

**Chapter 12****Vocabulary**

peers  
 friendship  
 platonic friendship  
 clique  
 stereotype  
 peer pressure  
 harassment

manipulation  
 assertive  
 refusal skills  
 passive  
 aggressive  
 infatuation  
 affection

curfew  
 abstinence  
 sexually transmitted  
 diseases (STDs)  
 priorities  
 self-control

**Directions:** Complete the word map by writing the term from the list above under its correct heading.

Types of Relationships

- 1.
- 2.
- 3.

Ways to Limit or Avoid Risk Behaviors

- 1.
- 2.
- 3.

**Peer Relationships**

Types of Negative Peer Pressure

- 1.
- 2.

Ways to Address Negative Peer Pressure

- 1.
- 2.
- 3.
- 4.

**Activity 42****Applying Health Skills**

FOR USE WITH CHAPTER 12, LESSON 1

# Jackson High

**Directions:** Below is a description of the relationships among the characters in a new television drama series. The new show involves teens at a typical high school. Read the description. Then answer the questions that follow.

Brenda, the show's star, has many acquaintances, among them Felicia, who's on her tennis team, and Carly, who is in her French class. Brenda spends much of her time, however, with Maria and Carlos, who have been her best friends since elementary school. The three are able to share their deepest feelings, and in the first show, Maria is talking about how upset she is about her recent breakup with Ahmed. As the three sit talking during lunch in the cafeteria, Wendy, Adam, and their group enter. Adam tells the three in his typically superior way that the table they are sitting at is *his group's* and that "not just anyone" can sit at that table.

1. Which two characters have a platonic relationship? Explain what makes the relationship platonic.

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2. What type of friendship do Brenda and Carly share?

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3. What kind of relationship did Maria and Ahmed have?

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4. What kind of relationship does Brenda have with Maria and Carlos? Explain.

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5. What are groups like Wendy and Adam's called? What is the danger of such groups?

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**Activity 43****Applying Health Skills**

FOR USE WITH CHAPTER 12, LESSON 2

# Be Assertive!

**Directions:** As you have learned in Lesson 2, people respond to negative peer pressure in three ways—passive, aggressive, and assertive. Read each situation below. Then identify which way the teen has responded to the pressure. If the response was *passive* or *aggressive*, suggest an assertive response.

1. Some friends were watching TV at Micah's house when an ad for beer came on. Several people began to boast about drinking. When Craig remained silent, the group challenged him to drink one of the beers in Micah's family's refrigerator—or admit he was a wimp. Craig knew that Micah's parents were not home. He also knew that he would never live down the teasing if he refused. "Well, maybe . . .," he uttered weakly.

**Craig's response:** \_\_\_\_\_

**Assertive response:** \_\_\_\_\_

2. Jose just made the varsity basketball team. When one of the older members of the team offered him pills that would have him "slam-dunking the ball in no time flat," Jose replied, "Thanks, but no thanks. The coach wouldn't have chosen me unless he thought I had something to offer as I am."

**Jose's response:** \_\_\_\_\_

**Assertive response:** \_\_\_\_\_

3. Alyssa sat behind Elizabeth in algebra class. Tomorrow the class would be taking an exam that counted for a third of their grade. Alyssa begged Elizabeth to let her copy off her paper. Elizabeth told Alyssa, "All I have to do is tell the principal about our little conversation, and you'll get kicked out of school so fast your head will spin. Now bug off!"

**Elizabeth's response:** \_\_\_\_\_

**Assertive response:** \_\_\_\_\_

4. Trina is tired of her 19-year-old neighbor "coming on" to her all the time. When he suggested they take a ride in his new car, she replied, "Get lost!"

**Trina's response:** \_\_\_\_\_

**Assertive response:** \_\_\_\_\_

**Activity 44****Applying Health Skills**

FOR USE WITH CHAPTER 12, LESSON 3

# Dear Sammy

**Directions:** You are the advice columnist in a teen magazine. The column deals with relationships. Below are three letters you received. Respond to each letter, using the information in Lesson 3.

- Dear Sammy: I am 15 years old. I have a lot of friends, both boys and girls. Some of my friends have started dating, and lately they have been pushing me to do the same. I just don't feel ready to do it. My parents don't believe kids should begin dating until they are at least 16. I've always figured that I wouldn't date until then, but I don't want to lose my friends. What should I do?

Tony

Dear Tony: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- Dear Sammy: My boyfriend and I have been dating for about six months. I have a feeling that he thinks we should become sexually active. I'm not sure how I feel about that, but I feel funny asking him about it. How should I handle this?

