

Grade 8				
Ch. 7 Lesson 1				
The Human Body				
Page #	Question	Answer(s)	Links/Sources	Student Resources
244	What are some decisions you will have to make this year?	*Sample answer: I will make decisions about what school activities to join, what social activities to take part in, and how to divide my time between homework, chores, and relaxing activities.		
244	Are there certain people you would always ask for advice? Why?	Yes. They are people I trust and care about, and have experienced the same things I am experiences, and I know they care about me and want the best for me.		
244	What were your choices?	Answers will vary.		
244	What factors were influencing your decisions one way or the another?	Sample answer: My own personal values, my best friends, my parents, and my grandparents.		
244	Did one of the possible choices involve something that would be considered dangerous, illegal, or unwise in another way?	Sample answer: No, it was nothing like that.		
244	What things did you take into consideration in making the decision?	Sample answer: What my best friend thought and what my parents thought about the idea.		
244	What new information did you need to learn before making the decision.	Sample answer: How much time and money was going to be involved.		
244	Did you think about the potential consequences to each of your possible choices?	Sample answer: Yes.		
244	How much thoughtful consideration went into your decision?	Sample answer: Quite a bit.		
244	Did you make the decision quickly or did you take your time?	Sample answer: I took my time.		
244	Would you make the same decision the next time you face a similar decision?	Sample answer: I would think it through as much, but the final decision would be made based on the circumstances at the time.		
245	Why is the first step in the decision making process important?	*Guide students to recognize that if you aren't clear about what you are deciding, it's harder to make a wise decision.		
245	Which step in this process do you think people could skip and still make a wise decision?	*Encourage students to see the value of any step that is suggested.		
245	Why is Step 9 important?	*Sample answer: It can help you make wiser decisions in the future.		
245	Why doesn't every one follow these nine steps and make wise decisions?	*Sample answer: People sometime don't think ahead or seek God's help and instead take the easiest choice with the fastest reward.		

245	How does the decision making process work for you?	*Sample answer: It took me a long time to figure out the consequences of different choices, but that step really helped me make a decision.		
245	Why do people make poor decisions?	Because they either don't understand the consequences, or they don't think the consequences of a bad decision are that bad or long lasting. They are more interested in the immediate reward rather than long-range consequences.		
245	What choices will help you excel in school today?	Sample answer: Focus on those activities that help me achieve academically and avoid those activities that interfere with my academic success.		
245	How does making good choices not ensure success in the future?	Sample answer: The good choices I make now will help me achieve my long range goals and a habit of making good choices will help me to continue to make good choices in the future.		
245	How can you make the decisions that you won't regret?	Follow the steps of effective decision making.		
245	So what could stop you from making wise, sensible decisions?	Sample answer: The influence of friends, the influence of social media and advertisers, my own desires.		
246	What are some ways that a peer could apply pressure, in addition to asking you repeatedly for you to do something?	*Sample answer: Giving you sad or surprised looks when you say no; making you feel as if you are the only one who is refusing to do something; ignoring you.		
246	What kinds of things make it harder to resist negative peer pressure?	*Sample answer: When you like the person pressuring you and you don't want to say no for fear that they will not like you; when you feel childish or fearful for not going along with the group.		
246	When has someone used positive peer pressure on you?	*Sample answer: When someone urged me to help with a community project.		
246	How do you know that this peer pressure was positive?	*It led to positive results.		
246	How might their fate have been different if the stood strong against temptation?	*If more people had stood true and not succumbed to peer pressure to worship the golden calf, it is likely that the group would have avoided the results of their rebellion.		
246	Why do you think this girl looks upset and standing away from the group?	*Sample answer: Perhaps she has tried to explain her position but she's still getting negative peer pressure, so separating herself from them will keep her from getting involved with something that has undesirable consequences.		

