About Risky Sexual Behavior - Level 2 Student Activity Guide



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Brain Quiz!

- 1. All of the following are considered "risky sexual behavior" except:
 - a. Unprotected Sex
 - b. Use of alcohol or drugs before, during, or after sex
 - c. Adults having sex in monogamous relationships
 - d. Seeking or viewing different forms of sexual behavior through social media
- 2. True or False: Lack of frontal lobe development may have a role in teen decisions regarding sex
- 3. Which of the following would NOT be considered a negative consequence of risky sexual behavior?
 - a. sexually transmitted disease
 - b. healthy, happy relationships
 - c. unplanned pregnancy
 - d. feelings of shame

- 4. Research shows that emotional consequences of risky sexual behavior can be:
 - a. Embarrassment
 - b. Depression
 - c. Low self esteem
 - d. All of the above
- 5. Making good choices about sexual behavior can include all of the following EXCEPT:
 - a. Act impulsively without considering consequences
 - b. Stop and think through ALL the possible consequences and have a plan to deal with ALL the possible outcomes.
 - c. Understand your personal power.
 - d. Determine your values and have the courage to live by them.



Activity #1 Write About It:	
Personal power is an important concept to remember in regard to risky sexual behavior. Personal power alludes to the ice that a person has the right to control what happens to their body. You can always say, "No." What are the situations that challenge personal power? How will you maintain your personal power?	ea
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Activity #2 Group Brainstorming:	
In groups of 3-5 students, brainstorm, "1) What helps people form their values around sex? 2) What risky sexual behavior problematic in your generation? 3) What are various motivators to avoid risky sexual behaviors?"	are
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Activity #3 Group Brainstorming:

In groups of 3-5 students per group. Brainstorm risky behaviors students see in their community or school				
along with possible negative consequences of these behaviors.				

