

GET|REAL

7TH GRADE

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LESSON 7.1

CREATING THE CLASSROOM CLIMATE

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7.1 LESSON GOALS

- **CREATE GROUP RIGHTS AND RESPONSIBILITIES**
- **NAME KEY COMPONENTS OF ANATOMY AND REPRODUCTION**
- **EXPLAIN THE IMPORTANCE OF THOUGHTFUL DECISION MAKING.**

ACTIVITY 7.1-1

INTRODUCTION AND CLASS RIGHTS AND RESPONSIBILITIES

THINK ABOUT IT

- WHAT RIGHTS DO YOU NEED TO HAVE IN ORDER TO FEEL SAFE TALKING ABOUT BODY CHANGES AND SEXUAL HEALTH?
- WHAT WOULD YOU NEED TO DO TO HELP YOUR CLASSMATES FEEL SAFE TALKING ABOUT BODY CHANGES AND SEXUAL HEALTH?
- WHAT RESPONSIBILITIES CAN YOU AGREE TO TAKE ON FOR THE CLASS TO BE SUCCESSFUL?

ACTIVITY 7.1-2

INTRODUCTION TO SOCIAL AND EMOTIONAL LEARNING

SOCIAL AND EMOTIONAL LEARNING

Self- Awareness- Getting to know and trust yourself. This includes recognizing your feelings and values, gaining self-confidence, and being aware of what makes you individual and unique

Self- Management- Expressing feelings appropriately, keeping track of progress toward goals

Social Awareness- Understanding others and being able to “put yourself in another person’s shoes.” it also includes recognizing individual and group differences and similarities; finding and using family, school and community resources; and understanding the difference between fiction and reality.

Relationship Skills- Building healthy relationships, resisting social pressure, dealing with conflict, seeking help when needed

Responsible Decision Making- How to think through pros and cons of choices and how your actions may affect others; making good decisions, keeping yourself healthy and safe, and respecting yourself and others

ACTIVITY 7.1-3

DECISION-MAKING REVIEW

Steps to a Decision

- Name the decision to be made
- Possible choices
- What are the pros and cons
- Make a decision
- Evaluate your decision: what do you think will happen as a result of this decision

Let's Process.....

- 1.How does weighing pros and cons assist with decision making?
- 2.Why learn a decision-making model?
- 3.How can you use this model in your everyday life?

HOW TO USE THE DECISION MAKING MODEL

Chris really likes Terry, and they are going out. Terry is pressuring Chris to do things Chris is not comfortable with. Chris is worried that saying no will cause Terry to break up with Chris and make fun of Chris to their friends.

ACTIVITY 7.1-4

BRAINSTORM RESOURCES

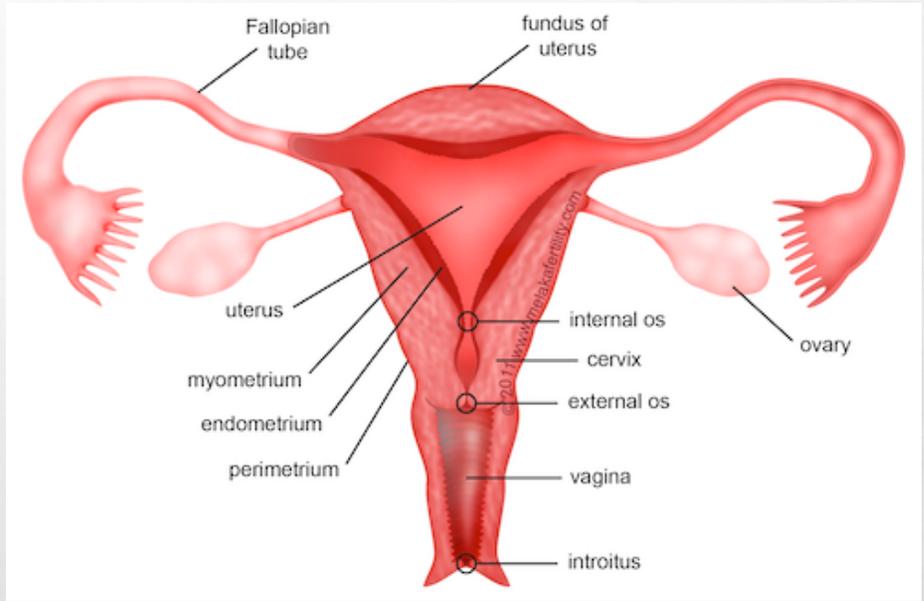
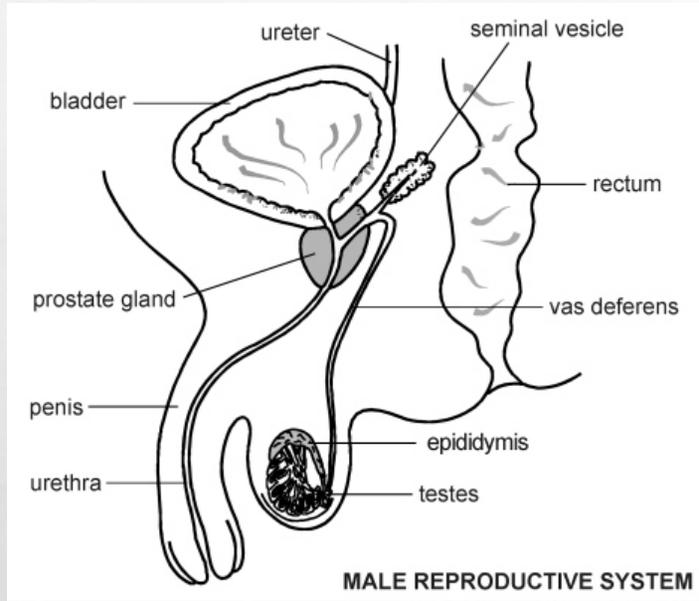
WHAT MAKES AN ADULT TRUSTWORTHY?

