

★ MY
BODY



★ MY LIFE ★



MY ★
PLAN



REPRODUCTIVE LIFE PLAN!

Wait, what is it?



A reproductive life plan, or RLP, is a plan that can help you make important choices in your life.

Your plan can include things like college, career, family, and goals to help improve your health and well-being.

This guide will help you get started planning so that even if life throws you a curve ball, you'll be prepared.



YOUR FUTURE

Any parent will tell you, raising kids is hard work. There's a lot to think about, like deciding if and when to become a parent. What are your life goals and dreams? Answer these questions to figure out how you can make it all work.

1. Where do you see yourself in 5 years? How about 10 years?



2. Partnered?
Single? Working?
In school? Living
on your own or
with a parent?



3. How much education do you
want? Do you plan on going to
college or trade school?



WHAT ABOUT KIDS?



Do you want to have kids someday?



YES



NOPE

If yes, how old
do you want to
be when you have
your first baby?



How many
kids do you
hope to have?

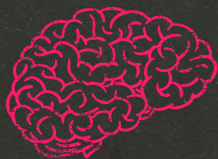
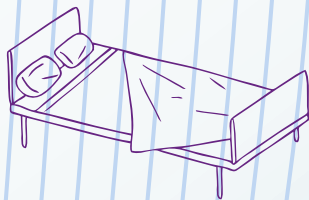
How close in age do you want your
kids to be?

Will being a parent affect your ability
to reach the goals you have set for
yourself?



WANNA MAKE A PLAN?

Making a plan for if and when to be sexually active can help you stick to your future goals and dreams.



What does abstinence mean for me?



What sexual activities
are okay for me to
do right now?



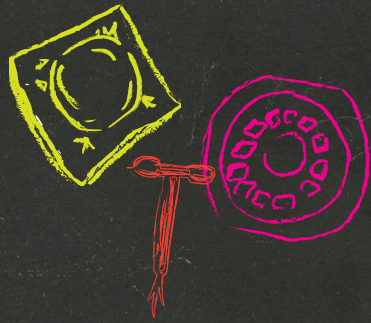
How will I be sure to
prevent pregnancy until I
am finally ready?



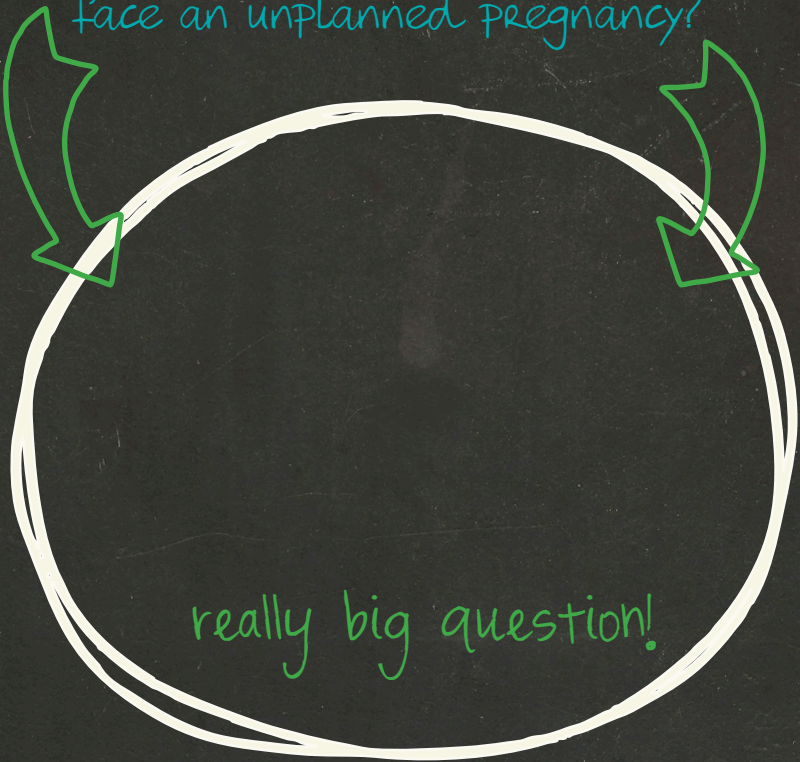
What birth control
methods sound
the best to me?



Where can I get
condoms/birth
control?



What would I do if I were to
face an unplanned pregnancy?



FRIENDS FAMILY RELATIONSHIPS



Healthy relationships are essential to our overall health and wellness - whether we're talking about romantic or sexual relationships, both serious and casual friendships or family.

In a healthy relationship, no one involved should be emotionally, physically or sexually unsafe from the person they're with.



FRIENDS FAMILY RELATIONSHIPS



None of us should be at risk of being called names or put down, harassed or stalked, punched or kicked, forced or coerced (pressured) to do anything they don't want to do sexually or affectionately.

We should also feel safe and secure in the idea that our partner would never do us harm intentionally, and that we would never cause them harm on purpose, either.



WHAT MAKES A HEALTH RELATIONSHIP?

- + Communication
- + Respecting each other's limits and boundaries
- + Making decisions that are about the relationship jointly and actively
- + Honoring our agreements and take responsibility for them
- + Getting to be our own person
- + Trusting each other
- + Feeling safe

SUPER GOOD STUFF!

WHEN WILL YOU KNOW?



How will you know it is the right time to say yes to sex?

How can you say "no" if you are not ready yet?

Who can you go to for support and advice about your relationships?



! PHYSICAL HEALTH AND WELLNESS !

Being the healthiest you can be is important! It might be hard to believe, but your behaviors now can affect the health of any future babies you might have. Luckily there are a lot of things you can do NOW to set yourself up for a healthy future.

✓ check it!

How many healthy lifestyle choices have you made already this week or month?



Eating plenty of fruits, vegetables and whole grains





Exercising regularly: Remember, you don't have to go to a gym to exercise. You can take a walk, go for a hike, or ride your bike. You should exercise at least 150 minutes a week, which is about 25 minutes a day. And it should be fun!



Taking a multivitamin that contains folic acid every day is very important for women, starting in their teen years. Folic acid is a vitamin that can help prevent some birth defects, but it needs to be taken before a pregnancy happens as well as during pregnancy. Most multivitamins contain the 400 micrograms of folic acid that people need.



Getting regular checkups with your doctor and your dentist



Getting enough sleep. Sleep recharges your brain and your body, and helps keep you healthy



LET'S WRITE STUFF

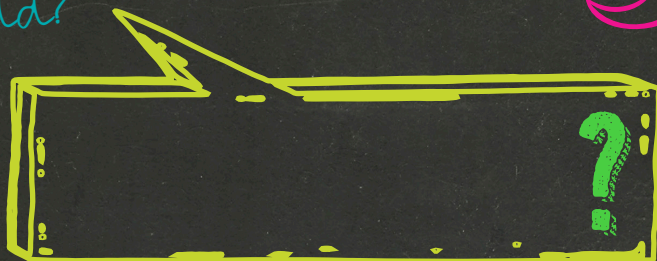
Three key goals I want to focus on!

1. _____

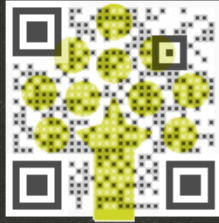
2. _____

3. _____

Anything else
to add?



RESOURCES!



Family
Tree
Clinic

www.familytreeclinic.org

MN Family PLANNING
+STD Hotline

www.sexualhealthmn.org



www.health.state.mn.us

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