

Name: _____ Date: _____ Period: _____

Abstinence

Abstinence - avoiding a high-risk behavior (examples: sexual contact, substance use)

Is This Abstinence: Place the activities from the word bank into the correct column. Remember abstinence means avoiding high risk behavior.

Kissing	Touching of genitals	Hugging	Being alone together	Any form of sexual contact: vaginal, oral, anal
Touching of buttocks	Holding hands	Sexting	Arm around waist	
Talking about sex	Arm around shoulder	Touching of Breasts	Taking clothes off	

Abstinence	Want to Avoid	Not Abstinence

Abstinence & Communication

Which communication skill cues would benefit you the most in sharing your decision to remain abstinent? Identify at least 2 communication skills and provide evidence from class instruction to support your answer.

Communication Skill	Evidence
1.	
2.	