



Children's Health  
Education Center™

A member of Children's Hospital and Health System.



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## Resources

### Book

- **“Changing Bodies, Changing Lives: Expanded Third Edition: A Book for Teens on Sex and Relationships**, Bell, R., Three Rivers Press, 2008.  
*\*Recommended for grades 8 and up.*

### Videos

- **“Sex: Everyone’s Doin’ It ... Not!”**, Castleworks, 800-597-9448.
- **“Abusive Relationships: Get Help, Get Out”**, Castleworks, 800-597-9448.

### Web sites

- Wisconsin Coalition Against Sexual Assault,  
[www.wcasa.org](http://www.wcasa.org)
- U.S. Department of Health and Human Services Office on Women’s Health,  
[www.4girls.gov](http://www.4girls.gov)
- TeensHealth,  
[www.teenshealth.org](http://www.teenshealth.org)

## Relationships

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### Suggested CHEC-out activities

#### 1 Who do you trust?

As a class, brainstorm individuals in students’ lives whom they trust and who could offer them assistance in difficult situations. Role play situations students may be involved in and how they can approach their trusted adult and talk to that person about their situations.

#### 2 Sexual harassment

Discuss sexual harassment with your students. Talk about the policy at your school and explain that work places also have sexual harassment policies. Have the class brainstorm a list of behaviors or words that could be considered sexual harassment.

#### 3 Public service announcements

Have students research teen dating violence. In groups, they can create public service announcements using the information they find. They can share the announcements with the class or school.

#### 4 Jealousy

Discuss what the word jealousy means. Have students create a list of characteristics typically seen in a jealous person. Is this healthy? Encourage students to share personal experiences with jealousy in their relationships and how they dealt with it.