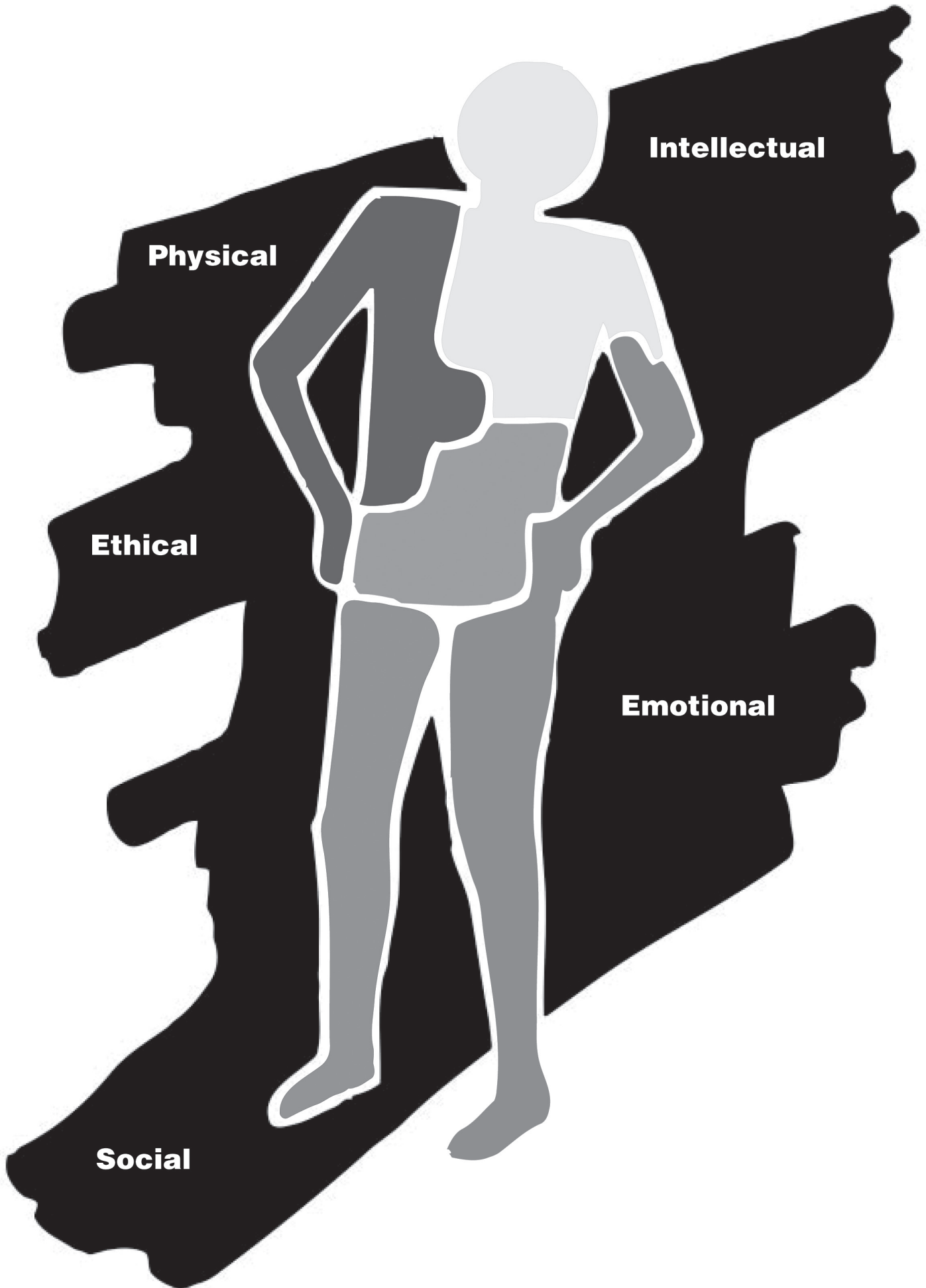


TRP

8th Grade

Workbook

www.healthyteenrelationships.org



Physical

Intellectual

Ethical

Emotional

Social

MEN, BABIES AND THE LAW

WHAT YOU NEED TO KNOW

- If you have sex with a woman, and she becomes pregnant, she is the only one who has a right to decide what to do about the pregnancy.
- As a father you are required by law to support your child until the child is 18 years old. The average cost of basic care for a baby, through age 18, is about \$1100.00 per month.
- If you deny you are the father, a very simple and accurate blood test can determine the truth. A paternity suit (asking you to pay support for your child) can be filed any time up until the child is 18.
- You must continue to pay child support, even if the mother marries someone else.
- You may file with the court to ask for custody of the child and raise him or her yourself.
- If you think you cannot afford to pay child support, the court does not care. They will take part of any paycheck you earn (often before you even receive it) and can force you to sell such things as cars, stereo, or anything you own of value. In some cases your parents can be asked to pay.
- Leaving the state will not reduce your chances of paying support. The National Network for Support can track you down as easily in the next county as across the country. Driver's license, social security number and tax returns are just a few methods they use.
- If you do not pay child support or have contact with your child at least once a year, you may lose the right to see your child, and you will still owe past child support.
- Having sex outside a committed, mature relationship can have life long consequences for you and an innocent child.

