
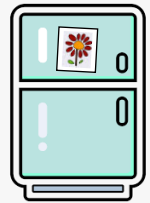


Transition Services Sex Education Home Instruction Kit Worksheets

To our dedicated caregivers and teachers:

 These worksheets are meant to enhance the lessons in the curriculum - they are also meant to be fun!
Feel free to work on them over and over again – *repetition helps us remember things!*



We know that everybody has different skill levels and abilities, so you may choose to skip some of these worksheets.
You may also hang some of them on the wall or refrigerator to reinforce the lessons.
(*Did we mention that repetition helps us remember things?*)

You know your child/student better than anyone, so feel free to adjust these worksheets and lessons as needed.



If you are unable to print or prefer not to, you can view the worksheets on-line and complete the exercises on a separate piece of paper or by discussing (no pen or pencil required!).



*If you do print the worksheets, please save all so you do not have to reprint – we will be reusing many for review!

(Cover them with clear packing tape so you can fill them in with a dry erase marker, wipe off, and fill them in again and again!)

What makes me, me!

Everybody is their own most important relationship. So what makes us special? And how should we take care of ourselves?

Things about ME:

How I should care for them:

My body is important (strong, powerful, etc.)

So I exercise to keep it that way.

My brain is _____ (smart, hardworking, etc.)

So I _____ to sharpen it.

My emotions are _____ (sensitive, joyful, etc.)

So I _____ to take care of them.

My family is _____ (funny, loud, etc.)

So I like to _____ in order to enjoy it.

I have fun _____.

I will plan to do it _____ (insert date/days).

The best part about me is _____.

I will remind myself about that every day!

The worst part about me is _____.

I will love myself, anyway!

I feel happy when I am with _____.

I would like to _____ with them.

I am most proud of _____.

I will celebrate that I _____!

I want to learn to _____.

So I will _____.

The People in Your World

We have different relationships with different groups of people.
How do you behave with each group? How do you feel around each group?

Me



family/ guardians/
Best friend/
romantic partner



friends



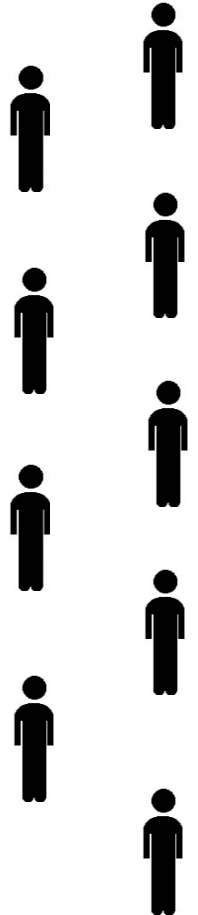
acquaintances



helpers



strangers



How should I say hello to this person?

We interact differently with people depending on our relationship with them.

What are different ways I can choose to greet somebody?

(hint: There is more than one right answer for each. You get to choose which is right for you!)



Best friend



Stranger



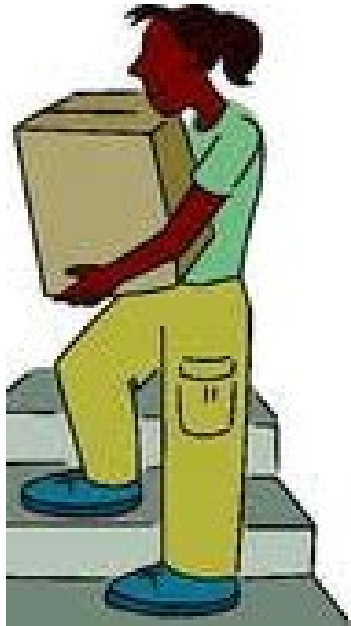
Doctor



New friend



Police officer



Neighbor



Family member



Child I have never met



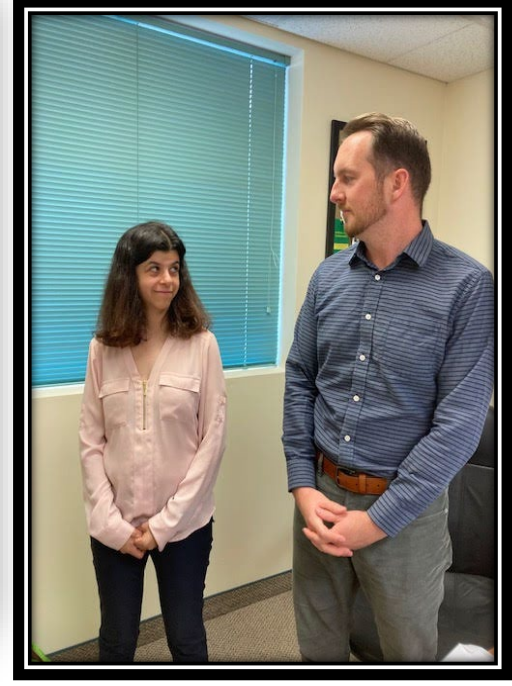
Teacher

Choose the greetings from below!

Handshake / Smile / Hug / Wave / Fist-bump / Cheek kiss / Grin / Thumbs up / "Hello!" / No greeting

What is the relationship?

Look at each picture and draw a line to their relationship.
(More than one picture may show more than one relationship!)
Discuss what you see!
What makes you think this is the relationship?



Teacher/student

Co-workers

Friends

Strangers

Teammates

Family

Caregiver

Waitress/customer

Best friends

Married couple

Doctor/patient

BOUNDARIES

When we set boundaries with other people, we are deciding how they can and cannot touch or talk to us. Look at these different people and notice how your boundaries change with each person. Who is ok to touch you, and how? Who do you not want sitting close to you? You decide!

neighbor



best friend



caregiver



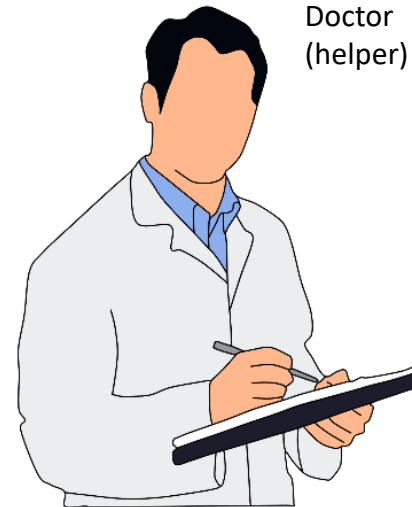
Romantic partner



stranger



Doctor (helper)



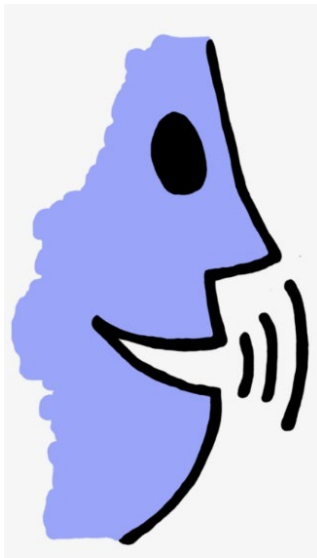
MY BOUNDARIES LIST

Some touches are **not** ok with me! These include:



A spiral-bound notebook with 16 numbered lines for writing. The notebook is oriented vertically with the spiral binding on the left side. The lines are light blue and numbered from 1 to 16. The notebook is currently blank.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.



How to Talk About Boundaries!



You can say:

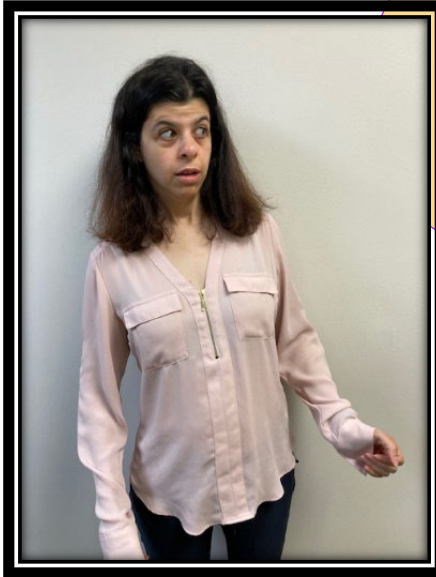
- “I need a little space right now.”
- “Please don’t (touch my wrist, call me after dark, etc.)”
- “I don’t shake hands, so I’ll just wave hello!”
- “I’m not comfortable telling you my birthday wish.”
- “Could you please take a step back? Thank you!”
- “I’d like it if you would knock before entering.”
- “I appreciate that you’d like to help, but I prefer operating my wheelchair myself.”

You can ask:

- “Do you need to be alone for a while?”
- “Is it ok if I (touch your wrist, call you after dark, etc.)?”
- “Can I shake your hand?”
- “Are you comfortable sharing your birthday wish?”
- “Am I standing too close to you?”
- “Should I knock before entering?” (Or just knock!)
- “I would love to help you. Would you like me to push your wheelchair?”

Body
Language

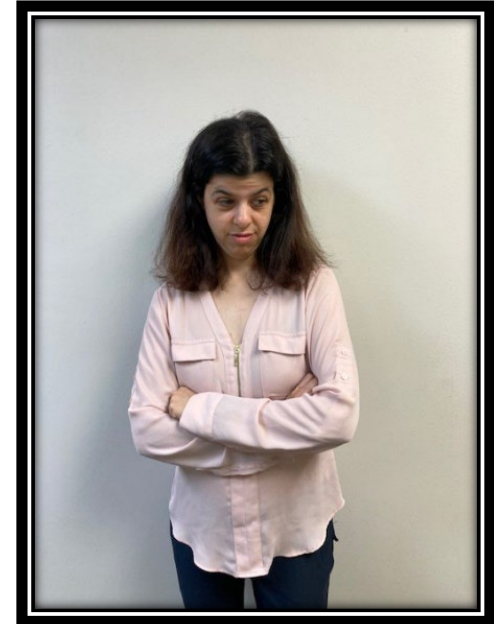
Look at the body language in each of the pictures and see if you can figure out what they might be feeling! Discuss what you see!



Does she look angry or scared?



Does she look happy or sad?



Does she look like she wants a hug?



Does she look angry or scared?

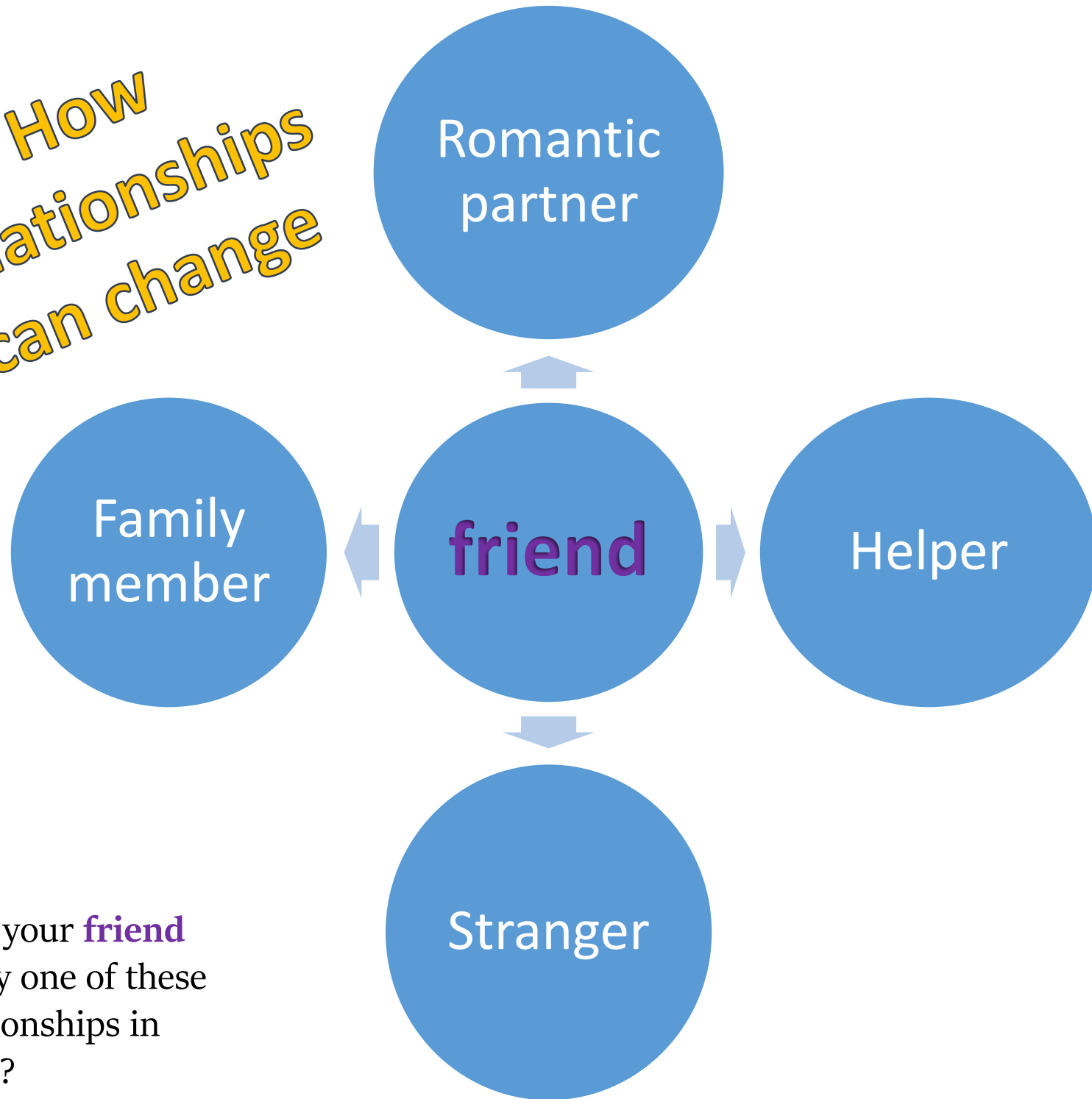


Does she look happy or sad?



Does she look like she wants a hug?

How relationships can change



How could your **friend** become any one of these other relationships in your world?

Sometimes, relationships change.

1. Let's say you see someone for the first time in a doctor's office.
2. That is a **stranger** in your world.
3. But you learn that they are your new doctor! The stranger has become a **helper** in your world.
4. If this helper marries your cousin, they then become a **family member** in your world.

How can other relationships change?



Who will I call
or text? _____

When? _____



Who will I
email? _____

When? _____



Who will
I visit? _____

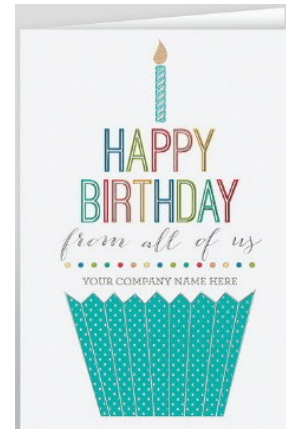
When? _____

How to maintain my relationships



Who will I make
plans with? _____

When? _____



Who will I
reach out to
on holidays
and
birthdays? _____

When? _____

How else can you keep in touch?

COMPLIMENTS!



How to give them (think of all the words you can fill in the blanks!)

“I love your _____.”

“Wow, have you changed your _____? It looks great!”

“I think you’re so good at _____.”

“Thank you for being so _____.”

Remember to

Mean what you say; make eye contact; smile!

Only give compliments one in a while to a person – too much seems insincere.

Enjoy making someone else happy!



How to receive them

“Thank you so much!”

“That’s really nice of you to say!”

“I was thinking I like yours, too!”

“I appreciate that. You just made my day.”

Remember to

Mean what you say; make eye contact; smile! (Just like giving!)

Thank them.

Realize that you are wonderful and take in that compliment!



What Makes a Place Public or Private?

Public

Anyone can walk by or in



Anyone can see you



It is meant for everyone

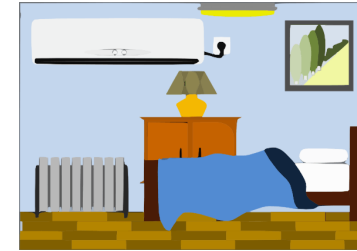


Anyone can log on and see it

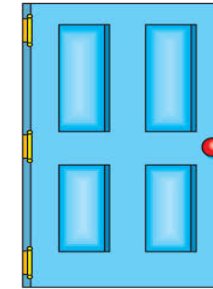


Private

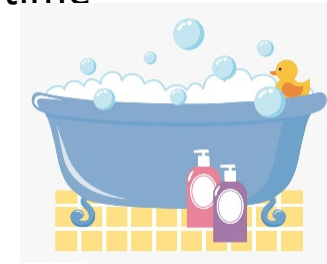
It is yours and yours alone



No one can see in



It is only meant for one person at a time



There is a password to see it

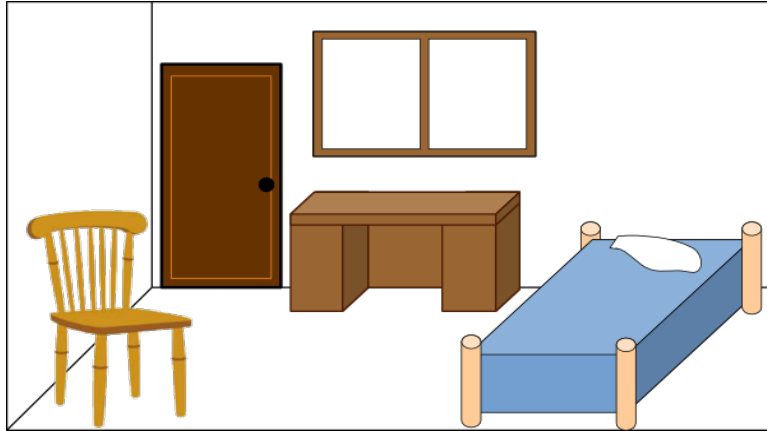


Public, Private, or Semi-private?

Cut out the words below and place one on each of the spaces on the second sheet.
Figure out whether the place is public, private, or a little of both – and discuss!

Public	Private	Semi-private
Public	Private	Semi-private
Public	Private	Semi-private
Public	Private	Semi-private

Public, Private, or Semi-private?



Bedroom



Home bathroom



Backyard



Park



Doctor's office

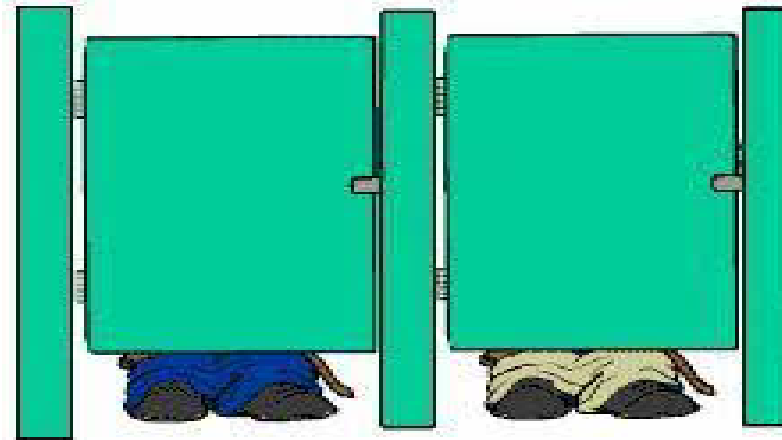


School bathroom

Public, Private, or Semi-private?



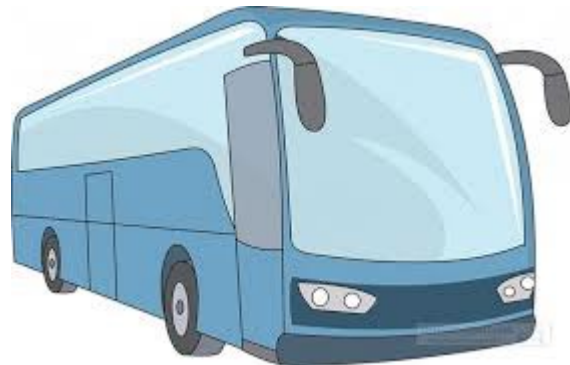
Mall



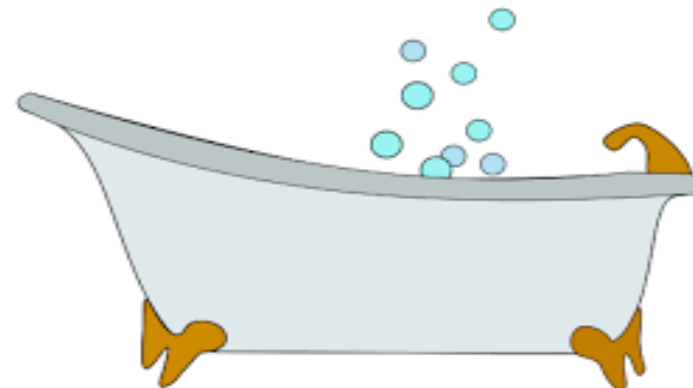
Bathroom stall



Grocery store



Bus

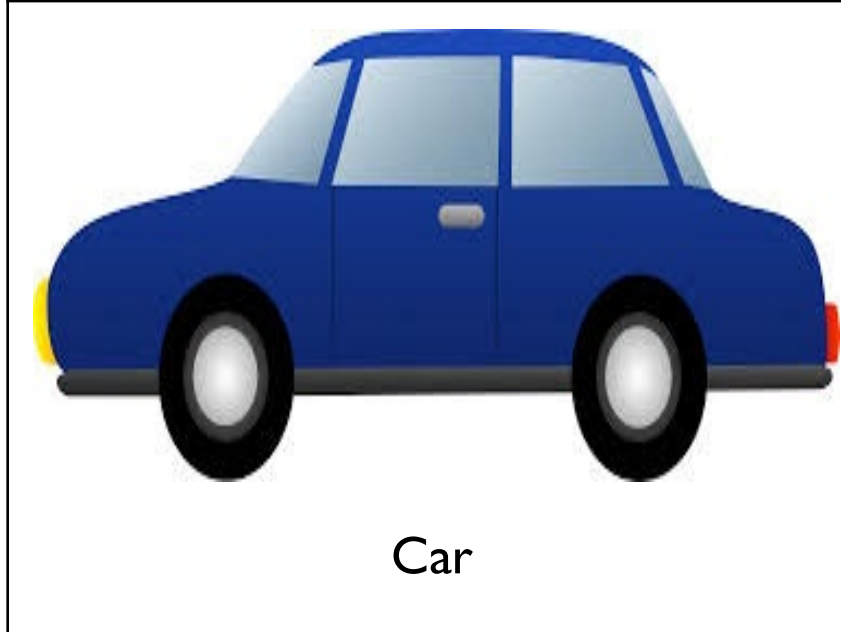


Bathtub



Hotel room

Public, Private, or Semi-private?



Car



City street



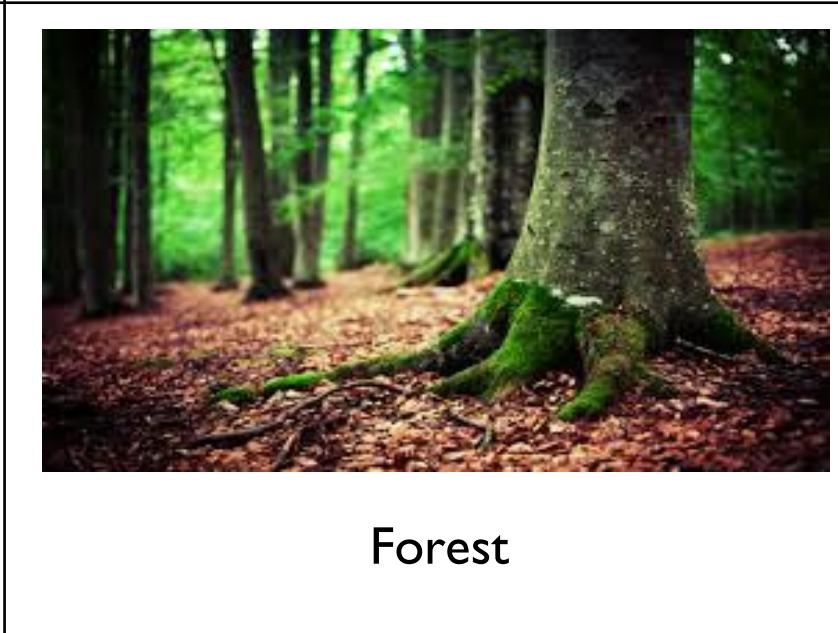
Rock concert



Living room



Bunk beds



Forest

WALL HANGERS!

Cut out the wall hangers and tape them back-to-back so that the words appear on both sides. Choose which you want to tape to your door!

You can even swap them out when your preferences change.

Print out for everyone in your family!

PLEASE DO NOT DISTURB!

PLEASE DO NOT DISTURB!

WALL HANGERS!

Cut out the wall hangers and tape them back-to-back so that the words appear on both sides. Choose which you want to tape to your door!

You can even swap them out when your preferences change.

