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sexual
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CALM

Learning Activity

Exploring Personal Values

Learning Outcomes

General Outcome 1: Personal Choices

Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health — and the dynamic interplay of these factors — in managing personal well-being.

Specific Outcome P11:

Examine the relationship between commitment and intimacy in all its levels.



Personal Reflection

People's values are different based on their family, culture, religion, personal experiences etc. Reflect on this difference by reading the list of values statements below and answering the questions.

- It's important for teens to know how to use birth control and prevent STIs.
- Having sex before marriage/lifelong commitment is wrong.
- The most important thing about sex is physical pleasure.
- It's important to be in love with your partner before you have sex with them.
- Sexual attraction is all that is needed to have a good relationship.
- It's okay to share nude images you've received from a partner with your friends.
- It's okay for teens to have sex.
- It's okay for teens to send nude photos to someone they are interested in.

What does this list show you about your own values?

Do you think all of your friends feel the same way about these statements?

How can you show respect for people's personal values when it comes to relationships and sexuality?

What if you date someone who has different values, how will you handle it?





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