



Books

- **"Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships,"** Bell, A. and Bell, R. 1998. **Recommended for grades 8 and up.*
- **"The Go Ask Alice Book of Answers: A Guide to Good Physical, Sexual and Emotional Health,"** Columbia University's Health Education Program. 1998. **Recommended for grades 8 and up.*

Videos

- **"Just Thought You Oughta Know,"** The Medical Institute. (800) 892-9484.
- **"Sex: Everyone's Doin' It ... Not!,"** (www.pbs.org/inthemix/)

Web sites

- The National Campaign to Prevent Teen Pregnancy, <http://teenpregnancy.org>
- Planned Parenthood, www.plannedparenthood.org
- Healthfinder, www.healthfinder.gov

Surviving Adolescence Outreach:

Pressure

Suggested CHEC-out activities

1 Risky business

Divide your class into four groups. Give each group an index card with a pressure situation listed. Assign each group the task of pressuring one person to participate in the risky behavior and one person in the group must persuade the others *not* to participate in the risky behavior. Ask each group to be prepared to present their role plays to the class.

2 Sex and the media

Record a television show that targets teens. Have students watch the episode and discuss the sexual messages that are conveyed. Does the episode promote abstinence or having sex? Does each episode address the possible consequences of sex?

3 Public service announcements

Have students work in small groups to create public service announcements that encourage teen abstinence. They could focus on the consequences of sex, characteristics of a healthy relationship or healthy activities that can occur on a date. Encourage students to be creative. Have groups share their announcements with the class.

4 Personal journal

Encourage students to start a private journal. Ask students to think about their sexual limits. They can include a "what if" section in the journal. What would they do if they were being pressured to have sex by a boyfriend or girlfriend? What would they do if their friends were pressuring them to have sex because "everyone is doing it?"