Print out for everyone in your family!

PLEASE KNOCK BEFORE YOU
ENTER!

PLEASE KNOCK BEFORE YOU
ENTER!

WALL HANGERS!

Cut out the wall hangers and tape them back-to-back so that the words appear on both sides. Choose which you want to tape to your door!

You can even swap them out when your preferences change.

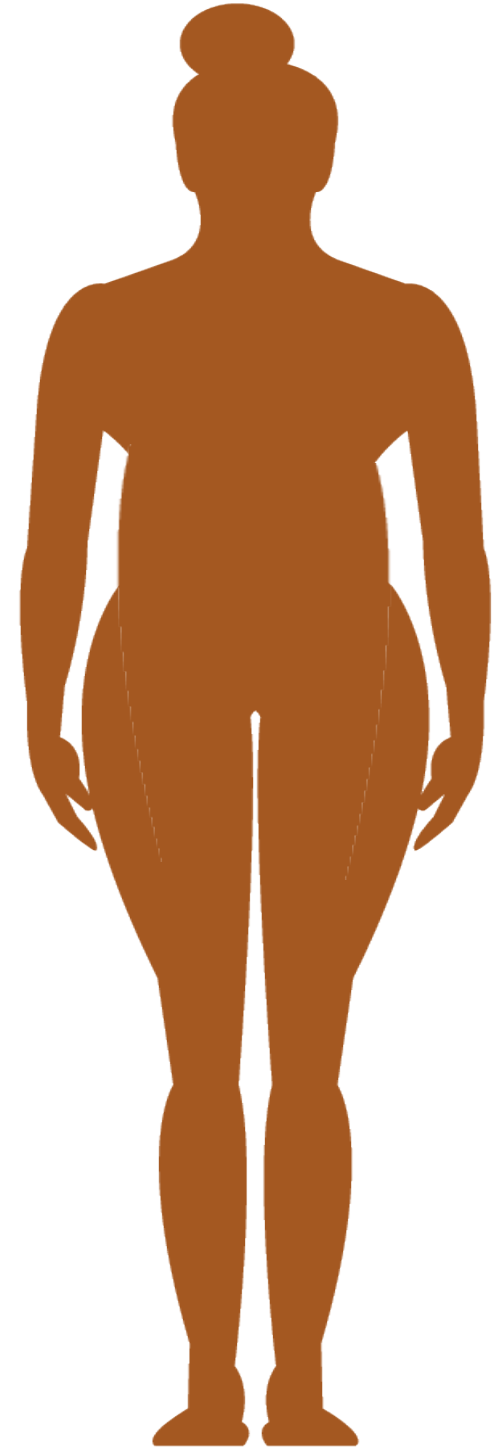
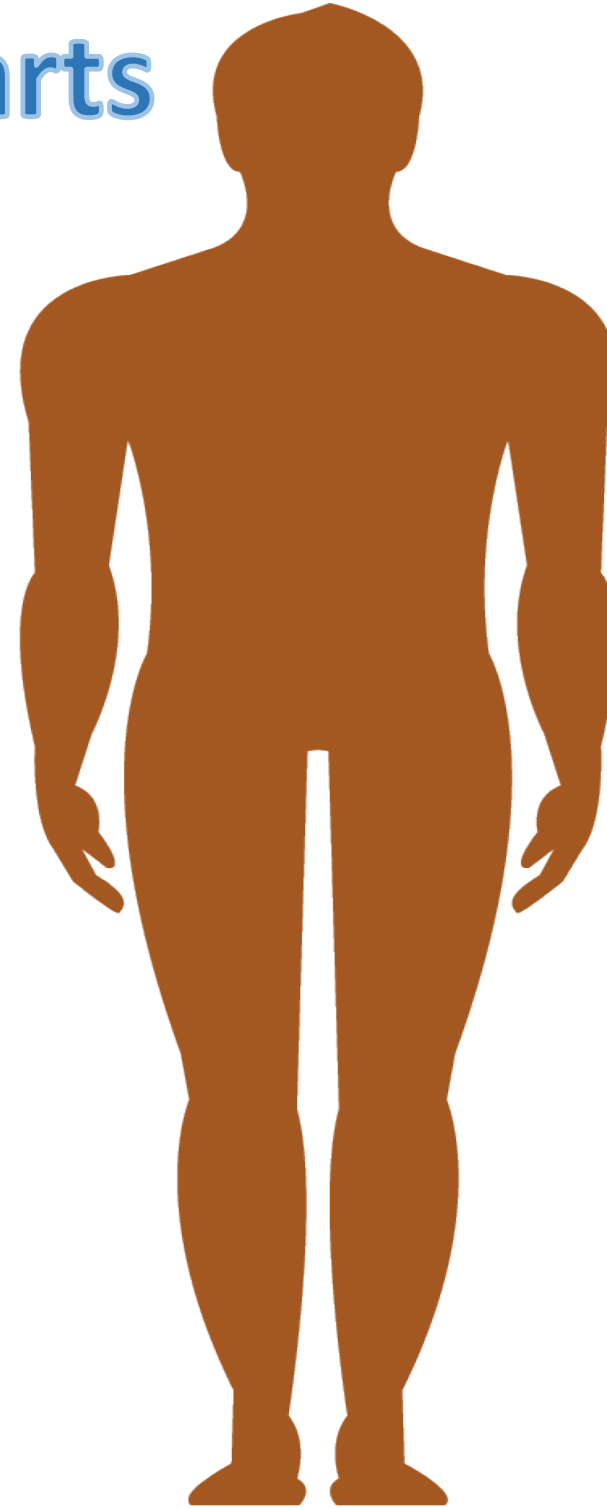
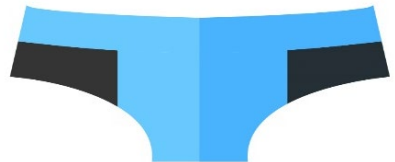
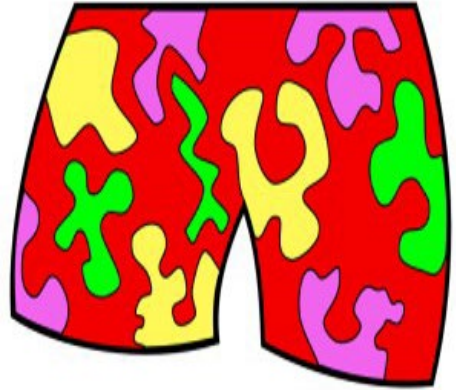
Print out for everyone in your family!

PLEASE ASK BEFORE ENTERING

PLEASE ASK BEFORE ENTERING



My Private Parts



WHERE CAN I WEAR IT?

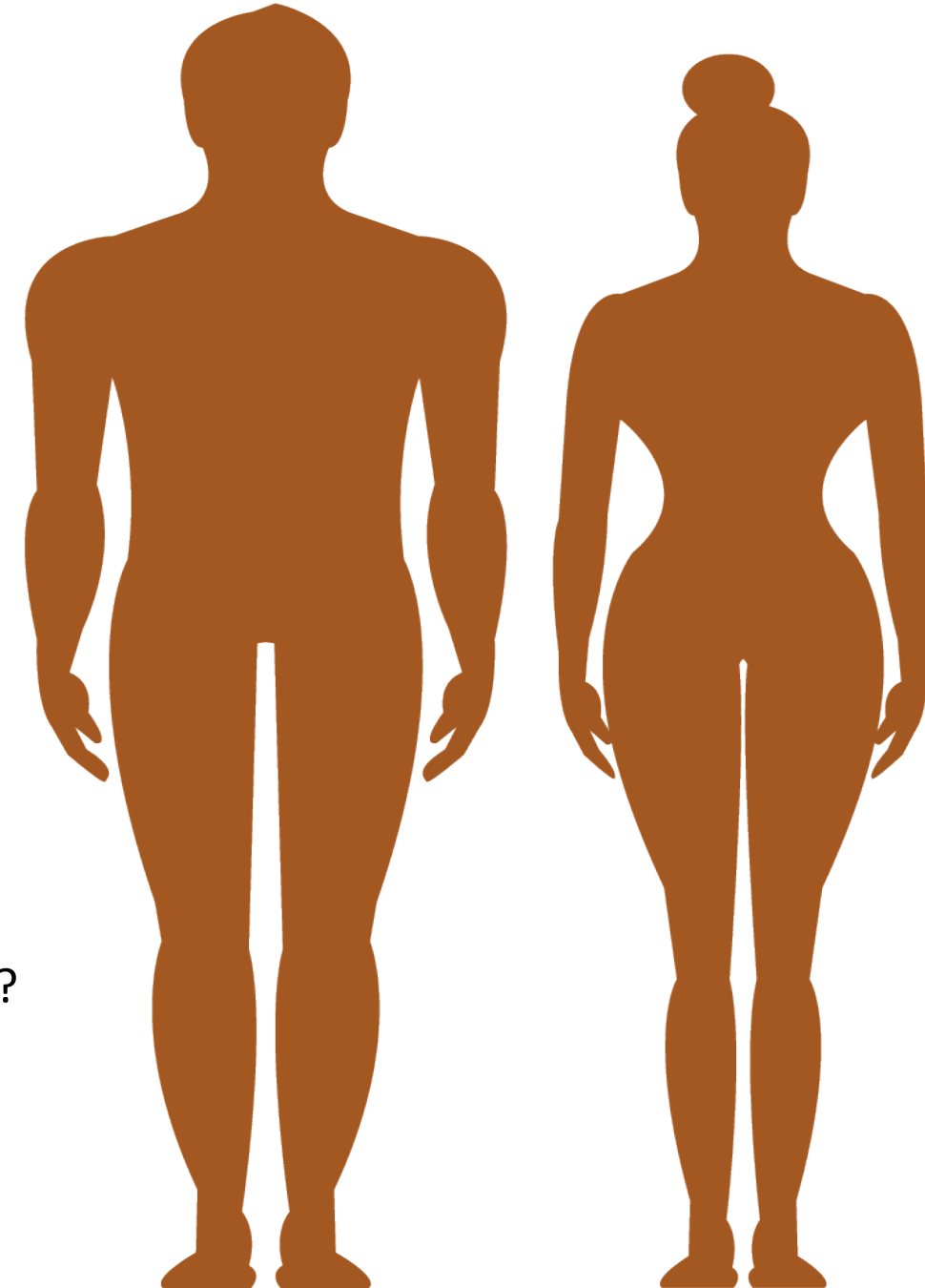
Look at the list of clothing options and discuss what is appropriate in public, in private, and around your house!
(For your house, you can decide on the rules together!)

Check which apply

Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
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Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>

Where can I wear...

- Underwear or boxer shorts alone?
- Underwear/panties alone?
- An undershirt with underwear/panties/boxer shorts alone?
- A bra with underwear/panties/boxer shorts alone?
- A shirt with underwear/boxer shorts/panties?
- Pants or a skirt and no shirt?
- Pants or a skirt and an undershirt alone?
- Pants or a skirt and a bra alone?
- Pants or a skirt and a shirt, no socks?
- Pants or a skirt and a shirt, with socks?
- Pants or a skirt and a shirt, with shoes?
- Pants or a skirt and a dressy shirt or a dress, with shoes?
- Pants or a skirt and a shirt or a dress, with shoes and a coat?



Can you think of anything else you'd like to wear? ...And where?

Where Do I...?

Draw a line from the activity to the place where it is most appropriate!
Some activities may be appropriate in private and only in specific public places
(e.g. Wearing a bathing suit is only appropriate in public at a beach, pool, or water park)



Take off my coat

Eat a sandwich

Scream an offensive word

Burp

Sip tea

Take off my pants

Tie my shoes

Have a nap

PUBLIC

PRIVATE

Urine (pee)

Call a friend

Brush my hair

Pick my nose

Scratch my arm

Laugh at a joke

Take off my shoes

Hold someone's hand

THE MIGHTY SEVEN

7 Behavior Rules for Public and Semi-Private (where others can or might see me)

Go through the lesson to find the rules, then fill them in here!



RULE #1:



RULE #2:



RULE #3:



RULE #4:



RULE #5:



RULE #6:



RULE #7:

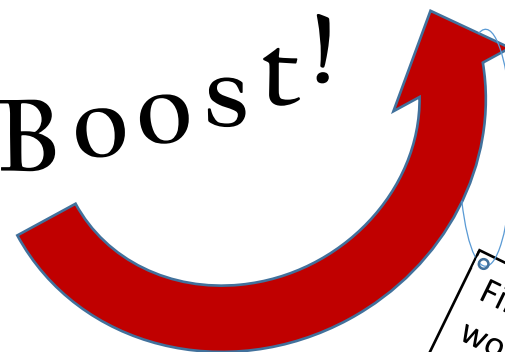


What's Great About ME

Cut out pictures from magazines of things that you enjoy, that you care about, and that you are good at, and glue them here!



Giving My Self-Esteem a Boost!



Fill in the blanks with words that describe how you feel!

A person who makes me feel good is _____.

I am proud of the way I _____ . I'll do it more often!

I love the way my _____ looks! I'm going to take care of it by _____ .

I always feel happy when I _____ .



I bet I could learn to _____ - I'm going to try!

Every day, I will repeat this to myself:

I am _____ , I am _____ , and

I am _____ . That makes me feel so proud!



MY EMOTIONS GAME



How to play:

Hold your finger over the pictures on the following worksheet, then close your eyes (no peeking!).
Wave your hand around in circles, then drop your fingertip onto the sheet.
Open your eyes and see what picture you landed on.

Each picture shows an emotion.

Think about a time when you felt this emotion – where were you, what happened, how did it feel?

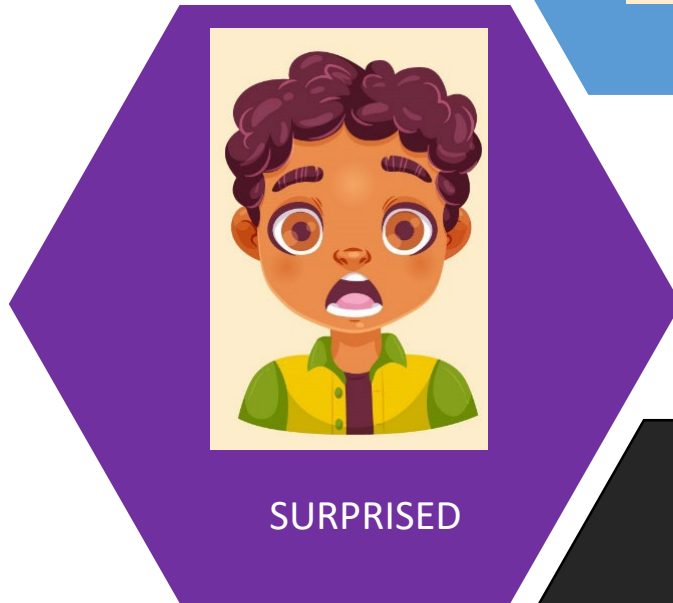
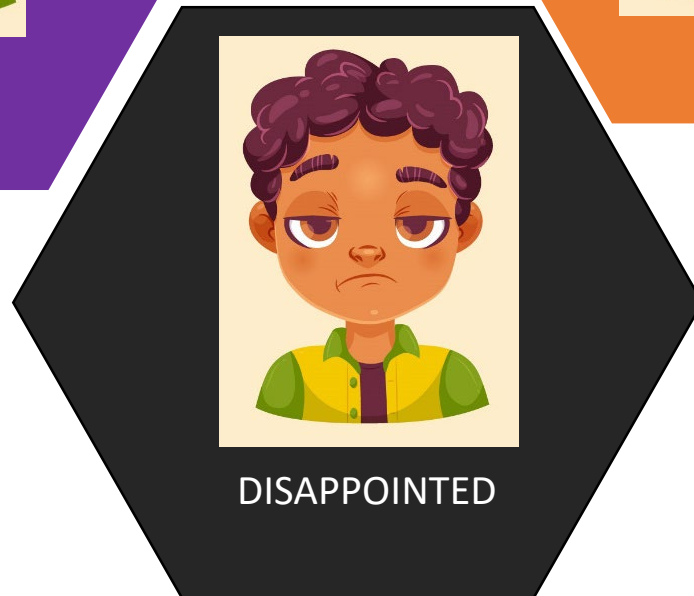
Then tell the story of what happened by filling in these blanks with the emotion you pointed to:

For uncomfortable feelings:

I felt _____ when I was in/at _____.
This is what happened: _____.
What made me feel better was _____.

For nice feelings:

I felt _____ when I was in/at _____.
This is what happened: _____.
To feel that again, I will _____.



HOW DO I FEEL? HOW DO OTHERS FEEL?



Playing music in front of people might make you feel **happy**.

Playing music in front of people might make you feel **anxious**.

These kids look _____.



Sledding down a hill might make you feel **excited**.

Sledding down a hill might make you feel **scared**.

Some kids look _____.

Other kids look _____.



Someone throwing water at you might make you feel **surprised**.
Someone throwing water at you might make you feel **angry**.

One of these kids looks _____.

The other kid looks _____.



Camping in the wilderness might make you feel **proud**.

Camping in the wilderness might make you feel **disgusted**.

These kids look _____.

What expressions do you see on these peoples' faces?
How do you know what they are each feeling?
How many of these feelings have you felt?
How would you feel doing each of these activities?
Discuss a time when you have felt happy, anxious,
excited, scared, surprised, angry, proud, and disgusted!

How I Can Handle My Emotions

Go through the list and
choose an option whenever
you feel overwhelmed!

To get calm, I can:

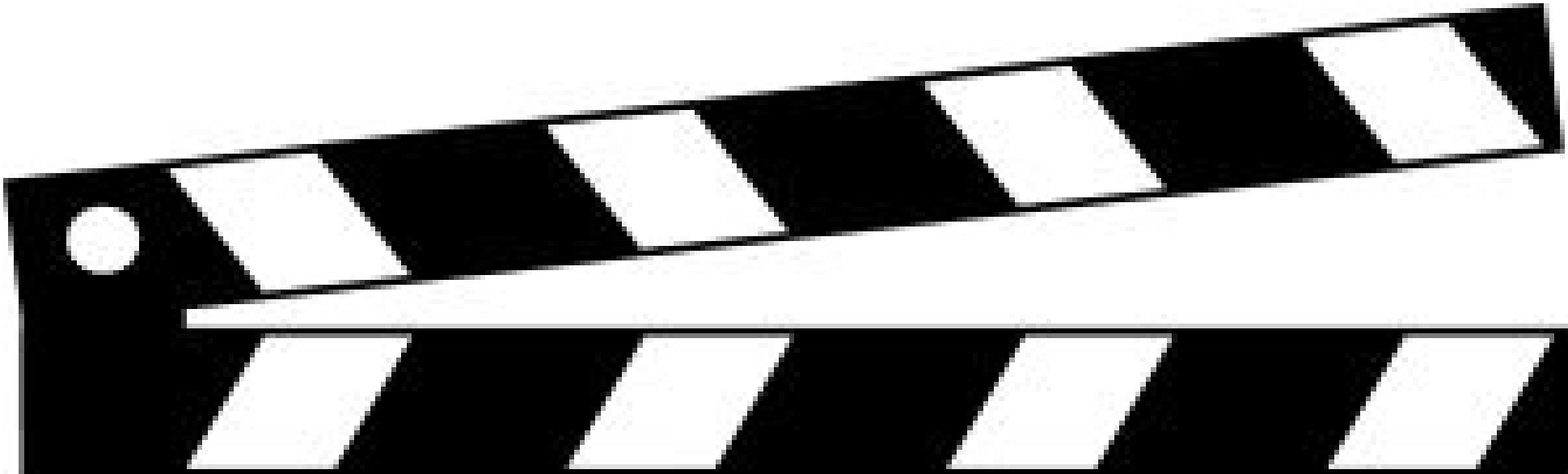
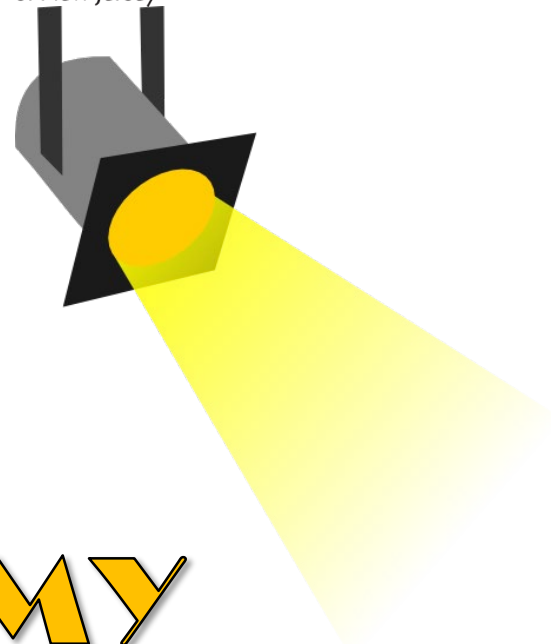
Breathe deeply, let the air out slowly
Close my eyes and listen to music
Spend some time in nature or with a pet
Take a break from what I'm doing
Work on some art, color, or paint
Relax my face, my shoulders, and my hands
Have a warm drink
Call a friend
Open a window and get some fresh air
Watch a soothing video
Sniff some lavender or lemon (really!)

Or I can _____

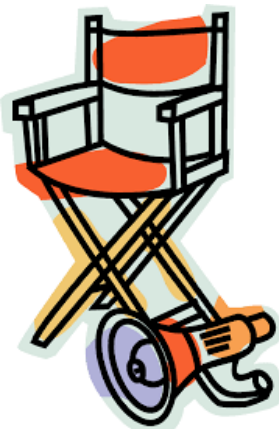
To get my energy out, I can:

Practice my best dance moves
Sing a song as fast as I can
Make crazy faces in the mirror
Go for a walk
Play my favorite sport
Tense and release each of my muscles
Sip some ice cold water
Laugh with a friend
Do a tough workout
Watch a funny video
Chew peppermint or cinnamon gum

Or I can _____



MY FEELINGS SCRIPT



When I'm happy, I will say: _____!

When I'm angry, I will say: _____!

When I'm excited, I will say: _____!

When I'm sad, I will say: _____!

When I'm frustrated, I will say: _____!

When I'm disappointed, I will say: _____!

USE

YOUR

WORDS

(or faces...)

What's the Value???



Circle the picture that shows the value **kindness**.



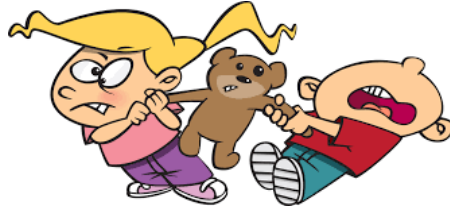
Circle the picture that shows the value **bravery**.



Circle the picture that shows the value **education**.



Circle the picture that shows the value **sharing**.



Circle the picture that shows the value **honesty**.



Circle the picture that shows the value **earth-friendliness**.





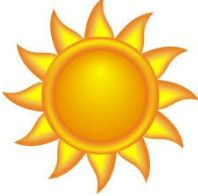









Circle the picture that shows the value **cleanliness**.



CONSEQUENCES!!!

Draw a line from the **action** to its **consequence**!

Action	Consequence
<p>Kick a ball toward a window</p> 	 <p>Feel tired</p>
<p>Plant a sapling (baby tree)</p> 	 <p>Get a sunburn</p>
<p>Spend time in the sun</p> 	 <p>The window breaks</p>
<p>Eat a whole pizza</p> 	 <p>Get wet</p>
<p>Dance in the rain</p> 	 <p>Feel very full</p>
<p>Stay up late watching movies</p> 	 <p>A tree grows</p>

MOTHER MAY I? – a game about consent

Remember this game from childhood?

If not, we are here to remind you... and put a little “consent” spin on it! Remember, it is important to have consent before touching anyone!

The caregiver/teacher and the student will take turns being Mother. (Or Sensei, or Boss, or whatever you like.)

The other player is Baby. (Or Grasshopper, or Flash, or whatever you like.)

The script goes as follows:

Mother: Baby, you may put a feather in my hair.

Baby: Mother, may I?

Mother: Yes, you may.

Baby is then allowed to put a feather in Mother’s hair.

Then, Mother makes another offer.

Mother: Baby, you may “boop” (poke) me on the nose.

Baby: Mother, may I?

Mother: No, you may not.

Baby cannot “boop” her nose.

Mother will then give new instructions. After three turns, the roles reverse and Baby becomes Mother!

Try it out with different types of movements – crazy faces, clapping, tickling, etc. – and different ways to say “Yes, you may” or “No, you may not!” (“Sure!” “You got it!” “No way, sister!”)

You will have a great time and – best of all – practice asking for and giving consent and non-consent!

The Rejection Files



When I reject someone, I will...

Be kind

Say something nice about them

Keep it simple

Be clear and direct

Treat them the way I would want to be treated

Understand that I may hurt their feelings

When I reject someone, I will NOT...

