
Not Having Sex: Abstinence

Session 4:

Not Having Sex: Abstinence

Goals

- Understand what risks can be associated with specific types of sex
- Learn that not having sex (abstinence) is the most effective way to prevent against pregnancy and STIs

Objectives

At the end of this session, students will be able to:

- Define oral, anal, and vaginal sex
- Define and articulate at least 2 benefits of abstinence
- Discuss ways to deal with pressure to have sex and alternatives to having sex

Anonymous Question Box

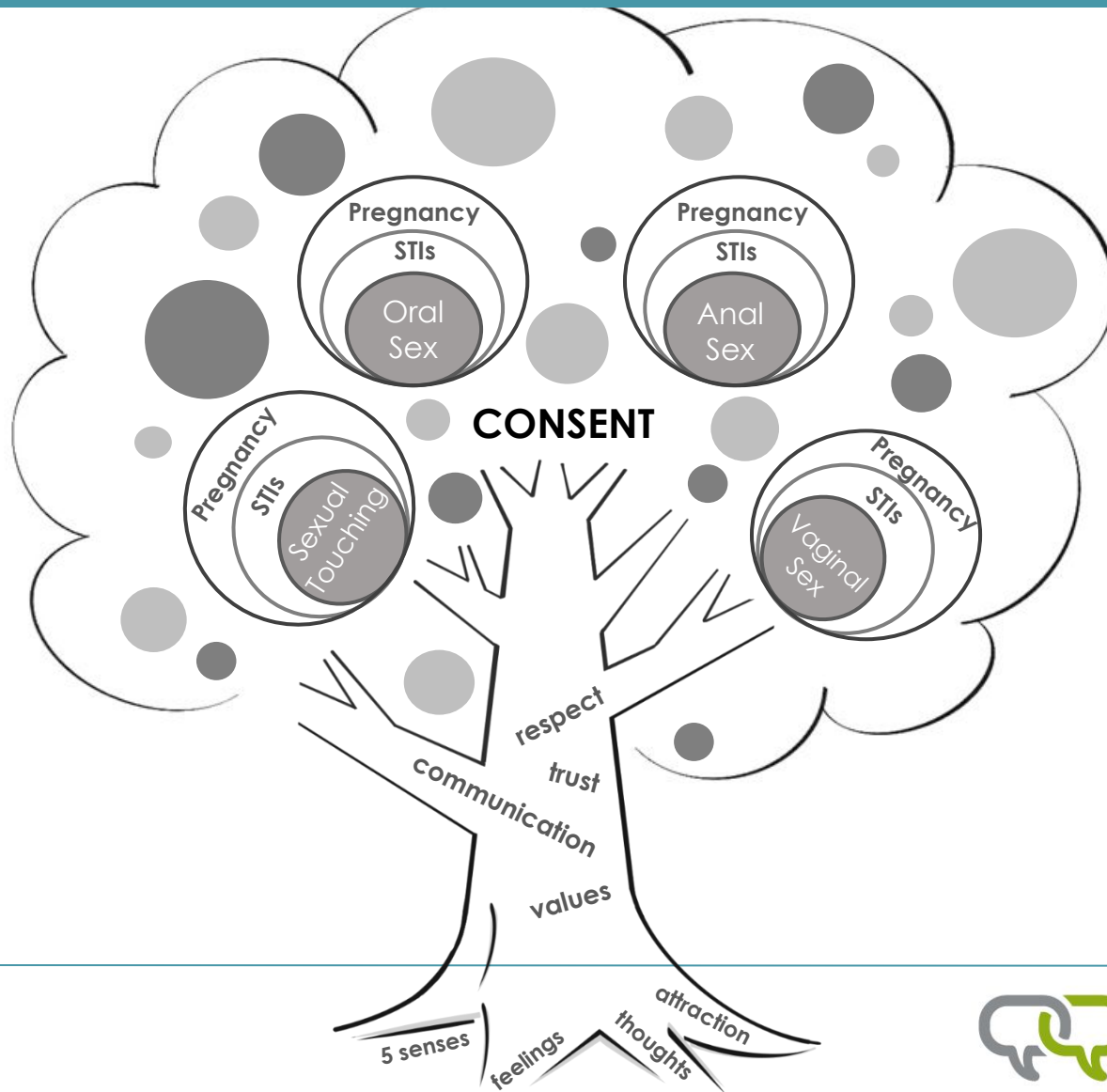
Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of question during class time as well.

