Smart Relationships Education

YEAR 9:

LOVE & RELATIONSHIPS?
PREGNANCY, BABIES & CONTRACEPTION

Name: **Teacher Workbook**

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ABOUT SMART RELATIONSHIPS EDUCATION

For more than thirty years Peter Janetzki has been reading, researching and presenting on the topic of Human Sexuality and Relationships. This combined with thousands of hours of face to face counselling has resulted in a through understanding of the complexities of human relationships and sexuality.

From this vast experience Peter has developed a team who have been interacting with teens and young adults to help them receive accurate information so that they can navigate the confusing world of relationships.

In spite of our society being perceived as sexually progressive there are still high levels of ignorance in regards to many important issues to healthy relationships especially amongst teenagers. Hence 'Smart Relationship Education' provides comprehensive education programs based on research and accurate information, to assist young people in avoiding the dangers of unhealthy relationships that are often modelled and promoted by our popular culture.

Smart Relationships core program has been the 'Why Not Just Wait' which is a comprehensive sexuality education program for High Schools that is broad based going beyond the 'safe sex' mantra of most sex education programs. The standard program is outlined below, however programs can be modified to suit the individual needs of any school.

Our Philosophy
Young people will do what young people want to do. Consequently we are up front about our values so as to not impose them on students but rather challenge them to examine what we have to offer and to make informed and wise choices.

Our Values
We believe...

- Sexuality is not a separate part of our experience in fact it is part of every aspect of life, therefore we approach it holistically and in the context of relationships.
- Young people have the right to be given accurate information from sound and reliable research, free from hidden agendas.
- Every choice has a consequence and that young people are able to make healthy, life giving choices given accurate and relevant information.
- The best place for sexuality education is in a loving and supportive family and what we do is a compliment to this.

We are Pro-abstinence for two reasons. Firstly, evidence world wide supports that this is the safe and healthy choice, and secondly our presenters hold to a Christian worldview.

WORDS, WORDS & MORE WORDS

1. **ABORTION** - An operation or procedure to terminate a pregnancy by killing the baby.
2. **AIDS** - Acquired Immunodeficiency Syndrome. This is a disease of the human immune system that can form as a result of having HIV (Human Immunodeficiency Virus).
3. **BLASTOCYST** - The very early beginning of human life from conception before implanting in the lining of the uterus.
4. **CERVICAL CAP** - A small, rubber, cup-shaped contraceptive device that prevents sperm entering the cervix.
5. **CONDOM** - A flexible sheath, usually made of thin rubber or latex, designed to cover the penis during sexual intercourse for contraceptive purposes or as a means of preventing sexually transmitted infections.
6. **CONSENT** - Giving someone permission or approval for something to happen.
7. **CONTRACEPTION** - Methods to prevent the meeting of sperm and egg, i.e. to prevent a pregnancy from occurring.
8. **EFFECTIVENESS** - The rate that the contraceptive fails in real life situations.
9. **EFFICACY** - The rate that the contraceptive fails in real life situations.
10. **EJACULATION** - Emission or discharge of semen that spurts out of the penis at orgasm.
11. **FERTILISE** - When a sperm from a man joins with an egg from a woman to make a baby.
12. **GAY** - Common term for homosexual.
13. **GENDER** - The term for one's sex. i.e. male or female.
14. **GENITALS** - External sex organs (your private parts) that are part of the reproductive system.
15. **HETEROSEXUAL** - Someone who is attracted to members of the opposite sex, e.g. boy likes girl.
16. **HOMOSEXUAL** - Someone who is attracted to members of the same sex, e.g. boy likes boy.
17. **HORMONAL CONTRACEPTIVE** - Also refer to as the oral contraceptive pill or birth control. The woman takes a pill everyday that regulates the changes in hormone levels during her cycle, to reduce the risk of falling pregnant.
18. **INFERTILITY** - Being unable to make a baby.
19. **INTRAUTERINE DEVICE** - A birth control device that is inserted into the uterus to prevent implantation.
20. **MASTURBATE** - Playing with your genitals to bring yourself sexual pleasure.
21. **MISCARRIAGE** - A spontaneous or unplanned expulsion of a fetus from the womb in the first 20 weeks of a pregnancy.
22. **ORGASM** - The peak of sexual excitement - strong feelings of pleasure and a series of involuntary contractions of the genital muscles, usually accompanied by ejaculation of fluid (for both men & women).
23. **OVULATION** - The monthly release of an egg from an ovary in women.
24. **OVUM** - The female reproductive cell, commonly called an egg.
25. **PORNOGRAPHY** - Any material (videos, pictures, audio and written) that is intended to cause sexual excitement and arousal.
26. **SEX DRIVE** - The desire for sexual fulfilment.
27. **SEMEN** - Fluid that nourishes the sperm and spurts out of the penis at ejaculation.
28. **SPERM** - The male reproductive cell.
29. **SPERMICIDE** - A chemical or agent that kills spermatozoa.
30. **STI** - Sexually Transmitted Infections and/or diseases that are spread by engaging in sexual behaviour with infected people.

