

Abstinence Worksheet

What makes it hard to abstain from sex?	What makes it easier to abstain from sex?
<p>Ex. Your teammates pressure you to have sex with another student at a party.</p>	<p>Ex. Explain that you are up for a sports scholarship and you don't want to ruin it by getting someone pregnant or getting pregnant yourself.</p>
<p>Other challenges:</p>	<p>Other suggestions:</p>

Abstinence Visual

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Answer Guide: Abstinence Worksheet

THIS IS NOT A STUDENT HANDOUT; IT IS FOR TEACHER REFERENCE.

Challenges to abstain from sex	Ways to overcome challenges
<p>Ex. Your teammates pressure you to have sex with another student at a party.</p> <p>Other challenges:</p> <ul style="list-style-type: none"> • Peer pressure (“everybody’s doing it”) • Fear of rejection - or violence - from partner if they say “no” • Being made fun of, teased or rejected by friends for not having sex • Hoping it will prove they aren’t gay or lesbian or thinking that heterosexual sex will somehow change their sexual orientation • Wanting sexual pleasure or orgasm • Wanting to have intimacy with their partner, show their partner that they care • Wanting to feel “like a man” or “like a woman” and thinking it will fix that • Wanting to feel like an adult and thinking it will fix that • Wanting a baby • Wanting to have fun • Wanting to feel “normal” • Believing that they <i>should</i> have sex, that they owe it to the other person (we’re married and/or she or he spent money) • Feeling embarrassed or not confident to express their choices/values/beliefs • Feeling lonely and thinking it will fix that 	<p>Ex. Explain that you are up for a sports scholarship and you don’t want to ruin it by getting someone pregnant or getting pregnant yourself.</p> <p>Other suggestions:</p> <ul style="list-style-type: none"> • Fact: 57.5% of high school students have never had sex⁶ • Call a sexual assault hotline • Talk to a trusted adult about how to handle teasing • Talk to a friend, counselor, parents, guardians or other family member, if you feel comfortable, if you think you might be gay, lesbian, bisexual, or transgender • Find an activity that makes you feel great, like swimming, running, or playing basketball, and do it • Find an activity that makes you both feel great, like hiking, eating ice cream, or a backrub • Talk to your parents or guardians about what they think acting like a man or a woman means • Help take care of a relative’s baby or offer to babysit a neighbor’s child • Find an activity that you really like and see if a group or team does that activity regularly. Join them • Write down reasons in a journal why you deserve to have your partner wait for you to be ready to have sex • Talk to clergy or a trusted adult to clarify what your values and beliefs are. Practice saying them out loud. Or try writing them down • Call up or text a close friend to hang out if

<ul style="list-style-type: none"> • Feeling curious about sex 	<ul style="list-style-type: none"> • you are feeling lonely • Be ok with life having some mystery
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Expressing Limits Activity Cards

<p>I need to stay clean and sober, and I just can't get involved with anyone right now.</p>	<p>My religion teaches that sex outside marriage is wrong. Period.</p>
<p>My mom would be really hurt if she found out. It's not worth the risk to me.</p>	<p>I'm really into this big project right now. I don't have the energy for a heavy relationship.</p>
<p>I was scared when we didn't use protection last time. I'm just not going to do that again. Sorry.</p>	<p>I don't need to prove anything to you; I just don't want to have sex, OK?</p>
<p>I never have sex if I've been drinking. Sorry.</p>	<p>I'm waiting until I am married. I'd rather wait.</p>
<p>I've had a really stressful day and I just don't want to have bad or disappointing</p>	<p>I'm HIV positive, and I don't want to risk giving it to anyone.</p>

<p>sex with you.</p>	
<p>Sorry. I'm lesbian, and you're a guy. Not interested.</p>	<p>I want the first time to be really special. Not hurried or in your car.</p>
<p>I'm not interested in that kind of relationship with you. I'm just not in love with you.</p>	<p>I'd rather give our relationship more time. Can we just go to a movie instead?</p>
<p>I'm not in the mood for it right now. I'd rather wait until I know it will be good sex.</p>	<p>I don't want to get emotionally involved with anyone right now.</p>
<p>I want to spend more time with you, just hanging out, getting to know you before we jump into sex.</p>	<p>Let's just hold each other, OK?</p>
<p>It doesn't make a difference if you call me names. It won't change the fact that I'm just not ready,</p>	<p>There are other things in my life that are more important right now. I am just not interested in sex.</p>