Rebecca

Dear Rebecca: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- Dear Sammy: My parents are driving me crazy! I just started dating Neal, but with the way my parents are treating me, I don't know how long I'll be dating. They want to know everything—where I'm going, who will be there, etc. How can I get them off my back?

Rayna

Dear Rayna: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Activity 45****Applying Health Skills**

FOR USE WITH CHAPTER 12, LESSON 4

# Abstinence Makes the Heart Grow Fonder

**Directions:** Practicing abstinence requires planning, preparation, and self-control. The following six steps serve as a guide to help practice abstinence. For each situation below, decide if one of these steps was taken and, if not, what step could have been taken to help commit to abstinence.

**Establish your priorities.**

**Set personal limits on how you express affection.**

**Talk with a trusted adult.**

**Do not use alcohol and other drugs.**

**Avoid high-pressure situations.**

**Share your feelings with your partner.**

1. Andres and Zina have been dating for three months. Andres has started pressuring Zina to be sexually active. They decide to drive to a secluded, private spot to talk things over. Talking didn't happen.

Did Andres and Zina follow one of the steps above? \_\_\_\_\_

If yes, what step? \_\_\_\_\_

If no, what step should they have taken? \_\_\_\_\_

2. Enrique and Jenny date and have committed to abstinence. They practice self-control and respect each other. Then they go to a party where alcohol is being served. They each drink a couple of beers. They are not feeling as clear-headed as usual.

Did Enrique and Jenny follow one of the steps above? \_\_\_\_\_

If yes, what step? \_\_\_\_\_

If no, what step should they have taken? \_\_\_\_\_

3. Kelly believes she is falling in love with Justin. She's afraid and confused about her feelings. She knows their relationship has become serious, and she doesn't want to lose him. She doesn't know how to express her feelings of affection toward him. She makes an appointment with Mrs. Rosenthal, her school counselor, to discuss her situation.

Did Kelly follow one of the steps above? \_\_\_\_\_

If yes, what step? \_\_\_\_\_

If no, what step should she have taken? \_\_\_\_\_

**Applying Health Skills, Activity 45 (Continued)**

FOR USE WITH CHAPTER 12, LESSON 4

4. Kareem and Afi are dating and are considering becoming sexually active. Afi is a good student and grades are important to her. She hopes to go to college and then to medical school to become a pediatrician. Kareem also thinks school is important and hopes to become a teacher. They are both on track to receive merit scholarships. They decide to commit to abstinence because they don't want to do anything that could interfere with their education plans.

Did Kareem and Afi follow one of the steps above? \_\_\_\_\_

If yes, what step? \_\_\_\_\_

If no, what step should they have taken? \_\_\_\_\_

5. Isaiah is very attracted to Emma, a cute and popular girl at school. Emma is very pleased by Isaiah's attention. She shows her appreciation with overt shows of hugging, kissing, and hanging on Isaiah. She often tries to arrange times when they can be alone at her house. All this makes Isaiah feel uncomfortable. He wants to practice abstinence, mainly because he isn't ready for a commitment; but, he's afraid that if he says something she'll lose interest.

Did Isaiah follow one of the steps above? \_\_\_\_\_

If yes, what step? \_\_\_\_\_

If no, what step should he have taken? \_\_\_\_\_

# Chapter 12

## Study Guide

- STUDY TIPS:**
- Read *You'll Learn To* for each lesson.
  - Look up the meaning of any unfamiliar vocabulary terms.
  - Read the questions below before you read the chapter.

**Directions:** As you read the chapter, answer the following questions. Later, you can use this guide to review the information in the chapter.

### Lesson 1

1. Who are your peers?

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2. Describe three kinds of friendship.

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3. Name two characteristics of close friendships.

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4. What is a clique?

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5. Identify three characteristics of positive friendships.

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### Lesson 2

6. Define *peer pressure*.

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7. What is positive peer pressure?

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**Study Guide, Chapter 12 (Continued)**

8. What are two ways that peers can exert negative pressure?

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9. What is the difference between passive and aggressive responses to peer pressure?

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10. What is usually the best approach for dealing with negative peer pressure? Explain.

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11. What are the three steps in effective refusal skills?

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**Lesson 3**

12. Define *infatuation*.

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13. What kinds of skills can dating relationships develop?

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14. One way to set limits is by having a curfew. What does this mean?

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15. What are three techniques for avoiding risk behaviors?

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**Study Guide, Chapter 12 (Continued)****Lesson 4**

16. Define *abstinence*.

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17. What are STDs?

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18. What are six steps you can take to help practice abstinence?

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19. What effects on physical health can sexual activity have on teens?

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20. What effects on emotional and social health can sexual activity have on teens?

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