THINKING ABOUT RELATIONSHIPS & LOVE

#1 Why People Get into Relationships
Brainstorm all the reasons why people want to get into a romantic relationship.

#2 The Good, The Bad & the Best
Sort the above reasons into the categories Good, Bad and Best, then discuss why you think so.

THE GOOD

THE BAD

THE BEST

#3 Love, Music & Hollywood
What messages about love and sex do you hear from popular culture (music, movies, television, magazines, etc.).

A CLOSER LOOK AT LOVE

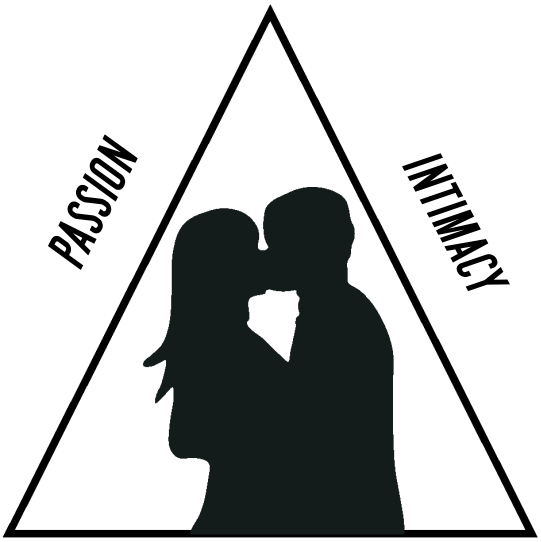
Defining Love
Make a list of adjectives (describing words) for the love that you want from a committed relationships.

Write a definition for real and lasting love.

TRIANGULAR THEORY OF LOVE

by Robert J Sternburg (1986)

Passion
Emotions
(eros)

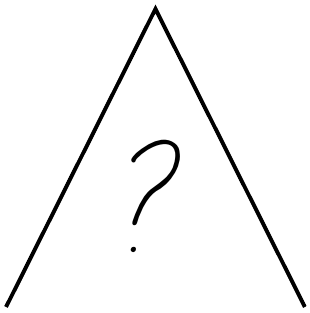


Intimacy
Friendship
(philia)

Commitment
Decisions
(agape)

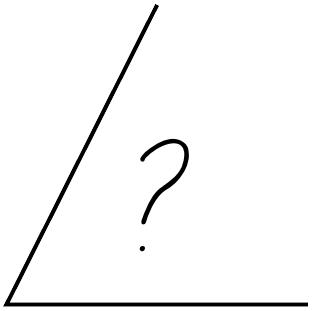
COMPARING RELATIONSHIPS

Compare the four different ways relationships can be built using parts of the Triangular Theory on Love and Relationships by Robert J Sternburg (1986). What are the benefits, consequences and challenges of each specific component to building a healthy, committed, permanent relationship which achieves sexual, emotional and relational fulfilment.



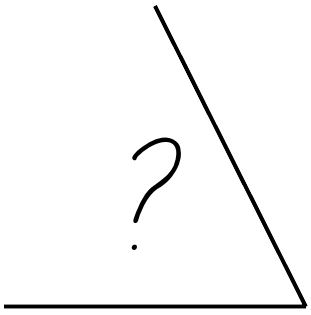
Intimacy + Passion = Romantic Love

This is like: Mills & Boon



Commitment + Passion = Foolish Love

This is like: The Titanic & Twilight



Commitment + Intimacy = Companionate Love

This is like: Best Friends

Commitment + Intimacy + Passion =

Consummate Love

This is like: The Real Deal

LOVE & THE OLD BOOK

#1 The Famous Love Passage
Highlight the words used to describe love in 1 Corinthians 13:1-7.

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protect, always trusts, always hopes, always perseveres.

#2 Matching Words
Match the describing words for love that you highlighted above with the appropriate side of the triangle.

