HOLISTIC SEXUAL HEALTH EDUCATION WORKSHOP

A CREATIVE PROJECT

SUBMITTED TO THE GRADUATE SCHOOL

IN PARTIAL FULFILLMENTS OF THE REQUIREMENTS

FOR THE DEGREE

MASTER’S OF ARTS

BY

WHITNEY ROBERSON

ADVISOR- DR. JANE ELLERY

BALL STATE UNIVERSITY

MUNCIE, INDIANA

MAY 2013
# Table of Contents

Unit 1..........................................................................................................................3  
Lesson Plan..................................................................................................................4-5  
Materials.....................................................................................................................6-13  
Activities.....................................................................................................................14  
Personal Reflections......................................................................................................18-20  

Unit 2..........................................................................................................................21  
Lesson Plan..................................................................................................................22-23  
Materials.....................................................................................................................24-32  
Activities.....................................................................................................................33-35  
Personal Reflections......................................................................................................36-38  

Unit 3..........................................................................................................................39  
Lesson Plan..................................................................................................................40-41  
Materials.....................................................................................................................42-50  
Activities.....................................................................................................................51-53  
Personal Reflections......................................................................................................54-57  

Appendix.........................................................................................................................58-59
Holistic Sexual Health
Unit 1: Sexually Transmitted Infections
Session Plan

**Part 1**

Target Audience: Students
Topic: STI Awareness

Objectives
1. Participants will understand what STIs are and how STIs are transmitted.
2. Participants will recognize common STIs and the symptoms of these STIs.
3. Participants will learn methods of preventing STIs.

Key Content
1. Definition of STI
   - Ways of STI transmission
   - STIs related to youth population
2. Overview of common STIs
   - STIs among youth populations
   - STI symptoms
   - Impact of STIs on body - long and short term
   - STI treatments
3. Abstinence
   - Condoms
   - Myths

Methods

<table>
<thead>
<tr>
<th><strong>Method</strong></th>
<th><strong>Content Focus</strong></th>
<th><strong>Instructional Aids</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Discussion</td>
<td>What do you know? *allowing students to discuss existing knowledge of STIs</td>
<td>-Leading questions: “what do you think about ______?” - White board and markers to record thoughts</td>
</tr>
<tr>
<td></td>
<td>*This will warm the students up for the topic. It will give me an idea of how the students think. And it will give the students a forum to express themselves.</td>
<td></td>
</tr>
<tr>
<td>PowerPoint/Lecture</td>
<td>- Nature and transmission of STIs - Effects of STIs - STI Prevention</td>
<td>- Computer/Overhead - Handouts</td>
</tr>
</tbody>
</table>

* This is a way to present information in a clear way. It also offers dimension by including audio and
<table>
<thead>
<tr>
<th>visual components.</th>
<th>Small Group Work</th>
<th>Activity</th>
</tr>
</thead>
</table>
| *This will help to reinforce the presentation by writing and discussing answers. This also provides a chance for students to learn, help one another. | - What did we learn?  
- Comparing prior knowledge to information presented | - Putting lessons into practice  
- Lesson Review |
| - Worksheet of main themes  
- Notebook paper to record any surprising facts | - Visual Aids: foods and materials representing STIs and symptoms  
- White board and markers  
- Pen and paper  
- Computers and printers |
Materials:

I. Large group discussion prompt/quiz

II. Presentation notes

III. Small group discussion prompt
I. Large group discussion prompt/quiz

Name: 

Date: 

What Do You Know About…..STIs?

1. T/F I’m too young to get an STI.

2. T/F I have to have sex A LOT to get an STI.

3. T/F I can see if someone has an STI.

4. T/F I can only get an STI from penis-vagina contact.

5. T/F Condoms will protect me from everything.

6. T/F I can just get a shot or take a pill to get rid of an STI.

7. T/F There safe times to have sex/touch and not get an STI.

8. T/F If I get one STI, I can’t get anymore.

9. T/F I can catch an STI while using a public restroom.

10. T/F If I have sex in water, I can’t catch and STI.

II. Presentation Notes

Slide 1

WHAT’S THIS ALL ABOUT?
Lowdown on STIs...what are they?
Are STIs a big deal?
Protect yourself!

