



FAMILY LIFE ASSESSMENT

9th Grade Health





Objective:

Predict the potential short & long term impact of sexual health decisions on self and others.

Analyze the influence of family, culture, peers, perceptions of norms, and personal values & beliefs on personal decision making.

- Warm: Up:

1. Have you ever struggled to make a really tough decision?
2. Have you ever made a really tough decision and after you made the decision, you weren't 100% sure it was the right one?



Decision Making



- What are barriers that can prevent a person from making a healthy decision?
- How does decision making change when there are two or more people involved in making the choice?
- What strategies or techniques have you found helpful when you have been faced with a difficult decision?
- Why is it important to think about the consequences (both positive & negative) before making a big decision?

Influences

Internal Influences:

- A person's thoughts and feelings that cause them to make a choice.

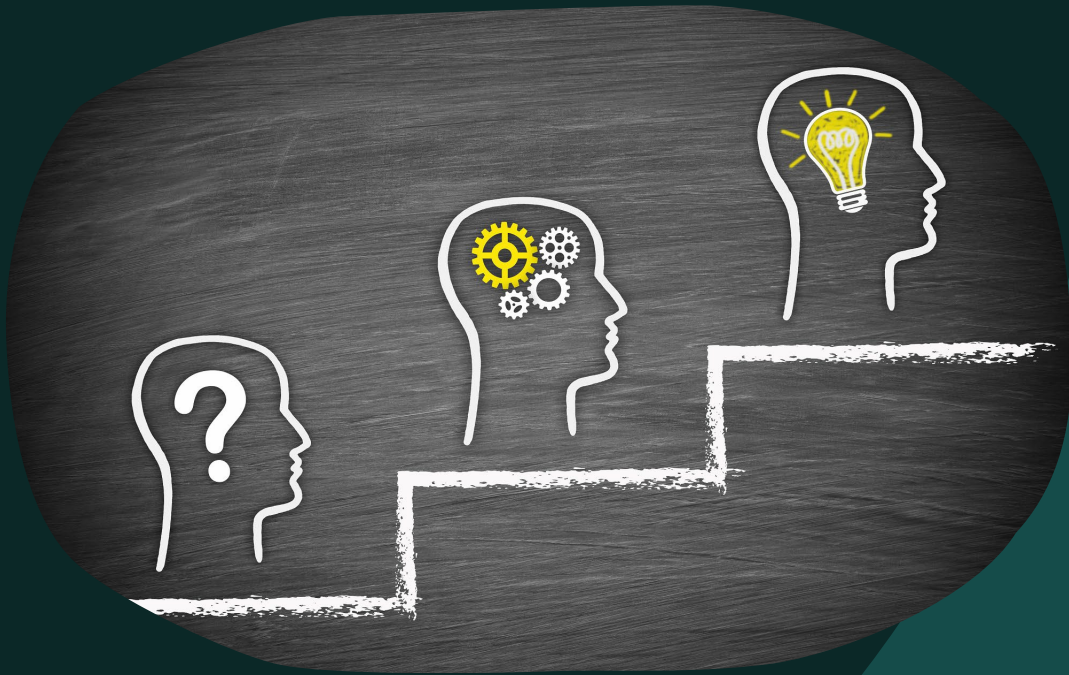
External Influences:

- Outside sources, such as people and media, that cause a person to make a choice.

1. What are some internal influences that may influence a person's decisions surrounding sexual activity?
 - a. How might the influence impact the person's choice?
2. What are some external influences that may influence a person's decisions surrounding sexual activity?
 - a. How might the influence impact the person's choice?



Family Life Assessment



Task:

1. Work through the three choices provided in the scenario.
2. For each choice, analyze the impacts the decision could have on the persons' physical, social, emotional/mental, and spiritual health
3. Analyze your own internal and external influences
 - a. Think about the impact your personal influences have on your sexual health decisions



Objective

Predict the potential short & long term impact of sexual health decisions on self and others.

Analyze the influence of family, culture, peers, perceptions of norms, and personal values & beliefs on personal decision making.

Closure:

1. What impact does a person's sexual health decisions have on themselves?
2. What impact does a person's sexual health decisions have on others?
3. Why is it important to be aware of our personal internal and external influences?