PASSION

INTIMACY

COMMITMENT
patient, kind, does not envy, does not boast, not proud, not rude, not self-seeking, not easily angered, keeps no record of wrongs, does not delight in evil, rejoices with the truth, protect, trusts, hopes, perseveres

GOOD MARRIAGE SURVEY

Good Marriage Survey's Top #7

1. My spouse is my best friend
2. I like my spouse as a person
3. Marriage is a long-term commitment
4. Marriage is sacred
5. We agree on aims and goals
6. My spouse has grown more interesting
7. I want the relationship to succeed

My Top #7

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

CHOOSING THE BEST

Using this as a starting point (you can add your own ideas) your group is required to come up with a Top 10 list of attributes, qualities, and requirements, etc. for your Mr/Mrs Right. Don't forget to cover compatibility for all five dimensions of B.E.I.N.G.

Shopping List for Mr/Mrs Right:

#1 _____

#2 _____

#3 _____

#4 _____

#5 _____

#6 _____

#7 _____

#8 _____

#9 _____

#10 _____

- able to see the funny side of things
- adventurous
- affectionate
- ambitious
- assertive
- attractive
- athletic
- believes the same things about God that I do
- can cope with disappointment
- cares about other people
- considerate
- dependable
- enjoys the same things I enjoy
- enthusiastic
- even-tempered
- forgiving
- friendly
- generous
- gentle
- good listener
- good self-concept
- good talker
- hard worker
- has clear dreams, hopes & goals
- honest
- intelligent
- loves parties
- manages money well
- neat & tidy
- not a quitter
- open-minded
- patient
- popular
- quiet
- resolves conflict well
- rich
- sense of humour
- sensitive
- sexually desirable
- similar future dreams
- thinks for themselves
- they show respect for people
- understanding

PREGNANCY & BIRTH QUIZ

1	A pregnancy can only occur if an ovum is fertilised by a sperm.	T	F
2	For a pregnancy to occur, there has to be a very large number of sperm present.	T	F
3	Usually the first sign of pregnancy is a missed period.	T	F
4	A woman cannot get a pregnancy test until 2 weeks after the menstrual period is overdue.	T	F
5	Most pregnancies last 38-41 weeks.	T	F
6	A miscarriage or spontaneous abortion is when the pregnancy is lost during the first 20 weeks.	T	F
7	The baby first starts to kick when it is ready to be born.	T	F
8	Labour' is the process you go through during the birth of the baby.	T	F
9	Babies are usually born head first.	T	F
10	When a woman has a Caesarean, they cut open her stomach.	T	F
11	A breech birth is when the arms come out first.	T	F
12	All women need to be stitched up after childbirth.	T	F
13	The umbilical cord can strangle the baby during birth.	T	F
14	With modern scientific developments, men are now able to give birth.	T	F
15	Successive births after the first are usually easier for the woman.	T	F
16	The safest age for a woman to have children is between 20-35.	T	F
17	Breathing techniques are helpful to women in labour.	T	F
18	When a woman gives birth, there is always a lot of blood loss.	T	F
19	All babies should be slapped on the back the moment they are born, to help them breathe.	T	F
20	After the baby is born, it can be put on the mother's breast immediately.	T	F
21	All babies should be bathed immediately after they are born.	T	F
22	If you carry your baby high, it's a boy. If it's balanced to the sides and back, then it's a girl.	T	F
23	You're getting close to giving birth when the baby 'drops'.	T	F
24	If you usually have menstrual cramps, you'll have an easy labour.	T	F

PARENTING IS A LONG TERM DEAL

CONTRACEPTION: WHAT DO YOU ALREADY KNOW?

#1 Methods of Preventing Pregnancy
List all the methods of contraception that you know about or have heard about.

#2 Effectiveness
Which one of the above methods of contraception do you think offers the best protection and the worst protection from pregnancy, and why?

Theoretical Failure Rate

Is the rate that the method fails when used 100% perfectly 100% of the time, as in a test situation.

Real Failure Rate

Is the rate that the method fails in real life situations.

CONTRACEPTION INFORMATION

#1 Method: Condoms

Theoretical Failure Rate: Male 2% Female 5%
Real Failure Rate: Male 12% Female 16-25%

Potential Negative Side Effects and Disadvantages	Potential Advantages	Causes of Failure
· Allergic reaction to latex · Dislike of the feel or smell of latex · Some reduction in sensation on the penis · Interferes with sex, having to stop to put it on	· Available without prescription · Relatively inexpensive and readily available · Offers some protection from sexually transmitted diseases & infections · No health risks compared to other methods of contraception · A method for which the man can take full responsibility · Easy to care and use	· Breakage due to not leaving space at the tip to collect sperm · Lubrication with petroleum jelly or presence of some vaginal medications will weaken the rubber · Seepage of semen around the opening of condom or condom slipping off in the vagina after sex · Storing of condom for more than 2 years of in extreme temperatures · Not placing condom on penis at beginning of intercourse

