



# URBAN LIFE TRAINING

Urban Life Training & Reality Assessment Teen Choice

*We all desire love...*



# *What do women seek for in a man?*

College Women chose

- 1) good character,
  - 2) emotional stability and maturity,
  - 3) positive outlook/optimism  
as most important in a potential mate.
- More important than large income or good looks

# *What defines Manhood?*

## **Survey of 28,000 men:**

- ✓ “being perceived as honorable, self-reliant, respected by friends”
- ✓ being physically attractive, sexually active, & successful with women were less important
- ✓ quality of life determined by good health, harmonious family life, and a good relationship with their wife/partner
- ✓ More important than job, nice home, or sex life.





# Lining 2

boys say they “have never really thought about what my life would be like if I got someone pregnant as a teen”

A young woman with long brown hair, wearing a white school shirt and a dark tie, is sitting on a light-colored couch. She is looking down at her belly, which she is holding with both hands. The background is slightly blurred, showing a window with red curtains.

# 4 in 10

girls say they “have never really thought about what my life would be like if I got pregnant”

# I Love You?



- ✓ **I love you** (being in love, for now it's with you.)
- ✓ **I love you** (your body, as long as you're not pregnant).
- ✓ **I love you** (as long as you give me what I want).
- ✓ **I love you** (until someone else better comes along).
- ✓ **I love you** (your "bling bling," popularity, fame, clothes, \$\$\$)

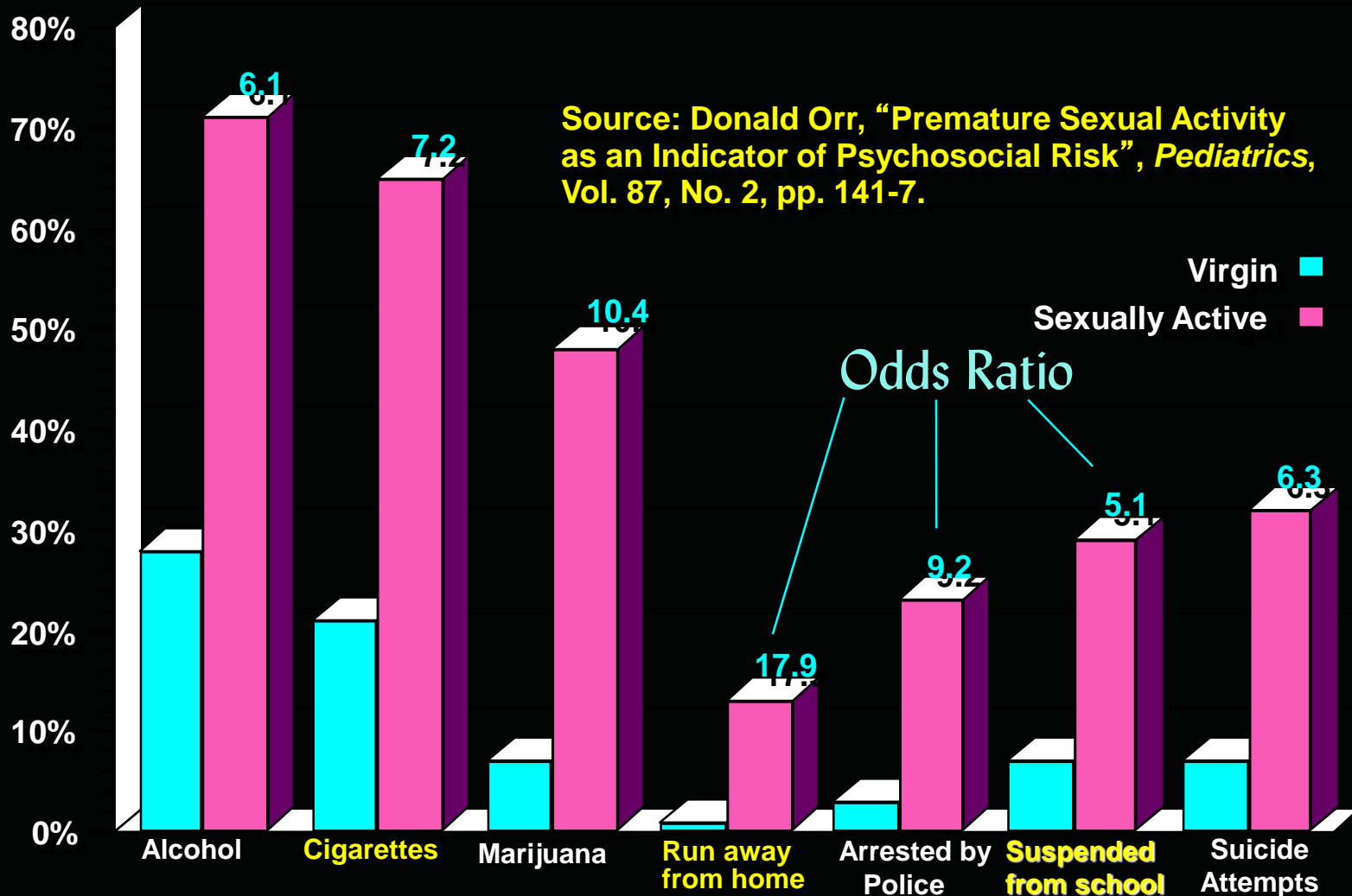
# I Love You?



- ✓ **I love you** (your sense of humor, personality, & dreams).
- ✓ **I love you** (your kindness, unselfishness, generosity & optimism).
- ✓ **I love you** (enough to sacrifice my desires to do what's best for you).
- ✓ **I love you** (but I know that both of us are too young to make a lifelong commitment, so let's enjoy each other's company and not do anything we might regret).



# Teen Sex & Behavioral Risks – Girls 12-16





**3**  
times more depressed –  
sexually active HS girls

Halfors, Denise, “Which Comes First in Adolescence—Sex and Drugs or Depression,”  
*American Journal of Preventive Medicine* 29 (3), October 2005.



# 5 \*Star\* Sexuality

Why would you settle for a 1-2 dimensional relationship, *when you can have all five?*





- It's natural for all of us to want to find someone to share our lives with
- But there's confusion about what it means to love someone

**Is Love *Just Feelings?***

A young man in a white t-shirt and a young woman in a black top are looking at each other in a room with a red wall. The man is on the left, and the woman is on the right. The text "LOVE is HONEST" is overlaid in the top right corner.

# LOVE is HONEST

➤ *Ask yourself:*

➤ “Is this *really* in the best, *longterm* interest of the one I ‘love?’ ”

➤ If not willing to ask this question, *don't say you love!*

What is the *MEANING*  
of the *act of love*?



oxytocin

vasopressin

# Real Love *is* Committed

if not (or not sure), **should you be acting like you are?**

❌ Aren't you taking something that *doesn't belong to you?*

❌ *HOW* do you know if someone's committed?





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