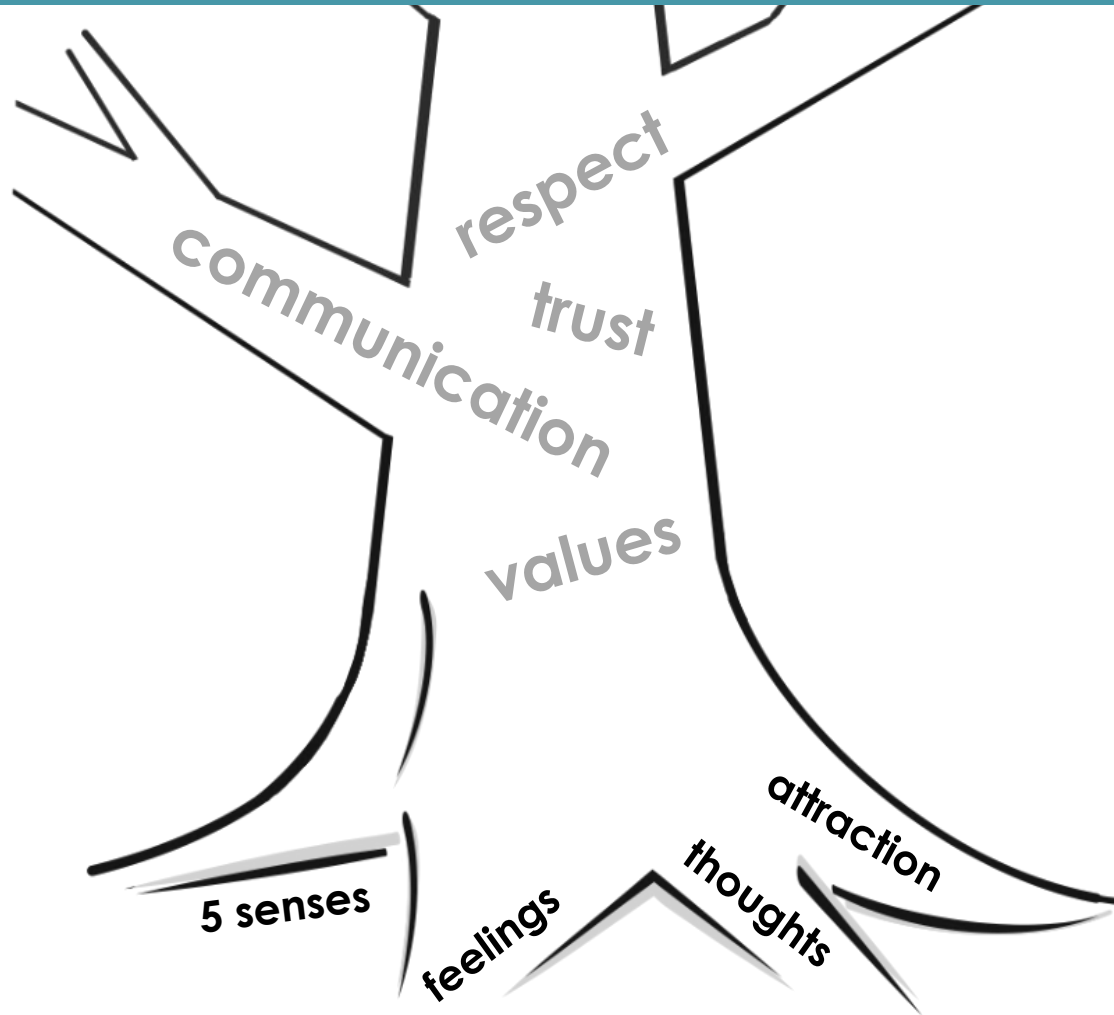
Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a question at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write “no question”. This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used to hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