#2 Method: Hormonal Contraceptive

Theoretical Failure Rate: 0.5% Real Failure Rate: 6%

Potential Negative Side Effects and Disadvantages	Potential Advantages	Causes of Failure
· Nausea, weight gain, fluid retention, breast tenderness, acne, mood changes, headaches, irregular menstrual periods, decreased sex drive, depression, anxiety, fatigue · For smokers, those who are overweight, or have high blood pressure or diabetes, or are over 40, there are some rare but serious side effects, i.e. thrombosis, heart attack, strokes, high blood pressure ad gall bladder disease	· Reliable; offers protection all the time · Brings increased regularity to menstrual cycle · Tends to reduce menstrual cramping	· Not taking pills as directed or skipping a pill · Missing a pill due to vomiting and/or diarrhoea · Taking of other medication, i.e. antibiotics · Improper supervision by clinician · Ceasing taking the pills for any reason · Neglecting to get re-injected after 3 months

#3 Method: Diaphragm & Cervical Cap

Theoretical Failure Rate: 6% Real Failure Rate: 18%

Potential Negative Side Effects and Disadvantages	Potential Advantages	Causes of Failure
· Easy to misuse · Refitting is required after pregnancy, or after weight loss or gain of 5kgs · Allergic reaction to the rubber or spermicide · Increased risk of toxic shock syndrome · Bladder infection or vaginal soreness because of pressure from rim	· Negative side effects are rare · Inexpensive; can be re-used · No need to interfere with sex as it can inserted up to 1 hour before sex	· Improper fitting or insertion · Removal too soon (within 6-8 hours of sex) · Not using sufficient amount of spermicidal jelly with the diaphragm · Leakage in or around diaphragm or slippage of diaphragm · Deterioration by oil-based lubricants or vaginal medications

#4 Method: Spermicides

Theoretical Failure Rate: 6% Real Failure Rate: 22%

Potential Negative Side Effects and Disadvantages	Potential Advantages	Causes of Failure
· High failure rate when used without condoms or diaphragms · Allergic reactions to chemical · Some people say that they are messy	· Available without prescription · Minimal health risks (if sexually transmitted diseases are absent) · Easy to carry and use	· Not following the instructions of use - in particular qualities and usage time

#5 Method: Intrauterine Device (IUD)

Theoretical Failure Rate: 1.5% Real Failure Rate: 2%

Potential Negative Side Effects and Disadvantages	Potential Advantages	Causes of Failure
· Not suitable for young women who have not had children due to the risk of infertility · Heavy and/or painful periods · Pelvic inflammatory disease · Perforation of the uterus during insertion of the IUD · Violent allergic reaction · Higher risk of ectopic pregnancy · Infection of the ovaries	· Reliable · Can be left in place you don't have to think about it · Easily removed for immediate return to fertility	· Failure to notice that IUD has been expelled by uterus

#6 Method: Natural Family Planning

Theoretical Failure Rate: 1-9% Real Failure Rate: 20-40%

Potential Negative Side Effects and Disadvantages	Potential Advantages	Causes of Failure
· High failure rate · Need to understand and learn the method correctly · Sexual frustration during periods of abstinence (not having sex)	· Accepted by the Catholic Church Cheap · No side effects or health risks (if sexually transmitted diseases are absent) · Can be used to increase chances of pregnancy	· Inadequate time devoted to charting female's menstrual cycle or misunderstanding of method · Ovulation at an unexpected time in the cycle · Deciding to have intercourse during the unsafe period of the cycle, without other contraception

#7 Method: Withdrawal

Theoretical Failure Rate: 4% Real Failure Rate: 19-25%

Potential Negative Side Effects and Disadvantages	Potential Advantages	Causes of Failure
· High failure rate · Inability to fully relax during sexual intercourse and not be on guard · Can be unsatisfying for both male and female	· No cost or preparation involved · No risks to health (if sexually transmitted diseases are absent) · Available even if other methods are not	· Lack of ejaculatory control. causing ejaculation in vagina · Ejaculating semen too close to vaginal opening after withdrawing · Sperm present in pre-ejaculatory fluid from the penis (even more likely if intercourse is repeated within a few hours)

#8 Method: Abstinence

Theoretical Failure Rate: 0% Real Failure Rate: ?

Potential Negative Side Effects and Disadvantages	Potential Advantages	Causes of Failure
· Sexual frustration · Avoiding planning for eventual use of contraception	· No cost or health risks · Freedom from worry about pregnancy and sexually transmitted diseases	· Inability to continue abstaining

THREE LEVELS OF PREVENTION

Good Medicine is… about THE Healthiest Choice!

