

## Grade 7

<b>The Human Body-Why is Sexual Abstinence Important?</b>				
<b>Chapter 5 Lesson 3</b>				
<b>Page</b>	<b>Question</b>	<b>Answer(s)</b>	<b>Links/Sources</b>	<b>Student Resources</b>
199	Why do many students enjoy romance novels, soap operas, or romantic comedies?	These mediums provide a way to escape reality, but it is not a realistic representation of relationships		
199	Who are the people in your life with whom you share this type of relationship?	Sample answer: My parents, grandparents, my siblings, some of my aunts, uncles, and cousins		
199	What are some benefits of intimate relationships?	Sample answer: A feeling of being loved no matter what, a feeling of support, a feeling of encouragement and accomplishment, a feeling of worth.		
199	How have these emotions been used in poetry and literature.	Sample answer: Many of the most famous works focus on the feelings within families and intimate friends.		
199	What are some dangers with making poor decisions when engaging in new intimate relationships.	Sample answer: Feeling of betrayal, feelings of being used, intense sadness, and intense anger.		
200	What are common threads in the information gathered?	Sample answer: Most people were 10-12 when they first experienced feelings love.		
200	Are these experiences different from what you and your classmates are experiencing today?	Sample answer: There are very similar to our experiences.		
200	Why are the experiences so similar despite generational differences?	Sample answer: Because the changes during adolescence with regards to the body during puberty and changes in the mind are characteristics of human beings		
200	What are some things that can happen if you become sexuality active?	Unwanted pregnancy, sexually-transmitted diseases, depression, broken relationships, mistrust.		
201	How do you avoid sexually transmitted diseases?	Sample answer: By abstaining from sex, or by practicing safe sex that protects from STD transmission.		
201	What is the best way to avoid STDs	Practice sexual abstinence.		

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201	What are some ways you can say no?	Sample answer: Simply say NO! and walk away; Think about how to recognize and avoid situations when you might be pressured to engage in sexual activity and avoid those situations as soon as you recognize them.		
202	Which beaker represents and elementary student, and which beaker represents a junior high student? Why?	*The Alka Seltzer tablets represent the teenager and the mothballs represent the young students. The Alka Seltzer are effervescent like a teenager's budding sexuality.		
202	Think about these questions: Which listed value is most important to you? Do you think that sexual activity would have the most negative effect on your physical, emotional, spiritual health, or social health?	*Considering this question should help students appreciate the risks of sexual activity. Take time to discuss the consequences of teenage pregnancy.		
202	What consequences could your decision cause?	*Have students discuss the list of questions and share their ideas on this teen's future.		
202	What should you consider?	Sample answer: Before making important decisions you should consider your values and other factors that guide your life.		
203	Why is age important?	*This lesson activity will help students gauge risk associated with different activities. Discuss with students why age is a factor in these activities.		
203	What kind of struggles do you think this young mother faces?	*Sample answer: Taking care of her baby while keeping up with her school work: missing out on fun times with her friends; getting up at night to care for the baby; having little money.		
203	How might pregnancy affect an adolescent girl differently than a married adult woman?	*Sample answer: Adolescents may lack the financial resources and emotional maturity needed to raise a child.		

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203	What about the possible side effects on your <i>emotional health</i> ?	Sample answer: The effects on emotional health would be long lasting.		
203	How would that affect your emotional health?	Sample answer: It would develop feelings of betrayal and would make it difficult to trust other people in the future.		
203	How might a sexual relationship impact your daily stress level?	Sample answer: It would probably raise your stress level.		
204	How might becoming involved in a serious relationship affect forming strong friendships/	*Sample answer: You might focus all of your attention on the person you are dating and ignore friends and not make new friends.		
204	How might a premarital sexual relationship affect you relationships with others?	*You may lose the respect of friends who choose to abstain form sex. A future potential spouse may not want to be in a relationship with a person who has been sexually active. It may damage your relationship with Him, because of feelings of guilt and shame, but it is important to remember that God's forgiveness is given unconditionally when you ask Him for forgiveness. He will never turn you away.		
204	What are some strategies that you can use to obtain your long-term goals in life	*A lot of important discussion information is provided in the table, Actions for Maintaining Abstinence. Divide the students into groups of three or four and assign them one of the What to Do topics. Have them role play how these actions might look or sound like in <u>conversation with friend</u> .		
204	You have just had a fight with your best friend over someone that you like. What is your emotional health like?	*Sample answer: I would feel emotionally upset and frustrated.		

