



Reproductive and Sexual Health

Puberty and Adolescence

Sexual Health & Wellness TEKS
Supplement to The Success Sequence Program

Grade 6 - Game Plan

The human body contains a “reproductive system” by which humans are able to “reproduce” themselves through childbearing. Without a reproductive system, no one would be able to have children, and without children, humans would no longer exist. So it is necessary for humans to reproduce themselves in order for the human race to survive.

Early in life, the reproductive system is not fully developed and is unable to produce a child. Everyone is different, but beginning around age 11 or 12, the human body begins to change, and the reproductive system begins to develop. This transition within the body is referred to as “puberty.” As a result of puberty the human body becomes able to reproduce children. Puberty is then followed by a time called “adolescence” in which a child transitions into an adult fully capable of bearing children.

Key Terms

Puberty: The time of life when a child experiences physical and hormonal changes that mark a transition into adulthood. The child develops secondary sexual characteristics and becomes capable of reproduction.

Adolescence: The transition from childhood to adulthood following the onset of puberty.

Hormones: These are the body’s chemical messengers that travel throughout your body and affect many different processes.

Transition to Adulthood through Puberty:

Child	Puberty	Adolescent	Adult
Cannot Reproduce	Reproduction System Developing	Can Reproduce	

When Puberty Begins

The average age for puberty to begin for girls is 11, while for boys the average age is 12. But it is perfectly normal for puberty to begin at between the ages of 8 and 13 in girls and 9 and 14 in boys.

Puberty can be an awkward time because the body is changing. For each person, these changes can take place at different times. Sometimes heredity plays a role in this as well. In the end, each person is unique, and thus everyone develops at different paces.

When the body reaches a certain age, the brain releases special hormones that start the changes of puberty.¹

- For boys, these hormones travel through the blood and give the testes the signal to begin the production of testosterone and sperm. Testosterone is the hormone that causes most of the changes in a boy's body during puberty. Sperm cells must be produced for men to reproduce.
- In girls, a different hormone targets the ovaries, which contain eggs and are the female reproductive cells that have been present since birth. The hormones stimulate the ovaries to begin producing another hormone called estrogen, which along with other hormones, causes a girl's body to mature and prepares her body for pregnancy.

Boys and girls experience many of the same physical and emotional changes during puberty. For example, both boys and girls may get acne, which is caused by overactive oil glands in the skin and a buildup of oil, dead skin cells, and bacteria, which leads to inflammation (swelling and redness) in the pores. Oil glands get stimulated when hormones become active during puberty. A growth spurt is also common during puberty, which can last two to three years. This brings one closer to his or her adult height, which is reached after puberty.

Sex-Specific Physical Changes	
Boys	Girls
Puberty usually begins with the testicles and penis getting bigger.	The first sign of puberty is usually breast development.
Then hair grows in the pubic area and underarms.	Then hair grows in the pubic area and armpits.
Muscles grow, shoulders broaden, the voice deepens, and facial and chest hair develops	The hips widen as the body prepares for future reproduction.
The body begins producing sperm, the male reproductive cell.	Menstruation (or a period) usually happens last.

What Happens When a Girl Gets Her Period?

Girls have two ovaries, and each ovary holds thousands of eggs. During the menstrual cycle, one of the eggs comes out of an ovary and begins a trip through the fallopian tube, ending up in the uterus (the uterus is also called the womb).³

Before the egg is released from the ovary, the uterus has been building up its lining with extra blood and tissue. If the egg is fertilized by a sperm cell, it stays in the uterus and grows into a baby, using that extra blood and tissue to keep it healthy and protected as it's developing. Most of the time, though, the egg is only passing through.³

When the egg is not fertilized, the uterus no longer needs the extra blood and tissue, so it leaves the body through the vagina as a menstrual period. A period usually lasts from 5 to 7 days, and about 2 weeks after the start of the period a new egg is released, which marks the middle of each cycle.³

Along with other hormones, estrogen plays an important part in the menstrual cycle. These hormones coexist in a delicate balance to keep one's periods regular. Estrogen peaks in the days leading up to

ovulation, when your ovaries release an egg during the middle of a cycle. Estrogen thins the cervical mucus, a fluid sperm must swim through to reach and fertilize an egg, thus increasing the chance of fertilization. Estrogen also thickens the lining of the uterus (endometrium) to prepare it for pregnancy.⁴

The average length of a menstrual cycle is 28 days, but every woman's cycle is different and can range from 21 to 35 days. Changes in hormone levels, stress, certain health conditions, and medications can all play a role in causing irregular periods.⁴

During a period, a female may feel lower abdominal cramps, breast tenderness and moodiness. These are all normal symptoms that may last a few days.

