

Lesson 9

Healthy behavior

Being sexually abstinent and preventing STIs and unintended pregnancy.

Health terms

compromise
decision
decision making
outcome

Student Journal Making Sexual Health Decisions

Journal entry

Pretend you have to make an important decision about something. Write the steps you would take to make that decision.

Emotions and decisions

How do you think emotions might affect decision making?

Decision-Making Steps

- Does a decision need to be made?
- Stop and think before you act. What do you need to know to make a healthy decision?
- Do you need help with this decision? Who can help?
- What choices do you have?
- What are the possible outcomes for each of these choices?
- What's the healthy choice for you? Why?
- Are you happy with the results of your decision?

My Decision

Directions: Think about an issue related to sexuality that you will have to make a decision about one day. Then complete the decision-making steps. You will not have to share your answers.

► Situation

- ☐ Deciding to date someone.
- ☐ Deciding how to express feelings of attraction for someone.
- ☐ Deciding to have sex or not have sex.
- ☐ _____

① Does a decision need to be made?

② Stop and think before you act. What information do you need to help you make a healthy and safe decision?

③ Do you need help with this decision? Who can help?

④ What choices do you have? Identify at least 2.

Choice #1 _____

Choice #2 _____

Choice #3 _____

⑤ What are the possible outcomes for each of these choices?

Choice #1 _____

Possible Positive Outcomes

Possible Negative Outcomes

(continued)

My Decision

(continued)

Choice #2 _____

Possible Positive Outcomes

Possible Negative Outcomes

Choice #3 _____

Possible Positive Outcomes

Possible Negative Outcomes

⑥ What's the healthy and safe choice for you? Why?

⑦ What would help you be happy with the results of your decision?

Self-Check

- ☐ I identified a decision that needed to be made.
- ☐ I identified information I would need to make a safe decision.
- ☐ I decided if I needed help making the decision.
- ☐ I identified at least 2 choices and identified at least 1 positive and 1 negative outcome for each.
- ☐ I identified the healthy and safe choice and explained why it is healthy and safe.
- ☐ I explained how I would know if I was happy with my choice.