Session 7.8

Review Topics and Discuss Lessons Learned

Session Overview:

1. Review Session 7.1-7.7.
2. Play the 7.8.3 Think Fast! Review Game to reinforce topics covered in 7th grade curriculum.
3. Answer participant questions related to curriculum topics.
4. Wrap up session.
5. Provide participants with the opportunity to provide feedback on the program and award participants for returning Parent/Trusted Adult Connection Forms and actively engaging in the program.
6. Distribute Parent/Trusted Adult Connection Form Session 7.8: Review or Alternative Inclusive version.

Learning Objectives:

- Participants will identify keys to being successful in life.
- Participants will understand basic human needs and levels of friendship.
- Participants will understand the processes of puberty and pregnancy.
- Participants will understand stress, positive character traits, and peer pressure.
- Participants will be able to use tools to resist peer pressure.
- Participants will understand the consequences of sexual activity outside of a faithful lifelong relationship, including STIs, pregnancy or fathering a child, and emotional heartache.
- Participants will understand sexual offenses and necessary prevention and reporting techniques.

Materials Needed:

- Computer, projector, and speakers
- Jar of Now and Later candy
- Wheel with Think Fast! Review Game Cards (7.8.3) or Alternative Inclusive version 7.8.3 I
- Handouts:
  - Teacher Feedback Form
  - Participant Feedback Form
  - Parent/Trusted Adults Connection Form Session 7.8: Review or Alternative Inclusive version Session 7.8 I
- Question cards
- Question bag

Classroom Planning:

- Review Session 7.8 curriculum.
- Make copies of handouts.
- Set up 7.8.3 Wheel with Think Fast! Review Game Cards
- Gather question cards and the question bag.

The Standards:

- See Appendix E for a list of state and national standards met in this session. Individual State Standards by Request.

© 2013, 2023 Healthy Futures

Educator states:
Today we are going to review everything we covered during our last seven sessions. We are going to start with a conversation to review each topic and then you will all have the chance to play a review game and win prizes!

Notes:

© 2013, 2023 Healthy Futures

Educator states:
During the first session we discussed goals, dreams, and the two keys to being successful in life. Does anyone remember what those two keys to success are?

[Know what you want and know how to get there.]

During the second session we talked about physical and emotional needs and the importance of whom we choose as friends. Your friends are going to be the ones you take with you along the journey to success. Remember we talked about the different levels of friendship? What were they?

[Acquaintance, friend, and best friend.]

Which means that your relationship with them will differ. There are some that are your acquaintances – again those who you normally don't hang out with but just see them around, such as a classmate.

During the third session we reviewed puberty and pregnancy.

During the fourth session we talked about sources of stress, the importance of positive character traits and avoiding unnecessary stress, and peer pressure. Who can remind me of three healthy ways to manage stress?

[Allow time for participants to respond. Answers may include exercising, eating healthy, talking to a trusted adult.]

We also discussed the important role our friends play in helping us achieve our goals and dreams. Friends should always respect your decisions and never force you to do anything that you do not want to do. If you are faced with a situation where you feel conflicted or uneasy, and you recognize this choice will not lead you on the path to success, then you need to be firm and say "no." Saying "no" in these cases is not always easy, but it is always the right thing to do. Who can remind me of the three steps to say no?

[Speak up, stand up, and walk away.]

During the fifth session we discussed three risks of sexual activity. Can anyone remember what they were?

[STIs, pregnancy or fathering a child, and emotional heartache.]

We also did the heart activity to illustrate the impact sexual activity has on our hearts and listened to the teen pregnancy audio and discussed how having a child as a teenager is often accompanied with many obstacles and difficulties. Whose choice is it to wait to become sexually active?

[Your choice.]

Notes:

© 2013, 2023 Healthy Futures

Educator states:
During the sixth session we talked about the sexual activity and STIs. Can anyone remember the three types of STIs we discussed?

[Viral, bacterial and parasitic.]

We also talked about the importance of using a condom to reduce the risk of STIs and pregnancy if you do choose to be sexually active and of getting tested for STIs if you have been sexually active in the past (even one time). Does anyone remember the only 100% effective way to prevent pregnancy and STIs and emotional heartache?

[Abstinence.]

During the seventh session we talked about sexual offenses.

Notes:

© 2013, 2023 Healthy Futures

Educator highlight: Think Fast! [5] is a review game designed to review every major point from each lesson in the curriculum. This game can be adapted depending on the amount of time available for the last scheduled session. Break the participants up into two teams and make sure they are sitting together. Allow the participants to name their teams. An educator should be keeping track of points on the board while the participants are playing. Additional educators could be monitoring the participants throughout the room to limit talking or side conversations. The winning team will be awarded a prize.

[Alternative Inclusive version of Think Fast! Review Game Cards 7.8.3 I]

Educator states:
Today we are going to review each lesson from our time together. I am going to read you the directions to the game we are about to play. This game is called Think Fast! The class will be divided up into two teams. The teams must sit together, but are not allowed to offer any help during the questions. When it is your team's turn, one person from your team will come up and spin the wheel.