Laugh

Tell others about the rejection

Talk to them about who I would rather go out with

Make them believe my answer will change

Feel guilty (I have to do what is right for me!)

Take too long discussing it – the “no” is final

When I am rejected, I will...

Accept their answer

Remain calm

Be proud of having tried

Talk to friends or family about my feelings

Think about my great qualities

Remember that bad feelings don't last forever!

When I am rejected, I will not...

Keep asking them

Get loud or emotional

Say mean things about them behind their back

Take it personally (I'm still great!)

Blame them – they have to do what's right for them!

Get discouraged. There are plenty of people for me!

What Are My Values?

Circle your most important values. Why do they matter to you? Which is your most important value of all – and why?

Adventure

Faith

Loyalty

Love

Fun

Enter your own

Independence

Friendship

My culture

Reputation

Popularity

Self-esteem

Health

Honesty

Family



Some of My Boundaries (I don't want anyone to...)

e.g., Feeding my dog spaghetti	X	Calling me "sweetie," "honey," etc.	
Calling me after midnight		Calling me by a mean nickname "because it's fun"	
Calling me after _____ p.m. (insert time)		Kissing/touching me in public	
Calling me without asking/when I have asked them not to		Grabbing my hand	
Giving someone else my phone number/email address		Telling others I am "yours"	
Taking my hand without asking		Telling me a lie	
Touching my face/body without asking		Leaving out information to avoid lying	
Putting your arm around me		Looking through my phone without asking	
Kissing me hello/goodbye on the lips		Opening my mail	
Kissing me hello/goodbye on the cheek		Asking others about my private conversations with them	
Eating off my plate		Telling others my secrets	
Commenting on my food		Continuing a joke/game even when I say "stop"	
Referring to me as boyfriend/girlfriend/"special" friend		Raising your voice in an argument	
Laughing too loudly near me		Calling me mean names in an argument	
Wrestling with me for fun		Wrestling with me during an argument	
Punching my arm/anywhere on my body for fun		Punching or hitting anywhere on my body during an argument	

Nonverbal Communication

Classical Indian dance is one way to tell stories non-verbally. See if you can figure out what the people below are trying to say without words!
(Some have more than one right answer!)



Which ones are telling us:

I'm itchy, I need lotion!

I don't want that!

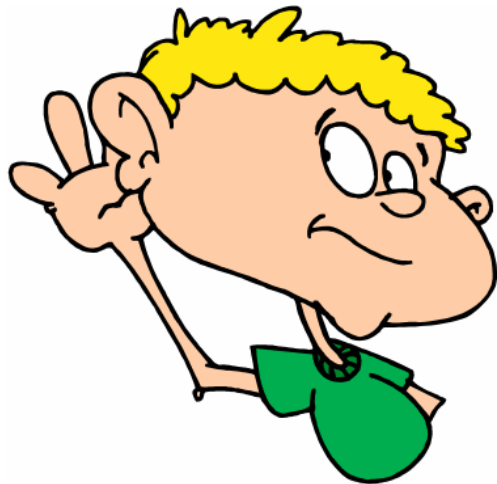
I want you to call on me!

I need a nap!

I don't want to hear that!

I need you to speak up!

I need more quiet.



Verbal Communication



AGGRESSIVE

Loud
Criticizing
Interrupting



PASSIVE

Quiet
No eye contact
Shrug or say "I don't know"



ASSERTIVE

Clear and firm
Good eye contact
In control

Active Listening

This little guy is busy dancing – is that active listening?



(assertive communication)



eye contact

gestures



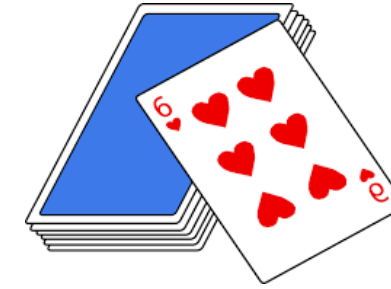
closed mouth (no talking, just listening!)

pleasant expression

His ears are wide open!
Great for listening!



The Paraphrasing Card Game



Match the statement to all appropriate responses.

There may be more than one good answer! Discuss why some responses may be inappropriate.

Statement:

“My teacher gave me a D- on my assignment. I wanted to scream and punch a pillow! “

Statement:

“We are having a big picnic with my family tomorrow. I love them, but they all talk so much, I may get overwhelmed.”

Statement:

“Every time my friend looks at me, I get butterflies in my stomach and I can’t stop smiling. Could I like them as more than a friend?”

Statement:

“Joe said something mean to me on the bus! I hate him!”

Statement:

“The talent show is tomorrow, and I haven’t been able to sleep for a week because of it!”

Statement:

“The kids at my lunch table didn’t sit with me today. But I didn’t do anything wrong!”

Statement:

“I can’t believe I read that whole book! I never thought I could do that!”

Statement:

“My friend asked me to a concert. It sound amazing, but I can’t imagine being around that many people!

Statement:

“I don’t understand math. I don’t even want to go to school anymore!”

Statement:

“Chris said ‘no’ when I asked him to the dance. I don’t want to talk to him ever again.”

Paraphrase:

“I understand why you feel that way.”

Paraphrase:

“What I hear you saying is that you are confused.”

Paraphrase:

“Sounds like you are having a hard time.”

Paraphrase:

“So, you feel nervous. Is that right?”

Paraphrase:

“I wonder if you are trying to say your feelings are hurt.”

Paraphrase:

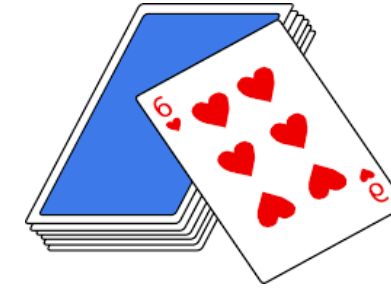
“I get why you are angry.”

Paraphrase:

“Sounds like you are really excited.”

The Paraphrasing Card Game

Cut out the cards and take turns paraphrasing what they say. (You can use the phrases on 33a for help if you need it.) Then switch cards and paraphrase them without using the other person's exact words.



Statement:

"I have to get 12 chores done before tomorrow, and it's already dinnertime!"

Statement:

"My mother wants me to go to the movies with her, but I want a quiet night at home. I can't make both of us happy."

Statement:

"I invited my friend to a school dance. What if they don't show up?"

Statement:

"I would really like it if that guy over there stopped banging his spoon on the table!"

Statement:

"I don't know what happened – I studied all night and still almost failed the test!"

Statement:

"My friend always cancels plans with me. It makes me not want to see her anymore!"

Statement:

"My cat always runs away when I try to pet her. I mean, I would never hurt her – why does she do that?"

Statement:

"Every time I think of having my birthday party, I can't stop smiling!"

Statement:

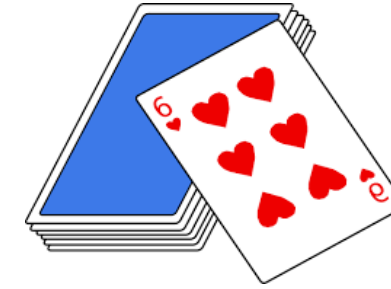
"Ever since summer camp ended, all I want to do is go back!"

Statement:

"I tripped on the sidewalk in front of everybody, and now I want to hide!"

The Paraphrasing Card Game

Come up with your own phrases and write them on the cards. Then add them to the other deck!
Practice paraphrasing and also asking questions.



--	--	--	--	--	--

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MY MEMORY GAME

The Goal:

To make the most matches by the end of the game!

How to Play:

Print out the following page (34b) and cut out each picture.

Lay them face-down on a table and mix them up.

Players take turns turning any two cards picture-side-up.

The cards must be turned over completely, so that all players can see that card.

A Match:

A player makes a match if the two cards turned picture-side-up are identical.

When a match is made, the player takes both cards.

That player continues taking turns until they do not make a match. That player's turn then ends and the next player tries to remember which cards were turned over.

To Win:

The game continues until all cards have been matched.

All players then count up their matching pairs – the most pairs wins!

MY MEMORY GAME

All Bodies are **D I F F E R E N T!**

Cut out several of each body part from a magazine and paste them in the appropriate columns.
How are all of them the same? How are they different?

EYES	NOSES	MOUTHS	HANDS	FEET	EARS	HAIR
						

OUR BODIES

OK BODIES?

Here come the pictures that many people feel embarrassed looking at...

It is the topic that many people don't want to talk about.

It is what makes many people giggle.

That's ok!

But once you stop giggling, get down to business.

Because it is so important to recognize that we all have bodies, that there are no "good" or "bad" parts, and that the more we know about them, the better we can keep them clean, healthy, and safe.

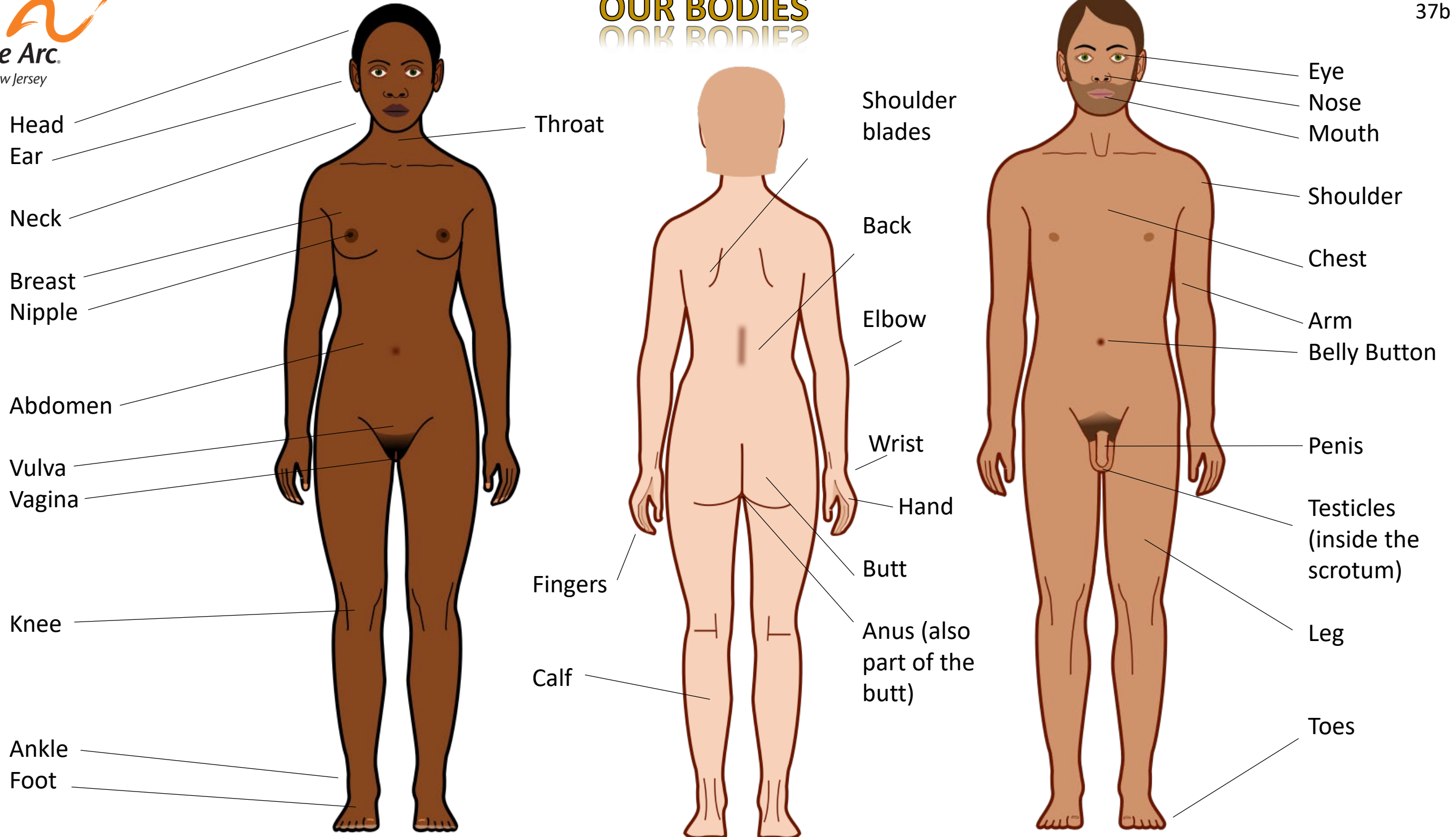
The following page shows the human body and its external outside parts (the ones we can see).

Look at these parts, learn their names, find them on your own body!

Talk about which ones are ok to show in public, which parts are private and shouldn't be shown, and which parts are ok to show sometimes (the beach, a store that says, "no shirt, no shoes, no service!").

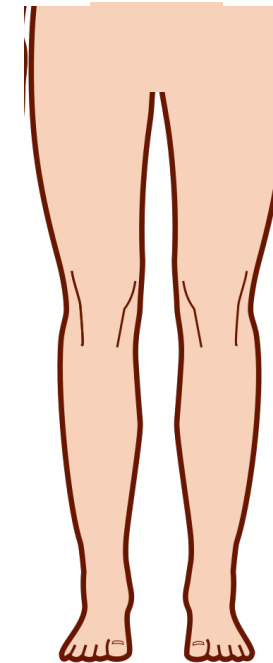
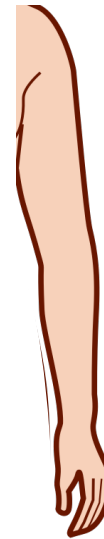
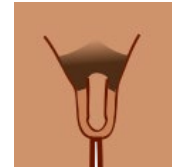
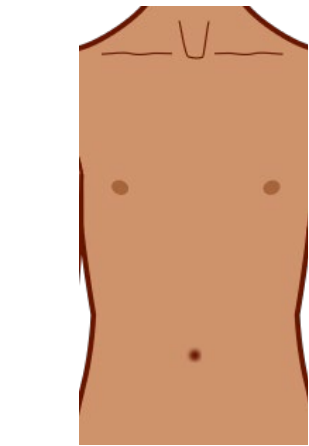
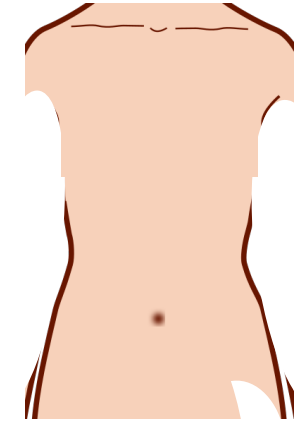
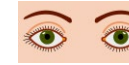
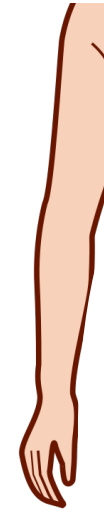
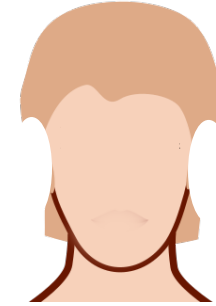
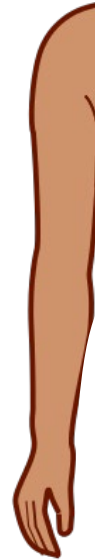
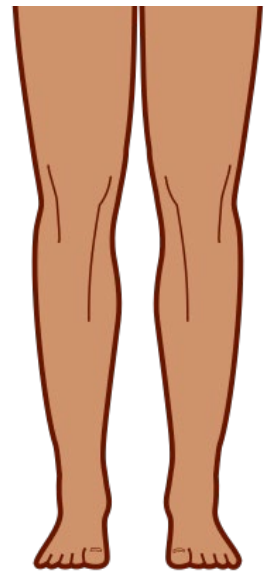
OUR BODIES

LOOK BODIES?



BUILD A BODY

Cut out the parts
and glue or tape
them together to
make bodies!



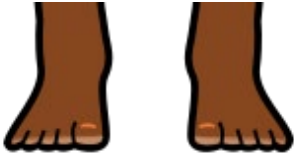
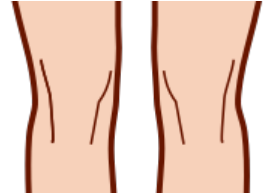



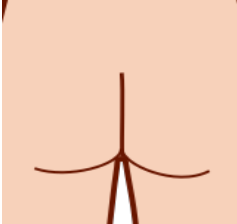



How Our Parts Work

Just like a machine, all the parts of our body have a purpose - to work!

Draw a line from the body part to its purpose.
(Some purposes go with more than one body part.)



Hand 	Breasts 	Feet 	Knees 	Ear 	Penis 	Eyes 	Butt 	Vagina 
---	--	--	--	--	--	---	---	---

<ul style="list-style-type: none"> • Feeding babies 	<ul style="list-style-type: none"> • Walking • Kicking • Standing 	<ul style="list-style-type: none"> • Holding • Picking things up 	<ul style="list-style-type: none"> • Peeing 	<ul style="list-style-type: none"> • Hearing 	<ul style="list-style-type: none"> • Kneeling • Bending 	<ul style="list-style-type: none"> • Sitting • Pooping 	<ul style="list-style-type: none"> • Seeing • Blinking • Crying
--	--	--	--	---	---	--	--

OUR MANY GENDERS!

This person might be:

- Transgender female
- Transgender male
- Nonbinary person
- Gender fluid person
- Boyflux person
- Girlflux person
- Omni gender person
- Gender questioning person
- ...or any number of other genders!

Most important – they are people!

Cis-gender woman

Cis-gender man

Want to learn more?
Look up “genders” together!



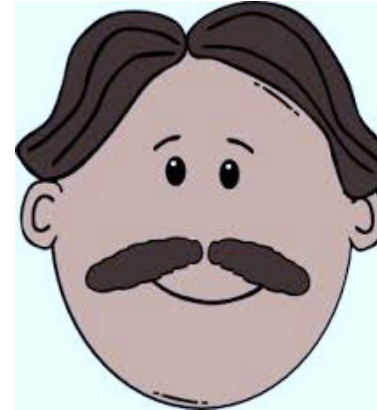
puberty

For each set of pictures, circle the ones that show signs of puberty.
Hint: there may be more than one in each set!

Pimpley skin
Who is in puberty?



Facial hair
Who is in puberty?



Breasts and hips
Who is in puberty?



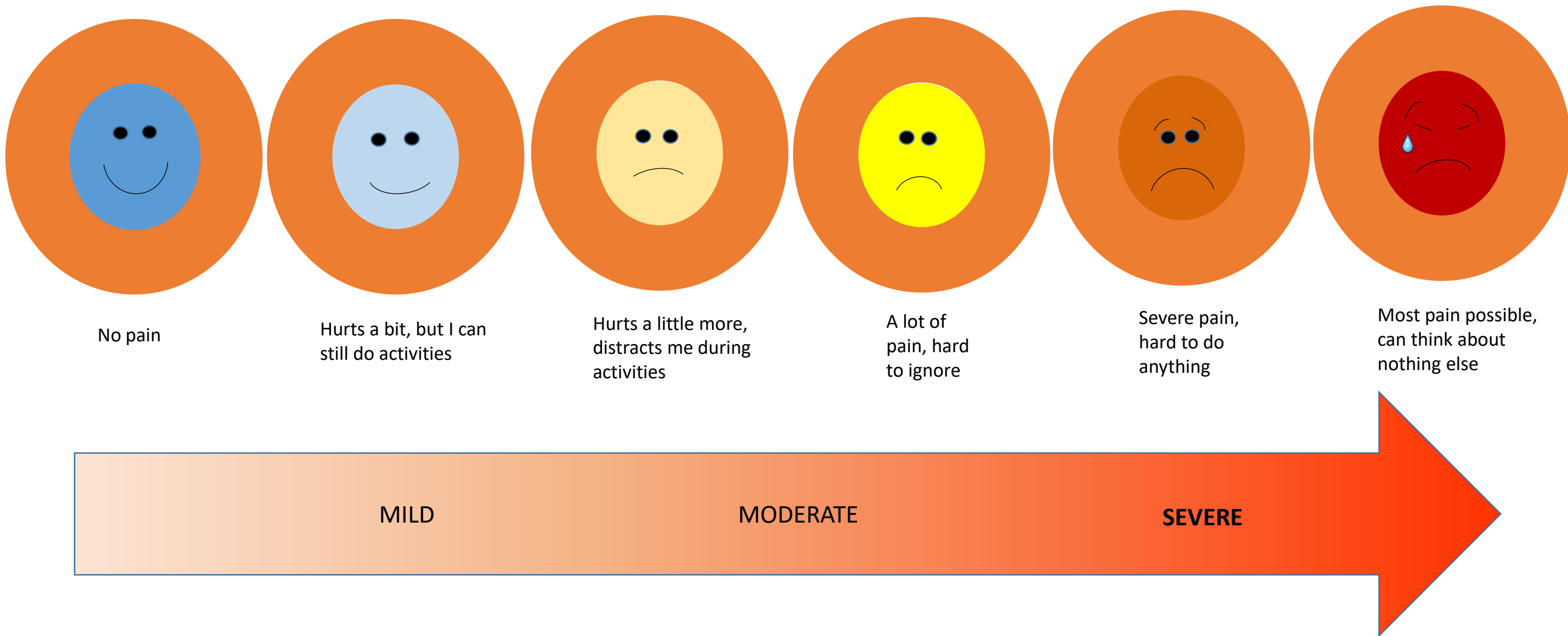
Growing taller
Who is in puberty?



Romantic feelings
Who is in puberty?



The Arc[®] of New Jersey Pain Scale Chart



Suggestions for menstrual pain: warm bath, heating pad, stretching, pain reliever

TIME FOR HYGIENE AND GROOMING

SAMPLE

Decide on which days you will do each. Here is a sample of how you might create a schedule. (Shaded days/times are when to do the activity.) Check them off when they are completed.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brush teeth	am	am	am	am	am	am	am
	pm	pm	pm	pm	pm	pm	pm
Wash hands							
Wash face							
Bathe/shower							
Wash hair							
Brush hair							
Put on clean clothes							
Use deodorant							
Clip nails							

TIME FOR HYGIENE AND GROOMING

Decide on which days you will do each. Check each off when completed.

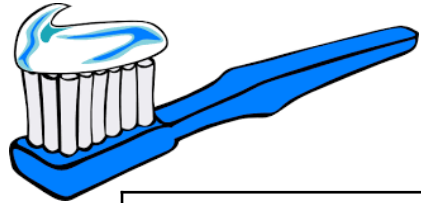
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brush teeth	am	am	am	am	am	am	am
	pm	pm	pm	pm	pm	pm	pm
Wash hands							
Wash face							
Bathe/shower							
Wash hair							
Brush hair							
Put on clean clothes							
Use deodorant							
Clip nails							



My Grooming Products



Have a product you love?
Got a great recommendation?
Want to try something new?
List your favorite products below and never forget what to pick up when you are at the store!



For my face
Soap/cleanser:
Moisturizer:
For my teeth
Toothbrush:
Toothpaste:
Mouth rinse:
For my body
Soap/cleanser:
Moisturizer:
Deodorant:
For my Hair
Shampoo/cleanser:
Conditioner/oil:
Styling product:
Extras (perfume, body spray, hair accessories, nail polish, after shave):

Talking About Sexual Feelings

Sexual feelings are normal, natural, and wonderful, but we want to be appropriate and respect others' boundaries. We have to make sure that we talk to appropriate people, with appropriate words, and in appropriate places. That way, everyone feels safe!
Fill in the blanks (you can use some of the examples below each)!



How should I talk about it?

e.g. quietly; explaining feelings; not actions



To whom can I talk about it?

e.g. trusted teacher; favorite doctor

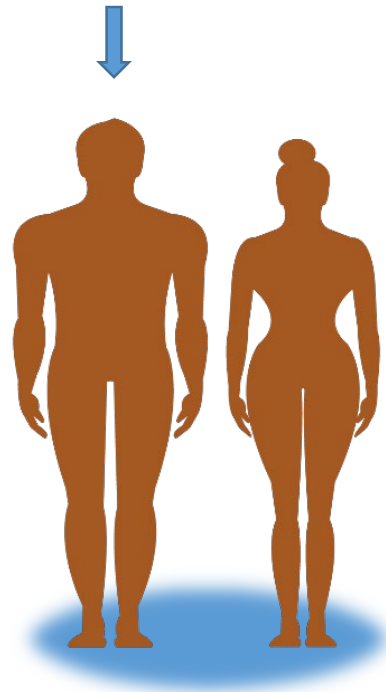


Where can I talk about it?

e.g. bedroom; the park; away from others

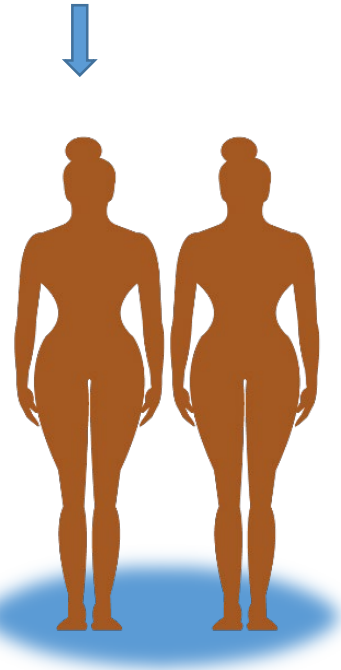
Sexual Orientation

Look at each person under the blue arrow and draw a line to what you think is their sexual orientation.
There is more than one answer for each!