Hormones Affect More than Physical Changes

Just as the body is adjusting to all the new hormones, so is a person's mind and emotions. This often includes strong emotions that one has not previously experienced, including anxiousness about the rapid physical changes. Feeling overly sensitive or become easily upset is common, and some teens lose their tempers more than usual and get angry at their friends or families.²

Sometimes it can be difficult to deal with these new emotions, even amongst friends and family. But this is often the brain trying to adjust to the changes. And while the adjustment can feel difficult in the beginning, it will gradually become easier. It can help to talk to someone and share the burden of these intense feelings — perhaps a friend, a parent, an older sibling, or an adult who's gone through it all before.²

Social Development During Adolescence

Along with physical and emotional changes, this is also a time characterized by social changes and development. During adolescence, social circles expand as more time is spent away from the family with an increased network of friends, teammates, co-workers, romantic partner, mentors, and more.

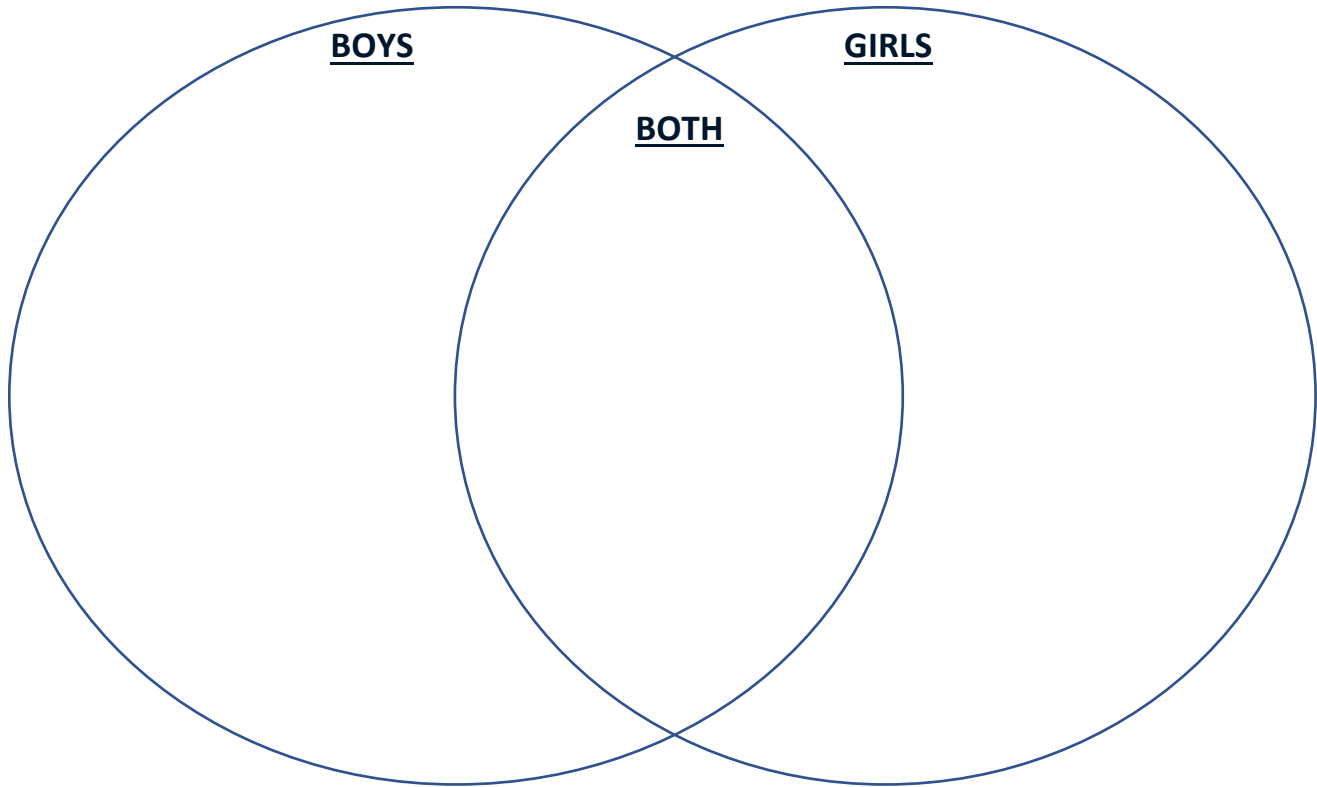
The changes that adolescents experience with their brain, hormones, emotions, and bodies also prepare them to take on more complex social roles. Cognitive and emotional development work together to help adolescents have deeper conversations and show empathy for others as well as better express their emotions. Along with the physical development, adolescents are becoming more adult-like and may be entrusted with greater responsibility and increased independence. They may take on new social roles as well such as a leadership position in school or being on an athletic team, serving at church or a volunteer organization in the community, being a romantic partner or taking on a part-time job.⁵

