

# About Risky Sexual Behavior - Level 2 Staff Activity Guide



## What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find: a Student Video Viewing Guide, Student Activity Guide, and a Brain Quiz with an Answer Guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity.

### Viewing the Video:

Without Student Video Viewing Guide - (5 minutes)

With Student Video Viewing Guide - (6-8 minutes)

### Student Activities:

Activity #1 Write About It - (5-10 minutes)

Activity #2 Group Lesson Activity - (10-12 minutes)

Activity #3 Extended Learning- (20 minutes)

### Brain Quiz:

(5-10 minutes)

## Student Video Viewing Guide Strategies:

### Before the video (3-5 minutes)

- Have students "popcorn out" (share without raising hand) to get the wheels turning- How should "risky sexual behavior," be defined?
- Ask students to "pair and share" with a classmate, "what guides people's decisions about sex?"

### During the video (3-5 minutes)

- Pause the video at times for Checks for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share. Students can complete the brain quiz either during or after the video.



For more information and resources on this topic, please visit [BrainAbouts.Org](https://www.brainabouts.org).

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## Brain Quiz Answer Key: (5-10 minutes)

1. All of the following are considered “risky sexual behavior” EXCEPT:  
(Answer: C. Adults having sex in monogamous relationships.)
2. True or False: Lack of frontal lobe development may have a role in teen decisions regarding sex. (Answer: True.)
3. Which of the following would NOT be considered a negative consequence of risky sexual behavior?  
(Answer: B. healthy, happy relationships.)
4. Research shows that emotional consequences of risky sexual behavior can be: (Answer: D. All of the above.)
5. Making good choices about sexual behavior can include all of the following EXCEPT:  
(Answers: A. Act impulsively without considering consequences.)



## Student Activity Options:

### Activity #1 Write About It (5-10 minutes)

- a. Materials needed: paper or journal and writing utensil.
- b. Directions: Write About It: Personal power is an important concept to remember in regard to risky sexual behavior. Personal power alludes to the idea that a person has the right to control what happens to their body. You can always say, “No.” What are situations that challenge personal power? How will you maintain your personal power?
- c. Criteria for Success: Students are able to express ideas about personal power.

### Activity #2 Group Activity (10-20 minutes)

- a. Materials needed: paper or journal and writing utensil.
- b. Directions: In groups of 3-5 students, brainstorm, “What helps people form their values around sex? What risky sexual behaviors are problematic in your generation? What are various motivators to avoid risky sexual behaviors?” Share your important conclusions with the class.
- c. Criteria for Success: Students are able to express ideas about risky sexual behaviors and motivators to avoid them.

### Activity #3 Extended Learning Activity (20 minutes)

- a. Materials Needed: writing utensil, paper, and any props for skit.
- b. Directions: Risky sexual behaviors include: having multiple partners, seeking or viewing pornography, sexting, use of alcohol or drugs, and unprotected sex. In groups of 3-5 students, have each group create a skit that demonstrates a teenager talking to a younger sibling about the importance of avoiding a particular risky sexual behavior. Have the students share their skit with the class.
- c. Criteria for Success: Students are able to identify negative consequences associated with a risky sexual behavior.

