



Goal Setting

Making plans for now and for your future



Essential Question



What goals can I set to be healthy and protect my sexual health?

Learning Intentions

- I can set personal goals, including steps to achieve them
- I can describe how an unplanned pregnancy or STI could change my personal goals and life plans
- I can identify ways to protect my sexual health

Teaching Agreement

It's important to know that...

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. **We will ensure a safe environment that is inclusive for all students**
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.

Goal- Setting Worksheet

1. Write a goal you have for your future
2. List, in order, several things you must do to achieve this goal
3. List several people or resources that could help you achieve this goal
4. List several things that could happen in your life which could make it difficult to achieve this goal
5. Identify the very first things you need to do, to put you on the path to reaching your goal



My Personal Contract to Protect My Sexual Health

1. List reasons why you want to protect myself from STIs and an unplanned pregnancy.
2. Pledge to protect your sexual health.
3. Identify people you can talk to about protecting my sexual health.

Sign your contract... and have a parent/guardian or other trusted adult sign your contract as well!



Exit Slip

Exit Slip: Dear Future Me

Write a letter to your future self in which you describe your dream for your life based on your strengths, interests and values.

Be sure to include :

- details about your dreams for your future, for example, your career, education, and relationships
- your plan for protecting your sexual health



At Home Connection





At Home

Share the three documents with your parents/guardians, or other trusted adult

Share your goal. Discuss why you chose this goal and why it's important to you.

Share your contract. Have them sign the contract to help you stay healthy.

Share your “Future Me” letter. Talk about what you hope your future will look like

Optional: Go to FutureMe.Org, and write your letter as an email. You'll need to use a personal email account (not your CVUSD email) for this one.