This increased independence also means they have more control over the types of relationships and friendships they develop. This may increase the opportunity for risk behaviors such as alcohol, drugs, and non-marital sexual activity. By developing a game plan beforehand, you will be better equipped to handle these situations with wisdom and discernment. By maintaining open lines of communication with parents and trusted adults in their life, there will also be a support system already in place should such critical moments occur in one's experience.⁵



Puberty and Adolescence Worksheet

Part 1: Compare and Contrast: Complete the diagram by listing the different physical, emotional and social changes that occur in boys and girls during puberty.



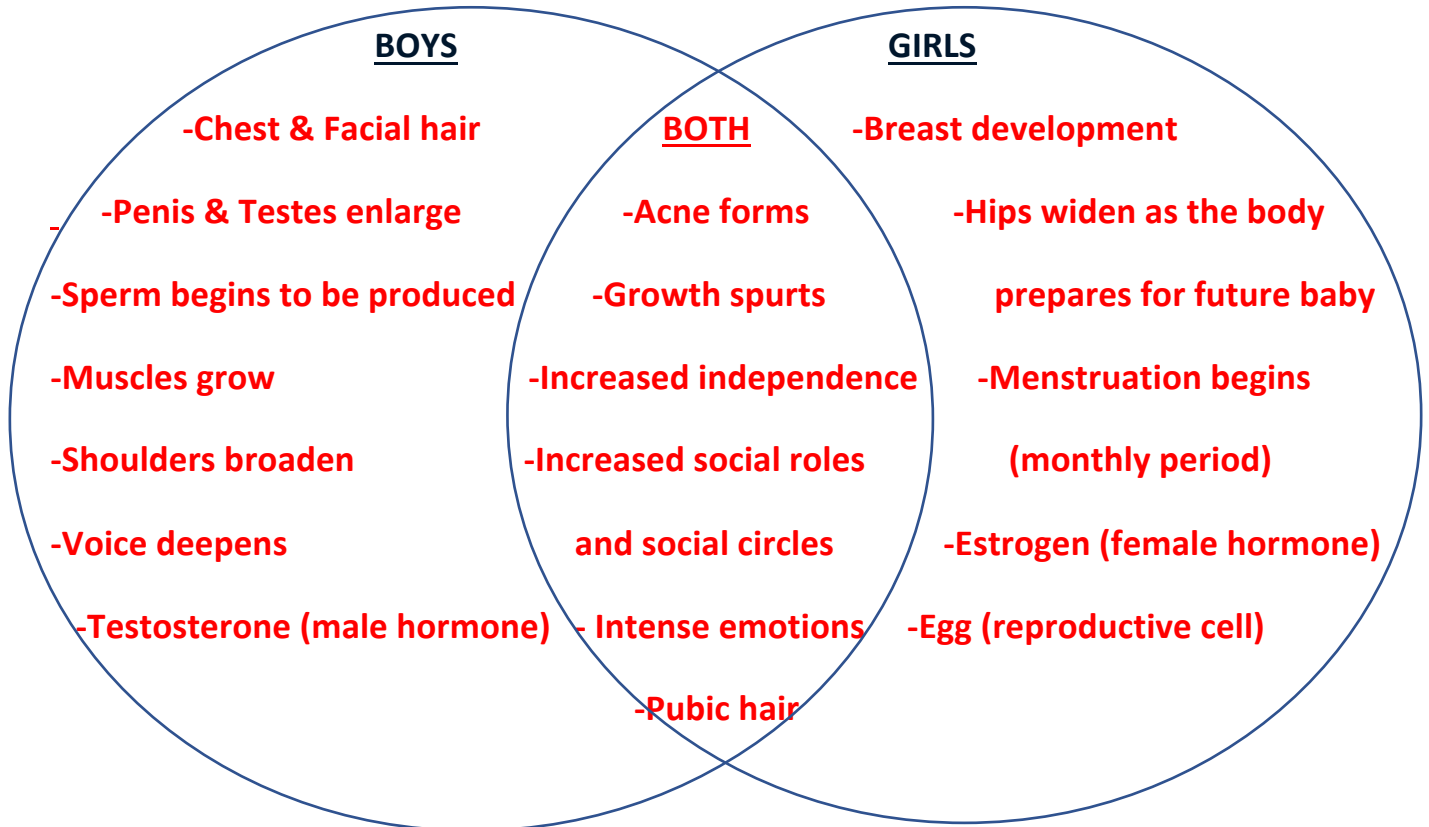
Part 2. Matching: Match the vocabulary word with the definition.

