



# Bowl of Milk

**Grade Level:** Middle/ High School \_\_\_\_\_  
**Lesson Plan Timeframe:** 10- 20 Minutes \_\_\_\_\_  
**Program Topic:** Messages and Sexual Behavior \_\_\_\_\_  
**State:** KY \_\_\_\_\_  
**Prepared By:** Miranda Goodlett \_\_\_\_\_  
**Chapter/School:** Mercer Co. Senior high \_\_\_\_\_

<p><b>Overview &amp; Purpose</b></p> <p>The purpose for this activity is to decode “mixed messages” that teens are constantly exposed to regarding sexuality and sexual behavior. It also helps teens “visually” see how these mixed messages may impact their sexual decisions and the role that hormones may play in those decisions.</p>	<p><b>FCCLA National Program(s)</b></p> <p>Student body</p>
<p><b>Education and National FACS Standards Addressed</b></p> <p><u>Area of Study:</u> 12.0 Human Development          Comprehensive Standard: Analyze factors that influence human growth and development          Content Standards: 12.1 Analyze principles of human growth and development across the life span          Competencies: 12.1.2 Analyze interrelationships among physical, emotional, social and intellectual aspects of human growth and development          12.2.4 Analyze the effects of life events on individuals’ physical, ;intellectual, social, moral, and emotional development</p>	<p><b>Career Clusters and Pathways</b></p> <p>Consumer and Family Management</p>

<p><b>Lesson Plan Goals &amp; Objectives</b>          (Specify skills/information that will be learned.)</p>	<p>For teens to understand how these mixed messages may impact their sexual decisions. Also to highlight the role that hormones may play in those decisions.</p>
<p><b>Materials Needed</b></p>	<ol style="list-style-type: none"> <li>1.) Large glass bowl</li> <li>2.) One gallon of WHOLE Milk (2% or skim will NOT work)</li> <li>3.) One package of four different colored food coloring bottles</li> <li>4.) A bottle of DAWN DISH soap (Dawn is the only dish soap that will work)</li> <li>5.) Sexual pictures from common magazines and/or ads from TV (showing sexual or seductive behavior)</li> </ol>
<p><b>Introduction of Subject</b>          (Give and/or demonstrate necessary information)</p>	<p>Show the sexual and seductive images.</p>
<p><b>Verification</b>          (Steps to check for student understanding)</p>	<p>Ask the students to identify the messages that the following resources may send: media/ TV/ Magazines/ Parents/ Church/ Friends</p>

<p><b>Activity 1</b> (Describe the independent activity to reinforce this lesson)</p>	<ol style="list-style-type: none"> <li>1. In the large glass bowl pour one gallon of Whole milk.</li> <li>2. Explain to the class that the bowl represents your teenage body and the milk represents a teenage brain.</li> <li>3. Ask the students to identify the messages that the following resources may send: MEDIA/TV/MAGAZINE/PARENTS/CHURCH/FRIENDS</li> <li>4. Take one color of the food coloring (BLUE) and using only that color to represent Media, ask the students to share with the class the MESSAGES that they receive from media regarding sexual behavior.(Just do it, don't get caught)</li> <li>5. Each time a student shares a message they receive from the media, the instructor drops a drop of BLUE food coloring into the milk.</li> <li>6. Take another color of food coloring (RED) and ask to identify what their parents/family says about sexual behavior and drop and drop a red dye in the milk for each message.</li> <li>7. Take another color to represent church (green) and than friends (yellow)</li> <li>8. The bowl of milk will be full of colorful and mixed up drops</li> <li>9. Ask Students to describe what they see in the bowl of milk. Ask students to identify "How is this milk with the multiple colors like your brain, regarding al the messages you receive daily regarding sexual behavior.</li> <li>10. Final Step in the activity, take the Dawn Dish Soap and tell the students that this represents HORMONES!!!! Squeeze the Dawn in the middle of the milk</li> <li>11. Ask the students " what part does our hormones play in our ability to make safe, legal, healthy and responsible sexual decisions?" What happened to the milk?</li> </ol>
<p><b>Summary/Evaluation</b> (Assign Homework, or Reflect on the Outcomes)</p>	<p>Discuss with students how difficult it can be to make healthy decisions when you have hormones, physical desires, sexual drive and multiple influences in your life that give you multiple mixed messages. Share that one of the purpose of the sexuality unit in your health class is to help sort out these messages which may help enable you to make healthy, safe, legal and responsible choices today and in the future.</p>

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