

Week 1 Warm-Up ?'s

Warm-Up #1

Check ✓ the 1 topic you already know the most about (for example, from health class, books, your family, etc.)

Put a ★ next to the 1 topic you think will be most interesting to learn more about:

- Reproductive System Anatomy (diagrams & functions)
- Pregnancy
- Sexual Orientation & Gender Identity
- Healthy Relationships
- Preventing Sexual Violence
- Abstinence
- Birth Control
- Condoms
- Abstinence

WU #2 - How well do you communicate?

- These questions will help you assess how well you communicate in your close relationships. Imagine a conversation with someone you are close to, and answer the following questions~
- 1. I can calmly express how I feel when I disagree. YES NO
- 2. I listen carefully to what he or she says. YES NO
- 3. I repeat what he or she says in my own words to make sure I understand. YES NO
- 4. I maintain eye contact when we are talking. YES NO
- 5. I calmly and clearly express my needs and preferences when we disagree. YES NO
- 6. I avoid using sarcasm and ridicule when we disagree. YES NO
- 7. I do not assume that he or she understands what I mean without clearly explaining something. YES NO

- Add up the number of **YES** answers to assess your use of good communication strategies. The more yes answers means you are more likely to use effective communication strategies, and the more **NO** answers means you tend to use less effective communication strategies.
- Do you agree or disagree with this personal profile assessment? Explain your reasoning.

WU #3 How are these two definitions similar? How are they different? Explain...

- Empathy: The psychological identification with or vicarious experiencing of the feelings, thoughts, or attitudes of another.
- Sympathy: Harmony of or agreement in feeling, as between persons or on the part of one person with respect to another.

WU #4

- **Definition of Values:** 1. the regard that something is held to deserve; the importance, worth, or usefulness of something:
- 2. A person's principles or standards of behavior; one's judgment of what is important in life:
- **List your own personal values who make you unique.**

Exit Slip #5

1. Why can ignoring a conflict actually make the conflict worse?
2. Compare effective and ineffective compromises.