

# Opinion or Fact

Definitions:

## **FACT**

**A fact is a true thing, a truth.**

## **OPINION**

**A belief not based on certainty but on what seems probable – an evaluation.**

Print **O** for opinion.

Print **F** for fact.

1. Boys can't cook as well as girls. \_\_\_\_\_
2. Puberty is a stage of life. \_\_\_\_\_
3. Boys like girls who are thin. \_\_\_\_\_
4. Girls like boys who have muscles. \_\_\_\_\_
5. Everyone's rate of growth is different. \_\_\_\_\_
6. It's important to date only popular kids. \_\_\_\_\_
7. At puberty you begin to get new ideas and feelings. \_\_\_\_\_
8. There's something wrong with you if you don't like parties. \_\_\_\_\_

# Problems? Who Can Help?

If I had a problem, I could talk to

Family \_\_\_\_\_

Friend \_\_\_\_\_

Other \_\_\_\_\_

If I needed help on the way home or I got scared, I could go to

\_\_\_\_\_

If I was home alone and needed help I could

\_\_\_\_\_

There are other people who can help

School nurse \_\_\_\_\_

Teacher \_\_\_\_\_

Principal \_\_\_\_\_

Other \_\_\_\_\_

Or I could phone

Kids Help Phone 1-800-668-6868 \_\_\_\_\_

The Children's Aid \_\_\_\_\_

Police \_\_\_\_\_

**Note: A child should only contact the Children's Aid when referring to issues of abuse, neglect or they are homeless.**

# Looking At Myself

Trace the outline of your hand in the space below. Number your fingers from one to five starting with your little figure as number one. Answer the questions by putting your response in each of your five fingers.

1. Identify one characteristic about yourself that makes you feel proud.
2. Identify your best physical characteristic.
3. Identify your strongest positive personality trait.
4. Identify one thing you would like to change or improve about yourself.
5. Who could you turn to if you needed help?

