HealthSmart Middle School: Abstinence, Puberty & Personal Health - Logic Model: Shapshot						
HealthSmart Lessons Designed to Change Risk & Protective Factors	⇒	Risk & Protective Factors (Determinants) Affecting Behaviors Addressed in <i>HealthSmart</i>	₽	Healthy Behaviors Directly Affecting Health Goals	⇒	HealthSmart Health Goals
 Abstinence, Puberty & Personal Health Lesson 1: Staying Healthy for a Lifetime Lesson 2: Keeping My Body Healthy Lesson 3: Protecting My Body from Disease Lesson 4: Talking About Sexuality Lesson 5: The Reproductive System: A Body with a Vagina Lesson 6: The Reproductive System: A Body with a Penis Lesson 7: Puberty Lesson 8: The Menstrual Cycle & Pregnancy Lesson 9: Taking Care of Sexual Health Lesson 10: Feelings & Relationships Lesson 11: Benefits of Abstinence Lesson 12: Influences on Abstinence Lesson 13: Peer Power for Abstinence Lesson 14: Resisting Sexual Pressure Lesson 15: Roleplay Practice: Saying NO to Sexual Pressure Lesson 16: Protecting My Future 		 KNOWLEDGE of: benefits of positive health behaviors prevention of infectious and noninfectious diseases puberty, reproductive systems and the menstrual cycle practices to protect sexual health benefits of abstinence negative consequences of having sex situations that lead to sexual activity effective words and actions to resist sexual pressure consequences of becoming a teen parent PERCEPTION OF RISK of: negative consequences of sexual activity, including pregnancy, HIV and other STIs consequences of becoming a parent as a teen VALUES AND ATTITUDES toward: protecting oneself from disease talking to parents and other trusted adults about sexuality expressing romantic feelings without having sex practicing abstinence PERCEPTION OF PEER NORMS about: abstinence (versus having sex) SKILLS to: get help for sexual health issues set personal limits analyze influences on the choice to be abstinent plan ahead to remain sexually abstinent say no to sexual pressure respect other people's refusals set personal goals around abstinence PARENT-CHILD COMMUNICATION about: the challenges and changes of puberty staying abstinent INTENTIONS to: be abstinent support others in remaining abstinent 		Establishing and maintaining healthy relationships. Being sexually abstinent (either by delaying sex or returning to abstinence) Avoiding pressuring others to engage in sexual behaviors. Supporting others to avoid or reduce sexual risk behaviors. Treating others with courtesy and respect without regard to their sexuality. Using appropriate health services to promote sexual health.		Preventing unintended pregnancy Preventing HIV and other STIs

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