

The slide features a decorative design with yellow circles and a large yellow shape with a dashed outline. In the top left, there are three overlapping yellow circles of varying sizes, with the largest one having a dashed outline. On the right side, a large yellow shape with a dashed outline curves across the page, partially overlapping the text area.

Abstinence

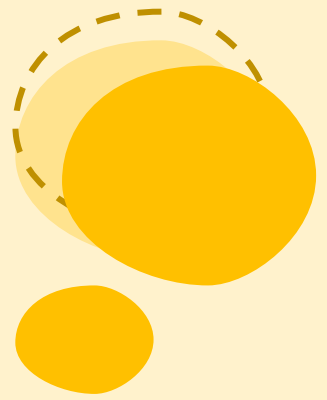
Objective Students will be able to explain the importance of abstinence to prevent pregnancy and the transmission of sexually transmitted infections by using effective communication skills.



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 |
|-------------------|--------------------------|---------------------------|

Is This Abstinence Sort

| Abstinence | Want to Avoid | Not Abstinence |
|------------|---------------|----------------|
| | | |

Kissing

Holding hands

Any form of sexual contact:

- Vaginal
- Oral
- Anal

Touching of genitals

Being alone together

Touching of buttocks

Touching of breasts

Hugging

Arm around waist

Talking about sex

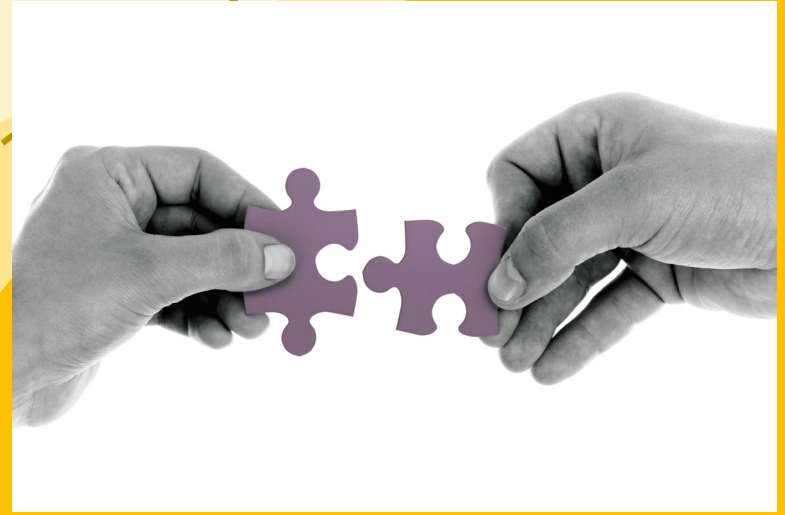
Arm around shoulder

Sexting

Taking clothes off

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

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.

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?) |

Presentation Template: SlidesMania

Images: Unsplash

Please keep this slide or mention us
and the other resources used in the
footer of a slide.



Credits





Free themes and templates for
Google Slides or **PowerPoint**

NOT to be sold as is or modified!

Read [FAQ](#) on slidesmania.com

Sharing is caring!

