

SHAPE America...

Risky, Unhealthy, Illegal...

Let's Avoid These if We Can!

Su Nottingham
Central Michigan University
Al Craven
Adrian College

A ROLL IF THE DIE....TEEN PREGNANCY

Individually...While we are waiting...

- **Take** a recording sheet....
- **Roll** the die and record the number.....
-for the "physical category". (Take turns at your table)
- **Read** the result on the sheet and
- **Record** (summarize) on the sheet
- **Continue** with all categories (roll new number)
- When FINISHED ...turn page over and complete

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What will you get?

- ❖ On the SHAPE Website:
 - ❖ Description of each of the activities
 - ❖ This PowerPoint
 - ❖ Contact Information (email/website)

Let's Find Out about
YOU!

Stand up....

- ❖ ...if you teach K-12 students and yell:
- ❖ “Fun is ALL we have!”



Stand Up if....

- ❖ You teach at a college/university and yell.....
- ❖ “Class in cancelled today....I’m at SHAPE!”



Stand up....

❖ ...if you are in Public Health and yell:

❖ “BEST Job in the World!”



Stand up....

❖ ...if you are an administrator and yell:

❖ “There WILL be a meeting today!”



Stand up.....

❖if this is your first
SHAPE (AAHPERD)
conference and yell:

❖ “I’ll be back!”



Stand up if....

❖ You are a student and yell:

❖ “No more tuition increase!”



Stand Up if.....

❖ You have worked in your profession more than 25 years and yell.....

❖ “I can see the light....”



Stand up if.....

- ❖ You are on the planning committee for this conference and yell:



- ❖ “Enjoy the conference!”

Stand up if....

❖ You have been to a presentation of Su Nottingham's or Al Craven's before and yell:

❖ “I'm back for more!”



Strategies Demonstrated

- ❖ Usable classroom strategies that are student centered dealing with risk, unhealthy relationship, law.....
- ❖ Strategies that are adaptable to any content area
- ❖ Original ideas that can be utilized and adapted to any content or age level
- ❖ Help with comfort level are teachers & students

Do The Laws Really Apply to ME?

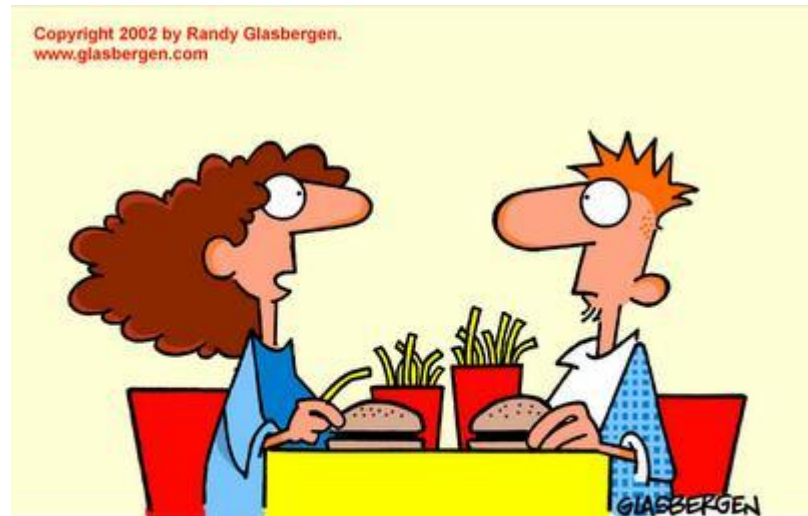
- Long Card = Situation
- Short Card = Law
- Find your match in same color

Relationships in the Bag!

- When you arrived you were given a card with a picture and a word.....
- Go to the group with the fold that matches.....

+ Relationships in the bag!

- This is a a “DATING” selection process experience.



**“Of course I can accept you for who you are.
You are someone I need to change.”**



Place the “people” in the center of the group (picture up)



- Tallest person selects their DATE first.....
- GENDER NEUTRAL ACTIVITY = number of males and females
- QUESTION: What criteria did you use to select the DATE?

+ NOW....



- One at a time, take off the paper clip, lift up the fold, REPLACE the paper clip, READ the tag to the group.....

- Question:

- Does this piece of information make you want to DATE someone else? OK to exchange.....

+ NOW



- One at a time, take off the paper clip, lift up the fold, REPLACE the paper clip, READ the NEXT tag to the group.....

- Question:
 - Want to rethink your decision?

+ NOW



- One last time...but you will live with this action.....
- TAKE off the paper clip, lift up the fold, REPLACE the paper clip, READ the tag to the group.....

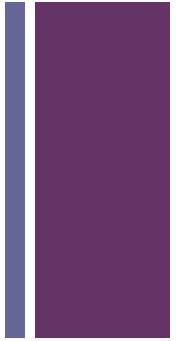
+ LAST



- Carefully open the bag and take the folded card (may dump it out or reach in CAREFULLY)
- Look at the picture on the front of the inside card.....
- One at a time, show the picture to the group....then
- OPEN the card and read it to the group..