Two participants (from opposing teams) will face off on a question. You must keep your hands in your laps (no hands on the table/desk) until the question is asked. You also must wait until the entire question has been asked or you will forfeit your turn to your opponent. Once the entire question has been asked, the first person to hit the bell gets to answer the question. If you answer correctly, your team will receive a point, and your opponent will be asked to return to their seat. Then a new member from the same team will take their place. However, if you incorrectly answer the question, it goes to your opponent. If the opponent answers correctly, he/she receives the point, you will be asked to return to your seat, and a new member from the same team will take your place. If the opponent also gets the answer wrong, both participants return to their seats and the question goes out to the audience to answer for no points. Then, two new participants will take their places. Whichever team receives the most points wins.

Category 1: Keys to Success
Q: What are the two keys to success?
A: Know what you want and know how to get there.

Q: True or false: Using drugs or alcohol even just one time can affect your future.
A: True.

Category 2: Levels of Friendship
Q: Define acquaintance.
A: Someone you know nothing personal or intimate about. You may know their names and some very basic and general information.

[5] Please note, the Think Fast! Review Game was implemented and evaluated as a PowerPoint review. For quality improvement purposes the activity is now implemented using the Game Wheel and the Think Fast! Review cards. The Think Fast! Review content remains the same as what was implemented and rigorously evaluated, only the delivery has changed.

Notes:

© 2013, 2023 Healthy Futures

Educator states:

Q: Define friend.
A: Someone you hang out with and who shares similar interests. They know you on a deeper level than an acquaintance.

Q: Define a best friend.
A: Someone you trust with the most personal and intimate details of your life. This is something who is always there for you.

Q: Provide three qualities or characteristics you should look for in a friend.
A: Trustworthy, respectful, good communication, supportive, encouraging

Category 3: Peer Pressure
Q: What are the three steps to saying "NO"?
A: Speak up, stand up, walk away

Q: True or false: A guy can never be pressured into having sex with a girl.
A: False.

Q: What are the three steps to saying "NO"?
A: Speak up, stand up, walk away

Category 4: Character Qualities
Q: Provide three qualities or characteristics you should look for in a friend.
A: Trustworthy, respectful, good communication, supportive, encouraging

Category 5: Online Safety
Q: True or False: You should add people you do not know as friends on social media.
A: False.

Q: True or False: You should keep very strict privacy settings on your social media profile.
A: True.

Category 6: Puberty (Biological Females)
Q: Define biological puberty.
A: The process of changing from a child into an adult; able to reproduce; physical and emotional changes.

Q: What part of your brain is responsible for the hormone production in your body?
A: Pituitary gland.

Q: What ages do biological females typically go through puberty?
A: 9-17

Q: Name at least 3 biological changes for females during puberty.
A: Able to reproduce (egg), period begins, breast buds appear, breast growth, pubic hair appears, armpit hair grows, body odor, oily skin/pimples, voice changes, growth spurt, adult height, weight gain, hips widen, aching muscles, emotional changes.

Notes:

© 2013, 2023 Healthy Futures

Educator states:

Category 7: Puberty (Biological Males)
Q: Define biological puberty.
A: The process of changing from a child into an adult; able to reproduce; physical and emotional changes.

Q: What part of your brain is responsible for the hormone production in your body?
A: Pituitary gland.

Q: What ages do biological males typically go through puberty?
A: 10-18

Q: Name at least three biological changes for males during puberty:
A: Able to reproduce (sperm), testicles grow, penis and scrotum grow, first ejaculation, pubic hair appears, armpit hair grows, body odor, breast changes, voice changes, growth spurt, adult height, weight gain, aching muscles, facial hair, oily skin/pimples, emotional changes

Category 8: Biology of the Female Reproductive System
Q: What is the name of the primary sex hormone in biological females?
A: Estrogen

Q: What is the name of the biological female organ that produces and releases an egg every month?
A: Ovary

Q: What is the process of a mature egg being released from the ovary?
A: Ovulation

Q: What is the name of the tube that the released egg travels through to reach the uterus?
A: Fallopian tube

Q: Where does the fertilize egg implant?
A: Uterus

Q: What is the joining of a sperm with an egg called?
A: Fertilization

Q: What is the name of a human baby still in the womb?
A: Fetus

Q: What is the medical term for the monthly shedding of a woman's lining of her uterus?
A: Menstruation

Q: What is found in the lower portion of the uterus and opens into the vagina?
A: Cervix

Notes:

© 2013, 2023 Healthy Futures

Educator states:

Q: What is the outermost part of the biological female reproductive system into which the penis enters during sexual intercourse?
A: Vagina

Q: Where does the sperm have to travel to reach the egg?
A: Vagina, cervix, uterus, fallopian tubes

Category 9: Biology of the Male Reproductive System
Q: What is the primary sex hormone in biological males?
A: Testosterone.

Q: Where is sperm produced?
A: Testicles.

