



Fill in the blanks at the top of the diagram to the left.

Then draw bars to illustrate dating in the "Safe Zone"

"Sexual activity" includes: _____

Sex and the Brain (or how love can be blind)

| OXYTOCIN | DOPAMINE | WORD BANK |
|---------------------------------|-------------------------------|--------------------------------|
| Released during: | Released during: | Reward / Bond / Birth |
| Tied to feelings of: | 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 |

Building Healthy Relationships:

T _____ + T _____ + T _____ = KNOW

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

List 3 ideas for dates that will help you get to KNOW someone

- 1.
- 2.
- 3.

Resources: Avenue Women's Center, confidential pregnancy tests 630-455-0300 ~ STD clinic: 630-682-7400 ~ Porn issues/addiction: fightthenewdrug.org ~ rape/assault/violence: YMCA (630) 971-3927

Contact your speaker: info@teendecision.org or go to the teendecision.org "Contact" tab.