

# SEX

There is a time for it, but it's not now!!

## Let's talk About Sex!

### Lesson Summary

Teacher: 30 Minutes

There is a time for sex but not when you are a kid.

### Define it:

There's a time for sex but it's not when you're a kid. Why? Because it involves our emotions, and it takes a while for healthy emotions to grow in the brain. A human's brain doesn't fully develop until age 25! So if you are thinking about having sex or already having it, you're moving too fast!!



### Let's Talk:

What can happen when we move too fast:

1. You can set yourself up to be emotionally scarred by a bad experience.
2. You could rush into acting like an adult and have adult consequences like pregnancy.
3. You could get a sexually transmitted disease. These are just a few of the results of moving too fast!!

# Let's Talk More.

Let's talk about ways we can let sex happen in its time:

1. We can focus on being a kid and not allow friends to pressure you into thinking having sex underage is normal and healthy...it's not!!
2. We can focus on being successful at school and not isolate ourselves from healthy people who want to help us succeed!
3. We can talk to a teacher or parent, someone whom we trust and who cares about us, for guidance.
4. Most importantly!! it starts with valuing you enough to protect yourself from harm, emotionally, physically, mentally, and sexually; so WAIT until your brain is ready to make the right decision!!



**Your  
Takeaway.**



**There is a time for it, but it's not now!!**



**Video and Discussion: Unhealthy Relationships – 10-15 Minutes**



**There is a time for it, but it's not now!!**

**It is more important how you see yourself than how someone else sees you!!**

**Because you live with you every day...every second and you need to get along with you first!**

**Every living creature on this planet knows about sex! It comes easy and it's normal because it has a purpose...to procreate!!**

**We are the only mammals with a brain large enough to process past survival and procreation. If we don't plan to procreate, we should wait!!**

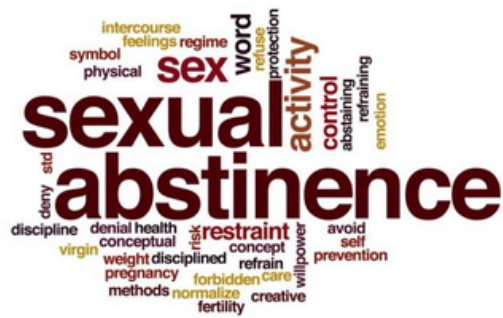
**What are some reasons having sex as a kid can be harmful?**

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**It's never too late to change direction!! Give your brain time to catch up to your body by thinking before you act, seeing yourself as valued, and asking someone you trust for more information!**



**After you complete this assignment, take it home to remind yourself.**