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My Whole Self

OBJECTIVES

- To introduce 6 types of intimacy (Physical, Intellectual, Emotional, Social, Spiritual, & Financial).
- To educate students about how each type affects whole person health.



MATERIALS

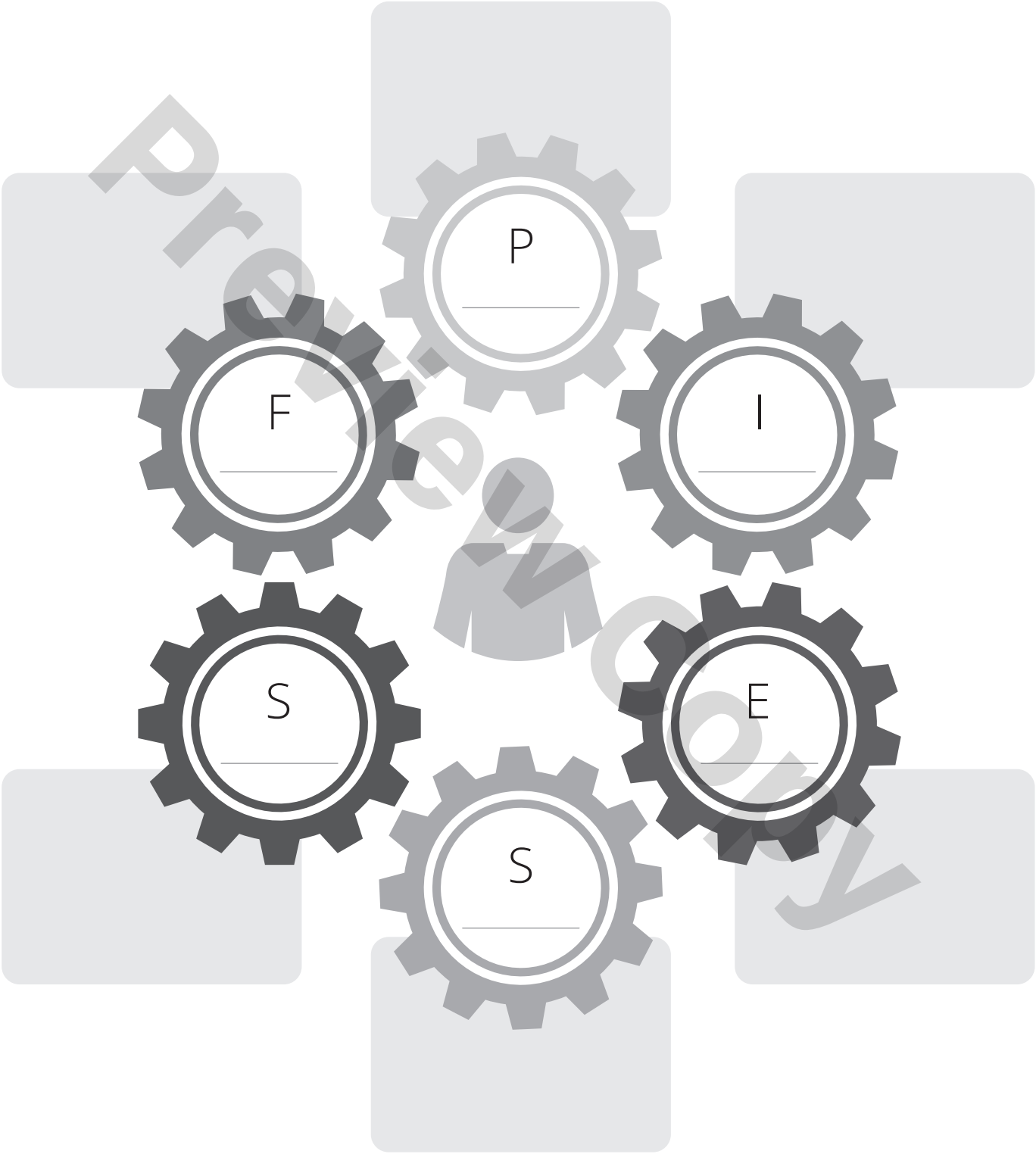
- 6 buckets marked with one letter (P, I, E, S, S, or F)
- Small sheets of paper, each marked with one letter (P, I, E, S, S, or F)
- Worksheet: *My Whole Self* on page 21
- Handout: *Categories of Intimacy* on page 22