In the medical community prevention is discussed in terms of primary, secondary, and tertiary prevention.

Primary Prevention
Primary prevention involves preventing the cause of the disease. Our premise for this series is to promote primary prevention. The undisputed facts are that abstaining from sexual activity until one is in a permanent monogamous relationship, is the only 100% safe and effective method of the prevention of STDs and pregnancy. Even proponents of "safer sex" such as condom manufacturers, sexual health workers, and government bodies state that no other method of prevention apart from abstaining is 100% safe.

Secondary Prevention
Secondary prevention is used when the cause can not be prevented, therefore only the development and spread of the disease can be, prevented. The concept of safer sex" is simply a form of risk management. If a person is sexually active outside of a mutually faithful monogamous permanent relationship, risk can not be completely eliminated, therefore the best that "safer sex" can do is to reduce the risk to varying degrees.

Although we believe that abstinence until in a permanent committed relationship is the healthiest choice for every young person, we realise that some young people may choose not to remain abstinent. Therefore, young people must be given accurate information on reducing their risks of contracting an STD infection (& pregnancy), which will be almost inevitable in the course of a lifetime of multiple sexual relationships.

Tertiary Prevention
Tertiary prevention involves preventing or minimising complications of a disease once it has developed. Although a large number of STDs can be cured, viral infections such as the herpes simplex virus, human papilloma virus, and HIV remain incurable. Medical treatment of symptoms and psychological and emotional support become a critical part of living with an incurable disease.