<p>and I'm telling you "no".</p>	<p>Maybe later.</p>
<p>I think there are other ways we could have more fun at this point in our lives.</p>	<p>For now, I get more excited about hanging out with you. I'm not in the same place as you. I don't want to have sex yet.</p>
<p>I'm feeling a little down and lonely and if we had sex, it might be for the wrong reason. I want to think more about the decision.</p>	<p>I have a crush on someone else. I'm sorry, but I'd really like to be friends.</p>
<p>I don't have sex without condoms. Since we don't have one, I don't want to make love with you.</p>	<p>I had a bad experience in the past; I'm not ready to deal with this kind of thing again.</p>
<p>I'm not thinking very clearly at the moment, maybe another time, but not now.</p>	<p>We need to talk about this decision more, when we're both not so excited. We'll think better that way. Let's go get something to eat.</p>
<p>We haven't gotten our HIV test results back yet, so I'd like to wait.</p>	<p>I really don't want to risk getting pregnant; I am leaving for college in a few weeks.</p>

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<p>I've been hurt before and my heart needs to heal from that first. In the meantime, I'd love to get to know you better.</p>	<p>I'm taking medicine for chlamydia right now. The doctor said we need to wait 'til I'm done with my treatment. And besides, you need to get tested, too.</p>
<p>You turn me on, too. But I need for you to slow down. Let's talk about it again in a few months.</p>	<p>I don't care that we are the only two out gay guys in school. That doesn't mean I want to have sex with you.</p>
<p>I like kissing and touching. I just don't want more than that.</p>	<p>I don't care if you're on the pill. I don't feel safe without condoms.</p>
<p>Maybe you didn't understand. I said I wasn't going to make love with you.</p>	<p>Please stop asking. I just don't know you that well yet.</p>
<p>I don't care if you've got condoms. I want to also use the pill or the patch or something.</p>	<p>You aren't listening to me. I said I want to stop now.</p>

Assertiveness Handout

Four Types of Communication Styles

1. **Aggressive:** taking what you want, threatening or forcing a person to give you something, or saying “no” in a way that puts the other person down or violates his or her rights



2. **Passive:** not speaking up when you'd like something or giving in and saying “yes” when you don't really want to, in order to be liked or not hurt the other person's feelings

3. **Manipulative:** getting what you want or turning someone down in a dishonest way, or doing something for somebody only so they will give you what you want





4. **Assertive:** asking for what you want or giving people an honest “no” to things you don’t want; not using people and not letting yourself be used by others

Important assertive skills include

- Making “I” statements (“I think ...”, “I want ...”)
- Expressing opinions (“I believe ...”)
- Saying “No” firmly but respectfully
- Asking for what you want
- Initiating conversations
- Expressing positive feelings
- Expressing appreciation
- Stating your strengths and abilities (“I can ...”)
- Making statements that express one’s identity, culture, sexual orientation, etc. when one chooses to do so
- Pay attention to word choice, tone of voice, and body language



Examples of some “I” statements

- I don’t like the way you are talking to me.
- I really appreciate that you care enough to stay with me even though I am not ready to have sex yet.



Assertiveness Visual

Four Types of Communication Styles

Aggressive



Passive

Manipulative



Assertiveness Visual, continued ...



Assertive

Important assertive skills include

Stating your strengths and abilities
("I can ...")



Examples of "I" statements

I don't like the way you are talking to me.

I really appreciate that you care enough to stay with me even



“Real People” YouTube Video (1)

NAMES _____

PERIOD _____

Imagine that you are writers for a YouTube video that tries to reach a young audience with positive messages about relationships, safe sex, and sexual choices. This particular show is on abstinence; the reasons people choose it and what they can do to successfully make it work. Due to your expertise, the head writer has asked you to write the following dialogue in an important scene. Do your best to incorporate into the dialogue three ideas that you just learned about what makes abstinence work and what makes it fail. Show these ideas through the words in your script. Use another sheet of paper if you need to. **Be creative!**

Scene #1: The Park

Keanu and Lani are a couple. Lani has made the decision not to have sex, at least until she's older. She has a lot of different interests right now. She's on the basketball team and she's also been getting involved with the community theater club on the weekends. She really likes Keanu, but feels that they should wait to have sex until she's ready. Keanu *does* want to have sex and feels that if Lani really loved him, she would want to have it, too. The scene opens up with the two of them walking through the park.

