

# Goal Setting

<b>Essential Question</b>  What goals can I set to be healthy and protect my sexual health?	<b>Learning Intentions</b> <ul style="list-style-type: none"><li>• I can set personal goals, including steps to achieve them</li><li>• I can describe how an unplanned pregnancy or STI could change my personal goals and life plans</li><li>• I can identify ways to protect my sexual health</li></ul>
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<b>Introduction</b>	In this last lesson, students will synthesize what they've learned in the previous lessons into a personal goal for their future, a personal contract to protect their sexual health, and a letter to their future self in which they describe a life dream.
<b>CA Health Standards 7th-8th Grade</b>	5.4 Analyze the responsibilities and privileges of becoming a young adult. 5.5 Identify how good health practices in adolescence affect lifelong health and the health of future children. 6.1 Develop a plan to avoid HIV, AIDS, other STDs, and pregnancy. 6.2 Describe how HIV, AIDS, other STDs, or pregnancy could impact life goals.

	<p>7.2 Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health.</p> <p>7.3 Describe personal actions that can protect reproductive and sexual health.</p> <p>8.1 Support and encourage safe, respectful, and responsible relationships.</p>
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# 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?

Share the Essential Questions for this lesson with students.  
Clarify any information

Introduce the salmon colored box with information on where students should go if they need additional resources for their sexual health. Let students know that this information is also on the last page of their workbook for each lesson.

### Learning Intention

- 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

Share the Learning Intentions for this lesson with students.  
Clarify any information.

## 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.



Teaching agreement is shared in each lesson. Introduce students to the requirements of being a “mandated reporter”

It is critical for the teacher to demonstrate that they will be keeping agreements as well as the students during each Sexual Health lesson. This helps the teacher model fairness and accountability for students.

## 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



Have students work independently, or in supporting each other in pairs.

Optional: Have students share in pairs, in small groups, or whole class.

**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!



Have students work independently, or in supporting each other in pairs.

Optional: Have students share in pairs, in small groups, or whole class.

**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



Have students work independently, synthesizing what they've learned about protecting their sexual health by writing a letter to their future self in which they describe dreams for their life based on their own strengths, interests and values.

Remind students to include :

- Details about their dreams for their future, for example, focusing on career, education, and relationships
- Their plan for protecting your sexual health



### 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](https://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.

Remind students to continue this conversation at home with a parent/guardian or other trusted adult.