Slide 2

INTRODUCTION
STI Definition
"It is an infection passed from person to person through intimate sexual contact:"

Slide 3
INTRODUCTION CONT'D

Sexual contact...like what?
- Vaginal
- Oral
- Anal
- Touching of Genitals

* You don't even have to have sex to get sick...yikes!!*

I'M TOO YOUNG FOR THAT STUFF!

No one is immune to contracting an STI!
- Almost 8.5 million youth per year report new STI cases
- Nearly 40% sexually active youth did not use a form of protection during their last encounter

COMMON STIs
GENITAL HERPES

Type
- virus

Symptoms
- inflamed genitals, red sores, discharge, itching, fever, headache,
  outbreaks

Treatment
- NO cure
- antiviral medications

TRICHOMONIASIS

Type
- parasite

Symptoms
- bubbly yellow/green discharge, itchy genitals and thighs, painful intercourse

Treatments
- antibiotics

CHLAMYDIA

Type
- bacteria

Symptoms
- painful urination, discharge, disturbed menstrual cycle, body pain, flu-like feelings

Treatment
- early antibiotic treatment

*Most common STI in United States*
**Slide 10**

**SYPHILIS**

*Type*
- bacteria

*Symptoms (progressive)*
- painless blister, flu-like feelings, thinning hair, fatigue, low body weight, blindness, death

*Treatment*
- primary: antibiotics
- secondary: antibiotics with longer healing time
- late: none

**Slide 11**

**GONORRHEA**

*Type*
- bacteria

*Symptoms*
- painful urination, yellow/bloody discharge, disturbed menstrual cycle

*Treatments*
- early antibiotic treatment

*Many with gonorrhea also have another STI*

**Slide 12**

**GENITAL WARTS/HPV**

*Type*
- virus

*Symptoms*
- broccoli type growths, sometimes not visible, rarely: discharge, itching, bleeding, cancer

*Treatment*
- skin treatments, prescription medication, surgical removal
HIV

Type
- virus

Symptoms
- sometimes none, flu-like feeling, fatigue, swollen lymph nodes, rashes, low body weight, reoccurring vaginal and pelvic disorders, cancer, AIDS

Treatment
- antiviral medications
- no cure

INFERTILITY

Permanent presence in body (incurable)
Damage to reproductive organs
Transmission and damage to unborn children
Development of other infections
Damage to other organs
Death

IMPACT OF STIS ON BODY
Slide 15

HOW CAN I PROTECT MYSELF?

DON'T HAVE SEX!!!!!!!

Abstinence is the ONLY way to not get an STI!

Use condoms and other protective barriers for sexual activities

- Not full proof
- Commonly misused
- Cost money

Slide 16

REFERENCES

CDC
http://www.cdc.gov/HealthyYouth/sexualbehaviors/
http://www.cdc.gov/std/stats10/adol.htm

Mayo Clinic
http://www.mayoclinic.com/health/std-symptoms/1009583

McKinley Health Center
http://www.mckinley.illinois.edu/handouts/sexually_transmitted_infections.html

PubMed Health

Womenshealth.gov
http://womenshealth.gov/publications/our-publications/fact-sheet/sexually-transmitted-infections.cfm#a
III. Small group discussion prompt

Name:
Date:

Using the lecture notes and introductory quiz, summarize the main points of today’s session.

Discuss today’s topic with group members. What are some of the new things that everyone learned? What were some interesting discussion comments made by classmates?
Activity Ideas:

I. STI informational material
Students will be given materials to create an informational piece of their choice. The goal of the exercise is to engage peers in a visual and educational demonstration of learned STI facts.

