

Grade 7				
The Human Body-What are the Challenges of Sexual Maturity?				
Chapter 5 Lesson 2				
Page	Question	Answer(s)	Links/Sources	Student Resources
189	Can you relate with the emotions shown by this teenager?	*Sample answer: Yes, she looks sad and I feel sad sometime.		
189	Have you noticed changes in your interactions with others?	Sample answer: Yes.		
189	Do people suddenly seem to behave differently than they did in the past?	Sample answer: Yes.		
189	Do you sometimes feel that you want to be left alone?	Sample answer: Yes.		
189	Do the activities that you once enjoyed with your friends now seem childish?	Sample answer: Yes.		
189	During puberty your relationships will change. What is causing these changes?	Changes in puberty are controlled by the endocrine gland which regulates moods, growth and development, and others. These may affect the way you relate to others.		
189	What are some changes in yourself and your friends that you have noticed?	Sample answer: There are changes in our appearance, what we like to do, and in our attitudes.		
189	How have these changes affected the way you interact with each other?	Sample answer: We are a little more impatient with each other. We are a little more moody with each other. There is a greater interest in the opposite sex.		
189	How do changes in your body affect the way you think, feel and interact with each other?	Sample answer: My interests are changing, I am more sensitive to how my friend feel about me, and I am more serious.		
190	How do puberty and adolescence help you to make wise decisions as an adult?	*During this period, your brain develops, allowing you to think more abstractly and better consider consequences before you act.		
190	Why is it important to try to understand how others are feeling in social situations.	*Sample answer: By putting ourselves in other people's shoes we can better understand how we should interact with others or understand better why they are interacting with us in certain ways.		
190	What are some ways other ways you see things differently now than you did as a child?	Sample answer: I am more aware of how others see things differently than I do and I think more about consequences of my choices and actions.		
190	Why are these changes happening?	Sample answer: My mind is developing more and I think more abstractly.		
190	Have you ever felt unwelcome by your friends at a sporting event?	Sample answer: Yes.		
190	Do you think the "popular" kids are experiencing the same feelings of isolation and exclusion?	Sample answer: Probably. All adolescents are experiencing similar changes because the same changes in the body and mind are happening to them.		

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191	How common is bullying on the playground?	Sample answer: Bullying doesn't happen to me, but I see it sometimes happening to others.		
191	How will bullying manifest itself on the playground?	Sample answer: Some of the popular kids pick on and tease some of the timid and shy students.		
191	How do your peers interact?	Sample answer: Most of them interact in friendly ways, but some times there petty arguments and things get said that shouldn't. Many times some of my peers purposely got out of their way to comfort and classmate or cheer him or her up.		
192	Where did you rank each activity? Why?	*Students should classify each activity based on their perceived level of risk. Open up discussion during this activity. If time permits, have students offer alternative activities that the class can rank.		
192	What are some risky things you have seen or heard other teens have done?	Sample answer: Sexual activity, defy authority, try drugs and alcohol, etc.		
192	How do you evaluate risks?	Sample answer: Identify the possible threats you face, and estimate their impacts on you.		
192	Can you think of a situation where an everyday activity can increase in risk?	Sample answer: Riding my bicycle or skateboard without wearing my helmet, or not wearing protective equipment when playing contact sports.		
192	How do you avoid those situations?	Sample answer: By taking time to practice safety at all times when a risk can be involved.		
192	What are some risks that adolescents face?	Automobile accidents, suicide, bullying, gun violence, sexual risks, alcohol and drug use, etc.		
192	What are some risky behaviors that you have already encountered?	Sample answer: Not wearing sunscreen when I go swimming at the lake, riding my bike in unsafe ways.		
192	How did you deal with these experiences?	Sample answer: I make sure to use sunscreen consistently when I am outside in the sunshine recreating. I make a point to always ride my bike in a safe way.		
192	How will these experiences help you prepare for future scenarios when you are exposed to new risks/	Sample answer: My past experiences have taught me to think through situations I find myself in and consider the consequences of my actions and make sure that I assess the possible risks and make decisions to act in such away to eliminate or diminish the risks.		
193	Why do you think some people bully others?	*Sample answer: To make themselves feel better or because they are being bullied by someone else.		

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193	What are some effective ways to deal with bullying?	*Sample answer: Make friends with people who tend to be bullied. Always tell a trusted adult if you are bullied or if you see someone else being bullied, let the bully know that you are not an easy target stand up to the bully and tell him or her to "stop it" and to "leave me alone" and then walk away, do not respond to the bully's actions and walk away."	https://www.bullybust.org/students/what-to-do	
193	How does the Bible say we are to treat other people?	*Matthew 7:12 tells us that we should treat others as we would have them treat us.		
193	How many instances were likely to be verbal? Emotional? Physical?	*Verbal : 95; Emotional: 68; Physical: 42		
193	Which two percentages should add up to 100%? Why don't they?	*The verbal and physical percentages should add up to 100% because bully is one or the other. These two percentages add up to 101% , probably because of rounding.		
193	Why don't all three percentages add up to 100?	*Emotional bullying could be considered verbal bullying as well, so it is not a separate class of bullying.		
193	What are some examples of bullying?	Sample answer: Verbal harassment, verbal or nonverbal threats, physical assault, stalking, coercion such as, blackmail, manipulation, and extortion.		
193	Where might bullying occur?	Sample answer: In halls and corridors, on the playground, anywhere at school where this is no supervision, on the way to and from school, on the bus, or in cars.		
193	What else what else can you do to protect you and your classmates from bullying and abuse?	Sample answer: Stay in groups so a bully can't single out one student, stick up for students who are being bullied by telling the bully to "stop it!", talk to a trusted adult, and report instances of bullying at school to your teacher or principal.		
193	Does your school have a person to whom you can report bullying incidents?	Sample answer: Yes. In most schools the principle or assistant principal can take the reports		
193	Both at school and home, who is a safe person to talk about difficult topics like bullying?	Sample answer: Parents, teachers, school counselor, school nurse, or other trusted adult.		
193	How can you cope with the emotional roller coaster of adolescence?	Sample answer: Remember that God loves you and understands what you are going through, learn about how your body is changing and why the changes are taking place, get regular exercise, talk with friends about adolescence and what they are experiencing, talk with your parents or trusted adult about questions you have or problems you need help with.		

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194	Why is it difficult to talk about abuse?	Sample answer: Abuse is difficult for people to discuss, possibly due to feelings of embarrassment or low self-esteem,		
194	What environments or situations could allow an abusive relationship to continue?	Sample answer: Fear, shame, intimidation, low self-esteem, lack of resources.		