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204	How do your social health and emotional health affect each other?	*Sample answer: Problems with relationships can lead to strong negative emotions. In the same way, strong emotions can cause problems in relationships.		
204	How does having friends who also choose to abstain from sex make your decision to sexually abstinent easier?	*Sample answer: Friends with the same values won't pressure to have sex or judge you for not doing it.		
204	How might premarital sex affect your social health?	Sample answer: Having this type of relationship often causes the person to pull away from their friends and focus on only one person.		
204	How can this affect your ability to relate to your friends?	Sample answer: It may create feelings or anger, guilt, and shame all of which will negatively affect your ability to relate to friends and their ability to relate to you.		
204	How might this isolate you from your peer group.	Sample answer: They might not want to associate with you because your reputation has been damaged, and they may feel your values don't match theirs.		
204	How can you work with your parents, pastor, and church to regain your spiritual health.	*Sample answer: Ask your parents or trusted adult for advice on what you can do the strengthen your spiritual health, talk to your pastor if you need to talk confidentially about issues in your life and ask for his guidance. Heed the advice of trusted adults who love you and follow their suggestions.		
204	In the middle of this turmoil, how can you follow through with a decision to abstain?	Sample answer: Make a list of the values that are important to you and post them in your room where you can see them everyday. Surround your self with friends who share your values, avoid situations where temptation might be found.		

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205	If someone you are attracted to indicates that they want to be alone with you, what can you say to nicely and respectfully decline?	*Encourage the conversation to stay in a group setting by inviting trusted friends to join you. By including friends you are avoiding a potential situation where you will feel uncomfortable or choose to make a poor decision. Show respect for the individual and be upfront about your feelings.		
205	What are some examples of Satan's sabotage in Bible times?	Sample answer: David and Bathsheba, Sodom and Gomorrah, the woman at the well, Mary Magdalene, Jezebel.		
205	How does Satan continue to spoil this important gift from God.	Sample answer: Technology, electronic devices, and social media constantly bombard teens with things designed to arouse them and try to get us involved in inappropriate sexual activity. He has made this material so easily available to adolescents.		
205	What are my top 10 reasons to abstain?	*After students have selected ten reasons that are personally important to them, urge them to spend time thinking about their values and principles. They will use their ideas as a basis for putting their reasons in order of importance. Have students incorporate how pressures to be sexually active affect their thinking and their values.		
205	Do you fully understand the possible consequences that can result from having sexual intercourse before you are married?	*Guide students during the discussion to realize that even if they are using contraceptives, they are still at risk of sexually transmitted disease <b>and pregnancy - add this in to the existing answer</b> . Explain to students the importance of being informed about the choices they make.		

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205	Why should you be aware of the way sex is portrayed today?	Sample answer: It is important the to understand the most of the ads and entertainment relating to sex is designed from the perspective of marketing - to make money off of consumers. Marketing forces especially target young consumers because they often lack accurate information about sex and are easily fooled into thinking that what they are seeing is true and accurate.		
205	What kinds of costs can be involved if you are sexually active?	Sample answer: The cost of contraceptives, the cost involved with secretive meetings, medical costs resulting from STD treatment, termination of a pregnancy or, prenatal care, birth/delivery, and care for the child after it is born.		
205	What are some activities that you can engage in that are moral and follow God's plan	Well supervised church youth activities, family gatherings and parties, Pathfinders, sports activities, volunteering to work with community programs such as food banks, food lines, and helping the homeless, starting a program at your school where older students work with teachers to tutor <u>younger students</u> .		
206	How does the word <i>transmit</i> relate to disease?	*To transmit something means to carry it from one place to another, you transport it.		

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207	Do you think there is such a thing as "safe sex?"	*Guide students to realize that even with the use of condoms or other methods of birth control, diseases can be transmitted, emotional problems can develop, and pregnancies can occur. More importantly young people who risk sexual activity often do not even try to protect themselves from the consequences, in fact 80% of the births to young women 15-19 are unplanned. Also, many people don't consider oral sex as being "sex" because you can get pregnant that way. However, many STDs are transmitted by oral sex, and mental and emotional issues can develop from it.		
207	What kind s of risks to face if you do not choose sexual abstinence?	*Sample answer: A person who choose to sexually active risks exposure to a host of sexually transmitted diseases, and emotional issue.		
207	Why do you think God wants people to wait until marriage before engaging in sexual intercourse?	*Sample answer: He designed sexual intercourse to be an intimate activity enjoyed between two mature, loving people who are committed to each other for life.		

\* Means the answer is found in the TE.