II. STI public service announcement
Students will be given paper and electronic resources to create a public service announcement. The goal of the exercise is to engage peers in an audio or visual demonstration of learned STI facts.
I. STI informational material - Sample Poster/Flier

Let’s Talk About Sex!

Did you Know...

Sex can make you sick
• When you have sex, you could get a disease that will hurt your body.

Sex can hurt your feelings
• When you have sex, you become close to the person you are with. If you two do not stay together, you can become very sad.

Sex makes babies
• When you have sex, you are working toward becoming a parent.

Want to learn more?
Sign up for the Holistic Sexual Health program during your health class.

Why join?
• Ask questions about sex in a fun, safe place
• Learn what to do in scary situations
• Practice ways to stay safe
• Have fun with your friends at school
II. STI public service announcement – Sample radio ad

Did you know…. a teen gets an STI every eight seconds?

Did you know…about one million teenagers become pregnant each year?

Did you know…having sex too soon can lead to guilt, depression, and damaged future relationships?

Well, as shocking as these statistics may seem, they are all true. BUT, the ray of hope in this situation is that not all young people have to experience these things. Let’s start working to empower students in regards to their sexual health.

The Holistic Sexual Health program is an interactive curriculum designed to teach students the physical and emotional effects of being sexually active. The program encourages the benefits of delaying sexual activity, as well as providing participants with practical skills to deal with real life situations.

Please support us in our efforts to build bright futures for our youth. We can ALL make a difference. For more information about the program or to request this program at your school, visit www.hsh.org/.

-END-
Personal Reflections:

I. Journal Prompt

II. Scripture Meditations
I. Journal prompt

This is a space for you to write any and everything that comes to your mind! NO ONE else will see this journal, so be open and use this time however it will benefit you best!

Need some ideas to get started? Try some of these: How did today’s session make me feel? Have I ever been nervous about STIs? Do I know anyone with an STI? Will I make any changes to my life after hearing the STI information?
II. Scriptural Meditations

As you read and meditate on these scriptures, consider the God’s plan and redemption offered through Christ for our health.

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.*
I Corinthians 6:19-20

*Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases,*
Psalms 103:2-3

*Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.*
Jeremiah 17:14

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*
III John 2
Holistic Sexual Health
Unit 2: Teen Pregnancy
Session Plan

Part 1

Target Audience: Students
Topic: Teen Pregnancy

Objectives
1. Participants will be informed on the national and local statistics regarding teen pregnancy.
2. Participants will understand the costs of pregnancy.
3. Participants will apply the presented material to personal circumstances.

Key Content
1. Definition of teenagers
   - National and local pregnancy statistics
   - Physical, financial, and social consequences of teen pregnancy
2. Considerations to be handled before and after childbirth
   - Breakdown of potential costs and needs of a mother and baby
3. Application of physical, financial, and social impact of own pregnancy

Methods

<table>
<thead>
<tr>
<th>Method</th>
<th>Content Focus</th>
<th>Instructional Aids</th>
</tr>
</thead>
</table>
| Discussion          | What do you know? * allowing students to discuss existing knowledge of pregnancy | - Leading questions: “what do you think about _______?”
                    |                                                                                | - White board and markers to record thoughts                                     |
| PowerPoint/ Lecture | - Statistics                                                                  | - Computer/Overhead                                                              |
                    | * This is a way to present information in a clear way. It also offers dimension by including audio and visual components. | - Handouts                                                                       |
| Small Group Work    | - What did we learn? * Comparing prior knowledge to information presented      | - Worksheet of main themes                                                      |
                    |                                                                                | - Notebook paper to record any surprising facts                                  |
presentation by writing and discussing answers. This also provides a chance for students to learn, help one another.