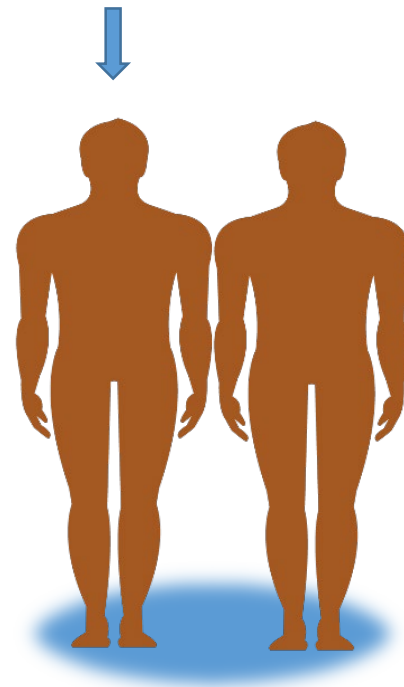


Heterosexual

Gay

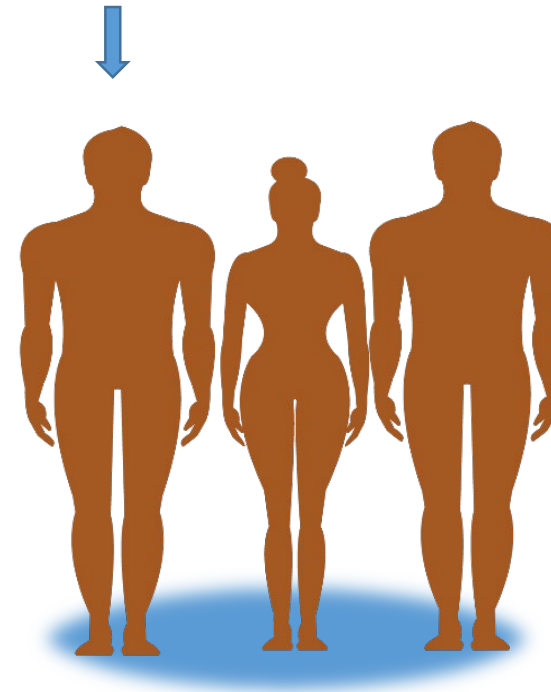


Asexual



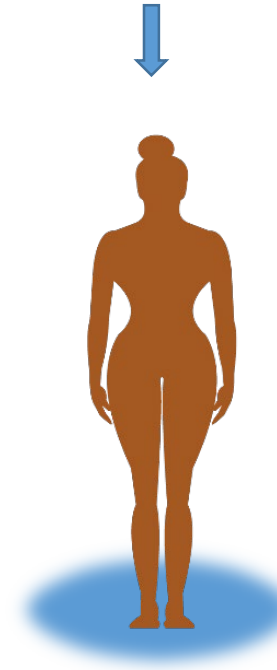
Aromantic

Bisexual



Pansexual

Questioning



Queer



Lesbian

THE DATING GAME

Decide who you might want to date, who you would not want to date, and who you should never date (nor have sexual contact with)! Discuss why some people are appropriate to date and some aren't. Think about why you would or wouldn't want to date someone.



Phil



Ariel



Uncle Victor



Penelope

Always has a smile on his face	Loves to watch movies	Sends you money on your birthday	Is an awesome painter
Told you he likes your hair	Shared their book with you in class	Used to babysit you	Made you a valentine last year
Isn't dating anyone else	Doesn't like cheese	Is your favorite uncle	Lives down the street

THE DATING GAME

Decide who you might want to date, who you would not want to date, and who you should never date (nor have sexual contact with)! Discuss why some people are appropriate to date and some aren't. Think about why you would or wouldn't want to date someone.



Grampa



Glen



Hana

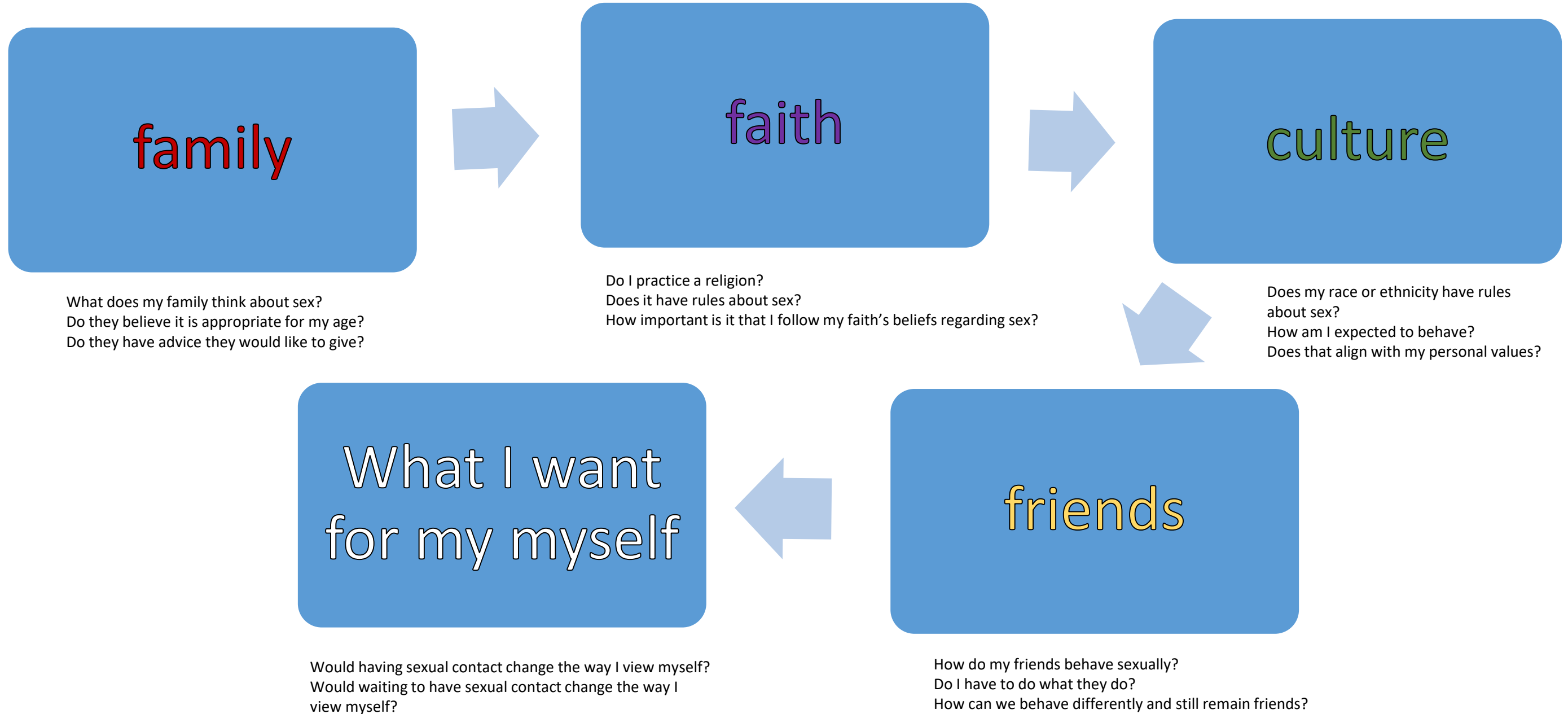


Steve

Bakes cinnamon rolls	Helped pick up the papers you dropped	Loves the same bands as you	Loves you more than anyone
Sings opera	Always asks before hugging you hello	Always says "please" and "thank you"	Drinks out of the toilet
Says he likes you the best	Owens a pet snake	Can crack her knuckles really loudly	Is a dog

My Sexual Values

Our values about sex come from family, faith, culture, friends, and what we want for ourselves!
Think about all the influences that come together to help you figure out your sexual values. Discuss!



How Might I Feel?

There are many ways you may feel inside if you decide to have sexual contact or if you decide to wait to have sexual contact.
Circle the emotions you most want and don't want.
Does that make a difference in your decision?



Emotional Consequences of Having Sexual Contact

You might feel: happy, relaxed, calm, satisfied, more connected to your partner

You also might feel: sad, guilty, regretful (wishing you hadn't done it), embarrassed, overwhelmed

Emotional Consequences of **Waiting** to Have Sexual Contact

You might feel: proud, strong, satisfied, more connected to your partner

You also might feel: pressured, embarrassed, anxious, judged



Here are some helpful questions to ask yourself beforehand. Discuss your answers with someone you trust to help you make the decision to have sexual contact, not to have sexual contact, or to wait a little longer.

Am I Ready to Have Sexual Contact?

	Yes	No	I Am Not Sure <small>so I'll wait a bit longer...</small>
Do I have sexual feelings?	_____	_____	_____
Does the idea of sex excite me?	_____	_____	_____
Do I feel afraid to have sex?	_____	_____	_____
Do I communicate well with my partner?	_____	_____	_____
Does my partner respect my feelings?	_____	_____	_____
Is my partner kind to me?	_____	_____	_____
Have I discussed consequences with my partner?	_____	_____	_____
Does my partner want to have sex, too?	_____	_____	_____
Do I feel comfortable saying no at any time?	_____	_____	_____
If I say "no," can I trust my partner to respect that?	_____	_____	_____

Consent and Non-consent



Practicing saying YES or NO, and asking for consent has never been so fun!

Print and cut out the boards for however many players there will be.

Print and cut out the dots on the following page, mix them up in a hat or bowl, and pull one out reading out loud what it says. (Remember, not all phrases are on every board.)

If that phrase is on your board, draw an **X** over it. Then pull out another dot and continue on. (It can feel odd at first, but let yourselves have fun!)

Practice saying the phrases out loud, with eye contact and a strong voice. The phrases in “()” are actions - practice doing those, too! The more you practice, the better you get at giving, not giving, and asking for consent!

The first person to get five across, up-and-down, or diagonal (the *Consent!* spot gets an automatic **X**) **WINS!**

(Cover the dots with tape and they will last game after game without tearing!)

Consent and Non-consent



Yes!	I would like that	I don't want to	No	I'd like to try that	(Nod your head "yes" and smile)	
(Shake your head "no" like you mean it)	(Give a thumbs up!)	Can I kiss you?	Is this ok?	Do you want to go further?	Is it ok to keep going?	I changed my mind
Is this comfortable for you?	That sounds like fun!	Do you want me to stop?	I only want you to touch me on my... (name body part)	I want to stop now	Can you explain what that is?	I'm not comfortable with that
I don't want to go any further	Does this feel good?	I want to keep doing this	That feels great!	I don't like that	What do you want to do?	Please don't touch me

Consent and Non-consent



Yes!	I would like that	I only want you to touch me on my... (name body part)	I'm not comfortable with that	No
Do you want me to stop?	Does this feel good?	Is this ok?	I'd like to try that	(Shake your head "no" like you mean it)
Is it ok to keep going?	(Give a thumbs up!)	<i>Consent!</i>	Can I kiss you?	I changed my mind
That sounds like fun!	Can you explain what that is?	I don't want to	What do you want to do?	I don't want to go any further
(Nod your head "yes" and smile)	That feels great!	I want to stop now	I want to keep doing this	Is this comfortable for you?

I want to keep doing this	Can I kiss you?	I don't want to go any further	(Give a thumbs up!)	Can you explain what that is?
I changed my mind	Do you want me to stop?	Yes!	Is this ok?	I would like that
No	I'm not comfortable with that	<i>Consent!</i>	(Shake your head "no" like you mean it)	I don't like that
Is this comfort-able for you?	I only want you to touch me on my... (name body part)	Can you explain what that is?	(Nod your head "yes" and smile)	That sounds like fun!
I don't want to	What do you want to do?	Is it ok to keep going?	I'd like to try that	Do you want to go further?

Consent and Non-consent



(Nod your head "yes" and smile)	I want to stop now	Can you explain what that is?	Do you want to go further?	Is this ok?
Is this comfortable for you?	I don't like that	(Give a thumbs up!)	Can I kiss you?	I changed my mind
No	I don't want to go any further	<i>Consent!</i>	That sounds like fun!	Do you want me to stop?
(Shake your head "no" like you mean it)	That feels great!	I only want you to touch me on my... (name body part)	Does this feel good?	Yes!
I'd like to try that	I don't want to	What do you want to do?	I want to keep doing this	I would like that

Does this feel good?	(Shake your head "no" like you mean it)	That sounds like fun!	Is this comfortable for you?	No
I want to stop now	Can I kiss you?	I want to keep doing this	(Nod your head "yes" and smile)	Yes!
Can you explain what that is?	Please don't touch me	<i>Consent!</i>	I'd like to try that	I don't want to go any further
(Give a thumbs up!)	Do you want to go further?	I would like that	I'm not comfortable with that	I want to stop now
Is this ok?	Don't touch me	I changed my mind	Do you want me to stop?	I only want you to touch me on my... (name body part)

Consent and Non-consent











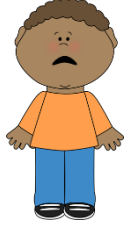












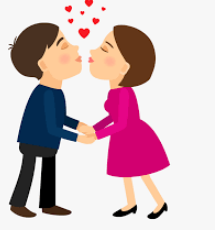


Please don't touch me	I want to keep doing this	I would like that	I'd like to try that	No
Do you want to go further?	(Nod your head "yes" and smile)	Do you want me to stop?	(Shake your head "no" like you mean it)	I only want you to touch me on my... (name body part)
Can I kiss you?	(Give a thumbs up!)	<i>Consent!</i>	I don't want to	I changed my mind
That feels great!	Does this feel good?	What do you want to do?	Is this comfortable for you?	Can you explain what that is?
I don't like that	Yes!	I want to stop now	That sounds like fun!	I don't want to go any further

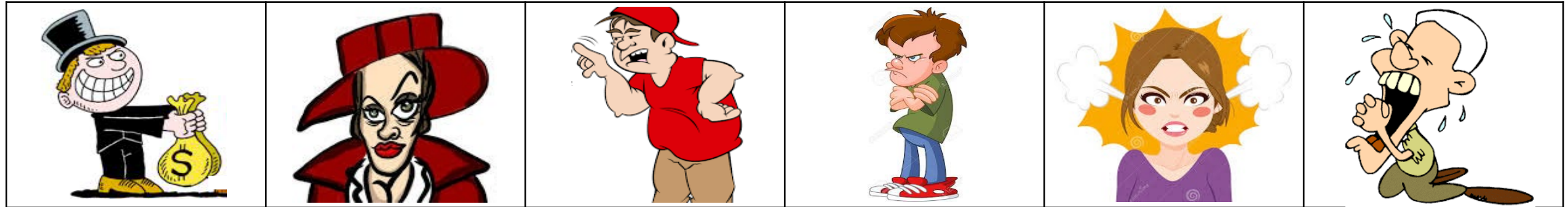
I only want you to touch me on my... (name body part)	I don't want to	(Nod your head "yes" and smile)	I want to stop now	What do you want to do?
I changed my mind	Is this comfort-able for you?	No	That feels great!	I'm not comfortable with that
Yes!	I want to keep doing this	<i>Consent!</i>	I don't want to go any further	(Shake your head "no" like you mean it)
That sounds like fun!	Can you explain what that is?	Does this feel good?	Can I kiss you?	Please don't touch me
Do you want me to stop?	Do you want to go further?	I would like that	(Give a thumbs up!)	I'd like to try that

Consent and Non-consent



				
				
		<p>Consent!</p>		
				
				

COERCION IS NOT CONSENT

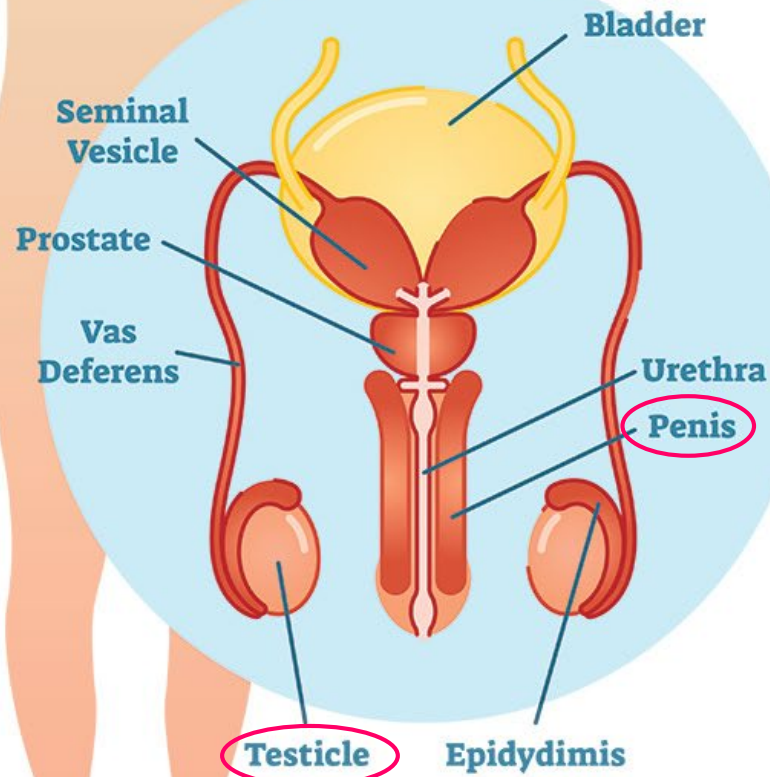


Bribes	Manipulation	Threats	Pouting	Anger	Pleading
<ul style="list-style-type: none"> Offers to give you something if you say "yes" "Come on, I'll give you a bracelet... I'll be your boyfriend..." 	<ul style="list-style-type: none"> Comes up with different ways to get you to say "yes" "You've been acting like you want to all night! I think you must want to." 	<ul style="list-style-type: none"> Says they will stop liking you/loving you/spending time with you if you don't agree "I'll find someone who <i>will</i> have sex with me...I won't give you meds..." 	<ul style="list-style-type: none"> Tries to make you feel guilty for not doing what they want "You must not like me. I feel rejected and it's all your fault..." 	<ul style="list-style-type: none"> Yells at you, says mean things "I didn't like you, anyway! You're acting like a baby! You are a tease!" 	<ul style="list-style-type: none"> Whines, won't take "no" for an answer "Please! I asked you nicely! Do it for me!"

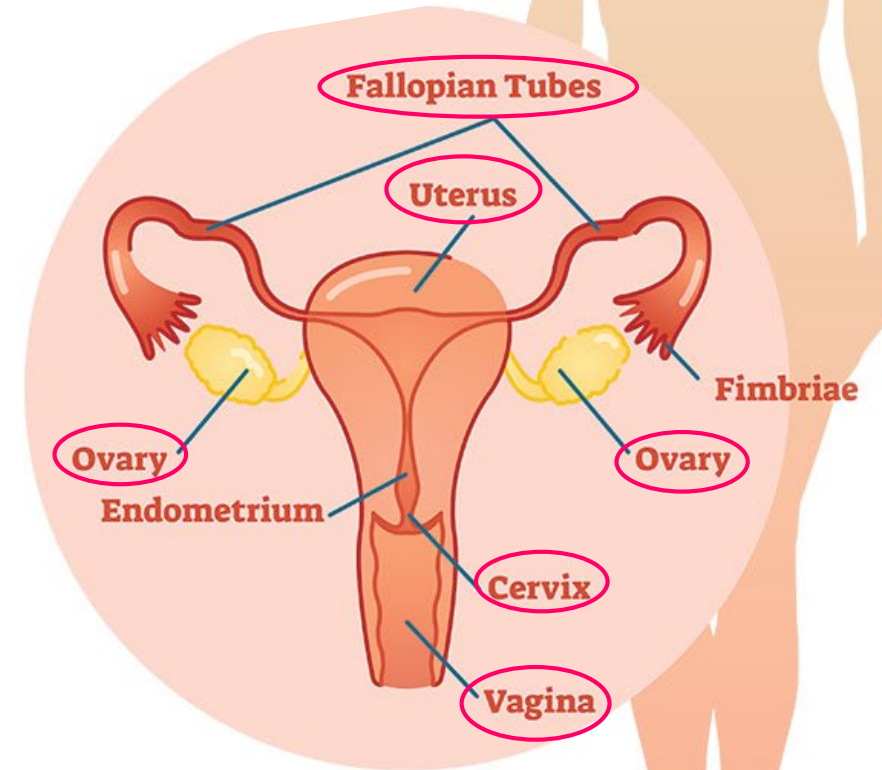
What do you notice about their faces? How do these behaviors make you feel? How would you respond to each person?

Our Sexual Parts (Inside)

Body With a Penis



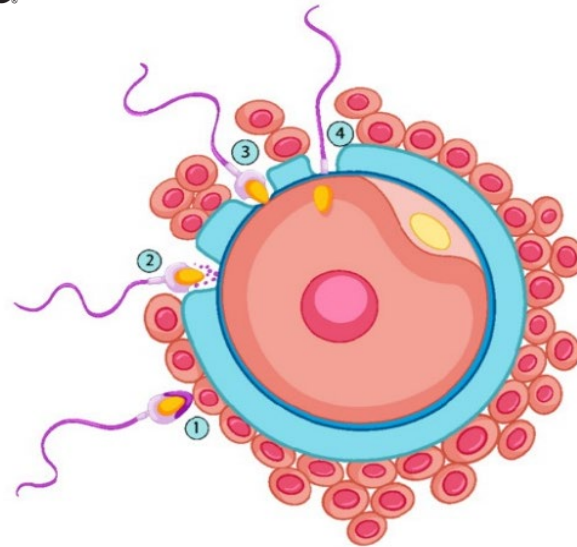
Body With a Vagina



***  = important parts to remember

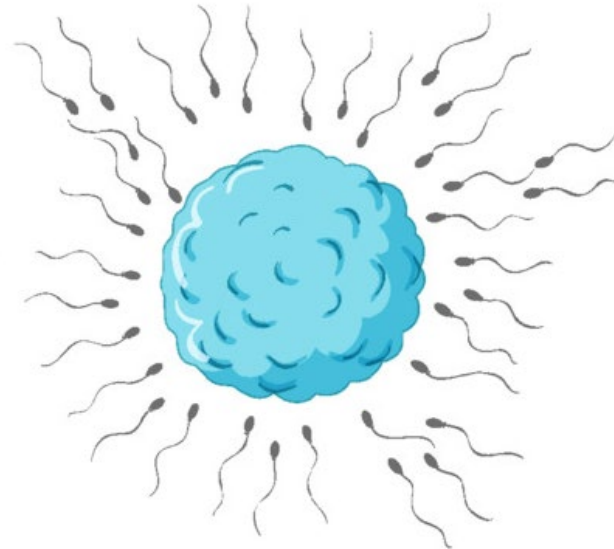
FERTILIZATION

Cut out the six pictures and put them in order to tell the story of how an egg becomes fertilized!