RAPE

NO *NEVER* MEANS YES

What if she lets me go really far, then says no?

If you continue, no matter how far you have gone, it is legally considered rape. If you hear the word NO, always stop, even if you think she means yes, or isn't being very serious.

What if we have been dating a long time? Or we have had sex before? After awhile it gets hard to stop.

The law does not look at the relationship. There have been convictions for rape within the context of a marriage. You never have the right to someone else's body.

We were both drunk and it just happened. That's not anyone's fault is it?

Having sex with someone who is too drunk or too high to say no can be considered force. Whether or not both people were drunk is not the issue.

I went out with a girl who looked like sex is what she wanted. She dressed sexy, talked sexy and all that stuff, then she acted mad when I tried to do something.


Too often girls think that these are good ways to get guys to notice them. They don't always realize how it looks to you. Although it's frustrating, how people dress or talk doesn't necessarily mean they want to have sex.

I heard about someone who didn't hurt or hold down a girl or anything, and still got charged with rape. How can that be?

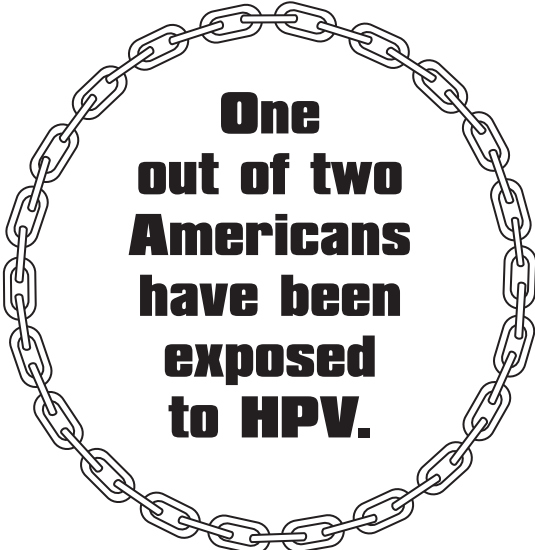
"Force" as defined by the law is not only physical. Force can be verbal, like threatening to spread rumors about someone if they don't comply. It can be manipulation, like using guilt to get what you want, or threatening to hurt yourself if you can't do it. It can also be direct threats such as saying "I will just do it anyway", or something bad will happen to you if you don't.