<table>
<thead>
<tr>
<th>Activity</th>
<th>- Putting lessons into practice</th>
<th>- Visual Aids</th>
</tr>
</thead>
<tbody>
<tr>
<td>*This is another way to help reinforce the information presented. This also helps the students to have fun with the material.</td>
<td>- Lesson Review</td>
<td>- White board and markers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Pen and paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Computers and printers</td>
</tr>
</tbody>
</table>
Materials:

I. Large group discussion prompt/quiz

II. Presentation notes

III. Small group discussion prompt
I. Large group discussion prompt/quiz

Name:

Date:

What Do You Know About…..Teen Pregnancy?

1. Over _______ babies are born to teen mothers every day.

2. ______________ babies were born to teen mothers in 2011.

3. Only about ______% of teen mothers graduate high school with a diploma by the age of 22.

4. T/F Babies born to teens have increased medical risks.

5. T/F Condoms are all I need to prevent pregnancy.

6. T/F Having a baby as a teen will only affect me.

7. ______________ and ______________ teens comprised nearly 60% of teen pregnancies in 2011.

8. _________________________ is the medical treatment that mothers receive while pregnant.

9. T/F My summer job/allowance is enough to cover the costs of a child.  I

10. T/F Teen parents have an easy experience because of resources like family, federal assistance (WIC), etc.

http://www.cdc.gov/TeenPregnancy/index.htm
II. Presentation Notes

Slide 1

Slide 2

WHAT'S THIS ALL ABOUT?
Lowdown of Teen Pregnancy
Costs of Pregnancy
What About You?

Slide 3

INTRODUCTION
Who are we talking about?
Teens: "the years 13 to 19 in a lifetime or century"
Slide 4

WHAT'S HAPPENING?

Nationwide
- 400,000 teen births every year
  * 10% of all births in the U.S.
- Nearly 4% of all teen females will have a baby
- African American and Hispanic females are double to triple times as likely to have babies as teenagers

Slide 5

WHAT'S HAPPENING? CONT'D

Locally - Indiana
- 8,756 teen females gave birth in 2010
- Counties with high teen birth prevalence
  * Jennings, Starke, Scott, Fayette, Pike
- 24.4% of teens surveyed wanted to become pregnant
Slide 7

CONSEQUENCES

Health
- Higher infant death rates
- Less efficient prenatal care
- Depending on age, physical development of mother
  not as optimal to carry a child

CDC, Indiana State Department of Health, CDC

Slide 8

CONSEQUENCES CONT’D

Social
- Teen moms are 40% less likely to obtain a high school diploma by the age of 22
- Tax payers have contributed $9.511 BILLION in recent years
  - foster care, health benefits, imprisonment, etc
- Children of teen parents are more likely to become teen parents
  - reinfecting negative traditions

Slide 9

COSTS OF PREGNANCY
CONSIDERATIONS
While You're Pregnant
- Prenatal Care
  * Helps to monitor health of mom and baby with doctor
- Prenatal Vitamins and Maintenance
- Ultrasounds and Other Diagnostic Testing

CONSIDERATIONS CONT’D
Newborn Supplies
- Traveling Accessories
- Baby Furniture
- Cleaning Supplies
- Diapers…LOTS!!
- Clothes
- Formula and Feeding Accessories
This list can be endless, depending on your needs!!

WEBMD COST CHEAT SHEET
Prenatal care: $0 - $2,000
Prenatal vitamin: $15 for a 30-day supply
Maternity clothes: Free, if shared
Crib: $200
Wipes: $10 for a box of 400
Diapers: $40 for a box of 250
Monitor: $25
Changing table and pad: $125
Baby clothes: Free, if shared
Car seat: $125
Childbirth classes: $50 - $200 per class
Hospital costs: $0 - $15,000
Consider whether or not you have insurance to assist with these costs!!!
THINKING OF YOUR LIFE RIGHT NOW...