3 Levels of Protection & Pregnancy

PRIMARY PREVENTION: Abstinence
Avoiding the possibility of pregnancy

SECONDARY PREVENTION: Contraception
Reducing the risk of pregnancy

TERTIARY PREVENTION
Making choices once pregnancy has occurred

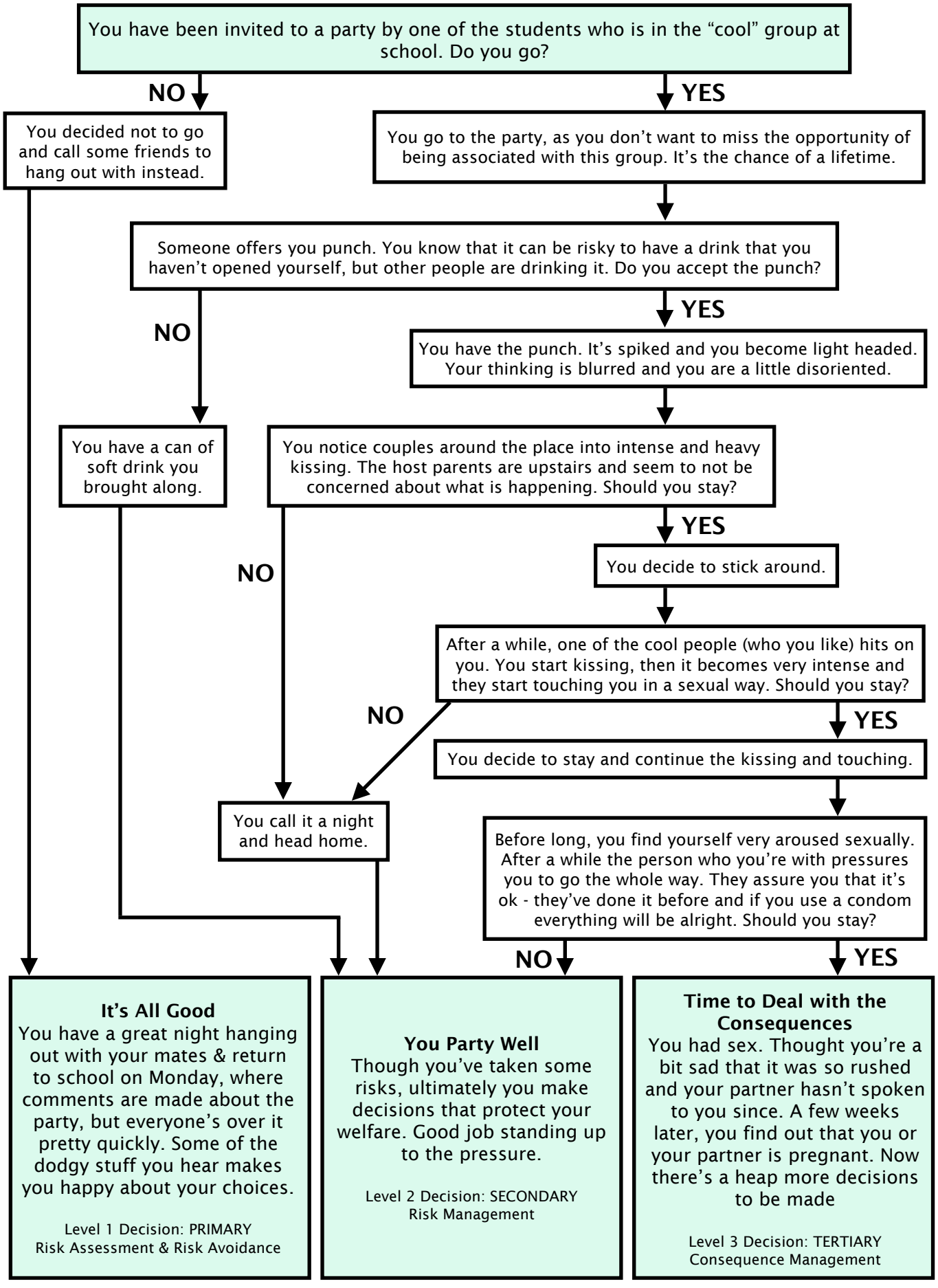
3 Levels of Decision Making

Level 1 Decision: PRIMARY
Risk Assessment & Risk Avoidance

Level 2 Decision: SECONDARY
Risk Management

Level 3 Decision: TERTIARY
Consequence Management

DO YOU GO OR DON'T YOU GO?



CLARIFYING YOUR OPTIONS

ABORTION

What is the process?
Two primary methods of abortion are available. During a suction curettage procedure the cervix is dilated, suction tubing is inserted into the uterus, and the foetus and placenta are suctioned into a collection bottle. During a dilation and curettage (D 4 C) procedure the cervix is dilated, a curette or loop-shaped knife is inserted in to the uterus, and the uterine lining is scraped to detach the foetus and placenta, and then scraped out of the mother's body.

What risks are involved?
Physical Risks - As with any invasive medical procedure, there are potential physical risks involved in an abortion. The risks may include: cervical tearing, perforation of the uterus, scarring of the uterine lining, infection, haemorrhage, anaesthesia toxicity, retained tissue, and retained blood clots. The rate of major physical complications resulting from abortion is low, however these risks should be seriously considered as some can lead to infertility, and in extreme cases, death, particularly if not immediately recognised.

Psychological Risks - Some women experience guilt, anxiety, grief, flashbacks of the abortion, and signs of depression such as unexplained sadness, crying episodes, poor self-esteem, sleep, appetite or sexual problems, reduced motivation, conflicts in relationships, and thoughts of suicide. The level at which these symptoms are experienced may vary greatly depending on the beliefs of the woman, particularly beliefs about at what point life begins. Some women experience few emotional consequences as a result of an abortion, however, as with physical risks, emotional risks should also be seriously considered as they can be long lasting.

ADOPTION

What is the process?
Adoption is a legal procedure in which a child legally becomes a permanent member of an adoptive family. In recent years adoption practices have become more open, allowing the birthparent(s) to have a more active role in choosing an adoptive family and providing information such as family and medical history, physical descriptions and personal information for future reference. In some cases the birth parent(s) can maintain contact with the adoptive family.

What risks are involved?
Many women experience grief and or depression as a result of giving a child up for adoption. There are also some social consequences involved in carrying a pregnancy through to term, such as interference with study or career, social stigma, and physical risks associated with pregnancy. Adoption can be a difficult decision for a young woman because it involves assuming the responsibilities of carrying the child to term and then the emotional decision to place the child with another family to raise as their own. Although it is potentially one of the most difficult choices, it is also one of the most courageous and loving because it is a choice that considers the welfare of the child, even though it may have consequences for the birth parent(s). It is also an admirable choice, because it is the opportunity to turn a potentially negative situation into a very positive one by giving the adoptive couple the chance to love and nurture a child, which they would otherwise be unable to do. Adoption is a decision that requires real maturity, courage, and love.

PARENTING

What is the process?

Parenting involves accepting the responsibility to carry a child to term and become legally responsible for the child until it reaches adulthood. Parenting involves one or both parents, as well as extended family members in some cases. The parent(s) assumes responsibility for the physical, mental, social, and spiritual development of their child 24 hours a day and must be willing to put the needs of the child ahead of personal wants and needs when necessary. The cost of parenting is great both financially and personally. Caring for a child restricts travel and social life and can also have an impact on career decisions.

What are the risks involved?

