

Big 3 Session 8.1

- You need to stay focused on your goals and dreams if you are going to be successful.
- Choices have consequences. There are three risks associated with sex: pregnancy/fathering a child, sexually transmitted infections (STIs), and emotional heartache. Choosing to delay sexual activity will help you stay focused on your goals and dreams.
- The people you spend time with influence your decisions and your ability to achieve your goals and dreams. Choose to spend time with people that meet your needs in a healthy way.

Activity 8.8.4: The Big 3 Review

Big 3 Session 8.2

- Puberty is the process of changing from a child to an adult and a time when there are physical, social and emotion changes.
- Unplanned pregnancy is a risk of sex. Think about it - Are you ready to be a parent?
- Choosing not to have sex can help you avoid the responsibilities of being a teen parent.

Activity 8.8.4: The Big 3 Review

Big 3 Session 8.3

- The only 100% effective way to prevent pregnancy is to choose not to have sex.
- If you are sexually active, you need to use a dual method by choosing an effective method of birth control to prevent pregnancy and condoms to reduce the risk of sexually transmitted infections (STIs).
- If you want to learn more about these effective methods of contraception please talk to your doctor, parent or guardian, or other trusted adult.

Activity 8.8.4: The Big 3 Review

Big 3 Session 8.4

- STIs spread quickly and easily.
- The most common symptom of an STI is no symptom. If you or someone you know has been sexually active, get tested!
- Choosing not to have sex (vaginal, oral, anal, or intercourse) until you are in a faithful lifelong relationship is the only 100% way to protect yourself from STIs. If you or someone you know is sexually active, or in a faithful lifelong relationship with someone who has an STI, it is important to use a condom every time to reduce the risk of spreading the STI.

Activity 8.8.4: The Big 3 Review

Big 3 Session 8.5

- We all have emotional needs that need to be met to be successful in life.
- It is important to meet our emotional needs in a healthy way.
- Sexual activity creates emotional bonds that lead to heartache if they are broken.

Activity 8.8.4: The Big 3 Review

Big 3 Session 8.6

- A healthy relationship is one that builds up both people emotionally and physically.
- It is important to know the characteristics of a healthy relationship so that you can know if you are in one.
- Choosing a healthy relationship can help you avoid risky behaviors and achieve your goals and dreams.

Activity 8.8.4: The Big 3 Review

Big 3 Session 8.7

- It's important to respond to peer pressure with an assertive answer.
- Self-control is like a muscle, the more you exercise it, the stronger you will be. You need to exercise self-control to practice delayed gratification.
- It's important to set limits in relationships so that you stick with your healthy choices. Make decisions about limits before you're in a high pressure situation.

Activity 8.8.4: The Big 3 Review

Big 3 Session 8.8

- There can be legal consequences to sexual activity.
- Nobody has the right to demand sex. Forced sex is against the law.
- The media often uses sex to sell products. Be aware of the obvious and hidden messages in the media you use (television, music, magazines, social media, etc.) and the influence the media has on your decisions.

Activity 8.8.4: The Big 3 Review

Bonus Questions

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