**Health**
- What kind of physical fitness level am I at?
- Would my lifestyle be conducive to carrying a child?
- Am I mentally and emotionally stable enough to bear the responsibility of caring for a child?

**Financial Costs**
- Would my current income sustain myself and a child?
- Do I have any family or outside support available to me?

**Social Costs**
- How would my family be impacted if I had a baby now?
- How will I finish school if I were to become pregnant?
- Are my future plans even possible after I have a baby?
- Would my current boyfriend/girlfriend contribute emotionally and financially to a baby’s life?
# REFERENCES

<table>
<thead>
<tr>
<th>Source</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>CDC</td>
<td><a href="http://www.cdc.gov/TeenPregnancy/index.htm">http://www.cdc.gov/TeenPregnancy/index.htm</a></td>
</tr>
<tr>
<td>Indiana State Department of Health</td>
<td><a href="http://www.in.gov/isdh/19607.htm">http://www.in.gov/isdh/19607.htm</a></td>
</tr>
</tbody>
</table>
III. Small group discussion prompt

Name:

Date:

Using the lecture notes and introductory quiz, summarize the main points of today’s session.

Discuss today’s topic with group members. What are some of the new things that everyone learned? What were some interesting discussion comments made by classmates?
Activity Ideas:

I. Pregnancy Board Game
Students will be given a blank board to create their own game about pregnancy. Using the various situations and statistics discussed in the presentation, student groups will construct a unique series of game pieces, components, penalties and prizes.

II. Day in the Life Simulation
The presenter will create and distribute various scenarios that a teen parent might encounter. Each student must create a plan of action to manage, problem solve, and budget in accordance to the life scenario that they were given. After an allotted amount of time, students will come together and discuss the experience.
I. Pregnancy Board Game- Sample Templates

www.teacherspayteachers.com

http://www.squidoo.com/board-game-templates
You are now eight months pregnant. You are still trying to make final arrangements for life after your baby is born. Since you have decided to remain in school fulltime, you must now schedule childcare. However…

* Your parents both work first shift and cannot babysit.
* You are not familiar with the safety levels, locations, costs, etc. of daycares in the area.
* Your part-time job pays $100 per week.

How would you approach this situation?
Personal Reflections:

I. Journal prompt

II. Scripture Meditations
I. Journal prompt

This is a space for you to write any and everything that comes to your mind! NO ONE else will see this journal, so be open and use this time however it will benefit you best!

Need some ideas to get started? Try some of these: How did today’s session make me feel? Have I ever been nervous about being pregnant/getting someone pregnant? Do I know anyone teenage parents? Will I make any changes to my life after hearing the teen pregnancy information?
II. Scriptural Meditations

As you read and meditate on these scriptures, consider the mandates and responsibilities set for parents in God’s word.

Psalm 119:1
Blessed are those whose way is blameless, who walk in the law of the Lord!

Proverbs 1:8-9
Hear, my son, your father's instruction, and forsake not your mother's teaching, for they are a graceful garland for your head and pendants for your neck.

Titus 2:7
Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, ...

Deuteronomy 6:6-9
And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates.

Psalm 127:3
Behold, children are a heritage from the Lord, the fruit of the womb a reward.

Proverbs 13:24
Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.

Ephesians 6:4
Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

Proverbs 29:15
The rod and reproof give wisdom, but a child left to himself brings shame to his mother.

Colossians 3:21
Fathers, do not provoke your children, lest they become discouraged.
Holistic Sexual Health
Unit 3: Empowerment
Session Plan

Part 1

Target Audience: Students
Topic:
Objectives
1.
2.
3.

Key Content
1.

