

Thinking Healthy

To start, you will construct a timeline of your life. This should include past events, present information, and future planned events and information. This activity will give you time to reflect and plan for your life. Please complete all parts (1, 2, and 3) of this assignment.

Complete the following questionnaire to help you with this assignment.

Part 1: QUESTIONNAIRE

1. Birth to age 5: Two or three important events in my life were:

a. _____ at age _____

b. _____ at age _____

c. _____ at age _____

2. Age 6-10: Two or three important events during elementary school were:

a. _____ at age _____

b. _____ at age _____

c. _____ at age _____

3. Age 11-13: Two or three important events during middle school were:

a. _____ at age _____

b. _____ at age _____

c. _____ at age _____

4. Present to end of high school:

a. I want to graduate with a grade point average of _____

b. Two activities I plan to get involved in/have gotten involved in during my high school career are:

1. _____

2. _____

5. After high school:

- a. If I go to college: I plan to study _____ at college.
- b. If I go to college: the type of career I want is _____.
- c. If I don't go to college: I want to get a job as _____.
- d. The salary I expect to earn is _____.
- e. I want to live in _____.
- f. If I decide to get married, I want the person to be _____.
- g. If I decide to have a family, I would like _____ children.
- h. Some hobbies I'd like to have as an adult are _____.
- i. Some career goals I have are _____.
- j. I'd like to retire at age _____ and spend time _____.
- k. Two special places I'd like to visit during my lifetime are
_____ and _____.
- l. By the time I am 75 I'd like to _____.

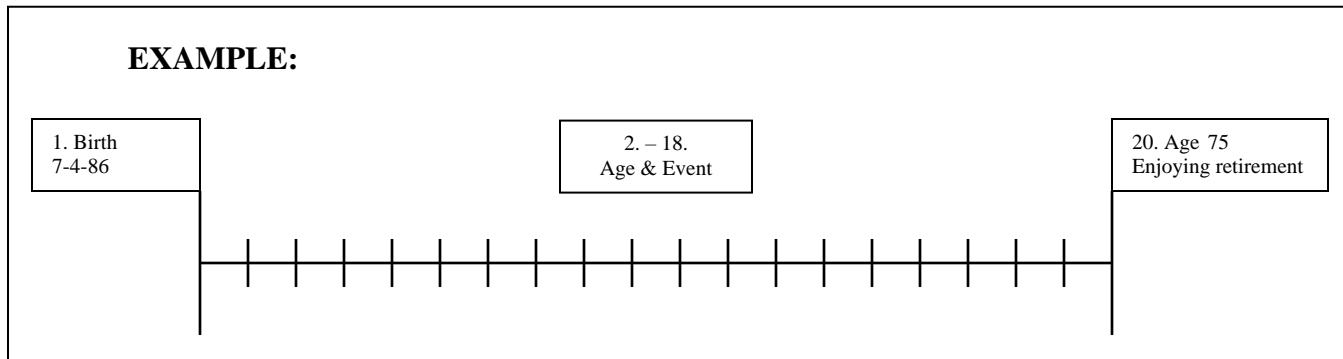
This Is My Life

Part 2: Timeline Creation

1. Create a timeline using the questionnaire you just completed as a guide. Feel free to create your timeline by hand on a piece of paper/poster board OR use any of the Microsoft applications provided to you on your computer.
 - a. Your timeline must include 20 significant events from birth to age 75. At least 12 of your significant events must be from your current age to age 75.
 - b. Please staple your questionnaire to your timeline for full credit.

Total Point Value: _____

EXAMPLE:



	Possible Points
Questionnaire:	10 Points
<ul style="list-style-type: none"> Questions are answered completely and with detail 	
Timeline: <ul style="list-style-type: none"> Timeline is complete including 20 different life events Timeline is representative of life from birth to age 75 <ul style="list-style-type: none"> Minimum of 12 events included 	20 Points

for current age- age 75	
TOTAL	

Part 3: Timeline Reflection

After you have completed your timeline, think about how the decisions you make regarding sexual activity as a teenager could influence the events on the timeline. Select two (2) events on your timeline and write a description to explain how this event might be affected if you were sexually active/sexually involved with someone as a teenager.

Event #1: _____.

How might this event be affected if you were sexually active/sexually involved with someone?

Event #2: _____.

How might this event be affected if you were sexually active/sexually involved with someone?

Part 4: Showing you care WITHOUT risking your health.

Create a visual that displays 5 ways to show you care for someone. These 5 ways should be “safe” but realistic and would eliminate any potential health risks (unwanted pregnancies, STI transmission, social distress, and/or emotional distress). Your visual should also include 5 healthy statements that could communicate care for another person.

Sample Rubric:

Required Elements	Description	Points Possible	Total Points Earned
5 Realistic and Healthy ways to show you care	<ul style="list-style-type: none"> -5 examples included -Each example is realistic and feasible for high school students -Each example represents healthy ways to express care 	15 Points	
Format	<ul style="list-style-type: none"> The visual is designed in a manner that makes it easy to read and understandable -Visual includes title that is appropriate and related to content -No spelling or grammatical errors -At least 3 visuals included that help 	3 Points	

	Further support the overall visuals message		
Total Points Earned:			