- | | |
|--|-----------------|
| ___ The female reproductive cell. | A. Testosterone |
| ___ The transition from childhood to adulthood. | B. Menstruation |
| ___ Chemical messengers in the body that initiate changes to different processes. | C. Puberty |
| ___ When the body develops secondary sexual characteristics and becomes able to reproduce. | D. Adolescence |
| ___ The hormone that causes most of the physical and emotional changes in boys. | E. Estrogen |
| ___ The male reproductive cell. | F. Sperm |
| ___ When an unfertilized egg cell is released from a woman. | G. Egg |
| ___ The hormone that causes most of the physical and emotional changes in girls. | H. Hormones |



Puberty and Adolescence Worksheet

Part 1: Compare and Contrast: Complete the diagram by listing the different physical, emotional and social changes that occur in boys and girls during puberty.



Part 2. Matching: Match the vocabulary word with the definition.

- | | |
|---|-----------------|
| <u>G</u> The female reproductive cell. | A. Testosterone |
| <u>D</u> The transition from childhood to adulthood. | B. Menstruation |
| <u>H</u> Chemical messengers in the body that initiate changes to different processes. | C. Puberty |
| <u>C</u> When the body develops secondary sexual characteristics and becomes able to reproduce. | D. Adolescence |
| <u>A</u> The hormone that causes most of the physical and emotional changes in boys. | E. Estrogen |
| <u>F</u> The male reproductive cell. | F. Sperm |
| <u>B</u> When an unfertilized egg cell is released from a woman. | G. Egg |
| <u>E</u> The hormone that causes most of the physical and emotional changes in girls. | H. Hormones |

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Reproductive and Sexual Health Fertilization and Reproduction

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Fertilization & Reproduction^{1,2}

Following the onset of puberty, each person passes into adolescence. At this time a female is able to become pregnant and reproduce. In order for reproduction to take place the female egg must be fertilized by the male sperm.

Approximately once a month, a woman's body releases an egg (female sex cell) from one of her two ovaries. The egg travels through one of her two fallopian tubes and into the uterus. If sexual intercourse occurs during this time, the egg may become fertilized (joined) by the sperm (male sex cell). The new cell formed by fertilization is called a *zygote*. The zygote begins to move through the fallopian tube to the uterus. The zygote begins to rapidly divide and multiple and, after about 7 days, more than 100 cells have been formed. This new ball of cells is called an *embryo* and it attaches to the lining of the uterus. After nine weeks of development the embryo is called a *fetus*. It will continue to grow and develop for the remainder of the pregnancy, which lasts about 40 weeks.

Key Terms:

Fertilization: the process by which the sperm and egg combine to create a zygote.

Conception: The point at which the egg is fertilized by the sperm.

Zygote: an egg that has been fertilized by a sperm

Embryo: term that describes the initial stage of development of a baby. This stage occurs right after fertilization is complete.

Fetus: term that describes a developing baby during the fetal stage of prenatal development

Three stages of fetal development?^{2,3}

During a pregnancy, the baby is quickly developing and changing. This period is known as *prenatal development*, and it consists of three distinct stages.

1. **Germinal Stage** (0-2 Weeks)

The first two weeks after fertilization are known as the **Germinal Stage**. This stage begins when the sperm and egg cell unite in one of the two fallopian tubes. The fertilized egg is called a zygote. Shortly after the fertilization process, the zygote begins making a journey down the fallopian tube to the uterus. The zygote begins to divide and multiply into many new cells. Once the zygote attaches to the uterus the next stage begins.

2. **Embryonic Stage** (3-8 Weeks)

The third through the eighth week is known as the **Embryonic Stage**. The ball of new cells is known as the embryo. During this stage the embryo develops a brain, basic organs, and the heart begins to beat.

3. **Fetal Stage** (9 Weeks-Birth)

The final stage lasts from the ninth week to birth. This stage is called the **Fetal Stage**. At this point the embryo has developed into a fetus. The fetal stage of prenatal development contains many changes in the brain and by the twelfth week the fetus has developed all body parts, including fingers and toes. Throughout the rest of this stage/pregnancy the fetus will continue to grow in length and weight until it is born.