Pregnancy is a normal event but not without risks and complications - gestational diabetes, and pre-eclampsia (hypertension, protein in the urine and swelling of legs and hands) are some of the commonest problems. There can also be problems during labour (excessive bleeding, rupture, clots and foetal distress and dipping of the heart rate etc) and this is why close monitoring is required.

HOW MUCH DO YOU KNOW ABOUT PORN?

1	People use porn because they can't get a real partner.	T	(F)
2	People can develop physical problems from watching porn.	(T)	F
3	A person who wants to watch unlimited porn has to pay for it.	T	(F)
4	Watching porn changes your sexual tastes.	(T)	F
5	Early sexual experiences can have lasting effects on what arouses a person.	(T)	F
6	A person can tell if they are addicted to porn.	T	(F)
7	A person will always be sexually turned on by their partner.	T	(F)
8	Watching porn can impact your learning at school.	(T)	F
9	A person who quits porn won't experience withdrawal symptoms.	T	(F)
10	When people enjoy porn, they can easily quit and go out with a real partner.	T	(F)
11	Watching porn improves your sex life.	T	(F)
12	Everybody desires intimacy and connection.	(T)	F

Getting Help - Struggling with pornography?

Become the person you want to be - don't let pornography stand in your way.
FORTIFY PROGRAM - fortifyprogram.org

Learn how pornography affects the brain, relationships and the world - learn.ftnd.org

Concerned about the issue of children accessing internet pornography? Learn more and add your name to eChildhood - echildhood.org

FORTIFY
a step toward recovery

eCHILDHOOD
bringing the conversation out of the shadows

PUZZLE PAGES

Find a Word

C	Y	M	I	S	C	A	R	R	I	A	G	E	C
O	R	G	A	S	M	S	B	I	R	T	H	J	A
N	P	L	F	E	R	T	I	L	I	S	E	A	M
T	A	A	U	G	C	W	G	D	W	H	V	C	A
R	R	B	R	E	E	C	H	V	D	J	K	U	S
A	E	O	L	N	W	O	V	U	M	E	P	L	T
C	N	U	O	D	I	N	E	L	F	S	R	A	U
E	T	R	V	E	E	D	H	D	L	L	E	T	R
P	Q	U	E	R	H	O	E	A	I	L	G	I	B
T	D	S	P	E	R	M	L	C	H	E	N	O	A
I	N	F	E	R	T	I	L	I	T	Y	A	N	T
O	V	U	L	A	T	I	O	N	B	I	N	S	E
N	R	S	E	M	E	N	S	A	S	M	C	Y	S
P	P	O	R	N	O	G	R	A	P	H	Y	G	G
O	Y	R	E	L	A	T	I	O	N	S	H	I	P

BIRTH
BREECH
CONDOM
CONTRACEPTION
EJACULATION
FERTILISE
GENDER
INFERTILITY
LABOUR
LOVE
MASTURBATE
MISCARRIAGE
ORGASM
OVULATION
OVUM
PARENT
PREGNANCY
PORNOGRAPHY
RELATIONSHIP
SEMEN
SPERM

Find a Word created by: Smart Relationships Education

Sudoku

	3	9			6		5	1
5		2	4	9			7	
	6				2	8		
	1			4	7			
								9
		4				7		3
		1	2	3			8	
		3	5	1	4			
			7	6				

Easy

	3			6	2			
					9		7	6
2		9			7	5		
1			2					7
	8	5	9	7		6		
				3				1
7						8	9	
	4	3						
		8	7	5	4			

Medium

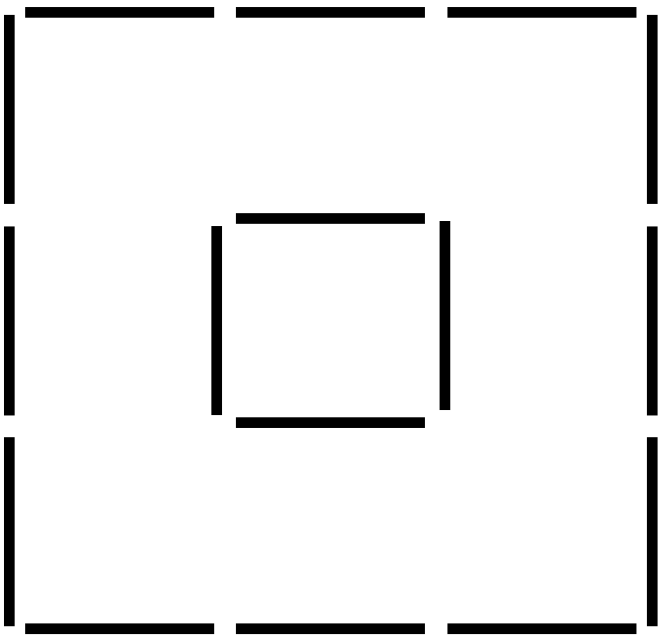
Sudoku Puzzles from: www.printable-puzzles.com