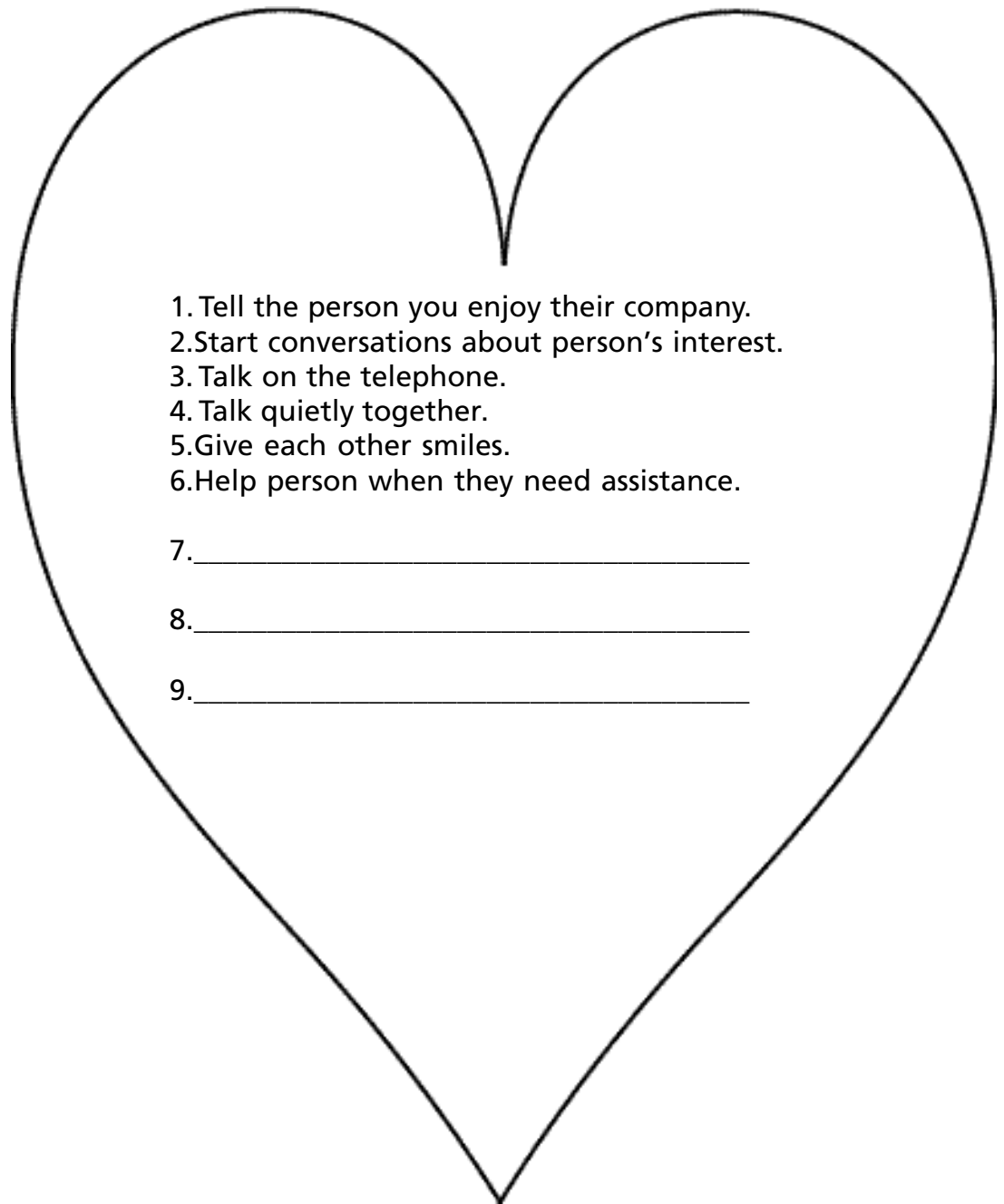
# Looking At Myself

1. Write two words that people could use to describe you in a positive way.  
i.e. trustworthy, honest, self reliant.

\_\_\_\_\_

2. My favourite pastime when school is over is to \_\_\_\_\_

# Ways To Develop A Friendship



4

**Question** – Can you think of two or three more suggestions that shows the person you are interested in them?

# Friendships

Complete each statement and state why you answered the way you did.

1. I like a friend to be \_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

2. I think most boys like a friend to be \_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

3. I think most girls like a friend to be \_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

\_\_\_\_\_

4. When I like someone as a friend, I show them by \_\_\_\_\_

\_\_\_\_\_

because \_\_\_\_\_

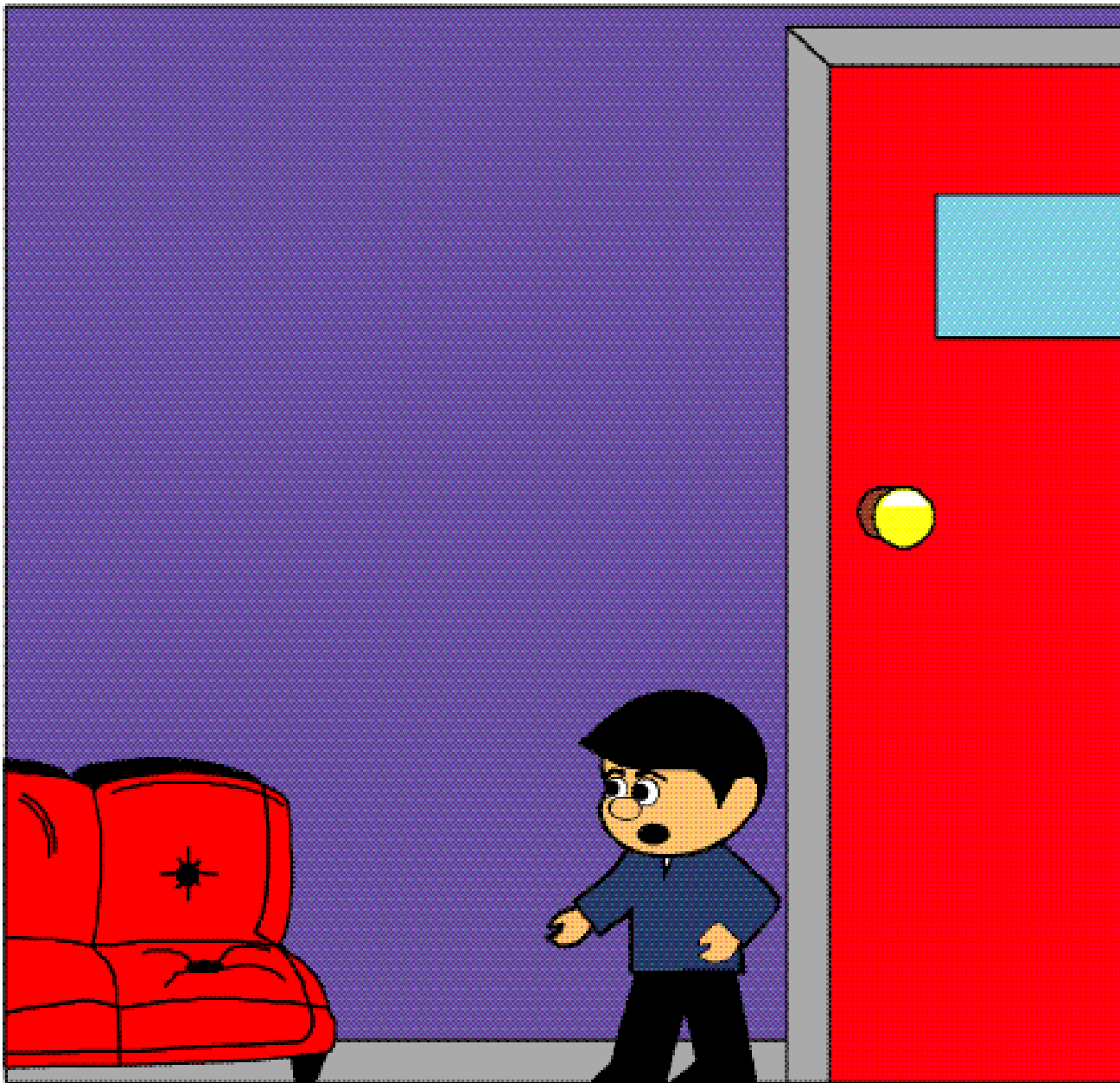
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# You're the Judge!

