

My Personal Journal



Sometimes writing things down or “journalizing” can help you think about your feelings and remember what you learn. See if writing down your thoughts helps you!

My thoughts about dating and relationships are.....

Who can provide me with the most accurate answers to my questions?

Right now, my feelings about having a family are.....

What are my family discussions like around sexual health questions?

Handwriting practice lines consisting of 15 horizontal wavy lines.