

The Journey

STAGE 1 Shaping opinion

As an adolescent girl forms her self-identity, she re-filters or rejects rules imposed on her by society. She educates herself and arrives at a new view of her relationship goals.

MILESTONE 1

Has formed her own opinion on relationships and how to manage them, as well as on what constitutes sexual health and which habits may be misguided or incorrect.

STAGE 2 Seeing Reality

Uses her experience to assess the opinions she has formed, and to form her own rules for relationship and sexual health management.

MILESTONE 2

Expresses new, idealised resolutions to protect her sexual health.

STAGE 3 Re-calibrating Relationships

Explores how her resolution works in the real world in various contexts with different pressures and constraints. This entails forming new ways to deal with partners, driven by personal goals and the ability to cope with fallout.

MILESTONE 3

No longer uses separate rules or exceptions for various partners but a single rule that protects her sexual health. This milestone represents the 'big flip' from being externally focused to internally focused, with her own needs prioritised.

STAGE 4 Embedding habits

Continues to adhere to her own rules for sexual health decisions, and decisions become habitual rather than deliberate. She tries to make new choices aligning her relationship with her goals.

MILESTONE 4

Lifestyle choices are aligned with goals. Exhibits predominately consistent and healthy sexual relationship habits.

STAGE 5 Evolving Habits

Consistent adherence to her own sexual health rules, with the tools, confidence and insight to adapt as necessary.

MILESTONE 5

Continues to evolve strategies and rules according to life and changing circumstances, while adhering to and supporting her larger goals. She consistently makes decisions that are positive for her.

VIEW
CHALLENGED

ESTABLISH
"PORTFOLIO
OF RULES"

BUILD
HABIT LOOP