Brainstorm.....What qualities make an adult trustworthy to you.

Think about the names of three adults you can go to with questions.

- INTRODUCTION TO ANATOMY AND THE REPRODUCTION SYSTEM

What do you know about the reproductive system?



Let's Process.....

1.Name some feelings people might have while talking about these terms. Why might they feel this way?

2.Why is it important to be comfortable talking about how bodies work and change?

LESSON 7.2 MEDIA LITERACY AND SEXUALITY

7.2 LESSON GOALS

- IDENTIFY MYTHS SURROUNDING SEXUAL BEHAVIORS.
- IDENTIFY WAYS IN WHICH THE MEDIA PROMOTES MYTHS.
- NAME TYPES OF MEDIA
- EXPLAIN THE RELATIONSHIP BETWEEN MEDIA AND CONSUMERISM
- CATEGORIZE ADS AS PROMOTING HEALTHY OR UNHEALTHY BEHAVIORS.

ACTIVITY 7.2-2

THE MEDIA

Media- includes all the ways that information, ideas, stories, etc. are shared between people. It's a form of communication that is often, but not always, recorded in some way.

Literacy- the ability to read, identify, understand, and interpret material shared through different kinds of media.

What are some different types of media?

How does media affect people?



SEXUALITY ON TV

Sexual activity shown on TV usually doesn't reflect real life. On some teen dramas, every character is sexually active: but in reality, most young teenagers are not having sex. 53% of all high school students and 84% of teens under age 15 have reported they had NOT sex.

1. List 3 TV shows that you or your peers watch:
2. Do any of these shows have characters who are sexually active?
3. When the characters on these shows participate in sexual activity, do they usually discuss pregnancy, STI's or using protection PRIOR to becoming sexually active? Why do you think that is?
4. What do you think is realistic about these tv shows?
5. What is unrealistic about these tv shows?
6. How do these shows promote healthy your unhealthy behaviors?
7. Tv shows tend to have higher numbers of sexually active teens than in real life. Why do you think that is?

Let's Process.....

1. In what ways do you think the sex shown on TV is not like real life? What are some things that get left out?
2. What effect can these images have on people who are watching?
3. Does TV add to the myth that all teens are sexually active? If so, why do you think TV shows continue to over represent teen sexual behavior?

ACTIVITY 7.2-3

UNDERSTANDING ADVERTISING MESSAGES

Advertising is one powerful form of media, and the primary purpose of media can be to help sell things to viewers.

Advertisers use models to sell a product and these models represent an unrealistic image of “beauty,” because most people in the world don’t look like these models.

Describe some of the models you have seen on TV.

Why do you think advertisers use these images?

Name a feeling you have or others may have when they see unrealistic body images.

INSECURITY

What do you think this word means?

Lack of confidence about something; self-doubt

Many ads tap in to the insecurities of people in order to get them to buy products so they can be like the people in the ads.

How do insecurities relate to self-awareness?

Brainstorm:

What are some insecurities that teens have?

Which products target these insecurities in their advertisements or commercials?



Abercrombie
& Fitch

Ad Analysis

1. What is this product selling?
2. If the name of the product weren't in the ad, would you still know what the ad was for? Why or why not?
3. What do the pictures in the ad have to do with sex and sexuality?
4. Are the advertisers using people's insecurities to help sell the product? If so, how?
5. What negative or positive message about sexuality does the ad send? (Example: body image, intimacy, sexual behavior, respect for oneself and others.)



**If you have a questions,
write it on the card. If you
do not have a questions,
answer this:**

**Who is your favorite
sports team?**

**DO NOT PUT YOUR NAME ON
THE CARD.**