

Student and teacher: Use this cover sheet for mailing or faxing.

ASSIGNMENT BOOKLET PART A: HUMAN SEXUALITY

PED0770 Career and Life Management
Part A Assignment

FOR STUDENT USE ONLY	
Date Assignment Submitted: _____	(If label is missing or incorrect) Student File Number: _____
Time Spent on Assignment: _____	Module Number: _____

FOR OFFICE USE ONLY
Assigned Teacher: _____
Assignment Grading: _____
Graded by: _____
Date Assignment Received:

Student's Questions and Comments

Apply Module Label Here

Name
Address
Postal Code

*Please verify that preprinted label is for
correct course and module.*

Teacher's Comments

Teacher

INSTRUCTIONS FOR SUBMITTING THIS DISTRIBUTED LEARNING ASSIGNMENT BOOKLET

When you are registered for distributed learning courses, you are expected to regularly submit completed assignments for correction. Try to submit each Assignment Booklet as soon as you complete it. Do not submit more than one Assignment Booklet in one subject at the same time. Before submitting your Assignment Booklet, please check the following:

- Are all the assignments completed? If not, explain why.
- Has your work been reread to ensure accuracy in spelling and details?
- Is the booklet cover filled out and the correct module label attached?

MAILING

1. Do **not** enclose letters with your Assignment Booklets. **Send all letters in a separate envelope.**
2. Put your Assignment Booklet in an envelope and take it to the post office and have it weighed. Attach **sufficient postage** and seal the envelope.

FAXING

1. Assignment Booklets may be faxed to the school with which you are registered. Contact your teacher for the appropriate fax number.
2. All faxing costs are the responsibility of the sender.

E-MAILING

It may be possible to e-mail your completed Assignment Booklet to the school with which you are registered. You also may be **required** to e-mail some of your assignments. Contact your teacher for the appropriate e-mail address.

Career and Life Management

Part A

Human Sexuality

ASSIGNMENT BOOKLET

FOR TEACHER'S USE ONLY

Summary

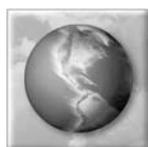
	Total Possible Marks	Your Mark
Part A Assignment	50	
	50	

Teacher's Comments

Career and Life Management
Part A: Human Sexuality
Assignment Booklet
ISBN 978-0-7741-2973-2

Alberta Education acknowledges with appreciation the Alberta Distance Learning Centre and Pembina Hills Regional Division No. 7 for their review of this Assignment Booklet.

This document is intended for	
Students	✓
Teachers	✓
Administrators	
Home Instructors	
General Public	
Other	



You may find the following Internet sites useful:

- Alberta Education, <http://www.education.gov.ab.ca>
- Learning Resources Centre, <http://www.lrc.education.gov.ab.ca>
- Tools4Teachers, <http://www.tools4teachers.ca>

Exploring the electronic information superhighway can be educational and entertaining. However, be aware that these computer networks are not censored. Students may unintentionally or purposely find articles on the Internet that may be offensive or inappropriate. As well, the sources of information are not always cited and the content may not be accurate. Therefore, students may wish to confirm facts with a second source.

Copyright © 2008, Alberta Education. This resource is owned by the Crown in Right of Alberta, as represented by the Minister of Education, Alberta Education, 10155 – 102 Street, Edmonton, Alberta, Canada T5J 4L5. All rights reserved.

This courseware was developed by or for Alberta Education. Third-party content has been identified by a © symbol and/or a credit to the source and must be used as is. This courseware may be reproduced in any form, including photocopying, without the written permission of Alberta Education. Changes can be made only to content owned by Alberta Education. For more detailed information, refer to the Terms of Use Agreement. Every effort has been made to acknowledge the original source and to comply with Canadian copyright law. If cases are identified where this effort has been unsuccessful, please notify Alberta Education so corrective action can be taken.

THIS COURSEWARE IS NOT SUBJECT TO THE TERMS OF A LICENCE FROM A COLLECTIVE OR LICENSING BODY, SUCH AS ACCESS COPYRIGHT.

ASSIGNMENT BOOKLET PART A: HUMAN SEXUALITY CAREER AND LIFE MANAGEMENT PART A ASSIGNMENT

This Assignment Booklet is worth 50 marks. The value of each assignment and each question is stated in the left margin.

Read all parts of your assignment carefully and complete your work in the appropriate places. If you have difficulty with an assignment, go back to your Student Module Booklet and review the appropriate topic. Be sure to proofread your answers carefully before submitting your Assignment Booklet.

You may use a computer and word-processing program for many of these assignments. If you use a computer, be sure to attach a printed copy that has been proofread and is readable. Include your name, course name, and assignment number on each page.

50

Part A Assignment: Human Sexuality

In Part A: Human Sexuality you focused on the components of quality relationships and the skills needed to maintain and enhance them. You examined elements that affect decision making in social and sexual relationships, the importance of being responsible about sexual involvement, pressures to become sexually involved, and the benefits of postponing sexual involvement. You reviewed the importance of support systems and good communication skills.