Indicate whether these behaviours are appropriate (A) or inappropriate (I) forms of affection to show a special friend.

- |   |   |   |
|---|---|---|
| 1. Ask a friend to dance                              | A | I |
| 2. Hug and hold hands at a party                      | A | I |
| 3. Kiss in the school hallway                         | A | I |
| 4. Write a graffiti message in the washroom           | A | I |
| 5. Confide a private feeling                          | A | I |
| 6. Be alone together without parent supervision       | A | I |
| 7. Punch someone in the arm                           | A | I |
| 8. Call someone a bad word                            | A | I |
| 9. Talk about sex                                     | A | I |
| 10. Lie on each other, under a tree in the schoolyard | A | I |
| 11. Lie on each other while watching T.V.             | A | I |

# Adolescent Sexuality



"OK, everyone in this house please stand advised that I have this date made a complete fool of myself in Health class by repeating elaborate stories concerning storks told to me by certain parties residing herein."

# Deciding about Sexual Relationships

Deciding whether or not to have a sexual relationship is never easy. You may decide that you don't want to have sex until you are married or involved in a very serious relationship. You may decide to wait until you are older, or you may feel that you just don't want to have sexual relationships right now. Most teenagers do decide to wait – and it's important to remember that there is nothing wrong with saying no.

List two reasons why you think teenagers choose to have sex.

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

List three things people need to think about before they have sex.

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

What could you do as a dating couple to make sure you did not have to deal with a pregnancy?

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

You will have to decide which reasons might make it the right time for you to begin having a sexual relationship. No one but you can make that decision. But, before you make a decision, be sure to talk to someone you trust and feel comfortable with. You may want to talk to your parents, or to a teacher or \_\_\_\_\_.

# Some Poor Reasons for Having Sexual Intercourse

- Curiosity
- To show that you really love the other person
- Too embarrassed to say “STOP”
- To feel loved
- To be more popular
- To rebel
- I was drunk! (or stoned)
- To feel independent
- To improve the relationship
- To go along with what others seem to be doing
- To prove that you’re a woman or that you’re macho
- To prove that you’re good at sex
- To prove that you are grown up

# Reasons Why Many Teens Don't Have Intercourse

1. Practice abstinence for religious reasons and personal moral beliefs.
2. Abstinence can be a sign of emotional maturing and integrity.
3. Reduces the risk of sexually transmitted disease.
4. The only method of birth control that is 100% effective.
5. Shows that they can withstand peer pressure.
6. Avoid upsetting parents.
7. Allows the relationship to build and grow closer in non-sexual ways.
8. In some ways, postponing is a test of love.
9. Allows people to explore a wider range of ways to express love and sexual feelings.

# Saying no to Sexual Intercourse

Sometimes you find yourself in a situation that's getting out of hand. Perhaps it happens when you're kissing and your partner's hands are around your shoulders and neck and then, all of a sudden, they're wandering down your body. You want to stop. You don't want things to go any farther. Well, how do you say "no" without hurting your partner's feelings? How do you say "no" without making your partner stop liking you and spreading rumours about you? How do you say "no" so that your partner knows you mean it?

## Give a reason for your refusal.

"I do not want to risk my future relationships. I don't know if you're in my future."

"\_\_\_\_\_."

## Use your behaviour to reinforce what you mean.

a) Look directly at the person.

b) \_\_\_\_\_

c) \_\_\_\_\_

## Show you care about the person.

"I like you and I hope we can continue seeing each other."

"\_\_\_\_\_."

## Don't just keep doing the same thing!

a) Date with other couples.

b) \_\_\_\_\_

c) \_\_\_\_\_

## Take definite action.

**If pressure persists, tell the person you do not want to continue the relationship.**