



Body Changes and Sexuality

Pick two points that caught your attention and made sense to you in the content of theme 6:

1.

2.

How easy or difficult were the following for you:

	Easy	Difficult
Welcome their confidences and concerns in a caring, nonjudgmental manner.		
Oversee their sleeping time.		
Promote healthy lifestyle habits at home.		
Initiate a discussion on sexuality (relationships, pornography, self-respect).		
Respect the privacy of all family members.		
Get the information you need when you have questions.		

Pick two actions to help you work on what's more difficult (point in the table or another subject in this theme):

1.

2.

**I MAKE TIME FOR MYSELF.
I'VE PUT ON MY CALENDAR THE CONTINUATION OF THE
TEEN CIRCUIT WITH THEME NUMBER 7!**

