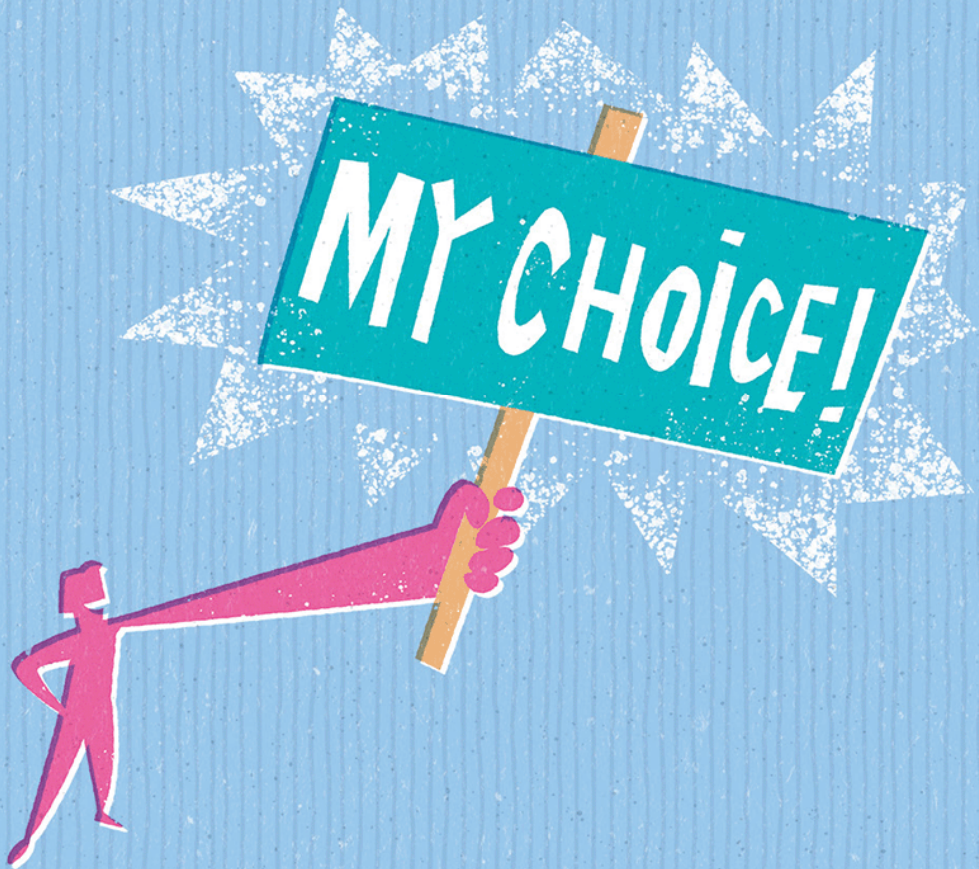


# By the end of this lesson, you will be able to...

1. Describe the consequences of becoming sexually active.
2. Determine the benefits of being sexually abstinent.
3. Explain that most teens are not engaging in sexual intercourse.
4. Describe ways to protect sexual health.



# Having good sexual health means...



- **Making responsible choices**
- **Understanding risks and consequences**
- **Protecting and respecting yourself and others**

# Expressing Sexual Feelings

People may express their romantic or sexual feelings for someone by:

- Talking, spending time with each other, doing things together
- Holding hands, hugging, touching, kissing
- Becoming sexually active

Becoming sexually active is a big decision.  
There are risks that can affect your sexual health.



**Sexual abstinence** is choosing not to do any sexual behavior that can result in pregnancy or an STI.

Being abstinent doesn't mean you can't express your affection or be close to someone.

Sexual abstinence is the surest way to protect yourself from the risks of sexual activity.

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# Who's Having Sex?

**Out of every 100 ninth graders in the United States...**

How many do you think have **ever** had sexual intercourse?

**24?**

**85?**



How many do you think have had sexual intercourse in the past 3 months?



**What are some ways  
young people can protect  
their sexual health?**

**Slide 1L**

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