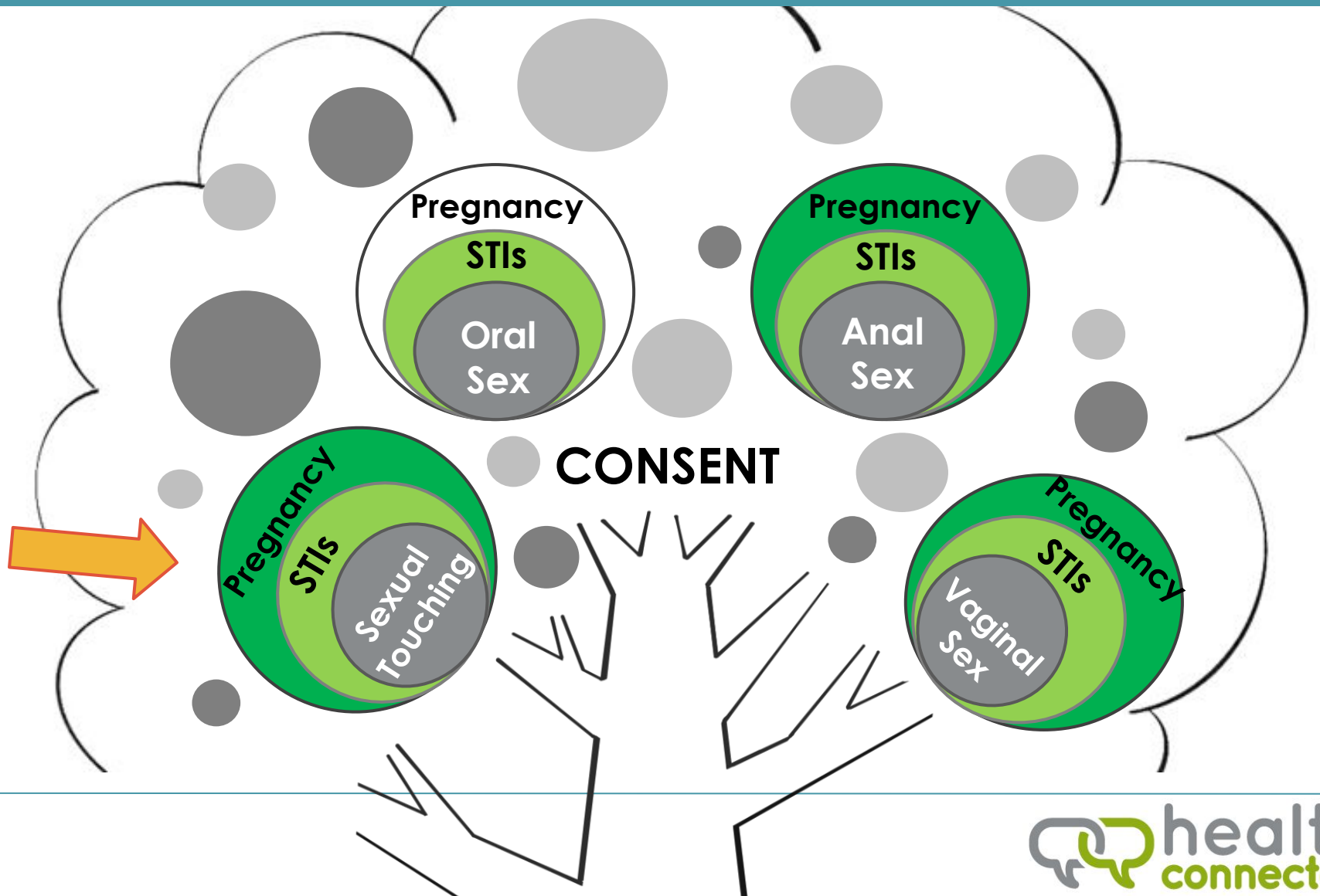
Sexual Behaviors Tree



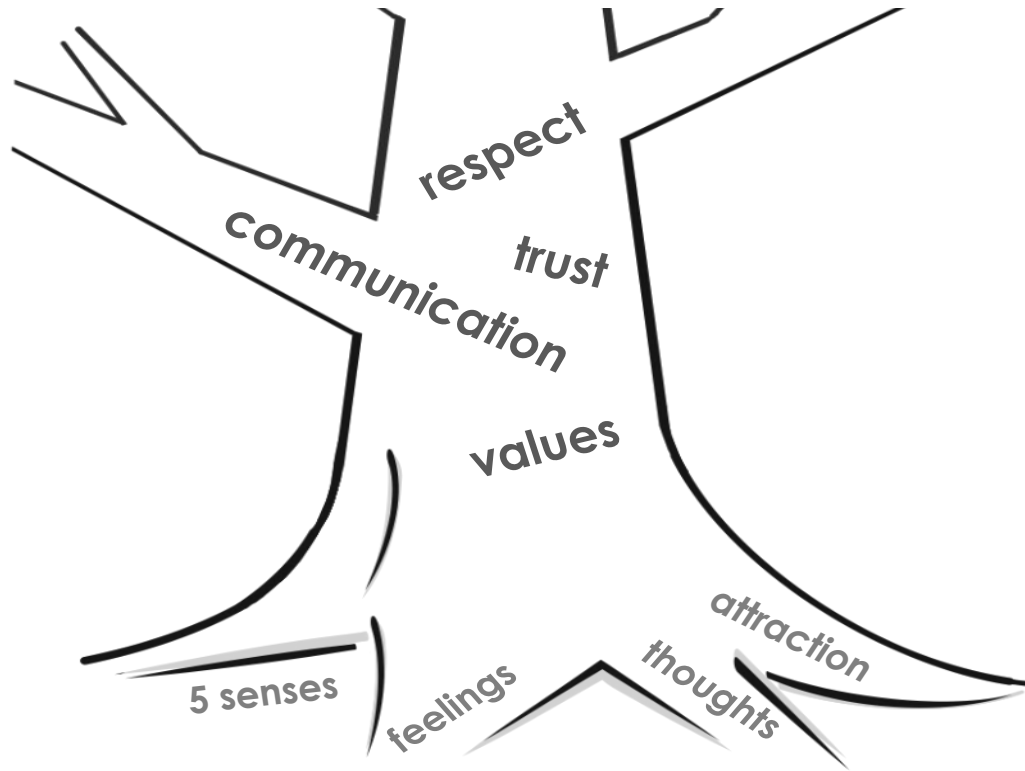
Sexual Behaviors Tree



Sexual Behaviors Tree



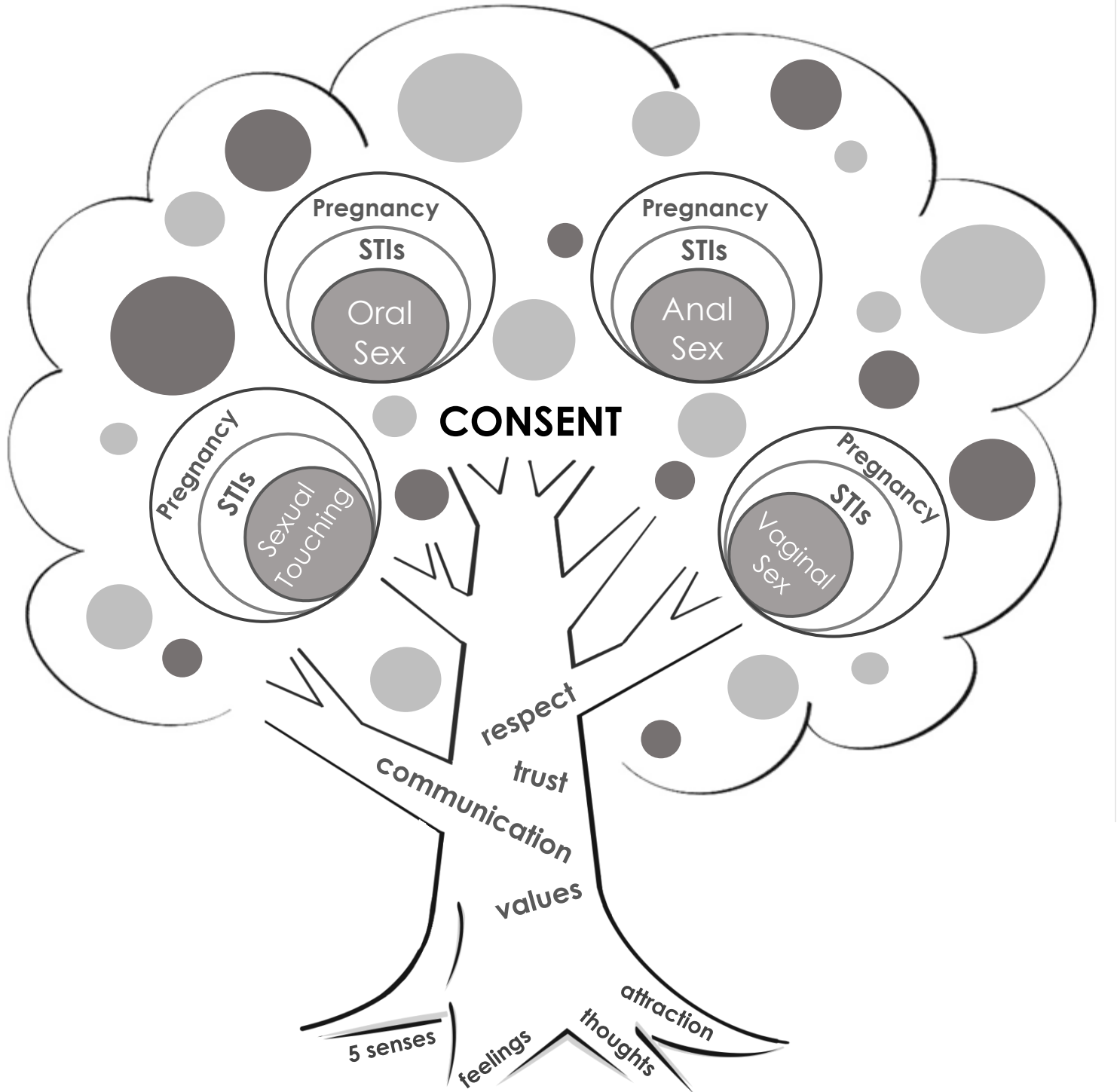
Sexual Behaviors Tree



Not engaging in any sexual behaviors with a partner is the only **100% effective** method to prevent pregnancy and/or lower the risk of contracting an STI.

Sexual Behaviors

Directions: Shade in the layers of the leaves to show which sexual behaviors have a chance of causing pregnancy or transmitting Sexually Transmitted Infections (STIs).



Not engaging in _____ is the **only 100%** effective method to prevent pregnancy and/or lower the risk of contracting an STI.

Think About It...



1. List as many ways as you can think of to show love or affection to a partner without any sexual behaviors.
2. Think of at least two reasons why **SOME** young teens have sex.
3. Think of at least two reasons why **MOST** young teens **WAIT** to have sex.



Think About It...



4. Describe why it is important to consider the tree's roots and trunk when deciding whether or not to have sex.
5. If choosing not to have any type of sex, what might make it difficult to stick to this decision? What might make it easier?
6. Define the word "consent" and explain why it is at the center of all sexual behaviors.



Think About It

Name: _____ Date: _____ Period: _____

