

Abstinence

Objectives Students will be able to explain the importance of abstinences to prevent pregnancy and the transmission of sexually transmitted infections by using effective communication skills.

Family Life Rules

1. Respect the feelings of others.
2. Use correct vocabulary (no slang words)
3. Do not ask questions in order to show off or embarrass others.
4. If you have a serious question that you do not want to ask in class, write it and put it in the question box.
5. Do not tell personal stories.
Always say "I know someone who..."
6. Respect the privacy of everyone in class, including the teacher.
7. Do not share information (including worksheets) with younger children.
8. Do not discuss information in a crude or joking manner inside or outside of the classroom.

- Define the term abstinence.
- Besides avoiding sexual contact, what other areas of your life can you practice abstinence?

Warm - Up



Avoiding high risk behavior

Examples:

- Avoiding the use of tobacco, alcohol, and drugs.
- Avoiding engaging in sex acts of any kind.

Abstinence

Abstinence Review

Abstinence is avoiding high risk behavior including sexual contact

Remaining abstinent is a decision not to participate in any form of sexual activity

It is 100% effective in protecting yourself from STIs and unwanted pregnancy

Is This Abstinence?

- Read the “Is This Abstinence” activities.
- Decide whether the activity demonstrates abstinence, is an activity we should avoid, or if it does not show abstinence.
- Place each activity to the appropriate column.

Abstinence	Want to Avoid	Not Abstinence
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Is This Abstinence Sort

Abstinence	Want to Avoid	Not Abstinence

Kissing

Holding hands

Any form of sexual contact:

- Vaginal
- Oral
- Anal

Touching of buttocks

Touching of breasts

Talking about sex

Arm around shoulder

Touching of genitals

Being alone together

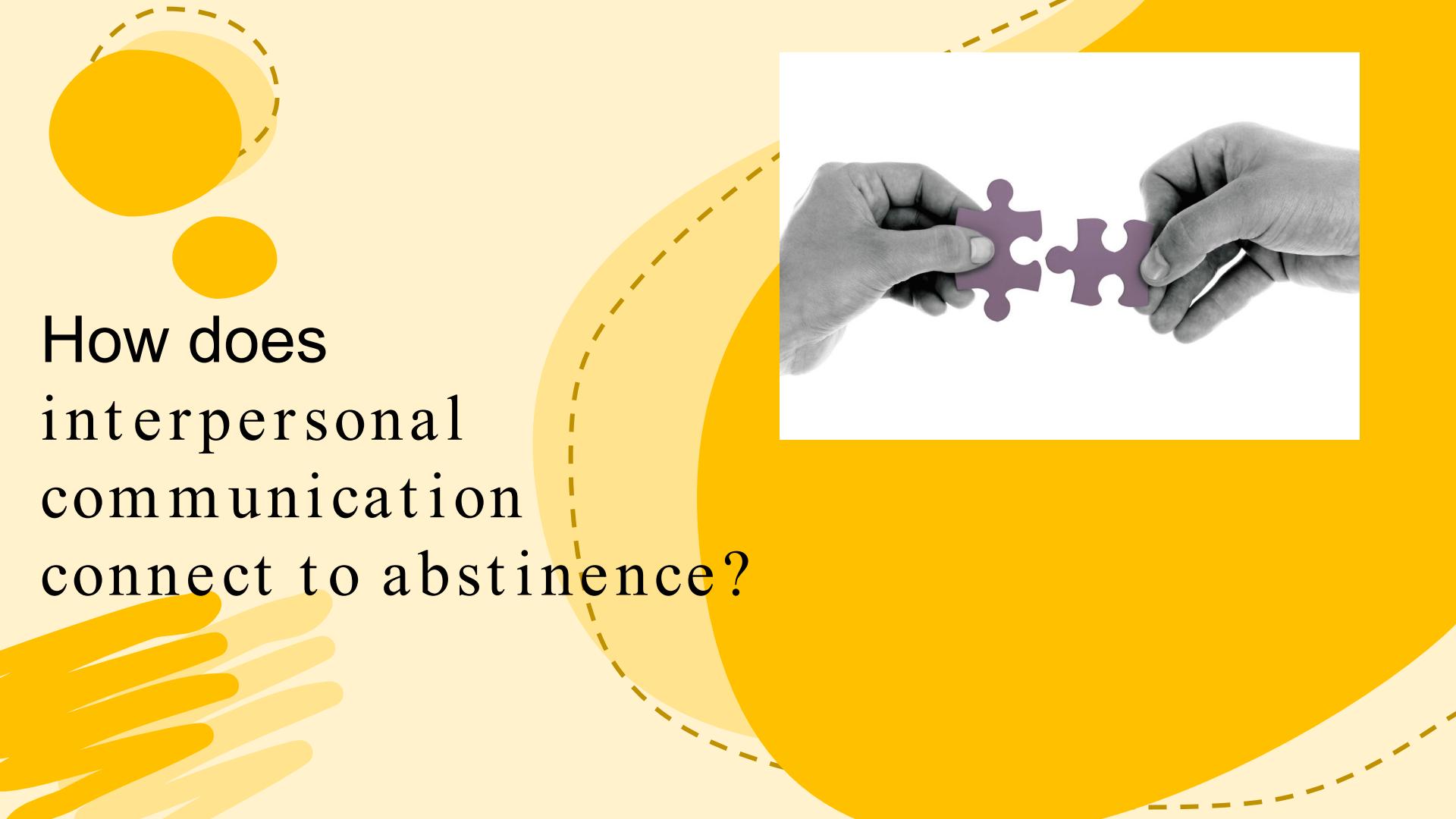
Hugging

Arm around waist

Sexting

Taking clothes off

Abstinence	Want to Avoid	Not Abstinence
Holding Hands	Taking Clothes off	
Hugging	Touching of genitals	
Talking about sex	Touching of breasts	
Arm around shoulder	Touching of buttocks	
Arm around waist	Sexting	
Kissing	Being alone together	Any form of sexual contact: Vaginal Oral Anal



How does interpersonal communication connect to abstinence?



Verbal Communication- Skill Cues

I TELL YOU	
I	Identify feelings, thoughts, ideas
T	Tell feelings, thoughts, ideas
E	Express using "I" statements
L	Look at the person you are talking to
L	Listen to the response
Y	Your body language is appropriate
O	Open mind
U	Use assertive communication style

Non-Verbal Communication- Skill Cues

FACE	
F	Facial expressions and body language
A	Attentive
C	Comfortable and confident
E	Eyes on speaker

Refusal Skills- Skill Cues

I SAY NO	
I	I-Statement
S	State a reason
A	Assertive voice
Y	You are in control
N	The "NO" statement is clear and direct
O	Options (what else can you do: leave the situation, get help?)

Abstinence & Communication Closure

Which communication skill cues would benefit you the most in sharing your decision to remain abstinent? In your answer:

Identify at least 2 communication skills.

Provide evidence from class instruction to support your answer.

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Non-Verbal Communication- Skill Cues

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