

Name:

Date:

Per:

Goal Setting

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

Goal Setting Worksheet



<p>Write a goal for your future self. Your goal could be focused on education, work, family, or something else important to you.</p>	<p>Steps I must do to achieve this goal</p> <ol style="list-style-type: none">1.2.3.
<p>List several people or resources that could help you achieve this goal.</p>	<p>List several things that could happen in your life which could make it difficult to achieve this goal.</p>
<p>Identify the very first things you need to do, to put you on the path to reaching your goal.</p>	

My Personal Contract to Protect My Sexual Health



<p>Reasons why I want to protect myself from STIs and an unplanned pregnancy</p>	<p>I pledge to protect my sexual health by...</p> <ol style="list-style-type: none">1.2.3.
<p>People I can talk to about protecting my sexual health</p>	

My Signature _____

Signature of my parent/guardian or other
trusted adult _____

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

- Share the three documents with your parents/guardians:
 - **Your goal.** Discuss why you chose this goal and why it's important to you.
 - **Your contract.** Have them sign the contract to help you stay healthy.
 - **"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.

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org