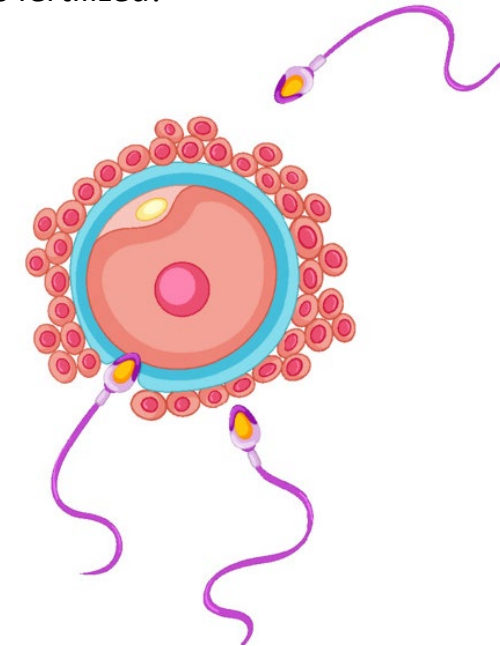
Sperm trying to enter the egg first

<https://www.vecteezy.com/free-vector/sperm-and-egg> Sperm And Egg Vectors by Vecteezy



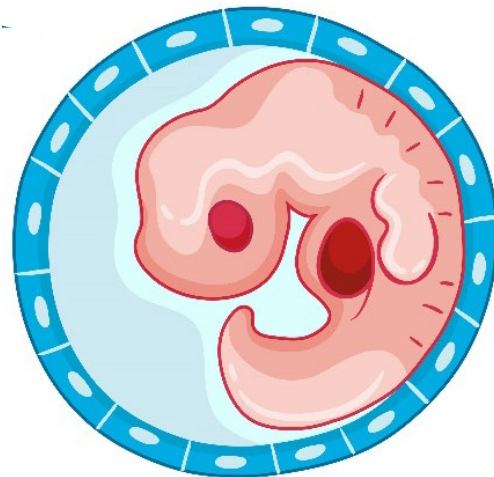
Sperm swimming toward the egg

<https://www.vecteezy.com/free-vector/sperm-and-egg> Sperm And Egg Vectors by Vecteezy



Sperm reaching the egg

<https://www.vecteezy.com/free-vector/sperm-and-egg> Sperm And Egg Vectors by Vecteezy

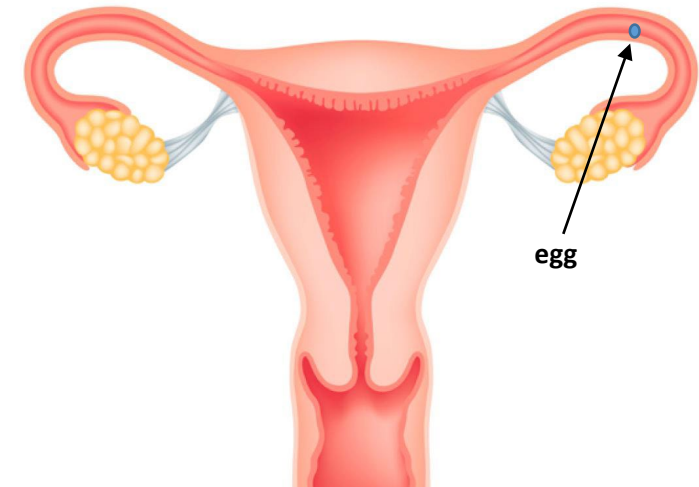


The fertilized egg forms a zygote

<https://www.vecteezy.com/free-vector/fertilized-egg> Fertilized Egg Vectors by Vecteezy



Someone with a penis and someone with a vagina ready to have sexual intercourse



The released egg waits in the fallopian tube

<https://www.vecteezy.com/free-vector/pregnancy> Pregnancy Vectors by Vecteezy



Instead of Having Sex...

Things to do with your partner when you want to remain abstinent



We can go out and...

- take a walk
- play a sport
- hang out with friends
- get something to eat together

Other ideas:

We can stay in and...

- watch a funny/scary movie
- cook a meal or bake something delicious
- play a board game
- talk about whatever we want to talk about

Other ideas:



CONTRACEPTION MEMORY CARDS

The Goal:

To make the most matches by the end of the game!

How to Play:

Print out the “contraception” page twice and cut out each picture.

Lay them face-down on a table and mix them around.

Youngest player goes first. Players take turns, to the left, turning any two cards picture-side-up.

The cards must be turned over completely, so that all players can see the pictures.

A Match:

A player makes a match if the two cards turned picture-side-up are identical.

When a match is made, the player takes both cards. That player then continues turning over pairs until they do not reveal two identical cards.

The next player tries to remember which cards were turned over so they can make a match.

The game continues until all cards have been matched and removed from the playing area.

All players then count up their matching pairs.

To Win:

The game continues until all cards have been matched and removed from the playing area.

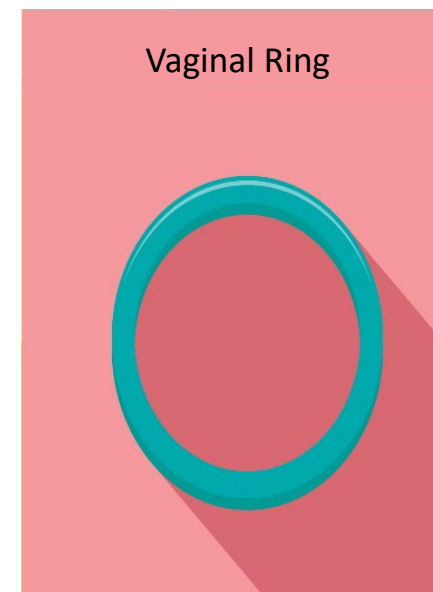
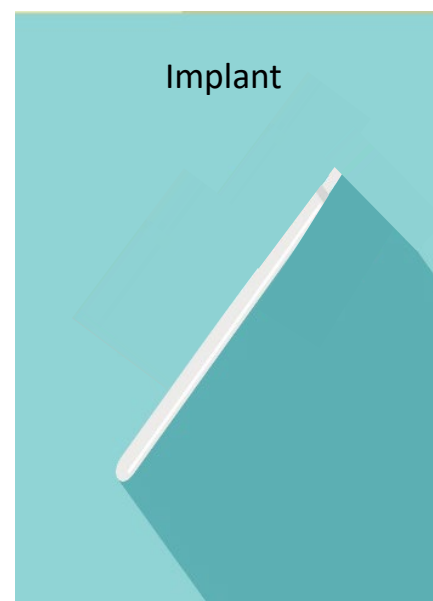
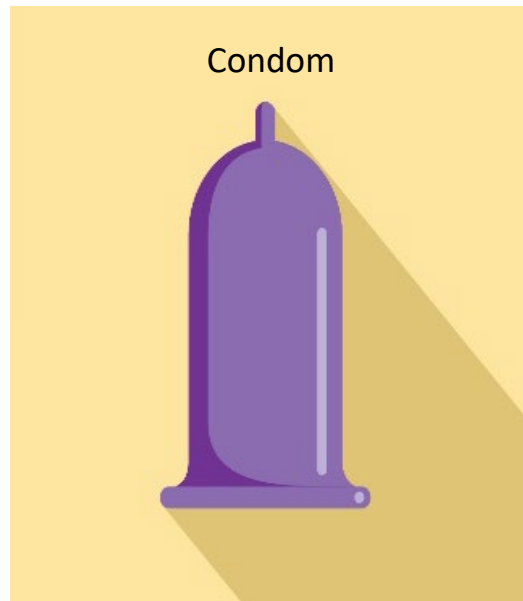
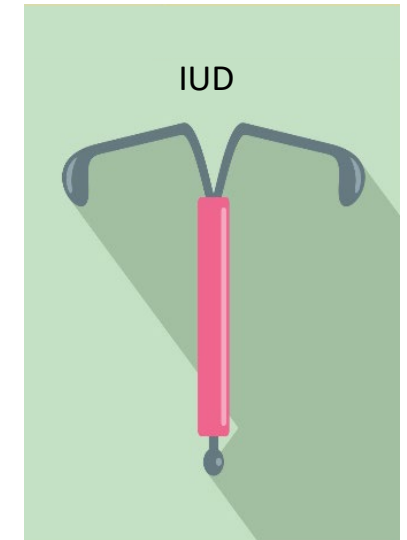
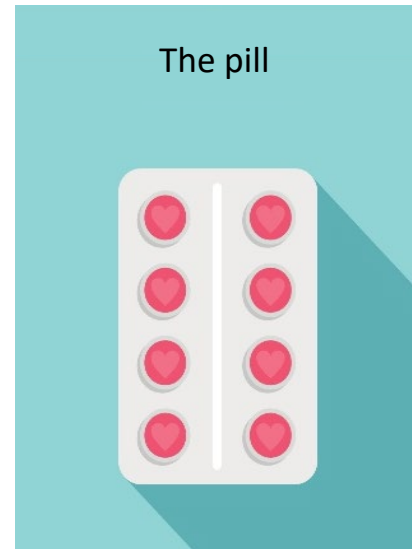
All players then count up their matching pairs.

CONTRACEPTION MEMORY CARDS

Let's test ourselves on contraception!

Cut out the pieces and put them in a hat, a bowl, a bucket, or whatever you like.

Pick out the contraception cards one by one and explain how each is used, and by whom!




Sex and Relationships



Cut out and mix up the cards, then divide them between all players. Two people at a time will each lay down one card to form a couple. Discuss how you think having sex would affect each couple's relationship, considering each of their descriptions! How might each person feel having sex with the other? Should they have sex or wait to meet someone else?



Clare, Bill's sister
Pansexual
No STIs




Shiloh
Will not have sex
without birth control



Rocco
Not sure he's ready
for sex



Grace
Bisexual
Wants to get pregnant




Cameron
Bisexual
Always uses birth control



Lydia
Bisexual
Sometimes uses birth control




Wendy
Heterosexual
Has HIV



Vlad
Clare and Bill's uncle
Married to Weedie



Darla
Does not believe in
sex before marriage



Sophia
Lesbian
Gender fluid

Sex and Relationships




Weedie
Clare and Bill's aunt
Married to Vlad



Bill, Clare's brother
Gay
No STIs




Rocco
Not sure he's ready
for sex



Dr. Rubins
Gives check-ups to everyone




Stanley
Transgender
13 years old




Tessa
Bisexual
Does not want to get pregnant




Angel
Will not use birth control



Ramona
Questioning her sexuality
Not ready for sex



Dooley
Bisexual
Pleads for sexual contact



Alana
Started having sex,
but changed her mind

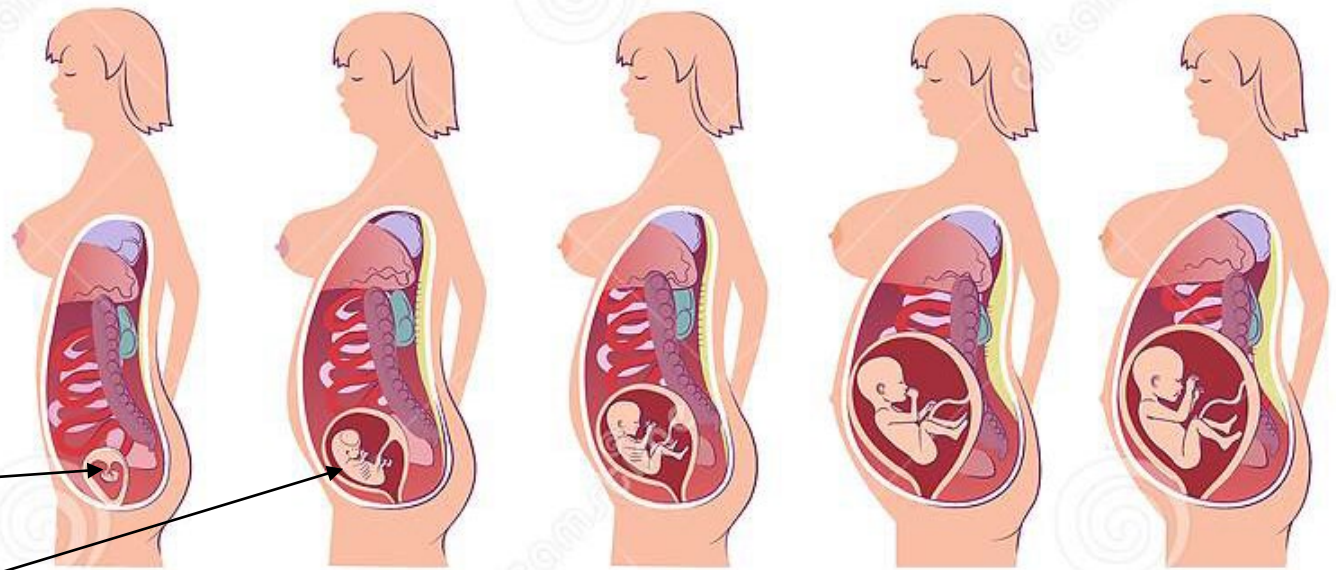
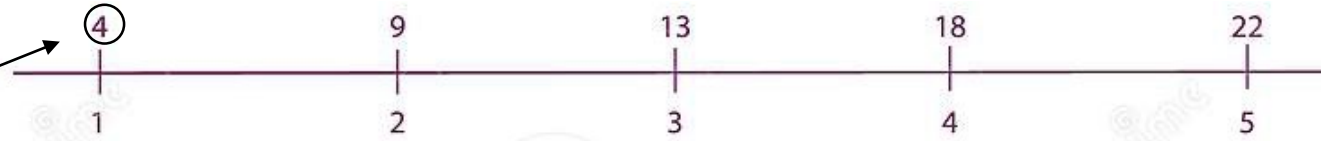
My Reproductive Rights

- I have the right to be part of a family.*
- I have the right to form loving relationships.*
- I have the right to love whoever I want.*
- I have the right to be a sexual being.*
- I have the right to get married.*
- I have the right to have children if I choose to have them.*
- I have the right to raise children in a safe environment.*
- I have the right to health services that address my needs.*
- I have the right to community care.*



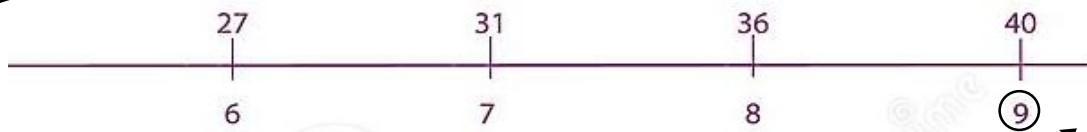
Our Bodies (During Pregnancy)

Number of **weeks** in this person's womb



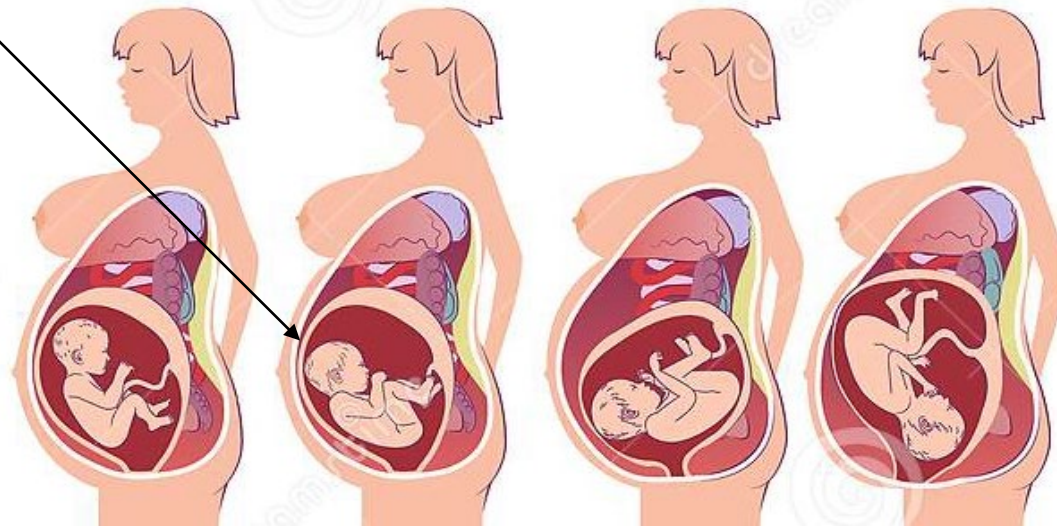
zygote

embryo



fetus

Number of **months** in this person's womb



TALK TO THE DOCTOR



Ask the doctor:

- How much weight should I gain?
- Are my medication prescriptions safe for pregnancy?
- Am I at risk for any complications or conditions?
- Which over-the-counter medications are safe?
- Which prenatal vitamin do you recommend?
- Which prenatal screenings do I need?
- Is it safe to exercise?
- What can I do, what should I avoid?
- Can I have sex?
- What should I eat and drink? What should I avoid?
- Which symptoms are normal, which aren't?
- When should I call you?
- How can I relieve my pregnancy symptoms (fatigue, nausea)?
- Can I call you if I have any questions or concerns?

Tell the doctor:

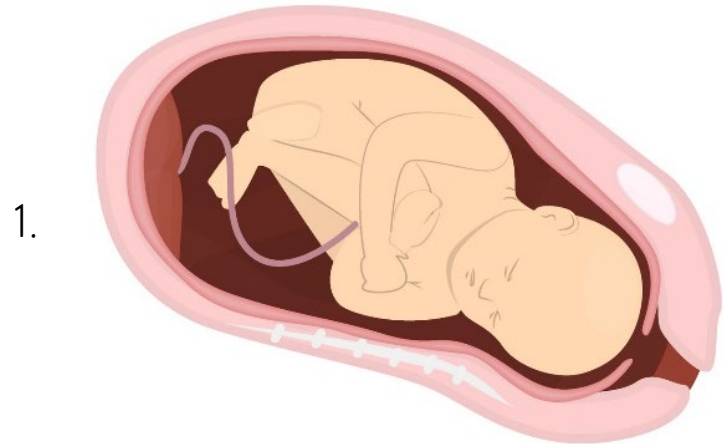
- The first day of your last period.
- Any health conditions you have.
- Your family medical history.
- Medicines you take.
- If you have been pregnant before.
- If you smoke, drink, or take drugs.
- Travel plans.
- How much stress you have in your life.
- If you have a safe home life.
- If you have any pain or cramping.
- If you notice any bleeding.
- If you notice concerning changes in your body.

The Steps to Making a Baby

1. Sexual intercourse
2. The penis releases sperm into the vagina
3. The sperm flow up to the egg
4. The sperm fertilizes the egg (becomes a zygote)
5. The zygote moves down to the uterus
6. The zygote grows and grows into a baby

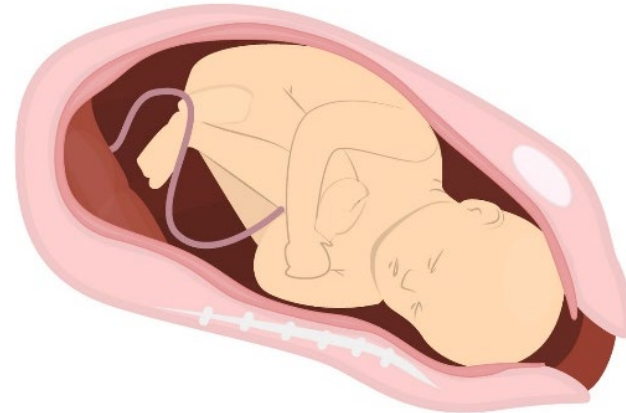


How Babies Are Born



1.

Body prepares for labor; baby in position



2.

Top of baby's head enters the pelvis, where the cervix is located



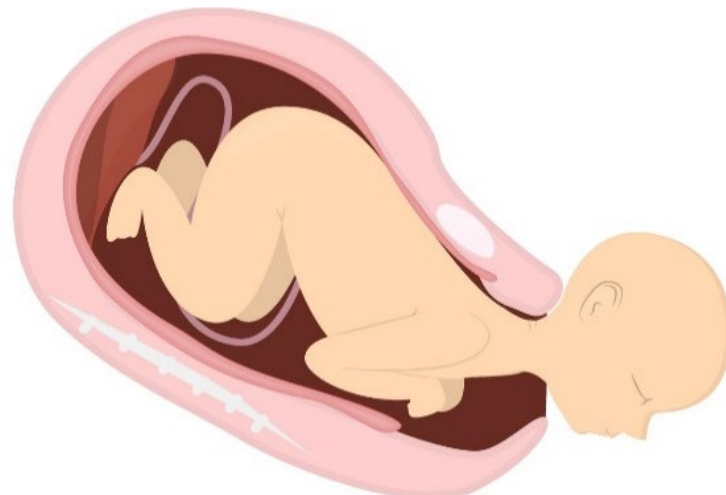
3.

Baby moves its head as the pelvis widens



4.

Baby's head can be seen coming through the vagina



5.

Baby's head peeks out



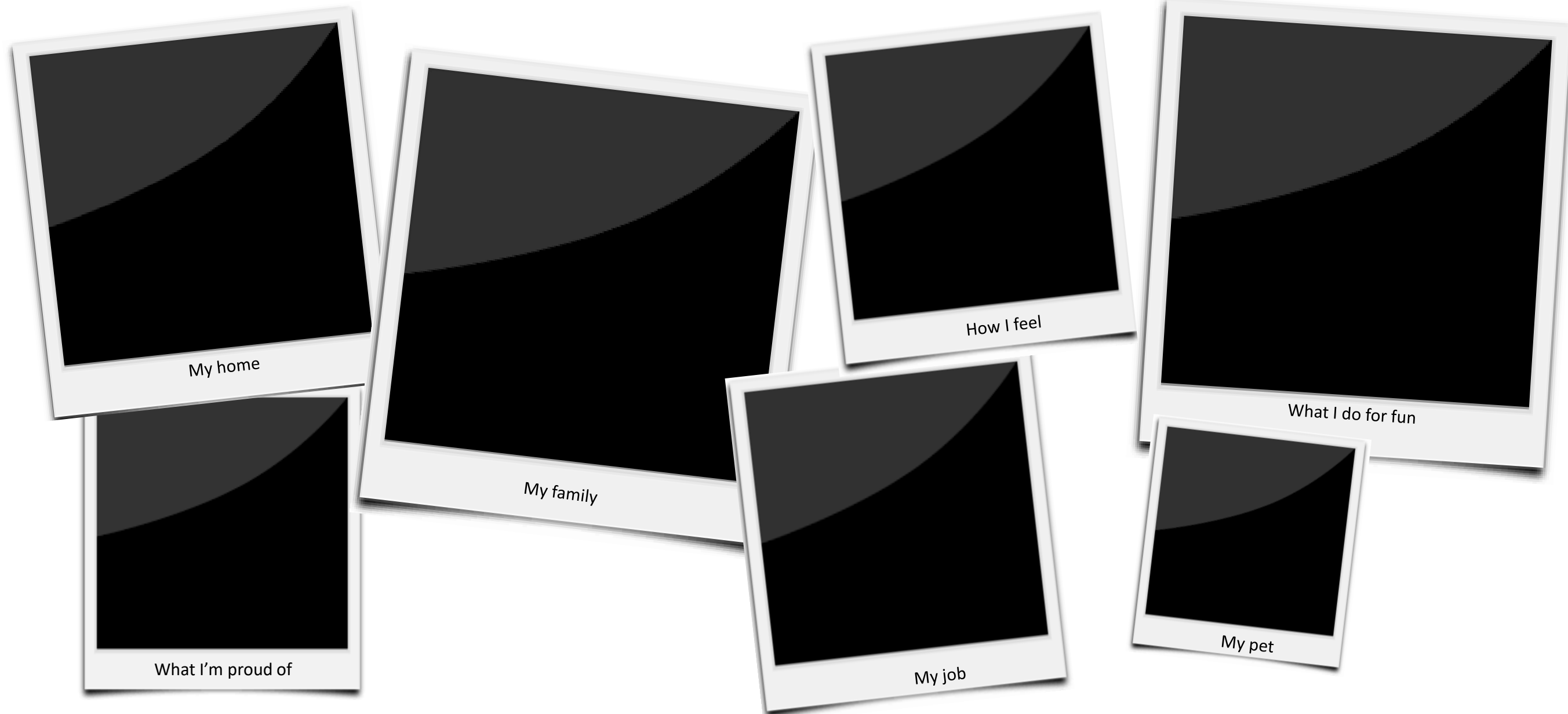
6.

Baby's shoulders slide out, then rest of body.
Baby is born!

I want to Live THIS way!

Cut out pictures from magazines of what you want for your life as you grow. Tape or glue them into the Polaroid frames!

What support do you need to live this way? What stands in the way? What is one step you can take to get closer to your dream? The sky's the limit!



PROS AND CONS OF PARENTHOOD NOW

PROS



Giving and getting love – it is a very special relationship between parent and child.

Play time – babies and children need lots of play, and they will want to play with you!

See the world in a whole new way – kids are always learning, and we learn with them.

It is rewarding – we feel their excitement.

(enter your own idea)

(enter your own idea)

CONS



It is very hard work – babies and kids need a lot of attention, and teenagers can be moody (remember puberty?).

Very little sleep – babies wake up many times during the night, and we have to be there for our children at any time, day or night!

Need for childcare – babies and kids cannot be left alone, so you have to get family or a babysitter to stay with them when you go out.

Expense – it costs a lot of money to buy food, diapers, clothing, toys, school supplies, sneakers, and everything else they need!

Little time for friends and family – a child needs their parent more than anything, so there is not as much time for others!

Worry – your child's health and happiness is always on your mind.

(enter your own idea)

(enter your own idea)

Boundary Bubbles

Draw a bubble (circle) to show the person's boundary!



She doesn't want her **mouth** touched.



He doesn't want his **toes** touched.



They don't want their **vagina** touched.



He doesn't want to **hear** people talk about sex.



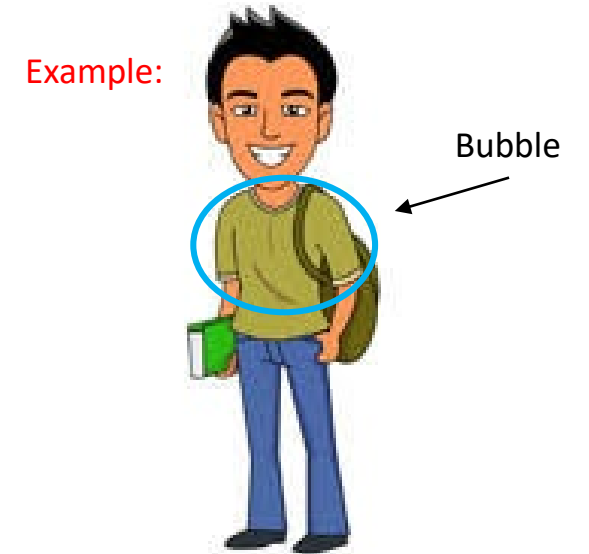
They don't want their **penis** touched.



