

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 4 actions: \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

Sex and the Brain

|  |  |  |
| --- | --- | --- |
| OXYTOCIN Released during: Makes you feel:Caution: beware of false trust! | DOPAMINEReleased during: Makes you feel:Caution: beware of addiction! | WORD BANKReward / Attachment / BirthDrugs / Trust / Exciting ActsPositive Memories / NursingSexual Activity (2) / Cuddling Desire to Repeat Action |

Building Healthy Relationships

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

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

How To Choose Abstinence and Stick With It

1. Decide Now

Before you start dating, have your mind made up to save sexual activity for marriage

If you have been sexually active, take a break from relationships (at least 6 months)

and follow the remaining steps when you start to date again

1. Date Only Those With the Same Physical Touch Boundaries and Be Clear From the Start

Someone with a lower standard will wear you down over time

Talk about your goal of abstinence at the beginning of the relationship

1. Avoid Tempting Situations

Super late nights, hanging out in the bedroom, too much time alone as a couple … even people with great self-control will compromise in these (and similar) situations

1. Friends

Have close friends who share your values and who will help you keep to your goals

Give them permission to ask you anything; and you have to be honest

Stay connected to your friends; don’t isolate with boyfriend/girlfriend

1. Mentors

Talk to older, trusted people about your dating relationships and listen to them

1. Activities

Be involved in sports, music, drama, art, youth group, student clubs, hobbies

Give your energy and excitement to more than just your relationship

(When you are single, involvement in these can also transform periods of singleness into times of growth, learning, contentment, and passion for life that is not dependent on any one person – in short, you become a very interesting individual!)

1. Take It Slow: 90 day challenge (wait to kiss)

The physical stuff can wait, and you’’ll never regret it

Low pressure dating, have fun, group dates, keep it light, creative dates…

*Get to know them!*

**Resources**

Teendecision.org ~ pregnanthelp.com (630) 455-0300 ~ STD clinic: (630) 682-7400

pornography addiction: fightthenewdrug.org ~ rape/assault/violence: YMCA (630) 971-3927

**Contact Info**

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