FACT SHEET

- 43% OF HIGH SCHOOL STUDENTS HAVE HAD SEX. (GRADE 9-12)
 - TEENS 15-19 HAVE THE HIGHEST RATES OF GONORRHEA AND CHLAMYDIA INFECTIONS OF ANY AGE GROUP.
 - AT LEAST ONE IN TWO SEXUALLY ACTIVE AMERICANS WILL CONTRACT AN STD/STI BY AGE 25.
 - CHLAMYDIA, GONORRHEA, SYPHILIS AND HERPES CAN BE TRANSMITTED THROUGH EITHER GIVING OR RECEIVING ORAL SEX.
 - HERPES AND GENITAL WARTS CAN BE PASSED EVEN IF A CONDOM IS USED CORRECTLY, AND IF NO OUTBREAK CAN BE SEEN.
 - IF YOU DON'T USE BIRTH CONTROL, AND ARE SEXUALLY ACTIVE, YOU HAVE AN 85% CHANCE OF GETTING PREGNANT WITHIN ONE YEAR.
 - COUPLES WHO LIVE TOGETHER HAVE TWICE THE BREAKUP RATE OF MARRIED COUPLES.
 - ABSTINENCE IS THE ONLY 100% EFFECTIVE METHOD OF BIRTH CONTROL AND DISEASE PREVENTION.
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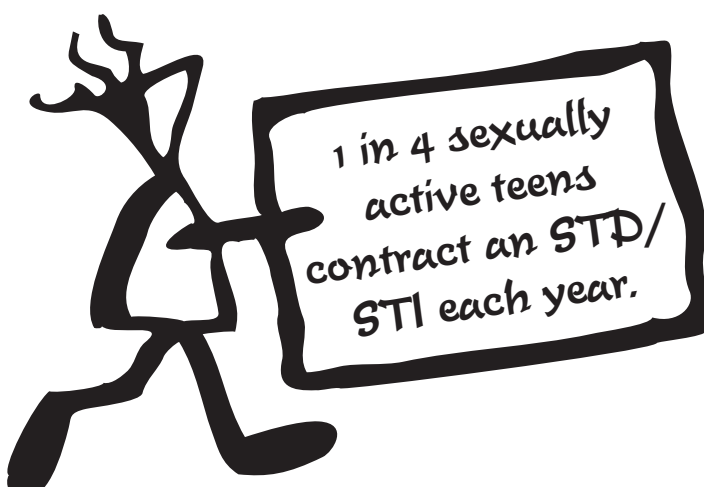
There is no generalized test for all STDs/STIs, so many go undiagnosed and are passed on to partners unintentionally.



One out of two Americans have been exposed to HPV.



According to teenpregnancy.org annual survey, **55% of guys and 65% of girls REGRET** their decision to have sex.



1 in 4 sexually active teens contract an STD/STI each year.



The average cost for a baby's basic needs is \$1100.00 per month.

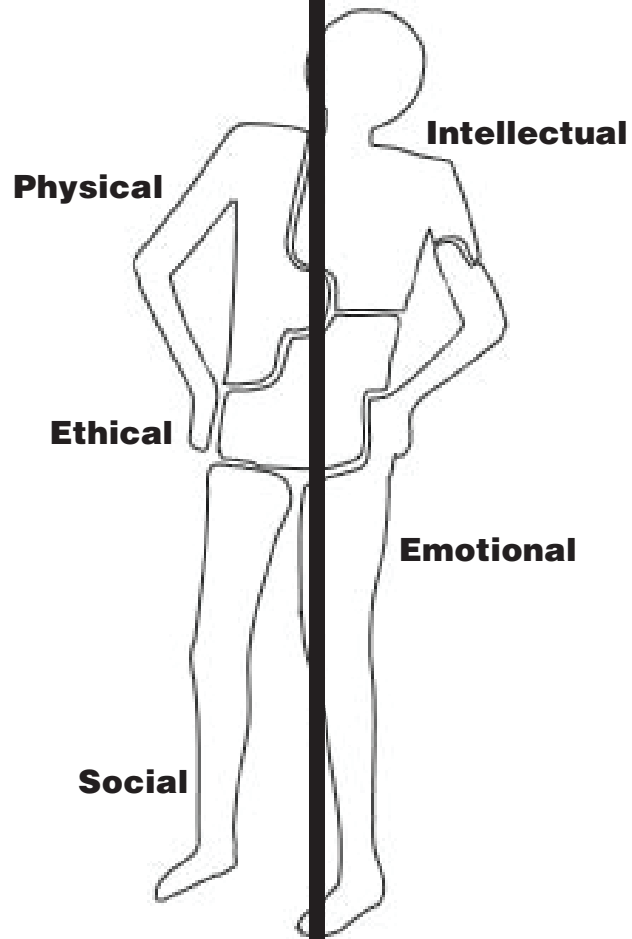
Personal Values and Standards

Feelings of great importance that guide your behavior and decisions.

