

Yareli

Mr.Martinez, 6th Period

During my Peer Health Exchange Class I learned a lot such as how important it is to use one of our rights, consent. Consent is when we approve of actions that don't make us feel uncomfortable. For example, if we don't want to have sex at the moment we have all rights to say "no" to our partner. Consent is a broad term so it doesn't necessarily only apply to sex. This class has been very helpful because it has helped me with real life situations.

I recently talked to a friend who explained how her boyfriend wanted to take things even further than just kissing. She said she wasn't ready for that, but by her denying his request he made her feel like she didn't actually love him. I immediately remembered my PHE class and how pressuring someone into doing something is abusing our consent. After she finished I told her about all the resources that might help her. I requested her to talk to a counselor and see if that would help her. She returned the next day saying how she talked to her school counselor which helped her find the right words to tell her boyfriend how she felt and he eventually understood her.

I believe one of the biggest health issues teenagers face is asking for help. We're usually too scared to speak up because we're talked into not being "strong enough" or "good enough" when asking for help. I believe this because I've met many teenagers that don't ask for help due to the fact that people might judge them for not being able to handle the situation on their own. Mental health is also a big topic when it comes to young people. Many take relationships so seriously that when a break-up happens they get so hurt to the point where some try to commit suicide or physically hurt themselves. A resource that may help relieve a teenager or young adult from this stress is visiting a Health Center for help.

I'll use the skills I've learned in my PHE class, during my everyday life because these skills will be helpful throughout my entire career. Learning how to communicate in order to make decisions is going to be one of the most useful skills. As I go on with my life, I'm going to eventually have to interact with others to make the right decisions. This class taught me how to agree on things without being violent. PHE has impacted my life in a strong way so whenever I'm in a situation where I'm stuck I'll always remember this class and the options I have in order to make the right decision. I'll encourage my family and friends to make the right decisions by studying the outcomes of every choice they're able to make and go with whichever choice had the best results. It might not always be easy but at the end of the day I know that I've done the right thing.