

Skills Worksheet

# Directed Reading

## Lesson: Responsible Peer Relationships

1. Going out socially with a person to whom you are attracted is called

\_\_\_\_\_.

### DATING

- \_\_\_\_\_ 2. Which of the following is a benefit of dating in a group?

- a. It costs less.
- b. It is easier to relax in a group.
- c. You get to know your date more quickly.
- d. You have more time alone with your date.

3. What types of rules for dating should you discuss with your parents?

\_\_\_\_\_  
\_\_\_\_\_

### DATING SAFE PEOPLE

4. List two characteristics of someone who is safe to date.

\_\_\_\_\_  
\_\_\_\_\_

5. What is a good rule of thumb for choosing someone safe to date?

\_\_\_\_\_  
\_\_\_\_\_

### YOU HAVE RIGHTS

6. Name two rights you have in a social relationship.

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\_\_\_\_\_

### HARASSMENT

7. What is *harassment*?

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**Directed Reading *continued***

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**8.** What is *sexual harassment*?

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**RESPECTING OTHERS**

**9.** List four examples of sexual harassment.

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**10.** What should you do if you're being harassed?

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**11.** Name two ways to show respect to others.

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**Lesson: Abstinence**

**WHAT IS SEXUAL ACTIVITY?**

**12.** Define *sexual activity*.

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**13.** What are two sexual crimes prohibited by law in all states?

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**SEX IS NOT INTIMACY**

\_\_\_\_\_ **14.** Which is the best definition of the term *intimacy*?

- a.** a strong emotional bond between people
- b.** a strong relationship that includes sexual activity
- c.** a relationship that is new and exciting
- d.** any sexual relationship between two people

**Directed Reading** *continued*

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- 15.** Explain why sex and intimacy are not the same thing.

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**INFLUENCES ON SEXUAL ATTITUDES**

- 16.** What are two things or people that influence your sexual attitudes?

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- 17.** Social principles held by an individual, group, or society are called

\_\_\_\_\_.

**HOW TO SHOW AFFECTION**

- 18.** The deliberate choice to refrain from engaging in sexual activity is called

\_\_\_\_\_.

- 19.** List two ways to have fun on dates without sex.

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**RESISTING SEXUAL PRESSURE**

- 20.** What is one way to recognize sexual pressure?

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- 21.** What is an exit strategy?

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**Directed Reading** *continued*

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**Lesson: Dating and Violence**  
**ABUSE**

\_\_\_\_\_ **22.** What is the best definition of the term *abuse*?

- a.** indirectly controlling someone's actions
- b.** treating someone in a harmful way
- c.** causing bodily harm to another person
- d.** using words to hurt another person

**23.** What are three types of abuse?

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**24.** Describe people who can be the victims of abuse.

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**VERBAL ABUSE**

**25.** The act of indirectly controlling someone's actions by playing on their desires and fears is \_\_\_\_\_.

**26.** An abuser, in most cases, wants the victim to be insecure to keep the abused person from \_\_\_\_\_.

**PHYSICAL AND SEXUAL ABUSE**

**27.** Define the term *physical abuse*.

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**28.** Define the term *sexual abuse*.

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**RAPE**

**29.** Define *rape*.

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## **Directed Reading** *continued*

**30.** Why are many rapes not reported?

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**31.** What is *date rape*?

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**32.** List three ways to protect yourself from rape.

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### **DEALING WITH VIOLENCE**

\_\_\_\_\_ **33.** What immediate action should you take if you have been raped?

- a.** shower
- b.** go to the emergency room
- c.** change your clothes
- d.** clean up

## **Lesson: Consequences of Sexual Activity**

### **EMOTIONAL RISKS**

**34.** What are two reasons that teen sex results in guilt and anxiety?

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### **SOCIAL RISKS**

**35.** List three reasons why a sexually active teen's social relationships might suffer.

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## **Directed Reading** *continued*

- 36.** In order to fit in with new friends, what three other risky behaviors are sexually active teens likely to do?

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### **PHYSICAL RISKS**

- 37.** Name two physical risks of sexual activity.

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### **DEALING WITH THE CONSEQUENCES OF SEX**

- 38.** Name two sources of help for teens facing depression due to sexual activity.

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## **Lesson: Teen Pregnancy**

### **IT'S AN EPIDEMIC**

- 39.** About how many American teens get pregnant each year?

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- 40.** The use of alcohol or other drugs increases the risk of having an

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### **TEEN PREGNANCY AFFECTS EVERYONE**

- 41.** How does teen pregnancy affect the teen father and mother?

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- 42.** How does teen pregnancy affect the child and families of the teen parents?