KEANU: Lani, I'm just not understanding...do you love me? I mean, doesn't having sex mean that we love and care about each other? It's not making a whole lot of sense to me right now. Can you explain?

LANI: Keanu...

KEANU:

LANI:

KEANU:

LANI:

(and so on...)

“Real People” YouTube Video (2)

NAMES _____

PERIOD _____

Imagine that you are writers for a YouTube video that tries to reach a young audience with positive messages about relationships, safe sex and sexual choices. This particular show is on abstinence; the reasons people choose it and what they can do to successfully make it work. Due to your expertise, the head writer has asked you to write the following dialogue in an important scene. Do your best to incorporate into the dialogue three ideas that you just learned about what makes abstinence work and what makes it fail. Show these ideas through the words in your script. Use another sheet of paper if you need to. **Be creative!**

Scene #2: Hanging out after school

Maylin and Debra are close friends. They just got out of school for the day and are talking to each other as they walk off to go hang out at Debra’s house. Debra is explaining to Maylin about why she has chosen to abstain from sex for the moment.

MAYLIN: Wow, Debra, it’s been a while since we last talked about this...tell me what you’ve been thinking about lately...

DEBRA: Well, Maylin...

MAYLIN:

DEBRA:

MAYLIN:

DEBRA:

MAYLIN:

(and so on...)

“Real People” YouTube Video (3)

NAMES _____

PERIOD _____

Imagine that you are writers for a YouTube video that tries to reach a young audience with positive messages about relationships, safe sex and sexual choices. This particular show is on abstinence; the reasons people choose it and what they can do to successfully make it work. Due to your expertise, the head writer has asked you to write the following dialogue in an important scene. Do your best to incorporate into the dialogue three ideas that you just learned about what makes abstinence work and what makes it fail. Show these ideas through the words in your script. Use another sheet of paper if you need to. **Be creative!**

Scene #3: In the Car

Daniel and Sam are dating, and while Sam has chosen not to have sex for now in his life, Daniel does not choose abstinence for himself at this time and has had other partners in the past. Daniel would like Sam to have sex with him, but Sam just doesn't feel the same and is a little worried about sexually transmitted diseases (STDs). They have just gone out to a movie and are on their way home in the car, trying to talk about it.

DANIEL: Sam, I like you a lot, I would like to have sex with you, but I know you're worried about things like getting an STD...and all that other stuff. I am pretty sure I don't have anything...

SAM: Daniel...

DANIEL:

SAM:

DANIEL:

SAM:

DANIEL:

(and so on...)

“Real People” YouTube Video (4)

NAMES _____

PERIOD _____

Imagine that you are writers for a YouTube video that tries to reach a young audience with positive messages about relationships, safe sex and sexual choices. This particular show is on abstinence; the reasons people choose it and what they can do to successfully make it work. Due to your expertise, the head writer has asked you to write the following dialogue in an important scene. Do your best to incorporate into the dialogue three ideas that you just learned about what makes abstinence work and what makes it fail. Show these ideas through the words in your script. Use another sheet of paper if you need to. **Be creative!**

Scene #4: Shopping

While Tyrone and his older sister, Erykah, are shopping for a gift for their grandmother’s birthday, Tyrone is talking to her about how he is dealing with his decision to not have sex with his girlfriend. He tells her about how it is sometimes hard because he wonders if his girlfriend might break up with him, if he doesn’t choose to have sex with her. He is worried she won’t think “he’s a man” anymore. His girlfriend is on the pill, so she says they don’t have to worry about her getting pregnant. There have been times when things have started to get pretty close to them having sex, but he has always stopped it at the last minute. Tyrone enjoys being affectionate with her, but just doesn’t want to have sex. Erykah tries to give Tyrone some advice as they walk through the store.