She doesn't want her **butt** touched.



She doesn't want to **see** anyone's naked body.



Example:

They don't want their **chest** touched.

CONSENT IS...



Ongoing:

You have the right to take back your “yes” and make it a “no” at any time, even if you have already started.
It is only consent if you continue to assertively communicate a “yes!”

Freely given:

You say “yes” with no pressure, no coercion, and no doubts.
The decision to have sexual contact is **your** decision.
You are awake and alert (no alcohol or drugs here)!

Specific:

Just because you say “yes” to doing one sexual act does not mean you have said “yes” to all sexual acts!
You can do some things but not others!

Informed:

You know exactly what you are saying “yes” to.
You are aware of any STIs and have agreed upon birth control.

Enthusiastic:

There is a “yes!” and not just an “ok,” “I guess so,” or a shrug.
A big smile, a nod of the head, or a happy thumbs-up are good, too!

Expressed:

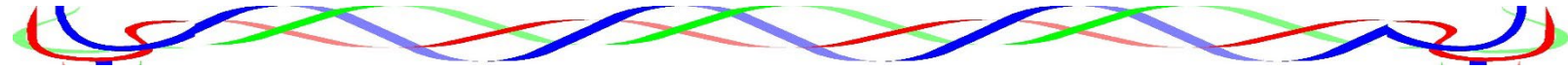
Silence does not mean “yes.”
Not saying “no” does not mean “yes.”
Only expressing a “yes” means yes!



IS THERE CONSENT?

- | | |
|--|----------------------------------|
| 1. Both people must KNOW what the sexual behavior involves | "I know what that is!" |
| 2. Be able to decide whether or not to engage in that behavior | "We are both awake and alert" |
| 3. Understand your feelings about that behavior | "I feel good about this" |
| 4. Talk with your partner about their feelings about that behavior | "They feel good about this" |
| 5. Decide about contraception with your partner | "We will use a condom" |
| 6. Know the law about age of consent | "They are at least 16 years old" |
| 7. Be able to identify when a situation may be harmful | "I do not trust them" |
| 8. Recognize warning signs of abuse or being controlled | "I feel forced" |
-

The Consent-is-Not-a-Game Game!



Perhaps the most important game you will ever play!

Tape together Worksheets 68b and 68c to create a game board with a continuous path on it.

Find a household item to use as **game pieces** – it can be coins, erasers, Monopoly pieces, mini pretzels, etc. – and get your **dice!**

Place all players' pieces on the "Start" box.

The first player rolls the dice and moves their piece forward that number.

If something is written on that box, follow its directions. The boxes showing consent will send you forward; no consent will send you back.

If nothing is written on the box, it is the next player's turn.

The first player to the "End" box wins.

...When you practice consent, everybody wins!!



The Consent-is-Not-a-Game Game!

Line up with other board here →

→ (This way!)

↑ IF YOU LAND HERE, SLIDE UP!

Start

You said "yes" to one sexual act and "no" to another. Jump ahead 4 spaces!

IF YOU LAND HERE, SLIDE UP!

You asked for consent over and over until you got a "yes." Move back 3 spaces!

You forgot to ask for consent. Move back 2 spaces.

You used an aggressive voice. Move back 1 space!

IF YOU LAND HERE, SLIDE UP!

You asked for consent! Jump ahead 2 spaces.

You asked to hold hands. Jump ahead 1 space!

You didn't ask for consent. Move back 2 spaces.

You got angry when they said "no." Move back 4 spaces.

You stopped when asked to. Jump ahead 3 spaces!

You coerced your partner. Move back 4 spaces.

You shrugged your consent. Move back 3 spaces.

You got drunk before sexual contact. Move back 2 spaces.

You said to stop when you wanted! Jump ahead 3 spaces!

You didn't ask for consent! Move back 3 spaces.

You used eye contact with your "no." Jump ahead 4 spaces!

You gave an enthusiastic "yes!" Jump ahead 3 spaces!

Uh-oh, you forgot birth control. Move back 8 spaces!

You used an assertive voice! Jump ahead 4 spaces!



The Consent-is-Not-a-Game Game!

You discussed birth control. Move ahead 4 spaces.

Your partner was drunk. Move back 2 spaces.

You didn't ask for consent. Move back 4 spaces.

You used a passive voice. Move back 1 space!

End

You ignored their "no." Move back 6 spaces.

You forced a kiss. Move back 3 spaces.

You asked for consent! Jump ahead 2 spaces.

You made sure they were ok. Move ahead 1 space.

You did not stop when they said "stop." Move back 3 spaces.

You made sure your partner was 16+. Move ahead 2 spaces.

You didn't ask for consent - move back 3 spaces.

You explained what you wanted consent for. Move ahead 4 spaces.

You used eye contact with your "no." Jump ahead 4 spaces!

IF YOU LAND HERE, SLIDE UP!

"No" meant no. Move up 1 space.

You accepted someone's "no!" Jump ahead 5 spaces!

You didn't ask for consent. Move back 4 spaces.

IF YOU LAND HERE, SLIDE UP!

You made your partner feel guilty. Move back 6 spaces.

You asked "Is this ok?." Move ahead 2 spaces.

(This way!)

After their "no," you asked, "please?" Move back 3 spaces.



Line up with other board here

Healthy and Unhealthy Relationships

Draw a line from the descriptions to the type of relationship they describe!

Happy

Kind

Isolating

Gets serious about the relationships too quickly

Good listening

Respectful

Doesn't respect boundaries

Compromises when there is a disagreement

Controlling

Coercive

Trusting

Cheating

Can always count on each other

Jealous

Calls you bad names

Brings out the best in you

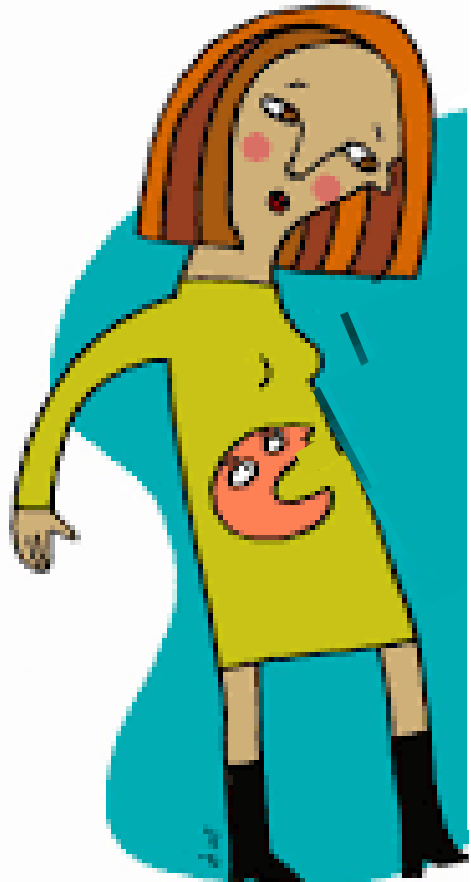


What I Want in a Relationship



I AM...	I DESERVE...
example: Interesting	Someone who is a good listener
example: Funny	Someone who likes to laugh with me

Trusting Our Gut



Check in with our emotions!

Do I feel safe or scared?
Do I feel good or not good?
Is being with this person making
me feel happy or nervous?

Trust our INTUITION!

If I have the feeling that I should leave this
situation, I will trust that feeling.

If I have the feeling that I should not be alone
with a certain person, I will trust that feeling.

If I have the feeling that I should tell a trusted
adult, I will trust that feeling!

I know what I feel and I trust my feelings.

Check in with our body!

Am I shaky?
Am I getting uncomfortable?
Is my stomach churning?



Types of Touch



GOOD TOUCH

We feel safe
We want it
We consented
Feels caring
Gentle/doesn't hurt
We want it to continue

BAD TOUCH

We feel unsafe
We do not want it
We did not consent
Feels scary
It hurts or feels bad
We want it to stop

CONFUSING TOUCH

We don't want it, but someone we trusted is doing it to us
It feels good, but our mind is telling us it shouldn't
We consented because we were coerced
We want attention, but not this kind of attention
We want it to stop, but we don't want to upset the person
We are told to keep it a secret

If your boundaries, values,
and the consequences are ok,
keep giving consent!

Assertive "no!"
Get away from the person.
Tell a trusted adult.

Assertive "no!"
Get away from the person.
Trust what your body is telling you and tell a trusted adult.

WHAT HAPPENS ON THE INTERNET, STAYS ON THE INTERNET

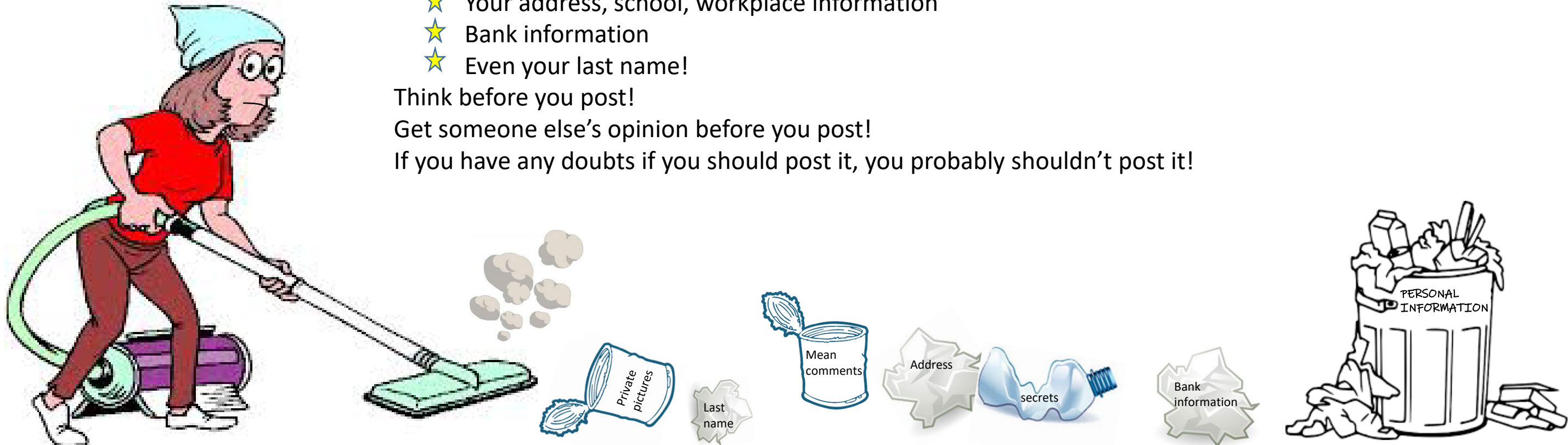
Once something is put on the internet, it is VERY hard to remove it. Often, it stays there forever. And anyone can see it.

- ★ Pictures
- ★ Secrets
- ★ Comments
- ★ Your address, school, workplace information
- ★ Bank information
- ★ Even your last name!

Think before you post!

Get someone else's opinion before you post!

If you have any doubts if you should post it, you probably shouldn't post it!



Strangers on the Internet Are Still Strangers

Circle which statement is true of the person; cross out **X** which is false.
Discuss how you know this. Would you be able to tell if you did not see them?



"I am an old man who wants to make friends."

"I am a 16 year-old gamer."



"We are best friends who love video games."

"I am alone and very cold, trapped on a mountain."



"I am a mom drinking coffee."

"I am a movie star at an awards show."



"I am a model looking for love – here is my picture."

"I am a little girl staying up past my bedtime."



"I am twelve years old, too – let's hang!"

"I am a 40 year-old man who has no chair."



"It's me, your little sister – send money!"

"I am a dog with glasses on."



"I turned 86 yesterday!"

"I am a teenage football player; want to date me?"

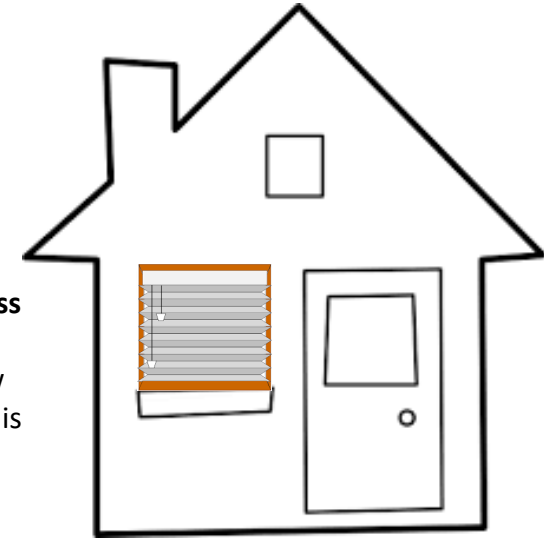
What is personal information?



Travel plans – don't let people know when you'll be away from home!



Home address – don't let anyone know which house is yours!



Personal or money information – don't give away bank, credit card, debit card, or social security numbers!



Identifying information – don't tell your social media account name, email address, or even your birthday!



Phone number – if someone asks for your number, you can ask for theirs instead! Hide your number if you call them.



Your city or town – or even your sports team or where you practice. They should not know where you will be at any time!



Keeping Personal Information Private

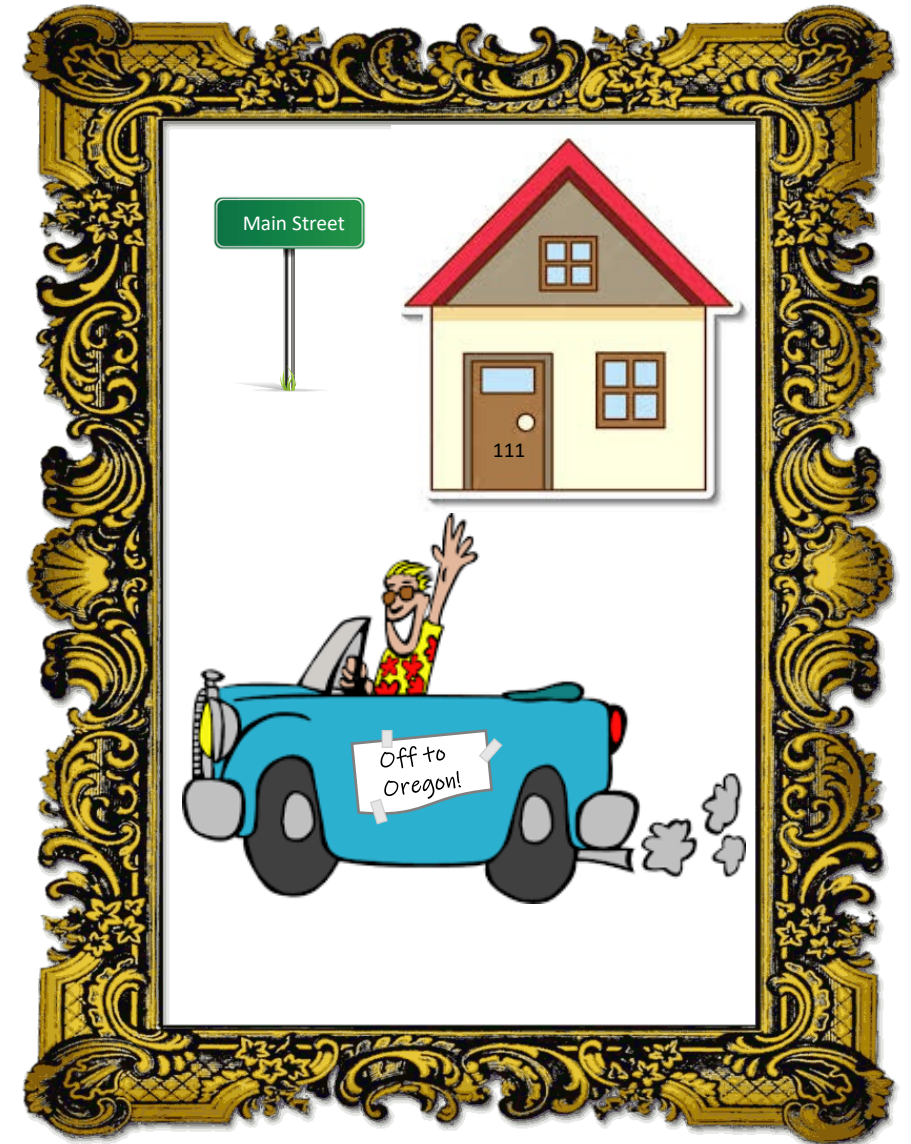
Circle the information in the pictures that should be kept private, and not posted on the internet.
Hint: Not all have personal information.



Does this picture show personal information?



Does this picture show personal information?

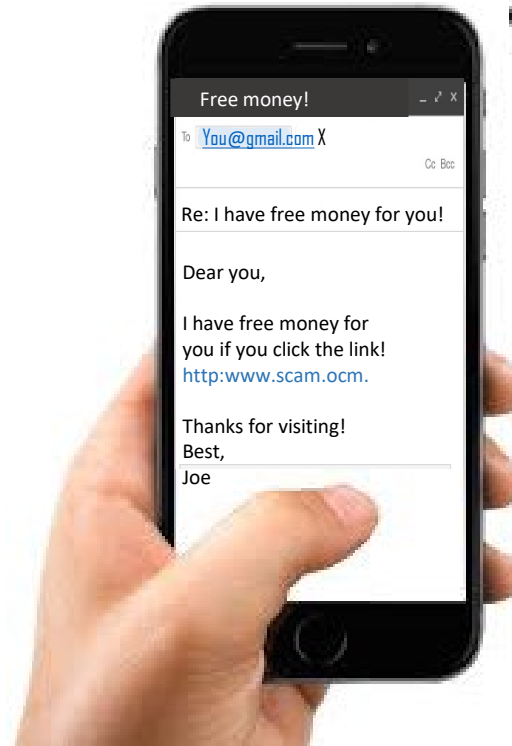
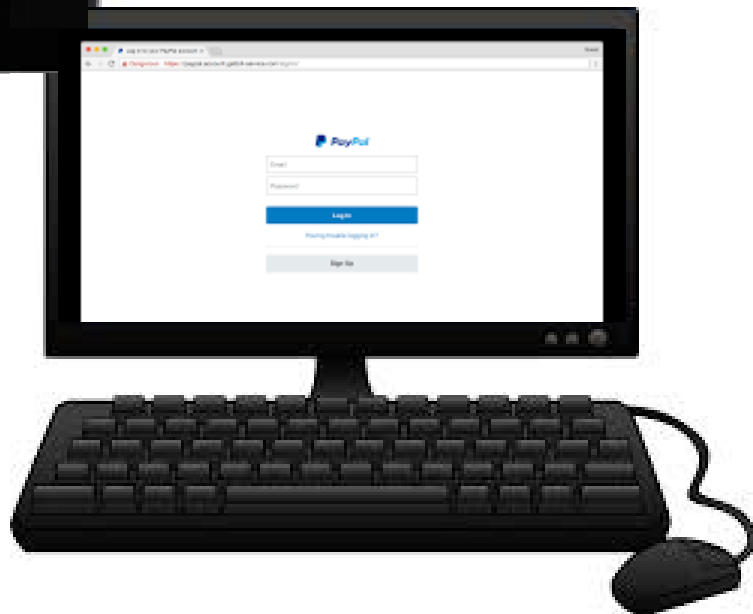
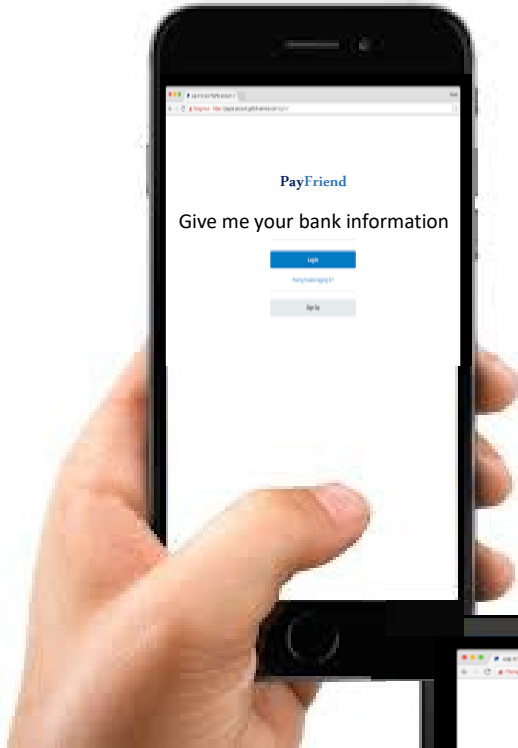


Does this picture show personal information?



Trustworthy v. Untrustworthy Sites

Which sites look safe and which do not? Why?



T.H.I.N.K. before you post!



Is it...

TTrue?

Helpful?

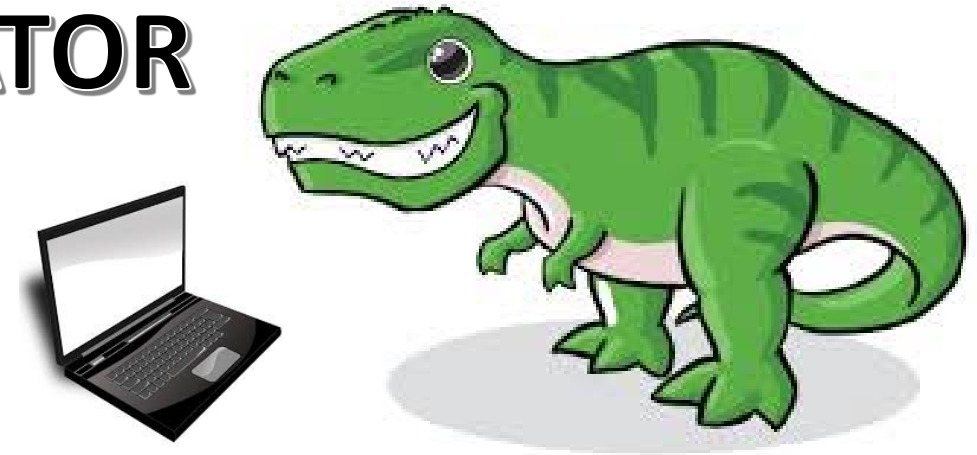
Inspiring?

Necessary?

Kind?

If not, don't post!

How to spot a **CYBER PREDATOR**



They may:

- Ask you to keep your conversations **PRIVATE** (don't interact near others)
- Ask you to keep your conversations a **SECRET** (they don't want you to tell anyone what you've talked about)
- Ask you to tell them **PERSONAL** information (but remember, we do NOT share personal information!)
- Ask you to click on a **LINK** or to download something (nope!)
- Try to turn you **AGAINST** other people (maybe saying bad things about others or trying to get you to)
- They **PROMISE** you money or gifts (do not accept them!)
- Talk to you in a way that makes you **UNCOMFORTABLE** (trust your feelings!)
- Ask you to **LIE** (about anything!)
- Ask you to meet them **IN PERSON** (but never arrange to meet a person you met online)
- They **THREATEN** you with harm against you or your family
- Try to convince you that how they are talking to you is **NORMAL** (but it's not – it's predatory!)

Just because they seem nice, doesn't mean they are safe! Predators are great pretenders.

Making Friends Online

Draw a line _____ from descriptions of what a **safe** person would do to the picture in the center.
~~Cross out~~ those things that describe what an **unsafe** person would do.

Example: Gives good tips on video gaming _____

Example: ~~Asks you repeatedly to meet in person~~ _____

Asks you for money _____

Listens when you have a problem _____

Makes funny jokes _____

Sends naked pictures _____

Understands your experiences _____

Makes you comfortable communicating _____

Wants to know the name of your street _____

Offers to mail you gifts _____

WE ARE SAFE!



These are more challenging!
 Really think about whether they are probably safe or probably unsafe.
 Discuss your answers!