Personal Safety, Limits, Boundaries, and Sexual Risk Worksheet

Part 1: Place the following words in the correct order of development.

Zygote Fetus Egg & Sperm Embryo Baby

1. _____ 2. _____ 3. _____
4. _____ 5. _____

Part 2: Use the words below to fill in the blanks.

fertilization zygote fetus embryo sperm

Humans reproduce through processes called reproduction and _____. Fertilization is when an egg cell from a female and a _____ cell from a male combine and form a _____. The zygote attaches to the lining of the uterus and begins to divide and multiply. The new ball of cells is called an _____. After nine weeks, the embryo is called a _____. It will remain a fetus for the remainder of the pregnancy.

Part 3: Answer the following questions:

1. When an egg cell and sperm cell combine what is this process called?
2. Where does a fertilized egg cell develop into a fetus?
3. How many stages are there of fetal development?
4. How long does the total process of fetal development last?

Part 4: Match the following fetal development stages with the correct time frame.

Germinal Stage	9 weeks - birth
Embryonic Stage	0-2 weeks
Fetal Stage	3-8 weeks



Personal Safety, Limits, Boundaries, and Sexual Risk Worksheet

ANSWER KEY

Part 1: Place the following words in the correct order of development.

Zygote Fetus Egg & Sperm Embryo Baby

1. Egg & Sperm 2. Zygote 3. Embryo
4. Fetus 5. Baby

Part 2: Use the words below to fill in the blanks.

fertilization zygote fetus embryo sperm

Humans reproduce through processes called reproduction and fertilization. Fertilization is when an egg cell from a female and a sperm cell from a male combine and form a zygote. The zygote attaches to the lining of the uterus and begins to divide and multiply. The new ball of cells is called an embryo. After nine weeks, the embryo is called a fetus. It will remain a fetus for the remainder of the pregnancy.

Part 3: Answer the following questions:

1. When an egg cell and sperm cell combine what is this process called? **Fertilization**
2. Where does a fertilized egg cell develop into a fetus? **The lining of the uterus**
3. How many stages are there of fetal development? **Three**
4. How long does the total process of fetal development last? **Typically, 40 weeks**

Part 4: Match the following fetal development stages with the correct time frame.

Germinal Stage	9 weeks - birth
Embryonic Stage	0-2 weeks
Fetal Stage	3-8 weeks

Sources:

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Reproductive and Sexual Health

Personal Safety, Limits, Boundaries, and Sexual Risk

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Grade 6 – Game Plan

Sex is like Fire

Have you ever thought about whether fire is good or bad? In a controlled environment, fire it can be very good. It can heat your home on a cold winter night. It can provide nice hot water for your shower. It can be used to cook a delicious hot meal. But when fire is out of control it can do great damage. It can burn down a house. It can burn down a city. It can burn down an entire forest. Lives can be endangered. Fire can be good or bad, depending on the context.



Sex is a lot like that fire. It can be good or bad. This book talks about the importance of marriage, because marriage is the controlled environment, or context, where sexual activity has a layer of safety and protection from harm. In marriage, sex can produce intimacy between the married couple, and it can lead to the reproduction of children to create a family. However, sex can also be abusive and harmful. Marriage isn't always perfect, but sexual abuse and harassment are more likely to occur outside of the protection that marriage provides. The purpose of this lesson is to help you learn how to set and respect personal boundaries. It will also help you learn how to reduce the risk of sexual harassment, sexual abuse, and sexual assault.

CDC Fast Facts on Sexual Abuse⁵

Many children wait to report or never report child sexual abuse. Therefore, the numbers below likely underestimate the true impact of the problem. Although estimates vary across studies, research shows:

- About 1 in 4 girls and 1 in 13 boys in the United States experience child sexual abuse.
- The majority of sexual abuse (91%) is committed by a family member or family friend.

If you or someone you know is a victim of sexual abuse, it is not your fault, or their fault. Sexual abuse is taking advantage of another person and has nothing to do with the person who suffers as a result. That person has been wronged. Regardless of what someone else does, everyone reserves the right to make their own decisions regarding sexual activity, and anyone who has experienced sexual abuse still has the opportunity to choose to save all sexual activity for marriage. This is the safest, healthiest option available, regardless of what someone else has done. No one can make this choice for you, and no one else can take it away.