STEP BY STEP

1. Distribute the *My Whole Self* worksheet to each student.
2. Tell the students, "There are multiple ways to grow intimacy in each of these categories. It is important to know that intimacy is not just physical."
3. Share each category of intimacy, and have students write each on the corresponding line.
4. Divide the class into groups, and distribute a small stack of the sheets of paper, each marked with either a P, I, E, S, S, or F.
5. Ask students to brainstorm ways to grow intimacy for each category, and tell them to write their examples on the small pieces of paper. (Example: "F" paper: Work to raise money for a charity together).
6. Tell students to crumble their example into a ball, and toss it into the bucket that matches.
7. After each bucket has a few examples, unwrap a few of the papers, and read them for the class.
8. Utilize the *Categories of Intimacy* handout for further ideas.
9. Have students record examples in the boxes of the *My Whole Self* worksheet.

My Whole Self

WORKSHEET



Categories of Intimacy

HANDOUT



Physical Intimacy

The way you engage with physical touch. Examples include: hugging, kissing, snuggling, back rubs, holding hands, and sexual contact.



Intellectual Intimacy

Connecting with how another person thinks and what they are interested in learning. Examples include: taking a class together, reading similar books, exploring current events, or challenging one another to learn something new.



Emotional Intimacy

Knowing one another's emotional wiring and providing the freedom to express emotions, both positively and negatively. Examples include: understanding what makes your partner laugh or cry, permission to express doubts and fears, and a general understanding of one another's personalities and tendencies.



Social Intimacy

How you connect with the people around you, and the things you and your partner engage in for fun. Examples include: sharing a hobby, seeking similar qualities in friendships with others, and how you view, define, and value family.



Spiritual Intimacy

The way you view the world and express the spiritual nature of your hearts. Examples include: attending religious services together, meditating or praying together, sharing similar world views and thoughts about a higher power.



Financial Intimacy

How you approach, view, save, spend, and give money. Examples include: agreeing on budget parameters, discussing life goals for earning an income, your spending habits, and how you view debt.

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Bullying and Violence

Preventing bullying and violence begins by acknowledging the core traumas that trigger the hurt and equipping individuals with healthy coping and connection strategies.

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Dating Decisions

*See Unit Four in Table of Contents

Drug and Alcohol Abuse

Using substances alters one's ability to make intentional and healthy decisions. Often, this behavior has adverse effects on relationships. It is important to provide tools and information for navigating relationship with a sound mind.

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Navigating Conflict

Teaching skills for preventing, managing, and healing from conflict is important for healthy relationship development.

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Peer Pressure and Boundary Setting

Teaching students to avoid negative influences is important. It is also necessary to train individuals with skills for being a positive, rather than a negative, influence in their own peer groups.

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REAL Essentials

ADVANCE

Topical Index

Self-Care

Providing resources for individuals to manage stressful physical, cognitive, and social changes, with healthy and positive coping strategies is a vital component in achieving optimal health.

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Sexual Health

*See Unit Nine in Table of Contents

Social Media Literacy

Teaching individuals to be savvy and smart with their online presence is a key component of authentic and safe connection.

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Suicide Prevention

Providing skills for positive self-esteem, emotional safety, and relational connection can help prevent suicidal behavior.

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Understanding Others' Perspectives

Teaching skills for understanding differing perspectives and opinions is a helpful way to lessen conflict and cultivate community.

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