Messages you until you respond _____

Will not FaceTime, Skype, or Snapchat _____

Opens up about their problems _____

Tell unbelievable stories about their lives _____

Introduces you to their favorite music _____

Sends picture of their beach vacation _____



Posts no pictures of other people _____

Sometimes confuses "to," "too," and "two" _____

Wants to know the name of your dog _____

Their pictures look like professional models _____

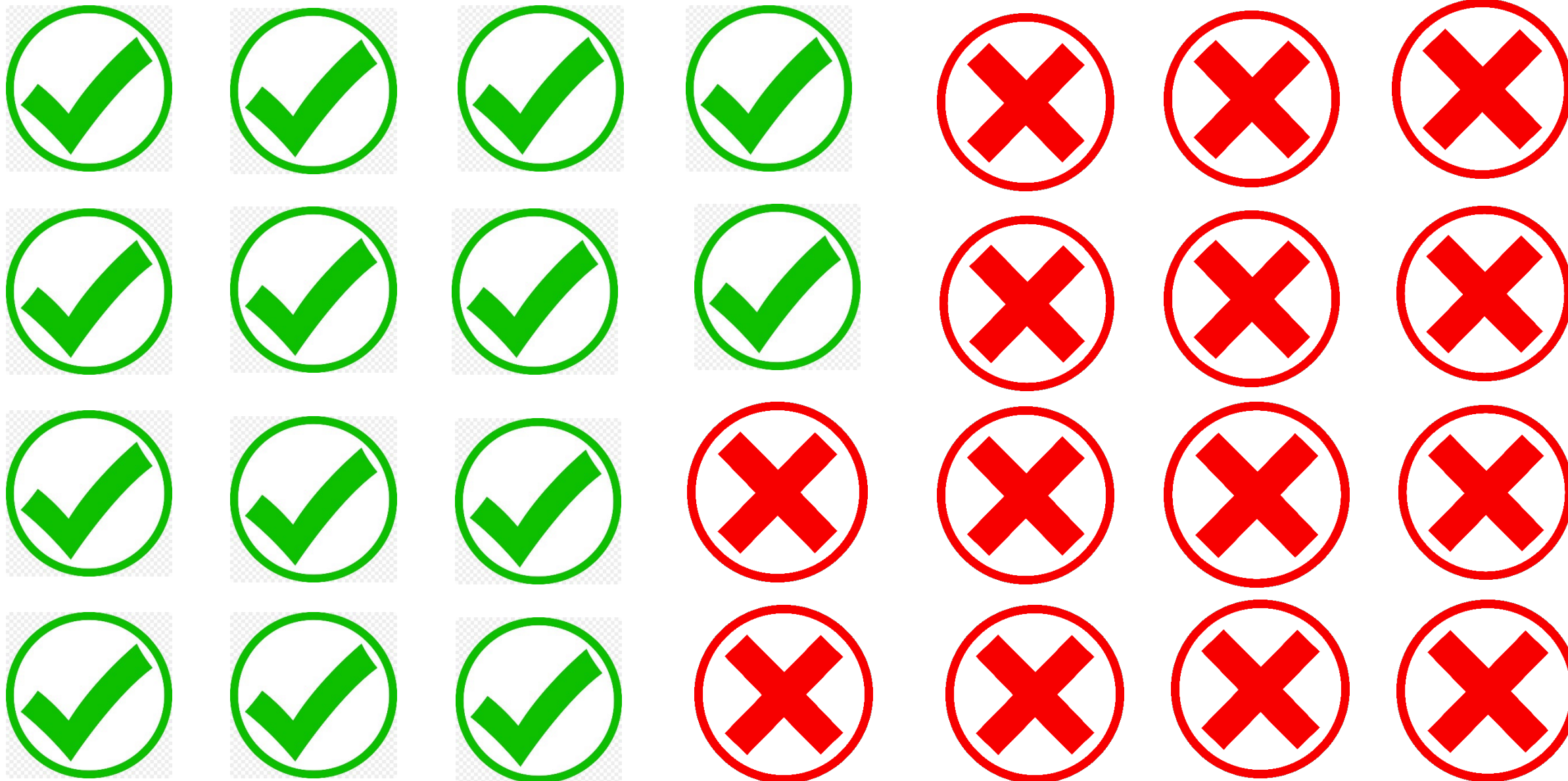
Safe or *Dangerous*?

Cut out the check marks  and X's .

Place a check mark on every message that seems **safe**.



Place the X on every message that seems **dangerous**, or like a scam.

Discuss why you believe each is safe or dangerous!



Safe or *Dangerous*?

Try to figure out which messages are real and which are scams!

Place the green check mark  over the messages that seem safe. Place the red X  over the messages that are probably scams.

From a name you don't know, asking you to meet them at the park because they have a gift for you!

From a name you don't know. You check their list of Facebook friends and see 5 of your own friends listed!

From your caregiver's name, but with a profile picture of a tree next to it instead of the picture of you they usually have!

From your best friend's mother. She has a photo of your best friend as her profile picture, and your best friend in her list of friends.

From your uncle's name, asking you to click a link to see pictures of him!

From your favorite YouTube star – no verified checkmark – saying they would like you to come to their house to star in a new video!

From your brother's best friend – you have texted with him before. He wants to know if you are home so he can drop off some homework.

From a TV star – with a verified checkmark – announcing the trailer to the new season! Just click the link!

From your teacher – the note goes to your school email address and explains an upcoming assignment!

From the President of the United States, telling you to send \$500 or the country will be in trouble!

Safe or *Dangerous*?

Try to figure out which posts and messages are real and which are scams!

Place the green check mark  over the messages that are safe. Place the red X  over the messages that are scams.

You can come up with your own examples, too!

From someone whose name you don't recognize, telling you that they are locked out of their house and asking if you can let them into your house!

From someone you eat lunch with at school – with their profile picture – asking if you want to be lab partners in science tomorrow!

From your cousin whom you recently met at a family reunion, asking you to follow them on Instagram.

From your caregiver's name, with photo of you and them as a profile picture, asking you to tell them what time you'll be home!

Your example:

A cool quiz asking you to enter your name and address to find out what movie star you are most like!

From your caregiver's name, asking you to remind them of your bank card number!

From someone saying they are a photographer who wants pictures of you to make you famous worldwide!

From your favorite singer asking you out on a date!

Your example:



Relationship Values



I want a partner who is/has (circle all that apply, then add your own!):

Kind	Sense of humor	Good at sports
Smart	Adventuresome	Scientific
Musical	Strong	Neat/tidy
Drives a car	Loves reading	Loyal
Good listener	Good looking	Tries new foods
Wants children	Strong faith	Fashionable
Likes video games	Loves animals	Honest
Family-focused	Sexual	Not very sexual
Hard working	_____	_____
	(Other quality)	(Other quality)

Ways I can learn if someone has these qualities:

- Ask questions about how they spend their time.
- Ask what they like about these activities.
- Ask what they want their life to look like in the future.
- Watch movies and TV shows together (can be on FaceTime, Zoom, Amazon Watch Party...) and talk about what you like and don't like about the characters.
- Start out as friends – then share your hopes and dreams with each other!



Which qualities are the most important to you?
Why?
Are there any you circled that you would be ok giving up?
Why or why not?
(Remember, there are no wrong answers!
This is just to help you figure out your dating values!)

My Dating Profile

Which should I say about myself?
Circle them! Discuss why you think these are better than others.

“I love to be mean to kittens.”

“I speak two languages.”

“My brother is my best friend.”

“I lie a lot.”

“I love hearing new music!”

“I eat bugs.”

“People say I am a good listener.”

“I’m the best looking person in my grade.”

Which are good pictures to post? Circle them! Discuss why you think so.



What should I say to others?
Circle them! Discuss why you think so.

“Your hair looks funny in your picture.”

“Your work sounds interesting!”

“What is your favorite TV show?”

“That doesn’t sound very fun.”

“I usually don’t like people who look like you.”

“You have a really nice smile.”

“How long have you been on this site?”

Is it Cyberbullying?

Cyberbullying is intentional (meant to harm) and done repeatedly.

Draw a line from the behavior to whether it is cyberbullying or not cyberbullying.



Creating a website to make fun of someone else

Texting threats to beat someone up

Posting fake naked pictures of someone else

Sharing goofy pictures of you and your best friend

Creating a group chat to harass one of its members

Revealing personal secrets about someone else on Facebook

Emailing someone to say you are mad at them

Impersonating (pretending to be) someone else online

Posting hurtful videos of someone else

Uploading someone else's vacation photos without their permission

Making fun of someone's religion on social media

Spreading rumors about a person's sexual activities online

Making a website of threats to someone else

Posting an embarrassing selfie









Attempting to give someone else's technology a virus

CYBERBULLYING

not cyberbullying

Grooming **Red** Flags

It may be friendship...but it may be grooming.
“Red flags” are warning signs, clues that there may be danger.
Look at this checklist to know what **warning signs** to look out for!

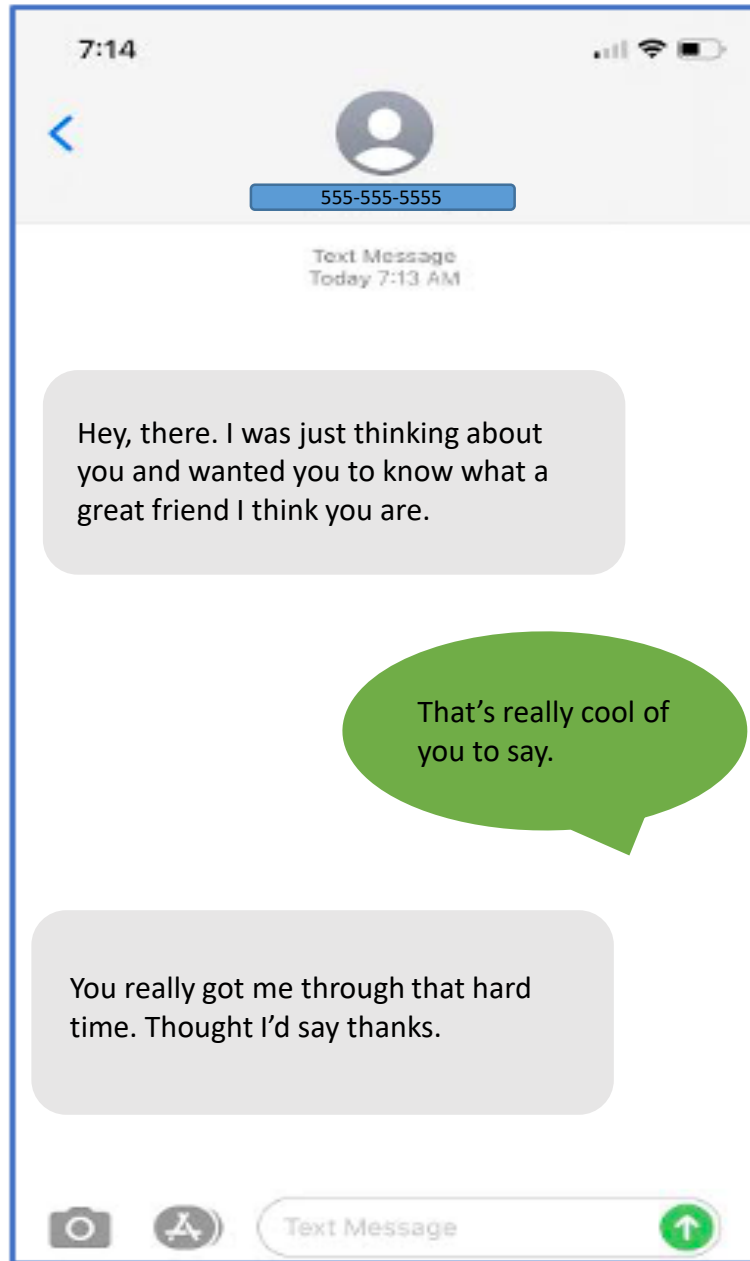
	Red flag?
Asking about your day	---
Telling you they think you are nice	---
Explaining that you should not trust your caregiver/only trust them	
Giving you space	---
Telling you to keep secrets from trusted adults and friends	
Asking if anyone else can see your device (laptop, tablet, phone) or wanting you to hide it	
Sharing cat memes	---
Convincing you to meet in person	
Messaging you with sexual images	
Seeming too good to be true	
Encouraging your other relationships with friends and family members	---
Sending gifts	
Instructing you to lie to trusted adults and friends	

SAFETY RULES

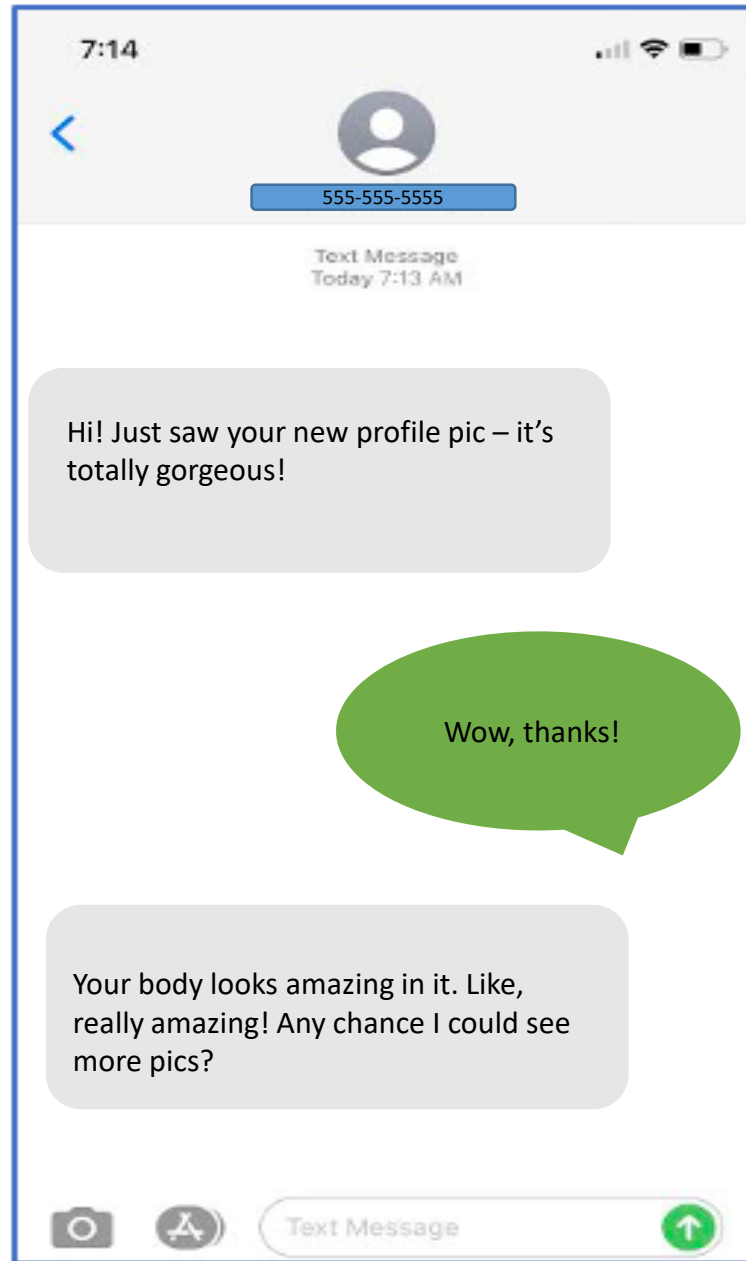
- When in doubt, tell a trusted adult!
- Keep all social media and apps private.
- Never give out personal/private information.
- Never meet anyone in person unless you bring along a trusted adult.
- If someone tells you to keep a secret, you must immediately tell a trusted adult!
- Remember, just because someone online says they are someone (a teenager, a football star, a movie producer) does not mean they are! They could be a cyber predator.

From a Groomer or a Friend?

Read the messages and figure out if we (in green) are talking to a groomer or a friend.
Circle your answer below each message exchange. Then **discuss your answers!**



Groomer Friend



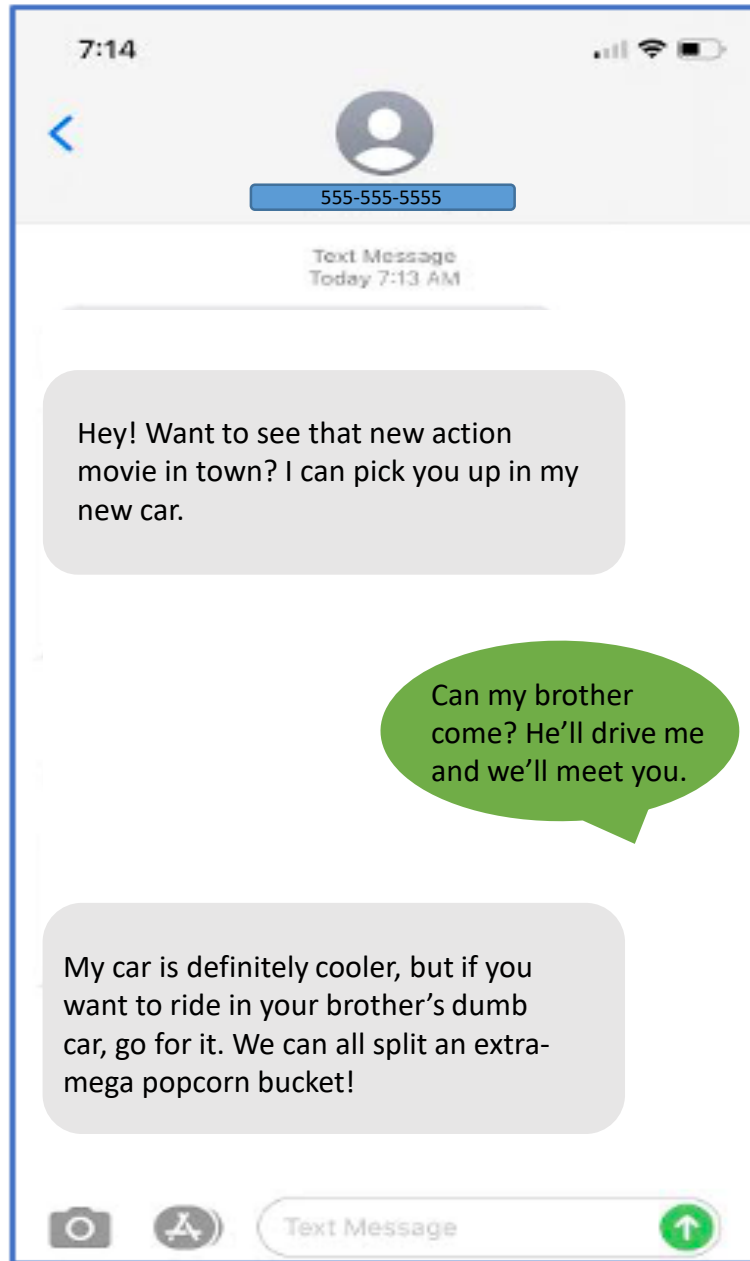
Groomer Friend



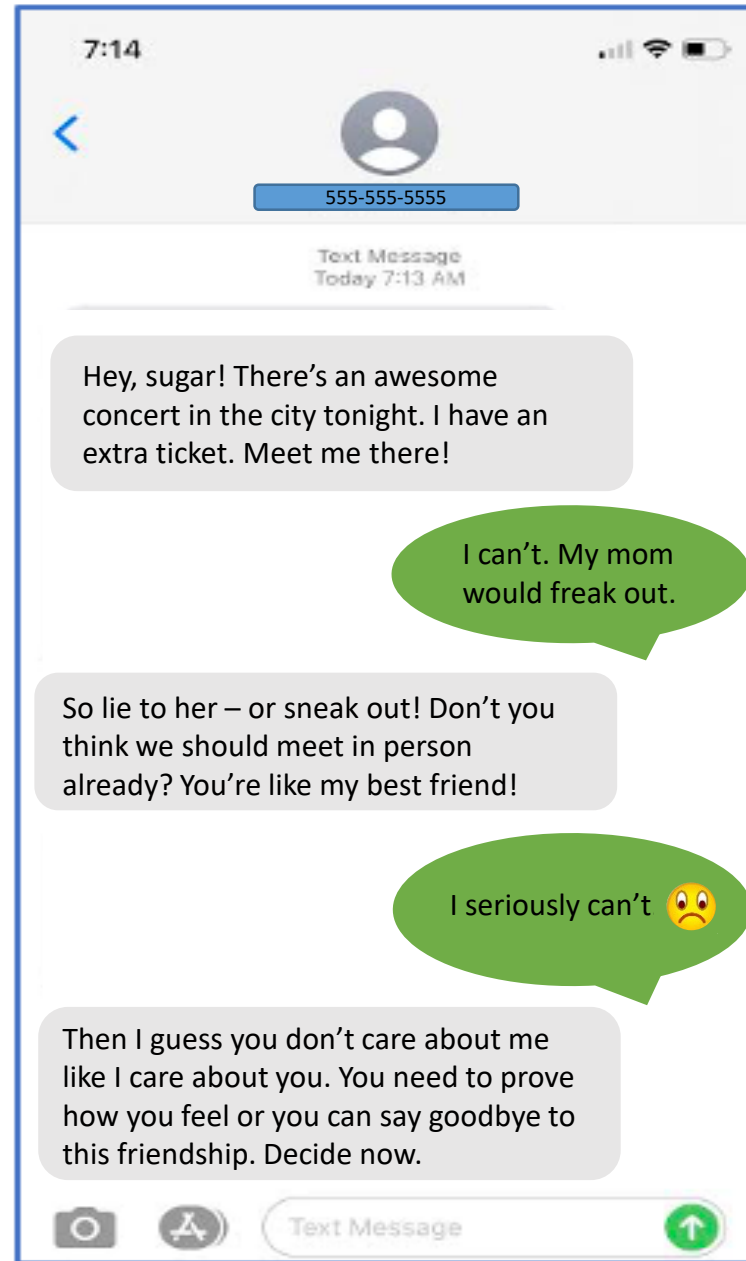
Groomer Friend

From a Groomer or a Friend?

