

# My Super Future

Name: \_\_\_\_\_  
Period: \_\_\_\_\_

**Directions: Complete the following sentences then draw your future!**

When I grow up, I want to \_\_\_\_\_.

My trusted adult I can talk to about sex is \_\_\_\_\_.

I will prevent pregnancy before I want children and protect myself from STIs by \_\_\_\_\_.

Being a teen parent could be hard because \_\_\_\_\_.  
\*Remember teen parents deserve respect and support\*

## TTAAA Puberty Talk **Post Test**

Circle the correct answer.

**1. The changes that occur during puberty usually happen:**

- A. Overnight      B. Over 1 year      C. Over several years      D. Not Sure

**2. During puberty, most females:**

- A. Start their period      B. Grow hair under their arms      C. Both of these      D. Not sure

**3. The part of the male body that makes sperm cells is the:**

- A. Ovary      B. Testicle      C. Penis      D. Not sure

**4. In order to make a baby, a sperm cell must fertilize (join with) an ovum (egg).**

- True       False       Not sure

**5. Females ovulate (release eggs) from their ovaries from the time they are born.**

- True       False       Not sure

**6. It is normal for males to get erections, even when they are not thinking sexual thoughts.**

- True       False       Not sure

There is no correct answer to these questions. Answer how you feel.

**8. I feel confident that I could tell someone to stop making fun of another person's body or looks.**

- True       False       Not sure

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**9. I feel confident that I could tell someone to stop touching me in a way that makes me feel uncomfortable.**

- True       False       Not sure

Please give us feedback!

10. The Health Connected educator made the course interesting.

- Yes       No       Not sure

11. The Health Connected educator created a safe space to ask questions.

- Yes       No       Not sure

12. The course helped me feel more comfortable with my body and the changes that may happen during puberty.

- Yes       No       Not sure

13. The course helped me feel more comfortable talking with my parent(s) or a trusted adult about puberty and my health.

- Yes       No       Not sure

14. What was your favorite part of the course?

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15. How can we make the course better?

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16. Any other comments for us?

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## TTAAA Teen Talk **Post Test**

Circle the correct answer.

**1. Which type of birth control method helps protect against pregnancy and STIs?**

- A. Birth control pill      B. Condom      C. Ring      D. Not Sure

**2. Choose the fluid that can pass HIV.**

- A. Saliva      B. Sweat      C. Blood      D. Not Sure

**3. In a healthy relationship, both people feel...**

- A. Afraid      B. Frustrated      C. Respected      D. Not Sure

**4. Anyone who is having sex should get a regular check-up at a clinic.**

TRUE

FALSE

NOT SURE

**5. Name ONE local clinic where a teen can go to for FREE and CONFIDENTIAL sexual health services.**

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**6. What must someone do before they have sex with someone?**

- A. Ask politely and wait for the "YES"      B. Hold hands      C. Buy them gifts      D. Not Sure

**7. If someone is sexually assaulted, it is never their fault.**

TRUE

FALSE

NOT SURE

**8. Who could you talk to if someone touched you sexually and you didn't want them to?**

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There is no correct answer to these questions. Answer how you feel.

**9. I feel comfortable going to a clinic for sexual health services.**      YES      NO      NOT SURE

**10. I can talk about sexual health with a parent or trusted adult.**      YES      NO      NOT SURE

**11. I can talk to a current or future partner about what I want to or don't want to do sexually.**      YES      NO      NOT SURE

Please give us feedback!

**12. I know how to practice safer sex now or in the future.**

YES

NO

NOT SURE

**13. The Health Connected educator made the course interesting.**

YES

NO

NOT SURE

**14. The Health Connected educator created a safe space to ask questions.**

YES

NO

NOT SURE

**15. What was your favorite part of the course?**

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**16. Any other comments or suggestions for us?**

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