Directions: Brainstorm and answer the questions below.

1) List as many ways as you can think of to show love or affection to a partner without any sexual behaviors:

2) Think of at least two reasons why **SOME** young teens have sex:

3) Think of at least two reasons why **MOST** young teens **WAIT** to have sex:

4) Describe why it is important to consider the tree's roots and trunk when deciding whether or not to have sex.

5) If choosing not to have any type of sex, what might make it difficult to stick to this decision? What might make it easier?

6) Define the word "consent" and explain why it is at the center of all sexual behaviors.

What is Sex?

What is Sex?

Type of Sex	Is there a risk of pregnancy?	Is there a risk of getting an STI ?
Oral (mouth □ penis, vulva, or anus)	NO	YES
Anal (penis □ anus)	YES	YES
Vaginal (penis □ vagina)	YES	YES

What is Sex?

Not having sex is the **only 100%** effective method to prevent pregnancy and/or lower the risk of contracting an STI.

Genital skin-to-skin contact

can still pose a risk for pregnancy or STIs, **even without having any type of sex.**

Brainstorm

1. List as many ways as you can think of to show love or affection to a partner without having any type of sex.
2. Think of at least 2 reasons why **SOME** young teens have sex.
3. Think of at least 2 reasons why **MOST** young teens **WAIT** to have sex.

WHAT IS SEX?

Name: _____ Period: _____ Date: _____

Directions: Fill out the chart below and answer the following questions.

Type of Sex	Is there a risk of pregnancy? (YES / NO)	Is there a risk of an STI? (YES / NO)

_____ is the only 100% effective method to prevent pregnancy and/or lower the risk of contracting an STI.

_____ can still pose a risk for pregnancy or STIs, even without having any type of sex.

1. List as many ways as you can think of to show love or affection to a partner without having any type of sex.

2. Think of at least two reasons why SOME young teens have sex.

3. Think of at least two reasons why MOST young teens WAIT to have sex.

My Private Thoughts...

1. Before someone has sex, they should...

2. Pressuring someone to have sex is...

3. Having a baby at my age would be...

Abstinence Poster

There are many reasons why teens choose to have sex or not to have sex. We will do an activity to brainstorm what those reasons are and how to deal with some of the pressure to have sex,

Discussion Questions:

- 1) Is there anything on any of the lists that is surprising to you?
- 2) Is there anything you would like to add to the list or take away from the list?
- 3) How could any of the behaviors listed be risky to someone's health?
- 4) Why might it be easy or hard to wait to have sex?
- 5) Why is it important to talk about sex with your partner?
- 6) What could happen if two people in a relationship have different ideas about sex?