Abuse comes in many forms. It can be emotional, physical, verbal, or exploitive. Sexual abuse is one form of abuse. but this lesson applies to the broader range of abusive behavior including:

Key Terms

Harassment is when a person commits an offense with the intent to harass, annoy, alarm, abuse, torment or embarrass another person. This can be done through verbal or electronic communication.¹ Harassment targets a person based on race, religion, or sex and is a criminal offense. **Cyberbullying** is an online, electronic type of harassment.

Sexual Harassment occurs when the offense is obscene, meaning it contains obvious and clear offensive descriptions of a sex act or a demand to commit a sex act.

Sexual Abuse can include any act defined below.

Indecency with a child under 17 is punishable by law and is considered a 2nd degree felony and includes engaging in any sexual contact with a child or causing the child to engage in any sexual contact. Sexual Contact includes any touching, including through clothing.³

Sexual Assault occurs when unwanted sex or sexual actions are attempted and completed against a person's will or when the victim cannot consent because of age, disability, or the influence of alcohol or drugs. ²

Sex Trafficking is a form of modern slavery in which a person is forced to perform sexual acts that are against their will.

Potential Social and Emotional Impacts of Abuse

All of the terms listed in the box above can cause trauma in the life of the one who is abused. Everyone reacts to trauma differently. Here are some common feelings and emotions associated with trauma in this area:

- | | |
|---|---|
| <ul style="list-style-type: none">• Feelings of guilt, shame, or confusion• Loneliness or isolation• Withdrawal from friends and family• Fear of reporting the abuse, especially if the abuser is an adult or family friend• Eating Disorders | <ul style="list-style-type: none">• Withdrawal from usual activities• Depression, anxiety, or unusual fears• Loss of self-confidence• Difficulty sleeping• Frequent school absences• Post Traumatic Stress Disorders |
|---|---|

Preventative Measures

- Recognize the signs of abuse for yourself and others.
- Work to develop increased communication with parents and trusted adults, so if a potentially dangerous situation arises, you will have well established relationships with people you trust.
- If you have experienced abuse, ask your parent(s) to help you obtain proper counseling.
- Develop skills in conflict resolution and healthy communication.
- Surround yourself with healthy relationships.
- Recognize and avoid unsafe situations that heighten the risk of abuse, such as places where drugs and alcohol are used.
- Avoid abusive relationships and situations.
- Do not excuse the abuser. There are no excuses.
- Don't blame yourself. It's not your fault.



Reporting Abuse

If a situation arises where you feel unsafe or are propositioned in any way, you should always firmly reject such advances and go immediately to your parent, teacher, trusted adult, or law enforcement. Important steps to take:

- Immediately report abuse to a person in authority.
- Parents, teachers, social workers, pastors, and healthcare professionals are all people who can help.
- Call an Abuse Hotline

Abuse Hotlines

Childhelp National Child Abuse Hotline 1-800-422-4453	National Sexual Assault Hotline (RAINN) 1-800-656-4673
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Sexual Health- Sexual Risk

Legal Protection from Abuse

There are laws protecting individuals from abuse, but the abuse must be reported. Once reported, a state agency or law enforcement agency will gather information. If abuse has occurred, the offender will be charged with a criminal offense and an arrest may be made. Those who commit abuse may be required to receive therapy and treatment. They may be charged and, if found guilty, sent to prison.

Texas law specifies unlawful acts and ramifications for sexual offenders who are brought before a court of law and convicted. Texas law intends to protect victims of sexual harassment, sexual abuse, indecency with a child, and sexual assault.

Age of Consent

- **What is the legal age of consent?** Consent is an agreement between participants to engage in sexual activity. In the U.S., laws to define consent and the age of consent are different in every state. In Texas the age of consent is 17.⁴
- **What does this mean?** Before the age of consent (17) one cannot legally consent to sexual activities.
- **How could that affect a student?** If someone 17 years old or older participates in sexual acts with someone younger than 17, they could be convicted of sexual offense crimes.

Possible Punishment for Sex Crimes

Indecency with a child, sexual assault and aggravated sexual assault are all felony charges.

Defendants who are charged with any classification of felony may also be fined up to \$10,000. Additionally, all people who are convicted of sex crimes, despite their charges, must register as sex offenders.^{9,10}



Bottom Line: Never pressure or force someone into sexual activity. It is unwise, unloving, and illegal.



Personal Safety, Limits, Boundaries, and Sexual Risk Worksheet

Part 1. Matching: Match the vocabulary word with the best corresponding sentence.

