After watching the video *Am I Ready? Making Healthy Sexual Decisions* and participating in the class activities included in this Teacher’s Resource Book, your students will be able to:

- recognize the types of sexual pressure that may come from the media, peers and partners
- understand that vaginal, anal and oral sex can lead to an unplanned pregnancy or a sexually transmitted infection (STI)
- identify unhealthy reasons for becoming sexually active
- describe the elements of a healthy romantic relationship
- explain their personal sexual values
- recognize the risky consequences of combining sexual decision-making with alcohol or drugs
- understand the importance of trust and communication between partners
- recognize the potential emotional consequences that may result from sexual behavior
- assertively communicate a decision not to become sexually active
- effectively resist pressure to become sexually active
- describe the contraception options available to teens
- understand the importance of using condoms correctly, every time they have sexual contact
- describe common viral, bacterial and protozoan STIs and the health risks they pose