Methods

<table>
<thead>
<tr>
<th>Method</th>
<th>Content Focus</th>
<th>Instructional Aids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discussion</td>
<td>What do you think? * allowing students to discuss existing knowledge of pregnancy</td>
<td>- Leading questions: “what do you think about _______?” - White board and markers to record thoughts</td>
</tr>
<tr>
<td>PowerPoint/ Lecture</td>
<td></td>
<td>- Computer/Overhead - Handouts</td>
</tr>
<tr>
<td>Small Group Work</td>
<td>- What did we learn? - Comparing prior knowledge to information presented</td>
<td>- Worksheet of main themes - Notebook paper to record any surprising facts</td>
</tr>
</tbody>
</table>
| Activity | - Putting lessons into practice  
| | - Lesson Review | - Visual Aids  
| | | - White board and markers  
| | | - Pen and paper  
| | | - Computers and printers |

*This is another way to help reinforce the information presented. This also helps the students to have fun with the material.*
Materials:

I. Large group discussion prompt/quiz

II. Presentation notes

III. Small group discussion prompt
I. Large group discussion prompt/quiz

Name:

Date:

What Do You Know About…..Body Image, Media, Peer Pressure?

1. When I look in the mirror, I think_______________________________.

2. T/F I feel like I “fit in” with my classmates.

3. T/F Celebrities are the ideal of beauty.

4. T/F I feel confident in my ability to achieve my goals in life.

5. T/F I have the right to date or NOT date whomever I wish.

6. On a scale of 1-5, how comfortable do I feel with defending my values? _________

7. T/F I have felt conflicted with the images in the media and how I should live.

8. T/F I feel loved in supported for just being me.

9. T/F Spirituality has nothing to do with body image/self-esteem.

10. T/F Sex has mental, physical, and emotional aspects.
II. Presentation Notes

Slide 1

WHAT'S THIS ALL ABOUT?
Bringing Everything Together
Fact vs. Fiction
After the Workshop

YOU ARE AWESOME!

Slide 2
REVIEW
So far, we’ve discussed several issues regarding ...
- Sexually Transmitted Infections
- Teen Pregnancy

HOLISTIC VIEWS
What is sexual health and activity?
“Sexual health is influenced by a complex web of biological and social factors. It requires a positive, responsible approach to sexuality and sexual relationships as well as pleasurable, safe sexual experiences that are free from coercion, discrimination or violence.”
World Health Organization
DID YOU KNOW…

Sex is NOT just about the physical act!!!
- Soul Ties
- Permanent Consequences

Is it worth the risk?

CAUTION

SOUL TIES

‘An emotional bond or connection with someone else.’

- Any activity/time spent with a person forms bonds, think of your friends and family.
- When you have sex, the same things happen but on a physiological level.
  * Your brain, heart, spirit now have an etching of this person.

PERMANENT CONSEQUENCES

Parenting is a lifelong commitment!!

Remember those STI symptoms?
  * Even some of the treatable infections can leave damage.

Will you be able to function productively (physically and emotionally) when your future spouse comes along?

How will you feel about yourself after several sexual partners and no commitment or security?
LIFE IS ALL ABOUT SEX!
- The media inundates us with sexual images and themes at every turn!
  - Think about the TV shows, movies, music, and books that you like. How do these characters behave in regards to relationships and sex?
  - Are the behaviors realistic and morally driven?
- Let’s take a look at a comparison here:
  http://www.youtube.com/watch?v=bQEmsNEOt6g

LOOKS = WORTH
- When you’re watching product commercials, how often is the company trying to convince us change our appearance in some way?
- If this is how they really look, does their value change?

Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.
Proverbs 31:30
WE’VE COME A LONG WAY!
Consider the topics and discussions that have touched you the most over our time together.
* will life be any different now that I have learned a new way of thinking?
* are there any short and long term goals that I could create to apply these themes to my life?

IDEAS FOR SUCCESS
Get Connected!
- Join a youth group
- Keep in touch with other workshop attendees
- Find an older mentor that will encourage you

Guard Your Heart!
- Set boundaries in dating relationships
- Compare the media that you expose yourself to with God’s truth
- Pray that the Holy Spirit will guide your thoughts, words, and actions
ON A FINAL NOTE

• REMEMBER: You are a valuable, talented gift from the Lord!!
• You deserve a wonderful life that is filled with hope, joy, peace, and love!!