- | | |
|--|----------------------|
| _____ An example of this is when someone is forced into prostitution. | A. Cyberbullying |
| _____ Intentionally posting false statements about someone online. | B. Human Trafficking |
| _____ This comes in various forms, including exploitation, physical and verbal. | C. Sexual Assault |
| _____ Intentionally making someone else feel shame, guilt and lack of self-worth. | D. Abuse |
| _____ Repeatedly making unwarranted sexual comments towards another person. | E. Harassment |
| _____ Unwanted sexual actions attempted or completed against a persons will. | F. Sexual Harassment |
| _____ Unwelcomed behaviors towards another person such as: annoying, alarming, teasing, tormenting, etc. | G. Emotional Abuse |
| _____ Broad category of sexual actions made towards a child. | H. Sexual Abuse |

Part 2. Short Answer:

1. When should you tell a parent or trusted adult if you or someone you know is experiencing abuse?

2. What types of relationships help prevent abusive situations? _____

3. Name 3 emotional or social impacts that may result from abuse.

4. Why should you avoid situations where drugs and alcohol are being used?

5. Name two trusted adults in your life: _____

6. Why is it important that you can identify trusted adults now?



Personal Safety, Limits, Boundaries, and Sexual Risk - **KEY**

Part 1. Matching: Match the vocabulary word with the best corresponding sentence.

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|---|----------------------|
| ___ B ___ An example of this is when someone is forced into prostitution. | A. Cyberbullying |
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| ___ D ___ This comes in various forms, including exploitation, physical and verbal. | C. Sexual Assault |
| ___ G ___ Intentionally making someone else feel shame, guilt and lack of self-worth. | D. Abuse |
| ___ F ___ Repeatedly making unwarranted sexual comments towards another person. | E. Harassment |
| ___ C ___ Unwanted sexual actions attempted or completed against a persons will. | F. Sexual Harassment |
| ___ E ___ Unwelcomed behaviors towards another person such as: annoying, alarming, teasing, tormenting, etc. | G. Emotional Abuse |
| ___ H ___ Broad category of sexual actions made towards a child. | H. Sexual Abuse |

Part 2. Short Answer:

1. When should you tell a parent or trusted adult if you or someone you know is experiencing abuse?

Immediately tell a parent or trusted adult.

2. What types of relationships help prevent abusive situations? Healthy Relationship

3. Name 3 emotional or social impacts that may result from abuse.

Depression Loneliness Missing School

4. Why should you avoid situations where drugs and alcohol are being used?

They are unsafe situations because they increase the risk of abuse.

5. Name two trusted adults in your life: _____

6. Why is it important that you can identify trusted adults now?

If a potentially dangerous or suspicious situation arises, I have someone I can talk to.

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Reproductive and Sexual Health

Sex Trafficking

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Grade 6 – Game Plan

The Problem of Sex Trafficking

Perhaps you've heard of something called "sex trafficking." This term refers to a modern-day form of slavery. It's hard to imagine that slavery still exists in our day, but it does, and it does great harm to many people. Although sex trafficking is illegal, it happens far too often and while we may not like to talk about it is important to understand what it is, how it happens, and what you can do to protect yourself from it.

Sex-trafficking takes place when a person is forced to have sex with another person for money. This is criminal activity which typically involves the abduction and enslavement of its victims. Any information about possible sex-trafficking activities should always be reported immediately to the police.

The purpose of this lesson is to help you be aware of the very real danger of sex-trafficking, how you can avoid becoming a victim, and what you can do to help stop it.

Researchers have identified certain patterns of criminal activity. Abductions of children often:

- Involve a suspect driving a vehicle.
- Occur between 2 p.m. and 7 p.m.
- Occur when the child was traveling to or away from school.
- Involved girls and children between the ages of 10 and 14.
- Begin with online communication with strangers through chat rooms, gaming, social media, etc.

By being aware of these patterns, you can be informed and aware of how to best protect yourself from any sort of criminal activity. The purpose of this lesson is to help you to be on the lookout for trouble so that you are safe and protected.

Police detectives and agencies working to combat this problem have found that most children who escaped their would-be abductors did something proactive.

This means, that when threatened, they didn't just let it happen. Instead they took some form of action. They ran away, yelled, kicked, or pulled away.

This means the best thing you can do if confronted by a sex-trafficker is to take action instead of being passive or polite. It's important to know what to do if you think that someone is trying to lure you away from your friends and family.





Sex Trafficking Worksheet

Here are some helpful questions and guidelines to help you develop a Personal Protection Plan.

Smart Choices Online

It's important to understand that many predators use online information to look for victims. Never give out information about yourself online through social media or texts. It's important to protect your identity.