- Self Respect/Self Esteem
 - Honesty
 - Having Fun
 - Independence/Freedom
 - Being Popular
 - Loyalty
 - Family Relationships
 - Religion
 - Having Close Friendships
 - Respect
 - Getting a Good Education
 - Promise Keeping
 - _____
- Having a Girlfriend/Boyfriend
 - Being Healthy/Safe
 - Approval of Peers
 - Being physically attractive
 - Future Career /Success
 - Being Drug/Alcohol Free
 - Being Abstinent (not having sex)
 - Being Responsible
 - Wealth
 - Long- term happiness
 - Being Physically Fit/Athletic
 - _____

GAIN

LOSE



Assertiveness – Standing Up For Yourself Without Putting Others Down

Three Ways to Communicate

- I. **PASSIVE: Not expressing your feelings. Allowing yourself to be disrespected, always giving in or avoiding the real issue.**
Speech: say nothing, lots of “ums,” lying about what you think or feel.
Voice: soft, whining
Eyes: looking down, looking away
Posture: shoulders and head down, rocking back and forth
Hands: fidgety
The Results: You get hurt. You usually don’t get what you want. You feel like you’ve been used.

- II. **AGGRESSIVE: Expressing how you feel by disrespecting someone else. Getting what you need by yelling, put-downs, threats, or physical violence.**
Speech: putdown words, insults, threats
Voice: loud, cold, tense
Eyes: staring, angry
Posture: hands on hips, stiff, rigid
Hands: clenched, pointing finger, pounding fist
The Results: Both people get hurt. You may get what you want but the relationship is damaged. Or there may be serious consequences for violent behavior.

- III. **ASSERTIVE: Expressing what you think and feel in a positive way. Solving a problem so that both people are respected.**
Speech: honest, direct, feeling words included
Voice: clear, firm, loud enough to hear but not too loud
Eyes: eye contact is maintained - calm, direct look
Posture: balanced, head and shoulders up, facing the person directly
Hands: relaxed motions
The Results: No one gets hurt. You often get what you want. You keep your self-respect. You show respect and improve the relationship.



WHAT WOULD YOU DO?



Hypothetical Situations

1. A girl/guy at school keeps texting you. You don't really like them or want to go out with them, but you are in the same group of friends at school.
2. You are at a football game, and you have been asked out, in front of a group of friends, by a much older guy/girl. Your friends think this is great. You do not.
3. You have been going out with your boyfriend/girlfriend for 1 month. They think it is okay to kiss you in front of your parents. This makes you very uncomfortable.
4. You have been going out with your boyfriend/girlfriend for 6 months. Lately, they have started to touch you in places you don't think it's okay while you are kissing.

What Would You Do?

Refusal Steps and Alternatives

The following are general responses that can be adapted to pressure situations. Use these, and think in the "gain-lose" chart to avoid trouble.

Ask Questions

- What exactly are you suggesting?
- And what are we going to get out of this?
- Don't you think we should talk about this before we go any further?

Name the Trouble-Identify consequences

- There are too many risks, like.....
- If my parents find out....
- Be assertive - say what you think and feel.

Have a set of personal rules and communicate them

- I can't have company when I'm babysitting
- If something makes me uncomfortable I say so...
- I don't get in a car with anyone who has been drinking

Suggest Alternatives

- I feel like.... instead of.....What do you think?
- I have to work/go to practice early tomorrow, so I better go. We can do something tomorrow.

Use a sense of humor

- Grounded for life doesn't sound like much fun to me; neither does a baby.

Remove yourself from the situation

- Have a backup ride ready to call

The Plan

The following components are necessary in the development of solid abstinence plan. Complete each section, refer to it often, and use it before you get into difficult or uncomfortable situations.

Information

Facts I learned that I never want to forget:

Places I can go to get accurate information:

Timeline

Abstinence until when? Why?

Standards

What kinds of personal rules will help me stick to my plan?

Communication

Who will you communicate your plan to?

When and how will you communicate your plan in a dating situation?

Media Messages Homework Assignment

Directions

Watch a 30 minute television program and answer the following questions thoroughly. Use your Values Sheet.

Program (title)_____

1. What values did the main character(s) on the show have?
2. How did they choose to act on their values?
3. Did the character(s) values match any of the values you had in your top 5?
4. Were there any consequences (positive or negative) for the main character(s)?

Questions to ask your parents

1. Is this show realistic at all?
2. Does this show reflect your family's values? Why / Why not?
3. Do you see any risks to teens from media such as music, internet/social media, text/picture messaging, TV/movies?

Parents:

Did this homework assignment or workbook give you an opportunity to have a discussion with your child that you may not have otherwise had? Yes No

Parent Comments:

Parent Signature _____