I love you, but most importantly, God the Almighty creator of the universe loves you and wants the best for you!!

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. (Jeremiah 29:11)
III. Small group discussion prompt

Name:

Date:

Using the lecture notes and introductory quiz, summarize the main points of today’s session.

Discuss today’s topic with group members. What are some of the new things that everyone learned? What were some interesting discussion comments made by classmates?
Activity Ideas:

I. Role Playing
Students will be divided into teams of two. Each team will be given a card with characters for role playing. The two will then take turns portraying each character.

II. I’m Worth It
The presenter will set up several work stations for the students to choose. Each station highlights an activity that will encourage participants to think positively about themselves and their futures.
I. Role Playing- Sample Exercise

Friends Becky and Jill are Freshman in high school. Until now, neither of the girls have had any serious interactions with boys, with the exception of middle school dances. However, after a semester of high school, things begin to change for Becky. Tony, a popular senior has started to flirt with Becky and wants her to hang out with his friends. Tony’s friends are known to drink and party among other activities. Becky is extremely excited about this newfound attention. Jill is nervous about Tony’s intentions. And Tony just wants to have a good time in his last year of high school.

What do you think is the motivation of each of these people?

Who, if anyone, is right and wrong in this scenario?

Break into groups and act out the conversations that each characters would have with one another.
II. I’m Worth It – Example Stations

Vision Boards – This is a goal setting activity. Instead of writing aspiration down in words, students will cut out representative pictures from old magazines and newspapers in order to form a collage.

Visual Testimonies – This is activity is a way for students to tell their life story. Instead of verbally telling the story, students will use art supplies to illustrate their thoughts.

Open Letters- This activity is a way or students to encourage other students. The writer will compose a letter that informs others of the positive future that is attainable in Christ. To do this, the writer may share their own pitfalls, expose the mistruths of popular ways of thinking, etc.
Personal Reflections:

I. Journal prompt

II. Scripture Meditations
I. Journal prompt

This is a space for you to write any and everything that comes to your mind! NO ONE else will see this journal, so be open and use this time however it will benefit you best!

Need some ideas to get started? Try some of these: How did today’s session make me feel? Have I ever had negative feelings about my body or personality? Do I ever feel pressured to have sex? Will I make any changes to my life after hearing the empowerment session information?
II. Scriptural Meditations

As you read and meditate on these scriptures, take in all of the awesome things God’s word says about you!!

You are accepted…

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God…
John 1:12

I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.
John 15:15

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,…
Romans 5:1

For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority.
Colossians 2:9-10

You are secure…

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
Romans 8:28

What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.
Romans 8:31-39
You are significant…

*Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?*
I Corinthians 3:16

*For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*
Ephesians 2:10

*In him and through faith in him we may approach God with freedom and confidence.*
Ephesians 3:12

*And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,*
Ephesians 2:6
Appendix

Sample Prayers:

Beginning of the Meeting

Dear Lord,
Thank you for the opportunity we in this meeting today. I pray that you would touch the hearts and minds of each and every one of the students in attendance. Holy Spirit, please guide our words and actions that they may bring glory to the Lord. And bring revelation and encouragement through the topics discussed. In Jesus’ name we pray, amen.

End of the Meeting

Dear Father,
I thank you for everyone here today. By reading your word, we know that you love us and have a clear purpose for each and every one of our lives. We cling to these promises dear God. As we all go our separate ways, Holy Spirit I ask that you would work in the hearts of these young people. Draw them near to you and grant them the grace to desire a life guided by your leading. In Jesus’ name we pray, amen.
GOD’S OWN PRECIOUS JEWEL

this certificate is awarded to:

[Recipient name here]

in recognition of

Holistic Sexual Health Course Completion

Signature

Date