



Fill in the blanks on the diagram to the left.

Now draw bars on the diagram to illustrate the “Safe Zone.”

“Sexual activity” includes these actions: \_\_\_\_\_

Teen Decision’s message is not so much that sex is good or bad, but that sex is \_\_\_\_\_.

### Getting Outside the Safe Zone

List 3 things that could happen if you are sexually active outside of marriage?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

1 out of \_\_\_\_\_ high school teenagers will get an STD if they are sexually active.

1 out of \_\_\_\_\_ Americans in their mid-20s will get an STD if they are sexually active.

\_\_\_\_\_ % of teenage girls in America will experience at least 1 pregnancy before age 20.

Is there a method of birth control that is perfect? If so, what?

## Sex and the Brain

OXYTOCIN	DOPAMINE	WORD BANK
Released during:	Released during:	Reward / Attachment / Birth
Makes you feel:	Makes you feel:	Drugs / Trust / Exciting Acts
Caution: beware of false trust!	Caution: beware of addiction!	Positive Memories / Nursing
		Sexual Activity (2) / Cuddling
		Desire to Repeat Action

Having multiple sexual partners in life could have what effect because of oxytocin? (circle all that apply)

- Lowered ability to bond in future relationships
- Increase in mental illness
- Better sex in marriage from lots of past experiences
- Increased likelihood of being unfaithful in marriage

## Building Healthy Relationships

T \_\_\_\_\_ + T \_\_\_\_\_ + T \_\_\_\_\_ = KNOW

How many days does it take to see patterns in a person's behavior? \_\_\_\_\_ days

List 5 things you would want to get to know about someone if you are dating them:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

True or False: Trust is the mental picture you have of someone, whether that picture is accurate or not.

True or False: 15% of relationships that start in high school will eventually lead to marriage.

True or False: It is possible to date and not be sexually active.

True or False: choosing to save sex for marriage is an easy choice and will happen automatically.

Contact Info: [info@teendecision.org](mailto:info@teendecision.org)

Your educators: Tori: [tori@teendecision.org](mailto:tori@teendecision.org) Tori: [tori@teendecision.org](mailto:tori@teendecision.org) Jo: [jo@teendecision.org](mailto:jo@teendecision.org)

Brandi: [brandi@teendecision.org](mailto:brandi@teendecision.org)