

Family Life Assessment

Section 1 - Decision Making:

Directions: Read the scenario below. Then complete the chart by providing specific impacts Andie and Jaime could have on their health if each choice were made.

Scenario: Andie and Jaime have been going out for four months. Andie’s family recently moved out of town, so Andie and Jaime only get to see each other once a month. Since the move, Jaime has started hinting that they are ready to have sex. Andie is nervous about making this decision. Andie has been thinking a lot about whether they are ready to make this choice. Work through the chart below to help Andie analyze the impacts that their decision could have on their overall health and wellness.

	Choice 1: Remain Abstinent	Choice 2: Give consent & have protected sexual activity	Choice 3: Give consent & have unprotected sexual activity
Physical			
Social			
Emotional/Mental			
Spiritual			

Reflection Questions:

1. After analyzing the impacts that Andie's decision could have on the areas of health, provide Andie advice on what choice you believe is the best option. In your response, explain the positive and negative outcomes that may result if Andie chooses this option. Be sure to explain why you feel this is the best choice for Andie to make. Please write your response in the space below:
2. How would Andie's areas of health be impacted if sexual activity took place without consent being given?

Section 2 - Influences:

There are a variety of internal and external influences that impact the choices a person makes in their own life. Some of the influences on our life can be positive and others can be negative. Complete the chart below by writing a description to explain how each of the influences impacts your personal choices surrounding your own sexual health.

Influence:	Is the influence internal or external?	Impact on my sexual health:
Peers (friends)		
Family (Parents/Guardians, siblings, extended family members)		
Technology & Social Media		
My Culture and/or Religion		
My feelings/thoughts		
My values/morals		

Closure:

1. Reflect on your influences above. Choose two influences that could have a negative impact on your sexual health. Explain specific strategies you could take or things you can do to prevent these influences from impacting your decisions surrounding your sexual health.