+ NOW....Do you want to re-think your decision?

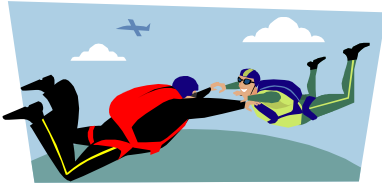
- Has your criteria changed?
- How did each piece of information affect your decision?
- How does this apply to everyday decisions?



An exercise in RISK.....

- EVERYONE STAND UP....
- You will sit down when you have done this activity..... (taken a risk)



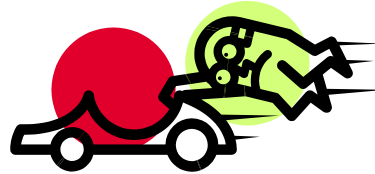


Skydived

Sit down if you:



Had too much to drink...and gotten behind the wheel?



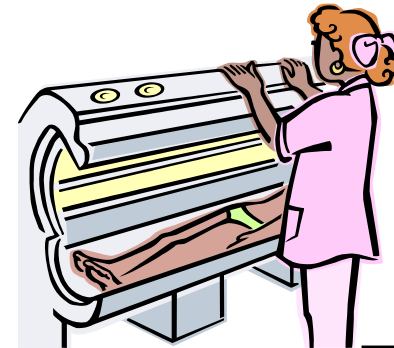
Driven well over the speed limit



Ridden a cycle w/o helmet



4-6 vegetables daily?



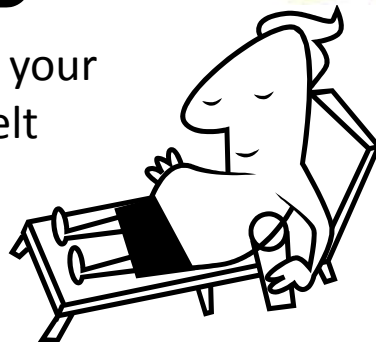
Tanning Bed?



Not used your seatbelt



Smoked?



Sunscreen?

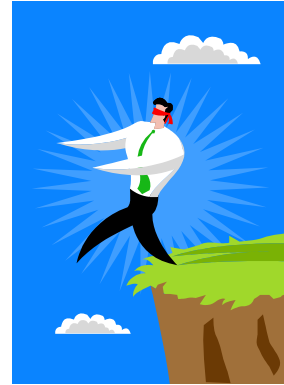


Not gotten 7-9 hr sleep ?



Brush and floss daily

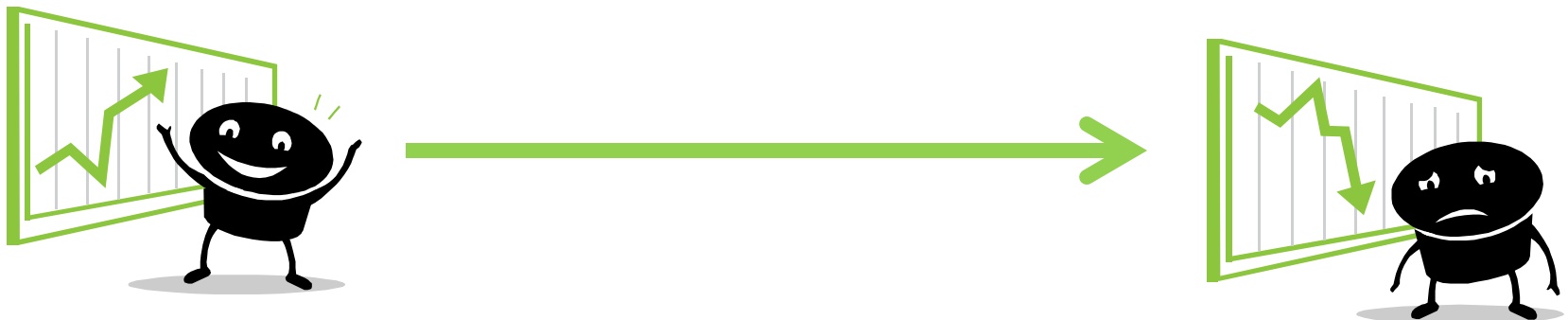
Just because you perceive risk,



doesn't mean you will engage
in only healthy behavior **and**
avoid risk....

Sexting/Social Norms

- Your Sexting Forced-Choice paper
- AND Using the voting numbers.....
- Place your corresponding number under the provided sign on the wall.
- One number per sign ...in the order you wrote on the recording sheet.