TYRONE: I’m just not sure how to deal with this. She’s so great, but she won’t let up about this sex thing. Things just keep getting heavy.

ERYKAH: Tyrone...

TYRONE:

ERYKAH:

TYRONE:

ERYKAH:

(and so on...)

“Real People” YouTube Video (5)

NAMES _____

PERIOD _____

Imagine that you are writers for a YouTube video that tries to reach a young audience with positive messages about relationships, safe sex and sexual choices. This particular show is on abstinence; the reasons people choose it and what they can do to successfully make it work. Due to your expertise, the head writer has asked you to write the following dialogue in an important scene. Do your best to incorporate into the dialogue three ideas that you just learned about what makes abstinence work and what makes it fail. Show these ideas through the words in your script. Use another sheet of paper if you need to. **Be creative!**

Scene #5: At a Party

Yvonne and Tomas have been dating a while. Before she was dating Tomas, she had sex with a previous boyfriend. They always used condoms, but one time it broke... Yvonne felt pretty worried that she would get pregnant. She wishes she would've known about emergency contraceptive pills at that point, but was relieved when she realized she wasn't pregnant. The experience made her consider the seriousness of sex. She decided that she would wait until she was in love and in a stable relationship to have sex. She likes Tomas and has a lot of fun with him, but isn't sure how long they'll be together. Tomas doesn't understand her decision. They are having a conversation about it at a friend's party.

TOMAS: Yvonne, you've had sex before. I know it was scary for you before, but it turned out fine. I do not understand why you are deciding to wait now.

YVONNE: Tomas...

TOMAS:

YVONNE:

TOMAS:

YVONNE:

(and so on...)

“Real People” YouTube Video (6)

NAMES _____

PERIOD _____

Imagine that you are writers for a YouTube video that tries to reach a young audience with positive messages about relationships, safe sex and sexual choices. This particular episode is on abstinence; the reasons people choose it and what they can do to successfully make it work. Due to your expertise, the head writer has asked you to write the following dialogue in an important scene. Do your best to incorporate into the dialogue three ideas that you just learned about what makes abstinence work and what makes it fail. Show these ideas through the words in your script. Use another sheet of paper if you need to. **Be creative!**

Scene #6: Playing pool

Manuel and Rafi are co-workers. Rafi and his girlfriend just broke up. He is feeling heartbroken and lonely at the moment. Manuel is a very active guy, he likes going out to bars and clubs and meeting lots of different people, he is also taking some interesting art classes. He enjoys going on a lot of dates with people and has introduced Rafi to an interesting woman in his art class. The woman told Manuel that she really likes Rafi and is hoping that they will have sex soon. Manuel told Rafi about her feelings, but Rafi says he just isn't ready yet. As they play pool, Rafi talks about his decision.

MANUEL: Rafi, she's really great and she likes you a lot. I wonder if you were feeling the same about her, wouldn't sex maybe help you get over your heartbreak...

RAFI: Manuel...

MANUEL:

RAFI:

MANUEL:

RAFI:

(and so on...)

“Real People” YouTube Video (7)

NAMES _____

PERIOD _____

Imagine that you are writers for a YouTube video that tries to reach a young audience with positive messages about relationships, safe sex and sexual choices. This particular show is on abstinence; the reasons people choose it and what they can do to successfully make it work. Due to your expertise, the head writer has asked you to write the following dialogue in an important scene. Do your best to incorporate into the dialogue three ideas that you just learned about what makes abstinence work and what makes it fail. Show these ideas through the words in your script. Use another sheet of paper if you need to. **Be creative!**

Scene #7: On the Porch

Lourdes is eating lunch with her friend, Tamara. They are hanging out on the porch, talking about Tamara’s recent decision not to have sex with her husband. Tamara says that in the past few weeks, he is coming home from work smelling like alcohol and acting in ways that irritate her. She just doesn’t feel like doing anything with him when he is like that.

TAMARA: I am just so annoyed with him lately; it’s hard to be intimate with someone that you feel this way about, even though he is my husband...

LOURDES: Tamara...

TAMARA:

LOURDES:

TAMARA:

LOURDES:

TAMARA:

(and so on...)