Visual Word Puzzles

B U R	THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS	TEEF FEET TEEF
po**FISH**nd	ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE	DAYSALLWORK

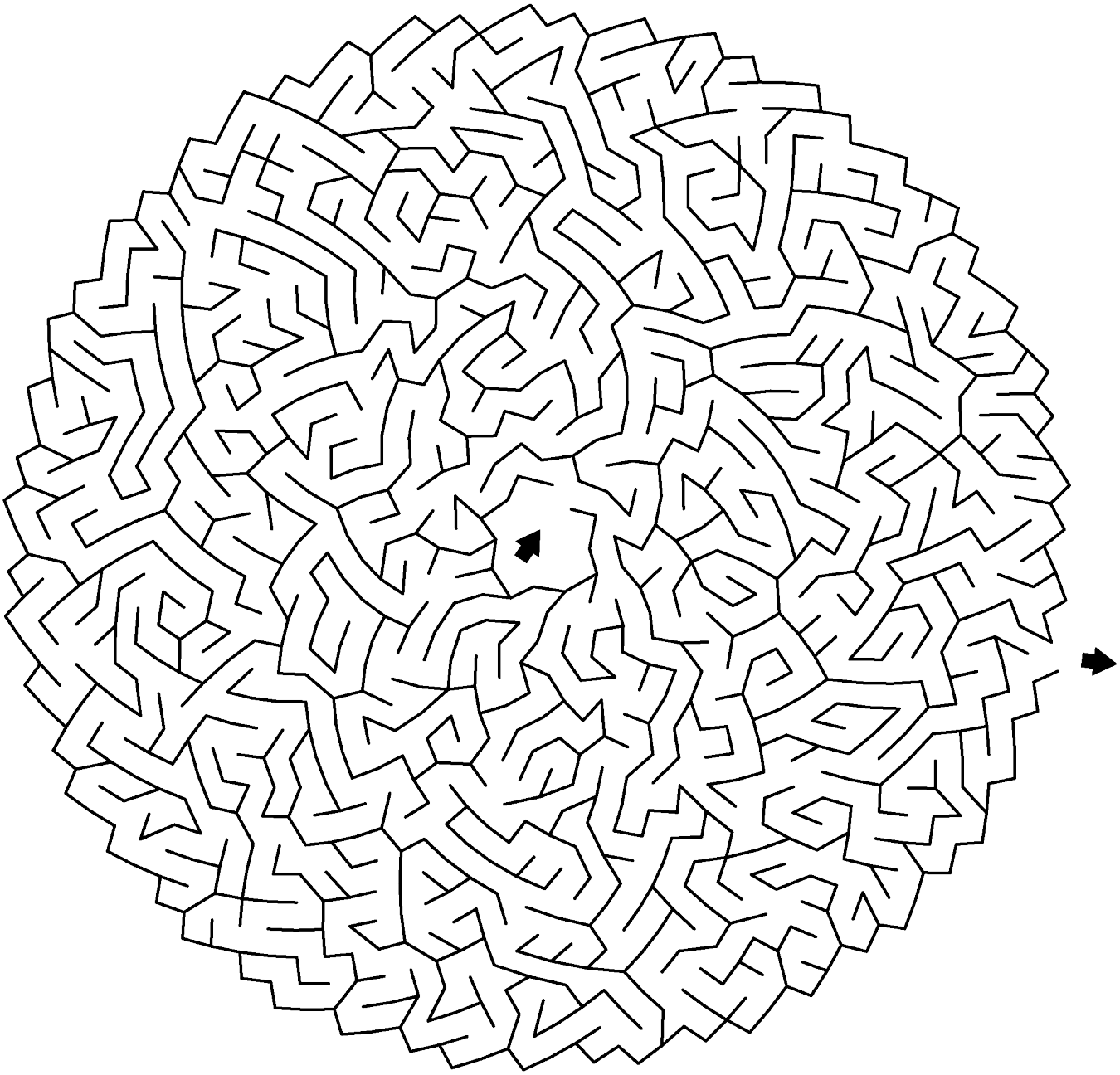
Sudoku Puzzles from: www.puzzles-to-print.com

Matchstick Puzzle



Matchstick Puzzles from: www.puzzles-to-print.com

Mazes



Maze from: www.krazydad.com/mazes