



BIG DECISIONS

Today's teens are faced with many tough decisions including the Big Decision to be sexually active or not. With more than half of all STI's reported being individuals between the ages of 15 and 24, discussing healthy decisions when it comes to sexual activity is a must. Teens will be presented with relevant information, graphic illustrations of STI's and challenged in activities demonstrating that abstinence leads to healthy relationships. Following the presentation, students will watch a video by Human Relations Media entitled "Am I Ready?" This video delves into the factors that go into the decision of being sexually active or not, STI's and the life altering effects of unplanned pregnancy. Abstinence and its benefits are presented as a good option for teens when faced with life's "Big Decisions."

- I. Sexuality and our society's views about it have evolved and changed
- II. Sexuality is meant to be positive as it was created by God
- III. Life is full of big decisions
 - A. Some decisions are permanent
 1. Drug/alcohol addition
 2. Sexual activity
 3. Becoming a parent
 - B. Some decisions can be changed
 1. College choice
 2. Career choice
 3. Dating/marriage partner (we encourage marriage to be forever)
 4. Location to live/buy a home
- IV. The brain has great influence over our decisions
 - A. Not fully developed until age 25
 - B. Gets information, messages, values from various sources
 1. Family
 2. Friends
 3. Media
 4. Faith Community
 - C. Our decisions can be blurred by
 1. Hormones
 2. Alcohol
 3. Illegal drugs
- V. There are risks with being sexually active
 - A. Pregnancy
 1. Risks to baby
 - a. Premature birth
 - b. Poverty
 - c. SIDS
 - d. Behavior problems in school

- e. Criminal convictions later in life
 - 2. Risks to mother
 - a. Health and emotional problems
 - b. Poverty
 - c. Less education
 - d. Single parenthood
 - 3. Risks to father
 - a. Less earnings
 - b. Less education
 - c. Depression
 - d. More likely to be homeless
 - B. Bride and Groom Toast
 - C. Sexually transmitted infections/diseases
 - 1. Exposure numbers
 - 2. Types
 - a. Bacterial can be cured by antibiotics
 - (1) Chlamydia
 - (2) Gonorrhea
 - b. Viral can be treated but not cured
 - (1) HPV
 - (2) HIV
 - c. Infestations
 - (1) Lice
 - (2) Scabies
- VI. Healthy Relationships
- A. Signs of a healthy relationship
 - 1. Share openly
 - 2. Show respect
 - 3. Compromise
 - 4. Remain individual
 - 5. Don't pressure, especially in areas of sexuality and substance use
 - B. Signs of an unhealthy relationship
 - 1. Only spend time together
 - 2. Insulting or humiliating each other
 - 3. Fear or anger
 - 4. Controlling/jealous
 - 5. Aggression
 - 6. Feel you must change to make them happy
- VII. You can decide
- A. Each time it is your decision
 - B. Each partner it is your decision