Sexting

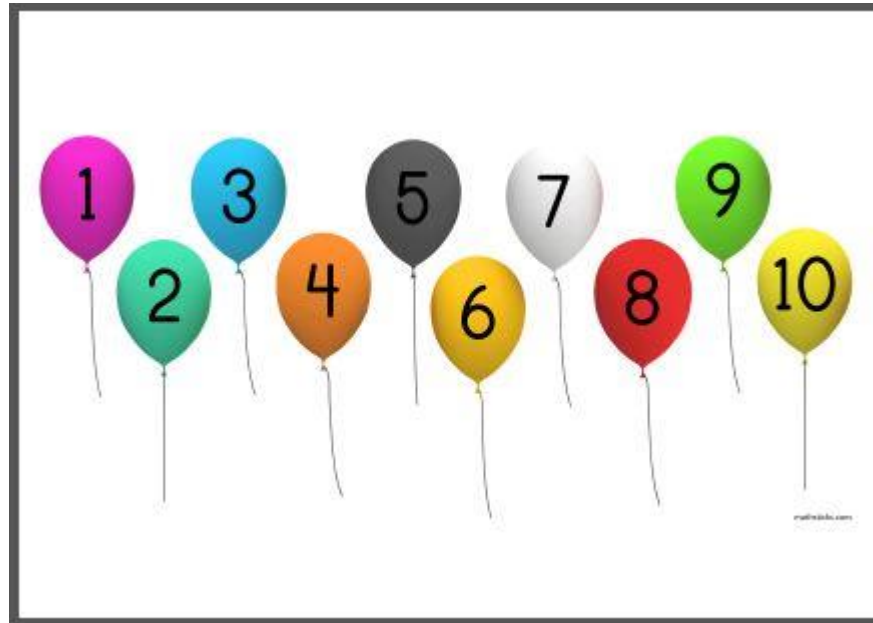
- <https://www.youtube.com/watch?v=ffnQnqC2QKU>
- A clip to use for a sexting discussion....

Sexting/Social Norms

- Using the voting numbers.....
- Place your corresponding number under the provided sign on the wall.
- One number per sign ...in the order you wrote on the recording sheet.

Each group...take down one felt board...

- Total up the numbers
- Send your “least experienced” person with the **STATEMENT SIGN** and the **TOTAL NUMBER**
- These 8 people will get into number order



Bip and Bop...Relationship On the “Rocks”

- Jumper...come and get:
 - 1 container
 - 1 napkin
- Set Up = Take out:
 - cards in plastic bag (place face down)
 - rubber band
 - Spray bottle
 - Rocks (marbles in bag)
 - pencil

The Tricky Part.....

- Place one napkin on top of the empty container
- secure with rubber band around the rim...

(paper should be fairly taunt)

- Choose a reader for card # 1

AND

- Take turns reading the cards

READER

- Read the SITUATION to the group....
- The group will GUESS if the situation is:
 - healthy or unhealthy
 - & WHY (answer on the card)
- After the discussion (and correct answer given)
- Person who read the card does the ACTION on the card

POSSIBLE ACTIONS:

- Add or take away “rocks”
- Add drops of water
(with spray bottle)
- Poke hole(s) - use pencil

Processing

- What actions were healthy / +++++
- What actions were unhealthy / ----
- Can discuss symbolism
 - Water actions cannot be taken back
 - Rocks may be taken back, but can do damage before
 - Pencil does permanent damage...not take back
- Is Bip's and Bop's relationship healthy?
- Why use Bip and Bop for names?

Mad Gab for SEX ED:

- What does this say:

Pair rent ting his hot got glove
turk

Answer:

Parenting is a lot of work!

Step Up to Prenatal Care

There are characteristics on your card.

- Step FORWARD when read if HEALTHY
- Step BACKWARD when read if UNHEALTHY

If you had....

- ALL HEALTHY....take a seat....
- ONE UNHEALTHY.....or ALL UNHEALTHY stay standing

Friend or Fiend

- <https://www.youtube.com/watch?v=AHUsf2GjDV0>

Friend or Fiend? Get the Picture?

- Your group will be given a "script"
- You'll have 3 minutes to prepare.....
- You'll "dress the part" (one + on deck)
- Then groups will come to the "picture"
- We'll try to "guess" which you are demonstrating from list you were provided

- You = Yellow Script
- Friend = White Script
- Fiend = Red Script

+ Pregnancy Stand Up

- If a person has sex once a month a pregnancy will occur in on year.
- If a person has sex twice a month, a pregnancy will occur in six months.
- Pregnancy might occur the first time
- Pregnancy rarely occurs without intercourse
- Using birth control every time lowers the chance of pregnancy.



+ For this exercise...



- assume everyone is having sex that could case a pregnancy.
- Using the number of the month of your birth (Dec. = 12)
- when your month in drawn...stand up
- **YOU ARE PREGNANT** (or caused)

+ there are things to help protect...



- Abstain from intercourse
- Decide to postpone until:
 - the relationship is ready,
 - both people want to have sex,
 - protection is available or
 - pregnancy is desired.
- Use Birth Control **EVERY TIME!**

+ This time:

- Stand up when your number is drawn
- Remain standing if you are “pregnant” (depending on what you chose to do)





THE END

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