246	If a group of people all agree to do something, can you be sure it's the right thing to do? Explain.	Sample answer: No. The others might be following a strong group leader instead of making their own decision.		
246	Give one example of positive or negative peer pressure that you have experienced.	*Sample answer: My friend pressured me to go to the mall with her right after school. It was negative peer pressure because she knows I would get in trouble with my family if I went, which is a negative consequence.		
246	Why is it best to make personal decision about some situations before you encounter them?	*It is easier to refuse a request if I have thought about it already.		
246	Why is peer pressure an important influence during the teen years?	*Sample answer: Teens start making more of their own decision. Being able to identify positive and negative peer pressure is important.		
246	What do you do?	Sample answer: I keep my promise to my parents.		
246	Why are some people less affected by peer pressure than others?	Sample answer: People who have self-confidence, strong values and goals, and practice good decision making skills are less affected by peer pressure because they don't need the approval of other people as much as other people do.		
246	When can peer pressure be a positive thing?	When it is used to encourage people to do good things that benefit others.		
246	When have you used peer pressure in this way?	Sample answer: I successfully encouraged a group of friends to help clean up a city park.		
246	Why do people give in to peer pressure, even though they know they are making a mistake?	Sample answer: The desire to be accepted by a group can overpower the desire to do what is good and right.		
246	Have you experienced a similar situation?	Sample answer: Yes.		
246	What have you done?	Sample answer: I went along with the group even though I knew it was not the right thing to do.		
246	If two or three of your friends decide to cut class, are they being trustworthy?	No.		
246	If you cut class with them, just this once, what else might they pressure you to do to stay in their group?	Sample answer: Something else that may have more serious negative consequences.		
246	What other methods can you use to resist peer pressure?	Sample answer: Determine in advance what you will or will not do with the group. If the group continues to pressure me to do things that are not wise, I may want to find another group of friends that share my value set and have similar to goals.		
247	How does peer pressure affect your daily life?	Peer pressure has an influence on what I do while at school and what I do outside of school.		
247	What group of people will be targeted the most by advertisers?	Adolescent girls in junior high and high school.		

247	How much peer pressure occurs at school?	Sample answer: Peer pressure is common during breaks, lunchtime and after school.		
248	Which values do you think these friends share?	Sample answer: Spending positive time with friends, enjoying music.		
248	How does Jesus resist this temptation?	Jesus quotes scripture, rebukes Satan, and walks away.		
248	What can you do to be like Jesus?	I can walk away from peer pressure.		
248	What can refusal skills do for you?	It can make it easier to reject negative peer pressure.		
248	How are refusal skills helpful in maintaining self-respect?	Being able to successfully refuse to give in to negative peer pressure, build my self-confidence which builds my self-respect.		
248	Would a true friend use negative peer pressure to try to influence you?	No.		
248	How can you avoid the stress of a group that has a negative influence in your life?	Sample answer: I can avoid hanging out with the group.		
248	Are the people in your support network true friends?	Yes.		
248	How can this kind of support be helpful to you?	My support people are people who I can trust to discuss the decisions I have to make and will encourage me to choose to make good decisions that are consistent with my values and goals.		
249	How are role models portrayed on TV?	*Answers will vary depending on the shows the students watched.		
249	How can a friend be closer than a brother?	*Proverbs 18:24 describes Jesus as a friend who will never leave us. Even though friends and family love us, they may not always be there for us. Jesus will be.		
249	Why do some teens avoid asking adults for help?	*Sample answer: They think they should be able to handle the situation on their own, they think asking for help is a sign of immaturity, they don't want to admit they need help, they don't think an adult can help, they won't like the adult's answer.		
249	How could this father help his son with a tough decision?	*Sample answer: By listening, by helping the son identify his choices and their consequences, by showing that he is confident that his son can make a wise decision and supporting him.		
249	Are role models always positive?	No.		
249	How might a role model be good for you.	If the role model demonstrates positive attributes and behaviors that encourage you to establish good values and definite goals that will lead to a positive successful life.		
249	How might you be a role model to someone?	Sample answer: My younger siblings look at me as a role model and try to do what I do. It is important to give them a good example to follow.		
249	How can role models be negative?	If a role model is negative if he or she tries to pressure someone to do something that is wrong or inconsistent with good values		

249	How can you identify and avoid negative role models?	Look at their words and actions, if these are not consistent with the right and good, the role model is a negative one. You can avoid them by staying away from them whenever possible and by not letting them influence your actions.		
249	What qualities would you want in a mentor?	Sample answer: Someone who shares my values and who has a positive influence in the world, someone who has similar interests, someone who I can admire. Someone who is genuinely interested in me.		
249	How would you go about finding a mentor?	Try to find ways of associating with older adults who have the characteristics that I am looking for.		
249	Were you a little nervous as you started taking classes with new people and perhaps a new teacher?	Yes.		
249	Why did you feel this way?	Sample answer: Because I was unsure of myself and lacked confidence, I wanted to be liked my classmates and by my teacher.		
249	What happened to make this change?	Sample answer: I found friends who liked me, I began to feel confident about myself.		
249	What things did you do that made being in a new classroom better?	I made a group of friends that share my values and goals.		
249	How has your knowledge of things changed since you were a four-year old?	Sample answer: I have learned how to read and do math, I have learned about things in science and better understand the world better. I have learned how to make and keep friends.		
249	What have you learned?	See above.		
250	What resources are available to young persons who need help?	Sample answer: Parents, relatives, school counselors, teachers, youth support, doctors, social services counselors, family counselors, mental health professionals.		
	* Means the answer is found in the TE.			