Q: What is the tube where semen is carried from the Epididymis?
A: Vas Deferens

Q: What is the name of the tube where sperm travel from the testicle to be stored until released in ejaculation?
A: Epididymis

Q: What are the reproductive cells in semen, that when joined with a biological female's egg, create a baby?
A: Sperm

Q: After traveling through the Vas Deferens, where does the sperm combine with other fluid that will be released as semen?
A: Prostate

Q: What is the name of the white or gray fluid release during ejaculation?
A: Semen

Q: What is the name of the gland that produces semen?
A: Seminal Vesicle

Q: What is the name of the physiological change that happens to a biological male's penis when he becomes sexually aroused?
A: Erection

Q: What is the name of the process of the release of fluid when a biological male has an orgasm?
A: Ejaculation

Q: What is the name of the tube that the semen will be released from during an ejaculation?
A: Urethra

Notes:

© 2013, 2023 Healthy Futures

Educator states:

Category 10: Sexual Activity
Q: What is oral sex?
A: Person's mouth comes into contact with the genitals of their partner

Q: What is anal sex (intercourse)?
A: Involves inserting the penis into the anus.

Q: What is outercourse?
A: Genitals come into contact but there is no penetration.

Category 11: Sexually Transmitted Infections (STIs)
Q: What are some possible consequences of becoming sexually active?
A: Pregnancy, sexually transmitted infections (STIs), emotional heartache

Q: What are some challenges a teenage parent needs to overcome?
A: Provide with food, diapers, etc.; get a job; balance the child with their education; growing up fast.

Q: What do STI stand for?
A: Sexually transmitted infection

Q: How can you contract an STI?
A: Having any sexual contact with a person who has an STI.

Q: True or false: STIs can spread quickly.
A: True

Q: True or false: The most common symptom of an STI is no symptom.
A: True

Q: Which type of STI is curable with medications such as antibiotics: bacterial or viral?
A: Bacterial

Q: True or false: Latex condoms reduce the risk of pregnancy and some STI's, such as HIV.
A: True

Category 12: Sexual Offenses
Q: Define sexual harassment.
A: Unwelcome sexual advances that are deliberate and hostile, offensive or degrading.

Q: True or false: Victims of sexual harassment may be male or female.
A: True

Q: True or false: The person doing the harassing can only be the same sex as the victim.
A: False

Notes:

© 2013, 2023 Healthy Futures

Educator states:

Q: True or false: The person doing the harassing can only be in the same age range as the victim.
A: False

Q: Provide at least 2 examples of sexual harassment.
A: Comments about or staring at body parts, sexual or "dirty" jokes, touching/pinching/grabbing, spreading sexual rumors, sexual gestures or drawing, cornering or blocking someone, repeatedly asking someone out when they say they aren't interested, repeatedly calling/emailing someone when they have asked you to stop, sending suggestive pictures, making sexual comments on a webpage/email/text

Q: What should you do if you are being sexually harassed?
A: (Mention at least one of the following) Tell the harasser that the behavior is unwanted; don't ignore it; talked to a trusted adult; keep a diary of events involving harassment

Q: Define sexual assault.
A: Any form of sexual activity/contact without the victim's consent.

Q: True or false: Most sexual assaults are not reported to the police.
A: True

Q: True or false: About half of all sexual assaults occur on dates.
A: True

Q: True or false: Most sexual assaults are committed by someone the victim has never met before.
A: False

Q: Name three reasons why teens do not report sexual assault.
A: Embarrassment, lack of knowledge, fear, guilt, knows the abuser.

Q: True or false: Sexual assault is never the victim's fault.
A: True

Q: True or false: No one has the right to expect sex.
A: True

Notes:

© 2013, 2023 Healthy Futures

[Answer all question cards from Sessions 7.1-7.7 as well as any questions.]

Notes:

© 2013, 2023 Healthy Futures

Educator states:
The overall theme of this week has been that you are on your journey to success in life. Whatever your dream may be, you are capable of achieving it if you make the right choices NOW. We have told you and shown you that the choices you make now will affect you later. We have talked to you about the importance of taking care of yourself mentally, emotionally and physically. We have also stressed how important it is to have people in your life that will support you, not deter you, from your journey to success. Lastly, we shared with you that it is important to remember that you and your dreams are worth the wait, and you should set limits in your relationships to hold off any sexual activity until you are in a committed, lifelong relationship. We're not here to tell you what to do. We're just here to give you the facts and hope that what we have taught you will ensure that you are successful in achieving your dreams. The choice is still yours. The choices you make…NOW will affect you…LATER!

Notes:

© 2013, 2023 Healthy Futures

Educator states:
Please complete the forms we are handing out and raise your hand when you have finished.

[Pass out Participant Feedback Forms and Teacher Feedback Form(s).]

[Pass out Parent/Trusted Adult Connection Form Session 7.8: Review or Alternative Inclusive version Session 7.8 I, collect Parent/Trusted Adult Connection Forms 7.1-7.7, and distribute Now and Laters and incentives.]

Notes:

© 2013, 2023 Healthy Futures