You also explored sexual expression, sexual drive, and responsible sexual behaviour. You investigated issues related to sexual health and healthy sexual choices, including behaviours, decisions, and habits that influence all dimensions of your health and well-being. Making responsible decisions, understanding the potential risks of decisions, and reducing health-risking behaviours were all emphasized.

The assignments for Part A: Human Sexuality focus on developing skills and strategies for establishing healthy social and sexual relationships—including the way your sexual health affects and is affected by your personal health and well-being. The questions will ask you to apply your knowledge of health-enhancing behaviours to decision making about relationships and sexual health.

⑫

1. Design a poster that completes and illustrates the following two sentence starters:

- Intimacy means . . .
- Commitment means . . .

Construct your poster on a large piece of paper. Draw a line down the middle and use one sentence starter as a heading on each side of the line. Use a variety of textual and visual sources, including your own writing, illustrations, or photographs, and articles, advertisements, or pictures from magazines and newspapers.

Before designing your poster, gain inspiration through the following activities:

- Brainstorm responses to the sentence starters.
- Listen to the lyrics of songs, both new and old.
- Ask your friends, parents, or other family members for ideas.
- Obtain a book of quotations from your local or school library; look up topics relating to intimacy, love, trust, commitment, and respect.

When you have completed question 1, continue where you left off on page 20 of Part A: Human Sexuality.

⑧

2. You probably encounter peer pressure every day, in many areas of your life. Peer pressure can influence everything from small choices like the pop you drink or the music you listen to, all the way up to the most important decisions in your life, like whom you marry and whether to have children.

Read the following scenario, and answer the question that comes after it.

Travis is a member of the boys' basketball team at his school. After practice one day, some of his teammates are bragging about their sexual experiences. One friend asks Travis if he has ever had sexual intercourse. Travis replies honestly that he is still a virgin. His friends begin to laugh. They tell Travis that Carmela is interested in him. They advise Travis to ask her out and try to get her to have sex with him.

Travis is not sure he is emotionally ready to have sex yet, and he is also not sure he is interested in dating Carmela. However, Travis also wants his friends to think well of him.

30

3. Decisions about sexual involvement have a great effect on a person’s life. Your project for this assignment is to create an information brochure about the potential risks of the decision to be sexually active. Use your work in questions 1 and 2—as well as what you have learned from Part A: Human Sexuality and the other modules of this course—to create this information brochure for teens.

Note: Review and summarize the following concepts to prepare for this project:

- intimacy and commitment in relationships
- what makes a healthy and effective relationship
- decision making in healthy social and sexual relationships
- the importance of good communication skills, respect, trust, and empathy
- dealing with pressure to become sexually involved
- strategies to say no
- aspects of personal and sexual health
- well-being in all dimensions of health
- the importance of maintaining good physical health
- establishing a schedule for self-examinations and visits to a physician
- factors involved in sexual expression within relationships
- social, emotional, and physical risks of being sexually active

Plan your information brochure by completing the following chart. Consider each situation that may result from sexual involvement, and indicate the ways it would change your life.

Situation	Life Changes
unplanned pregnancy	
being a single parent	
getting married or choosing to live with your partner	
contracting a sexually transmitted infection (STI)	
emotional consequences	

Use the following guidelines to complete your project:

- Title your brochure “Think and Know Before You Act.”
- Incorporate information from Part A: Human Sexuality, your textbooks, and other sources to create a brochure that addresses the physical, emotional, and social changes that would result from each situation in the chart.
- In your section on STIs, include a list of methods to reduce or eliminate the risks of contracting an STI.
- Include both textual and visual information about the risks and lifestyle changes that may result from the decision to be sexually active.
- You could create your brochure manually or you could create it electronically and print it.
- You may choose to submit your brochure as a folded or stapled booklet; in a binder, folder, or report cover; or in any other format you choose to create.

Your project will be assessed according to the following criteria.

Assessment Criteria for Question 3: Information Brochure for Teens	
<p>Content</p> <ul style="list-style-type: none"> • Multiple sources of information are incorporated, and each is used effectively. • Risks and life changes that can result from sexual activity are clearly identified. • Precise examples explain how each situation could affect health and well-being. • Connections are made to physical, emotional, and social dimensions of health. • The section on STIs includes a list of methods to reduce or eliminate the risks of contracting an STI. • Knowledge from readings and activities is applied through examples, supporting details, and relevant information. <p>Format</p> <ul style="list-style-type: none"> • The brochure is well-organized and integrates textual and visual information. • The writing has been edited to eliminate errors. 	<p>30 marks</p>

When you have completed question 3, submit Assignment Booklet: Part A to your teacher along with Assignment Booklet 3B, and then continue where you left off on page 34 of Part A: Human Sexuality.