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**Directed Reading** *continued*

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**FUTURE IMPACT OF TEEN PREGNANCY**

\_\_\_\_\_ **43.** How does pregnancy affect the education of teen mothers and fathers?

- a.** They are more likely than other students to go to college.
- b.** They are more likely than other students to finish high school.
- c.** They are less likely than other students to finish high school.
- d.** They are more likely than other students to be honor students.

\_\_\_\_\_ **44.** Without a high school diploma, teen parents are likely to

\_\_\_\_\_ other people.

- a.** have more fun than
- b.** make less money than
- c.** make more money than
- d.** make just as much money as

**45.** Within five years of a child's birth, many teen mothers have to get

\_\_\_\_\_.

**RESPONSIBILITY OF TEEN PARENTS**

**46.** What kinds of support must parents provide for their children?

\_\_\_\_\_  
\_\_\_\_\_

**Lesson: Sexually Transmitted Diseases**

**47.** Define *sexually transmitted disease*.

\_\_\_\_\_  
\_\_\_\_\_

**COMMON STDs**

**Match each description in the left column with the correct term from the right column. Write the letter in the space provided.**

\_\_\_\_\_ **48.** common causes of STDs

\_\_\_\_\_ **49.** a curable STD

\_\_\_\_\_ **50.** an incurable STD

\_\_\_\_\_ **51.** the only 100% effective way to prevent STDs

- a.** genital herpes
- b.** abstinence
- c.** viruses, protozoa,  
and bacteria
- d.** gonorrhea

## **Directed Reading** *continued*

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**52.** Why doesn't using condoms eliminate the risk of catching an STD?

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## **Lesson: HIV and AIDS**

**53.** What does *HIV* stand for?

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### **HOW ARE HIV AND AIDS DIFFERENT?**

\_\_\_\_\_ **54.** What is AIDS?

- a.** a virus
- b.** a disease
- c.** a part of the immune system
- d.** a bacterium

**55.** What body system is attacked by HIV?

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**56.** What type of cells does HIV destroy?

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**57.** What is the last stage of HIV infection?

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### **TRANSMISSION OF HIV**

\_\_\_\_\_ **58.** Which activities do NOT transmit HIV?

- a.** sharing needles to use drugs
- b.** sexual activity
- c.** hugging, shaking hands, and casual contact
- d.** from an infected pregnant woman to her baby during pregnancy

**59.** Name three body fluids that can carry HIV.

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### **HOW HIV ATTACKS THE BODY**

**60.** When HIV enters a person's bloodstream, it injects genetic material into

T cells and makes hundreds of \_\_\_\_\_ of itself.



## Directed Reading *continued*

61. Six to 12 weeks after HIV enters the bloodstream, new B cells form which release \_\_\_\_\_ to help the immune system fight disease.

### DIAGNOSIS AND TREATMENT

62. HIV infection can be detected using an \_\_\_\_\_.
63. What does *HIV positive* mean.

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64. Scientists have developed \_\_\_\_\_ to treat HIV infection, for which there is no known cure.

65. How can you eliminate the risk of contracting HIV?

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## Lesson: Reducing the Risks

Match the term in the left column with the correct description from the right column. Write the letter in the space provided.

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|--------------------------|--|
| _____ 66. contraceptives | a. a device or drug designed to reduce the risk of pregnancy |
| _____ 67. contraception  | b. using a device or drug to reduce the risk of pregnancy    |

### TYPES OF CONTRACEPTION

- \_\_\_\_\_ 68. What is one common barrier contraceptive?
- a. oral contraceptives
  - b. injection
  - c. implant
  - d. condom

69. How do hormonal contraceptives work?

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70. Why is withdrawal an ineffective way to prevent pregnancy?

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**Directed Reading** *continued*

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**71.** Why is douching an ineffective way to prevent pregnancy?

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**FAILURE RATES OF CONTRACEPTION**

\_\_\_\_\_ **72.** What is the typical use failure rate for all couples using condoms?

- a.** 14%                      **c.** 17%  
**b.** 20%                      **d.** 5%

**73.** What is the difference between perfect use failure rate and typical use failure rate?

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**74.** Why are contraceptive typical use failure rates for teens higher than the typical use failure rates for adults?

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**ABSTINENCE: PLAYING IT SAFE**

**75.** Contraceptives must be used \_\_\_\_\_ and \_\_\_\_\_ to be effective.

**76.** Why don't many contraceptives provide protection against STDs and HIV?

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**77.** What is the only 100 percent effective way to eliminate the risk of pregnancy, STDs, and HIV?

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**MISCONCEPTIONS ABOUT CONTRACEPTION**

**78.** Why should contraceptives be used during every act of sex?

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