Good Communication

If you ever encounter a situation where you think that you may be in danger of sex trafficking, what should you do? Check one.

- ☐ Keep it to yourself and tell no one.
- ☐ Post your experience on social media.
- ☐ Immediately tell you parents or a trusted adult what has happened.

Of course, the answer above is to "immediately tell you parents or a trusted adult what has happened." Talking to your parent(s) or a trusted adult on a regular basis about a wide range of topics will help you in difficult situations. If you ever suspect someone is trying to harm you or take you somewhere, it is important to immediately and firmly reject such advances and go immediately to their parent, teacher, trusted adult, or law enforcement.

Personal Protection Plan

Having a plan in place can increase your safety. Consider these helpful tips. Put an X besides the ones that you are already doing, and an O besides tips that you want to add to your personal protection plan.

- ___ Know where you can go to for help when walking in places like school and the park.
- ___ Always try to travel and stay with a group- especially after dark.
- ___ Do not accept a ride from someone you do not know well or do not trust.
- ___ Avoid substances like drugs and alcohol so that your judgment is not impaired.
- ___ Always let your parents know if you have a change in plans.
- ___ Do not accept money or gifts of any kind from a stranger or a person you do not trust.
- ___ Never go along with a stranger who asks you to go anywhere for any reason.
- ___ Do not give out personal information to a stranger who approaches you.
- ___ Always tell your parent(s) or trusted adult if someone makes you uncomfortable.
- ___ Avoid online communication with strangers, especially those who try to get too personal.
- ___ Do not share personal, identifying information to people you do not know online.
- ___ Avoid posting suggestive screen names or photos.
- ___ Never arrange to meet someone you met online.



Sex Trafficking Worksheet

Answer Key

Here are some helpful questions and guidelines to help you develop a Personal Protection Plan.

Smart Choices Online

It's important to understand that many predators use online information to look for victims. Never give out personal information about yourself online through social media or texts. Make sure to keep private your: Home address, school, phone number, and e-mail address. It's important to protect your identity.

Good Communication

If you ever encounter a situation where you think that you may be in danger of sex trafficking, what should you do? Check one.

- ☐ Keep it to yourself and tell no one.
- ☐ Post your experience on social media.
- ☒ Immediately tell you parents or a trusted adult what has happened.

Of course, the answer above is to "immediately tell you parents or a trusted adult what has happened." Talking to your parent(s) or a trusted adult on a regular basis about a wide range of topics will help you in difficult situations. If you ever suspect someone is trying to harm you or take you somewhere, it is important to immediately and firmly reject such advances and go immediately to their parent, teacher, trusted adult, or law enforcement.

Personal Protection Plan **Answers will vary here. Allow students to share additional ideas to be protected.**

Having a plan in place can increase your safety. Consider these helpful tips. Put an X besides the ones that you are already doing, and an O besides tips that you want to add to your personal protection plan.

- ___ Know where you can go to for help when walking in places like school and the park.
- ___ Always try to travel and stay with a group- especially after dark.
- ___ Do not accept a ride from someone you do not know well or do not trust.
- ___ Avoid substances like drugs and alcohol so that your judgment is not impaired.
- ___ Always let your parents know if you have a change in plans.
- ___ Do not accept money or gifts of any kind from a stranger or a person you do not trust.
- ___ Never go along with a stranger who asks you to go anywhere for any reason.
- ___ Do not give out personal information to a stranger who approaches you.
- ___ Always tell your parent(s) or trusted adult if someone makes you uncomfortable.
- ___ Avoid online communication with strangers, especially those who try to get too personal.
- ___ Do not share personal, identifying information to people you do not know online.
- ___ Avoid posting suggestive screen names or photos.
- ___ Never arrange to meet someone you met online.

Helpful Educational Resources:

National Human Trafficking Hotline: www.humantraffickinghotline.org

National Center for Missing & Exploited Children:

<https://www.missingkids.org/theissues/trafficking>

The National Center on Sexual Exploitation: www.EndSexualExploitation.org

Fight the New Drug: www.FightTheNewDrug.org

Child Welfare Information Gateway:

https://www.childwelfare.gov/pubPDFs/definitions_trafficking.pdf

Classroom Resources:

https://drive.google.com/drive/folders/1Om7N70MqC6So73PKr_i30eqDJ8-Qnlug

Sources:

1. National Trafficking Hotline: <https://humantraffickinghotline.org/en/human-trafficking/sex-trafficking>
2. National Center for Missing & Exploited Children: <https://www.missingkids.org/theissues/trafficking>



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