



CONTENTS

1) Building Respect: We're in this Together	1
2) Honoring Ourselves and Our Values.....	29
3) Puberty: Understanding What's Happening to You.....	83
4) The Best Decision for Me!	119
5) Communicating for a Healthier You	139
6) Reducing My Risk for STDs and Pregnancy	167
7) The Skills and Wills to Make My Own Choice	205
8) Looking Towards My Future	221