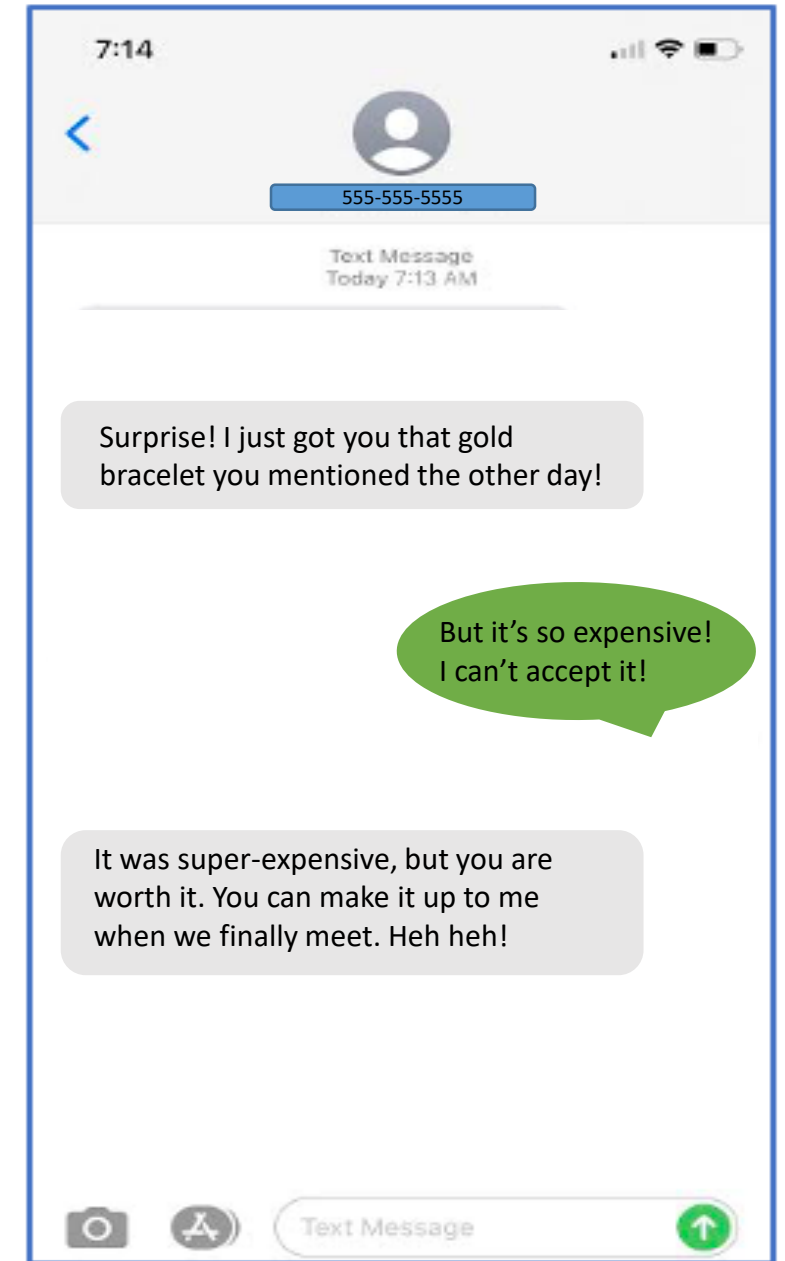
Read the messages and figure out if we (in green) are talking to a groomer or a friend.
Circle your answer below each message exchange. Then **discuss your answers!**



Groomer Friend



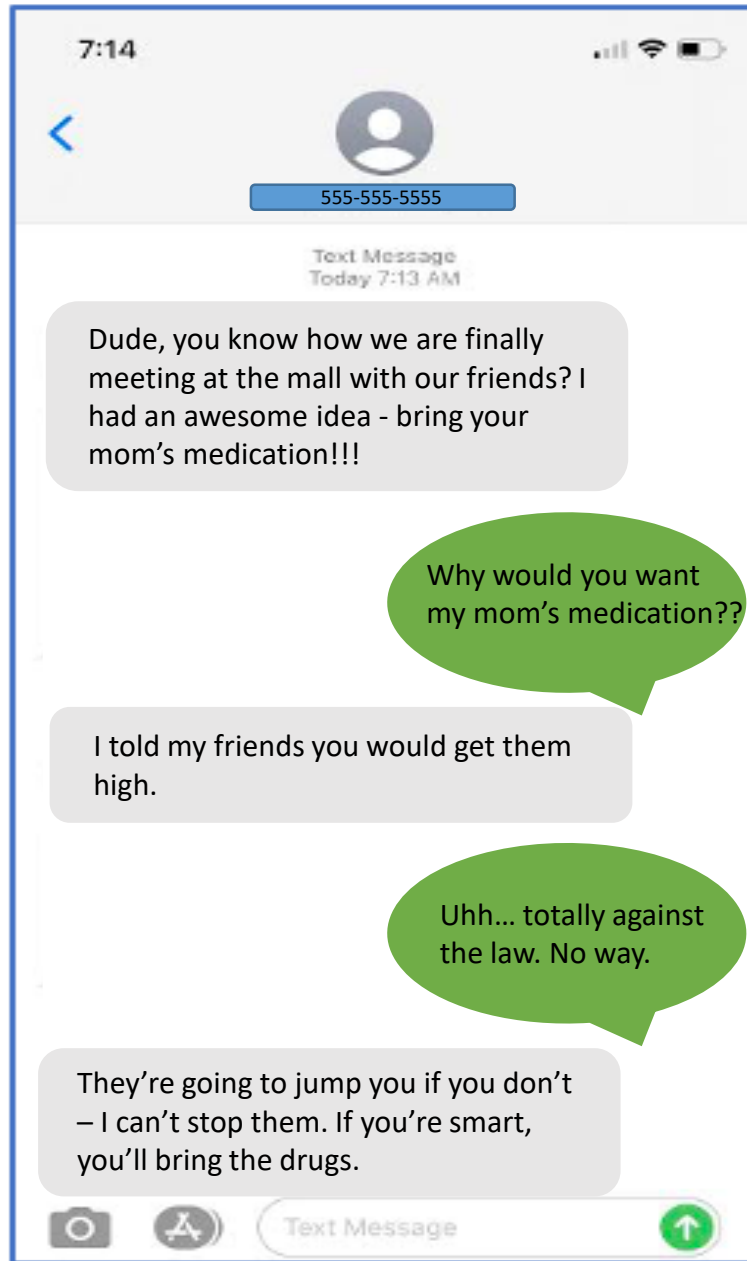
Groomer Friend



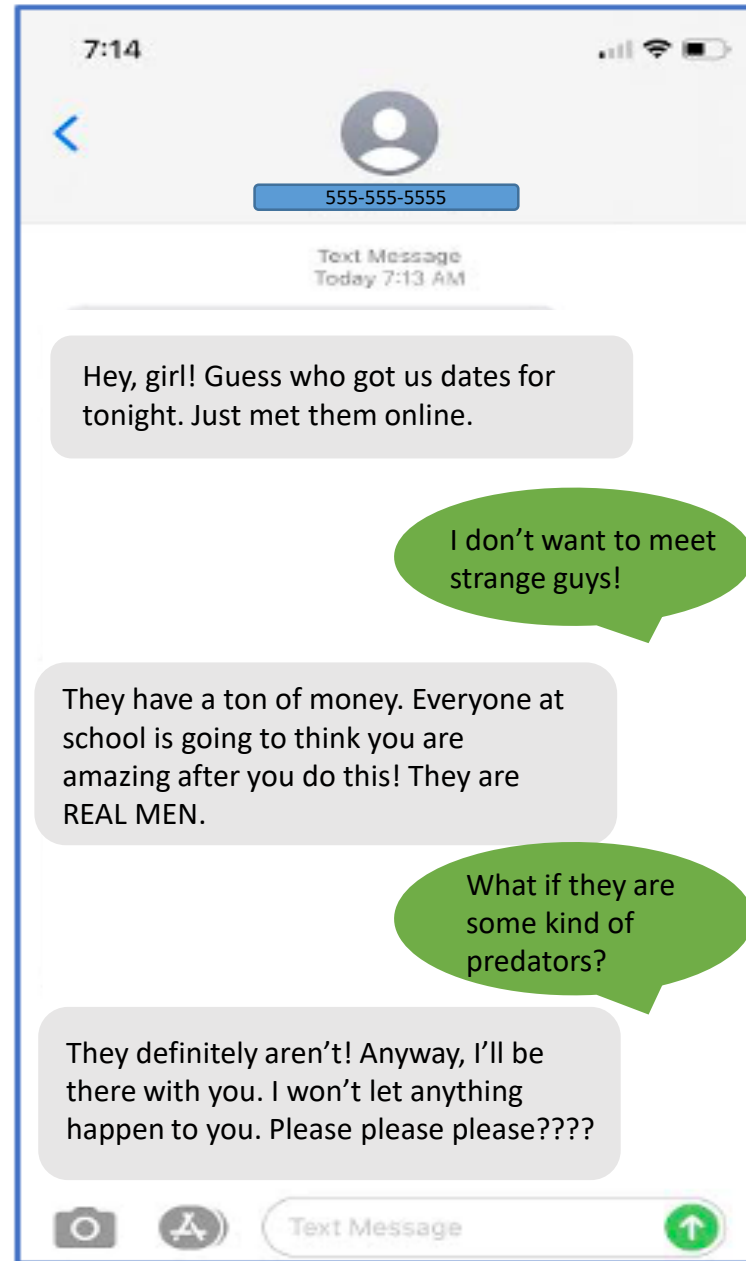
Groomer Friend

From a Groomer or a Friend?

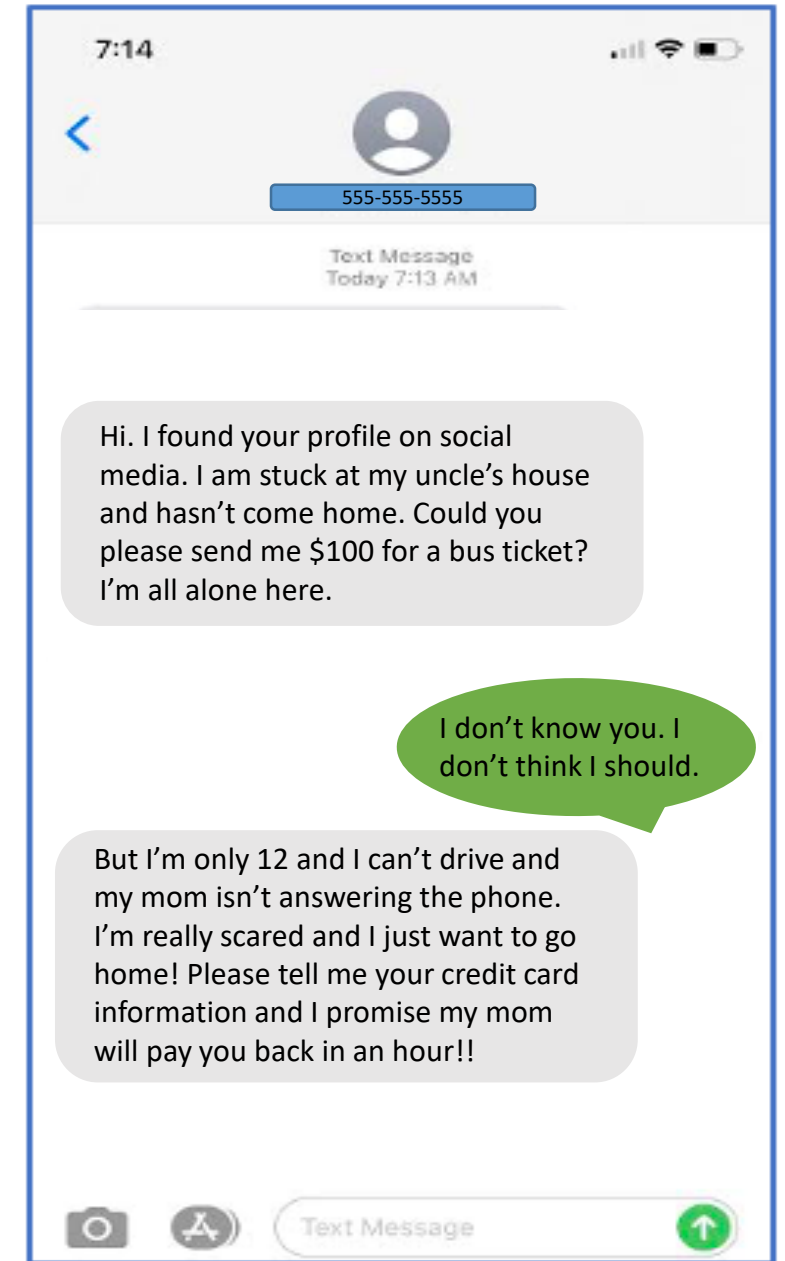
Read the messages and figure out if we (in green) are talking to a groomer or a friend.
Circle your answer below each message exchange. Then **discuss your answers!**



Groomer Friend



Groomer Friend

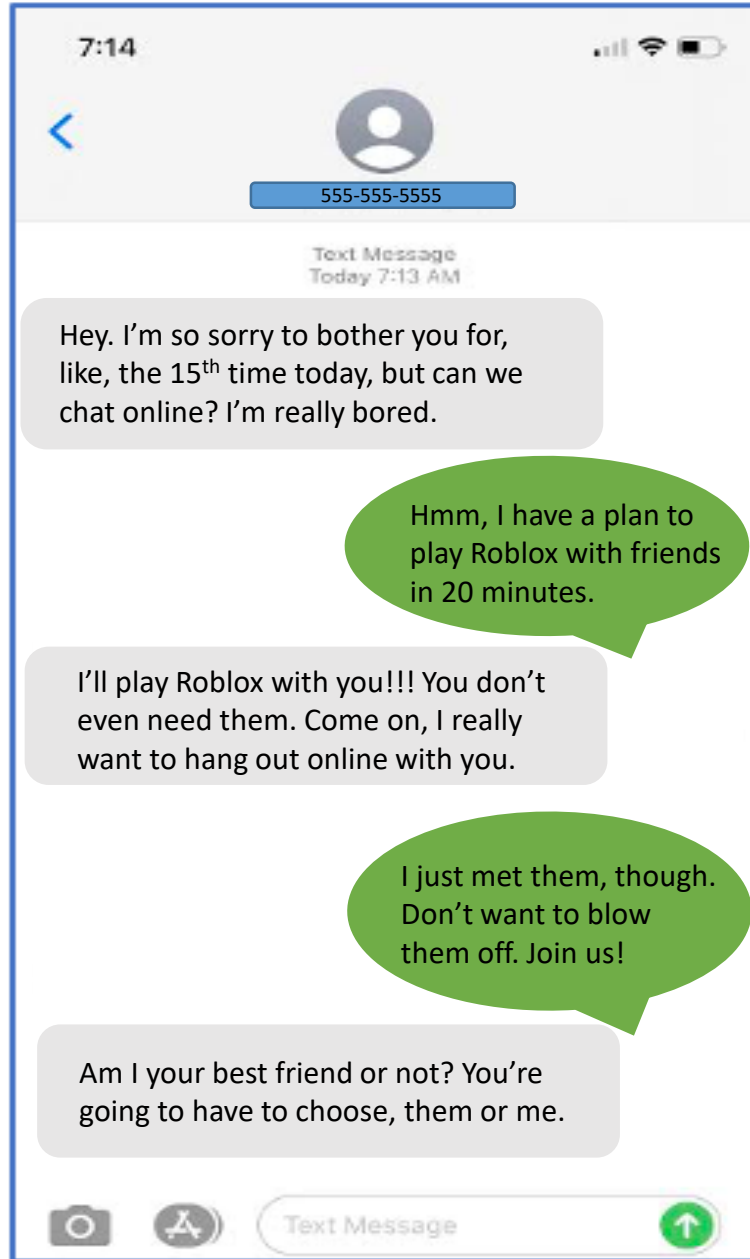


Groomer Friend

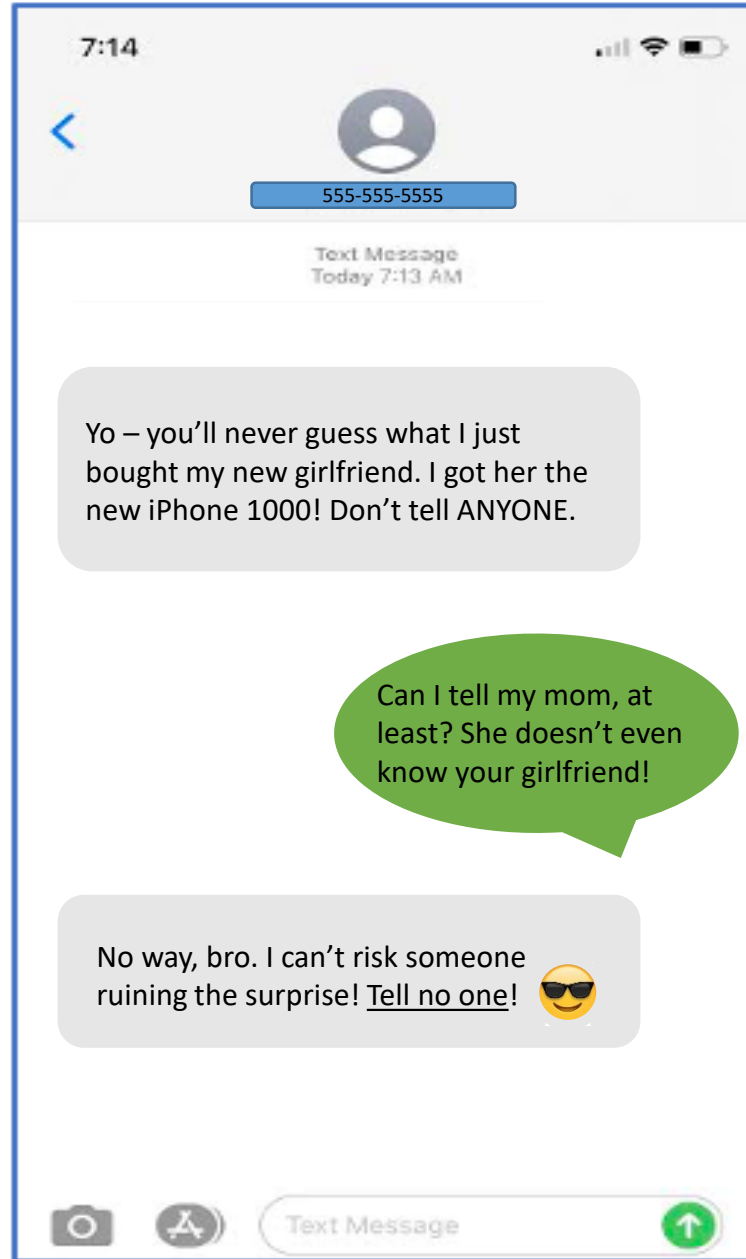
From a Groomer or a Friend?

Read the messages and figure out if we (in green) are talking to a groomer or a friend.

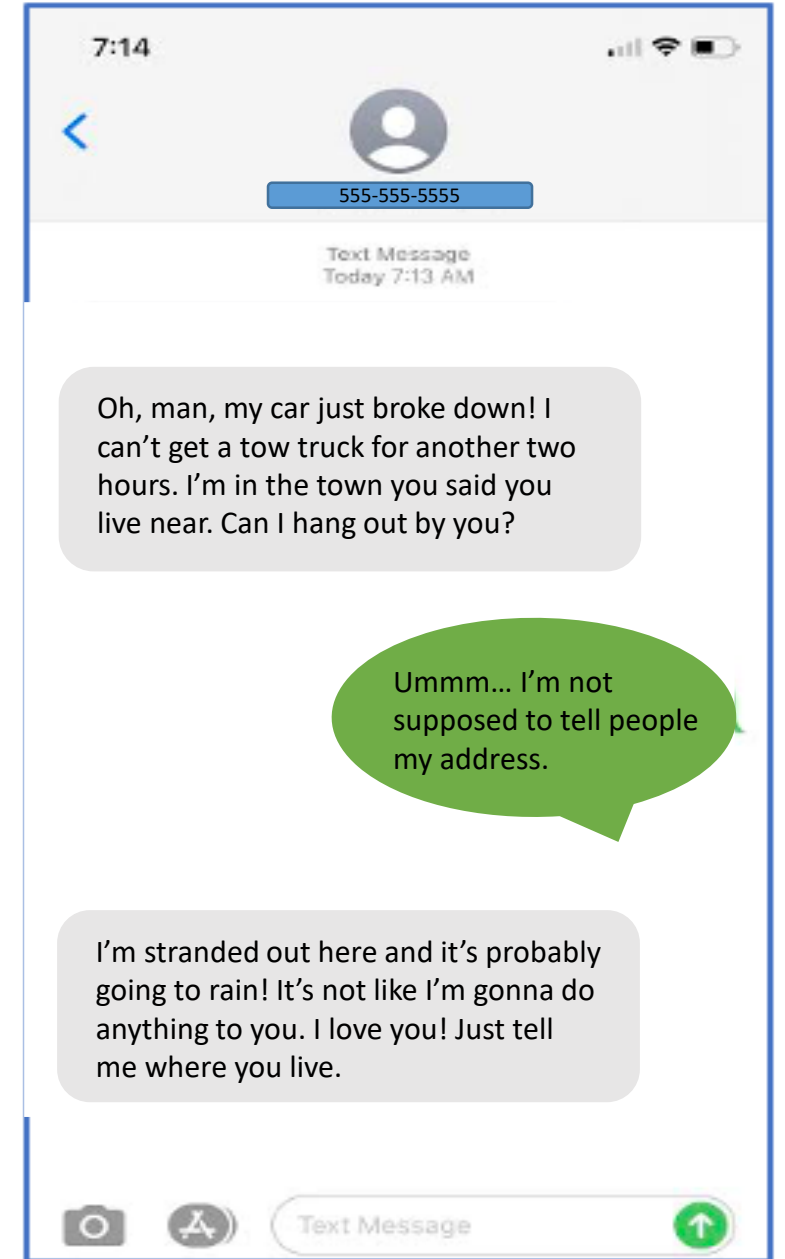
***The examples on this page are a little trickier... Circle your answer below each message exchange. Then **discuss your answers!**



Groomer Friend



Groomer Friend



Groomer Friend



My Rights to Safety and Privacy

The law according to the ADA Restoration Act of 2007

We have a **right to be safe**—at home, at school, at the doctor.

It is **not our disability** that puts us at risk - it is the attitude of the abusers.

The state should **seek out and punish abusers**.

Police should be **trained** about disability.

We have the **right to decide what happens to our bodies**.





My Rights to Safety and Privacy

As established by the Convention on the Rights of Persons with Disabilities


We are guaranteed **equal and effective legal protection** against discrimination.

We must be **protected** from all forms of exploitation, violence and abuse, both within and outside the home.

No person with disabilities, *regardless of place of residence or living arrangements*, shall be subjected to unlawful interference with their **privacy**, family, or correspondence or other types of communication, or to unlawful attacks on his or her honor and reputation.



Which Are My Rights?

Put a check  next to which are your rights and ~~cross out~~ which are not!

I have the right to marry whomever I want.

I have the right to make sure my helpers do not tell my private information.

I have the right to physical and mental health care.

I have the right to have sex and sexual feelings.

I have the right to live in someone else's house without their permission.

I have the right to force people to have sex with me.

I have the right to get and use birth control.

I have the right to hit other people.

I have the right to steal someone else's hamster.

I have the right to say "no" to whatever makes me feel uncomfortable.

I have the right to create or participate in the making of my life decisions.

I have the right to privacy.

I have the right to have children.

I have the right to tell others who to love.

I have the right to walk down the street without pants on.

I have the right to have a job.

I have the right to change my mind while having sex.

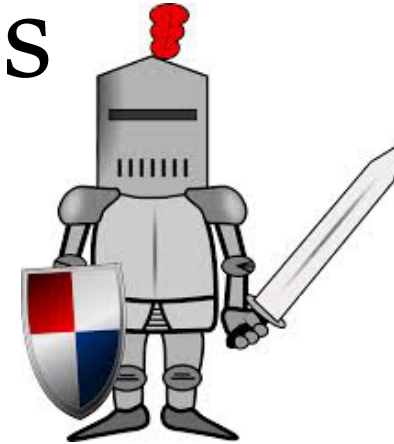
I have the right to an independent, active, and full life.





Rights and Responsibilities

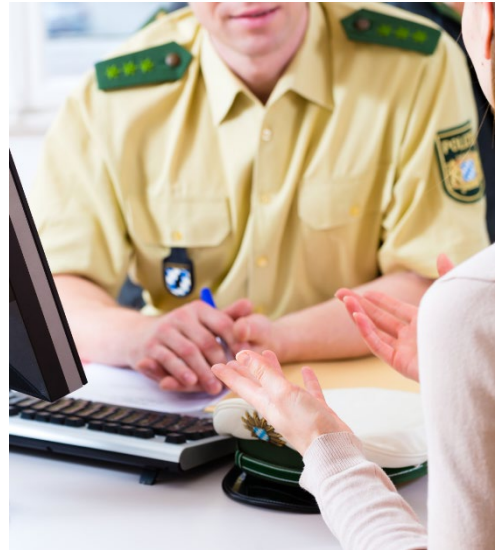
Keep this list close to remember what you can – and should – do!
Can you think of other examples?



I have the right...		I have the responsibility...	
To privacy;	To knock on doors before I enter.	To love whomever I choose;	Not to judge others by who they love.
To have children if I choose;	To use birth control if my partner does not want them.	To keep my personal thoughts/stories to myself;	To keep others' secrets (unless it will hurt them).
To live without violence or abuse;	To use my words with others, and never my fists.	To have safe and healthy relationships;	To behave in a safe and healthy way.
To say "no" to whatever makes me uncomfortable;	To accept someone else's "no."	To live as the gender I am;	To respect others' pronouns (<i>he, she, they, etc.</i>).
To decide who can sign my documents;	To get permission to sign for someone else.	To protect myself with contraception;	To tell my partner if I have an STI.
To stop texting someone who seems unsafe;	To stop contacting someone who does not want to hear from me.	To treat my body with gentleness and care;	To treat others that way, too.

Resources After Sexual Violence

What is it like to file a police report after sexual violence? It's not as scary as you might think. And it is **YOUR CHOICE**.



You May Talk to the Police

1. They will ask what happened, when it happened, and how it happened
2. They may ask to film you talking — you may say “no!”
3. They will ask if and how you know the person who did the assault
4. They will ask you about your injuries
5. Use the real names of body parts
6. It's ok if you don't remember all the details
7. Remember: it's **NOT YOUR FAULT**



Meet Your SART Team

1. The Sexual Assault Response Team includes a nurse, a sexual violence advocate, and a police officer
2. You can choose whether or not to work with them
3. They will provide care while helping you make decisions about care and healing
4. They will help you through medical, legal, and court procedures
5. They are free of charge



Find a Therapist to Help You

1. You can contact a free, anonymous (they don't have to know who you are) crisis hotline any time of day or night
2. Programs like NJCASA can stay with you during forensic exams, police interviews, and court proceedings
3. Get referrals to group or long-term individual counseling
4. It is not weak to ask for help — it is a sign of strength to want to feel better

TO REPORT ABUSE

Write down your important resources and how to contact them!

Name of organization	Phone number	Website
(example) Local police		

MY SEXUAL SAFETY PLAN

Have a plan in place to keep yourself safe!



Remember you can take away your consent at ANY TIME!



Make up a “code word” with your trusted adult – it will let them know if you feel unsafe or need to talk (without anyone else knowing).

Our code word is: _____



Keep your private behaviors in private spaces!



Remember to speak up about your boundaries!



Keep talking to your trusted adult! The more they know about your life, the better a safety team you make!



Stick with groups until you know someone well enough to be alone with them.



Memorize the phone number of one trusted adult.
My trusted adult’s number is:

EMERGENCY CONTACT INFO

EMERGENCY: 911

POLICE (NON-EMERGENCY):

FIRE (NON-EMERGENCY):

AMBULANCE:

POISON CONTROL:

DOCTOR:

PHARMACY:

OUR ADDRESS: 555 Street Ave.
My town, NJ xxxxx

HOME TELEPHONE: 1-xxx-xxx-xxxx

CARETAKER’S TELEPHONE:
1-xxx-xxx-xxxx

NOTES:

Keep a list of emergency numbers handy.