
Communication and Decision Making

Session 11:

Communication and Decision Making

Goals

- Understand the importance of communication and trust in a sexual relationship
- Practice communicating with friends and partners about sexual pressure
- Evaluate what makes someone ready for sex
- Emphasize communication with a trusted adult to support sexual health decision-making

Objectives

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

- Explain 1 reason why someone may choose to have sex and choose not to have sex
- Provide 2 strategies for resisting pressure to engage in sexual activity by a friend or partner
- Identify 2 ways to demonstrate affection or intimacy that do not put one at risk for pregnancy and STIs
- Discuss decision-making process for 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.

Refusal and Rejection Skills

Be FIRM

Figure out your boundaries

Inform them

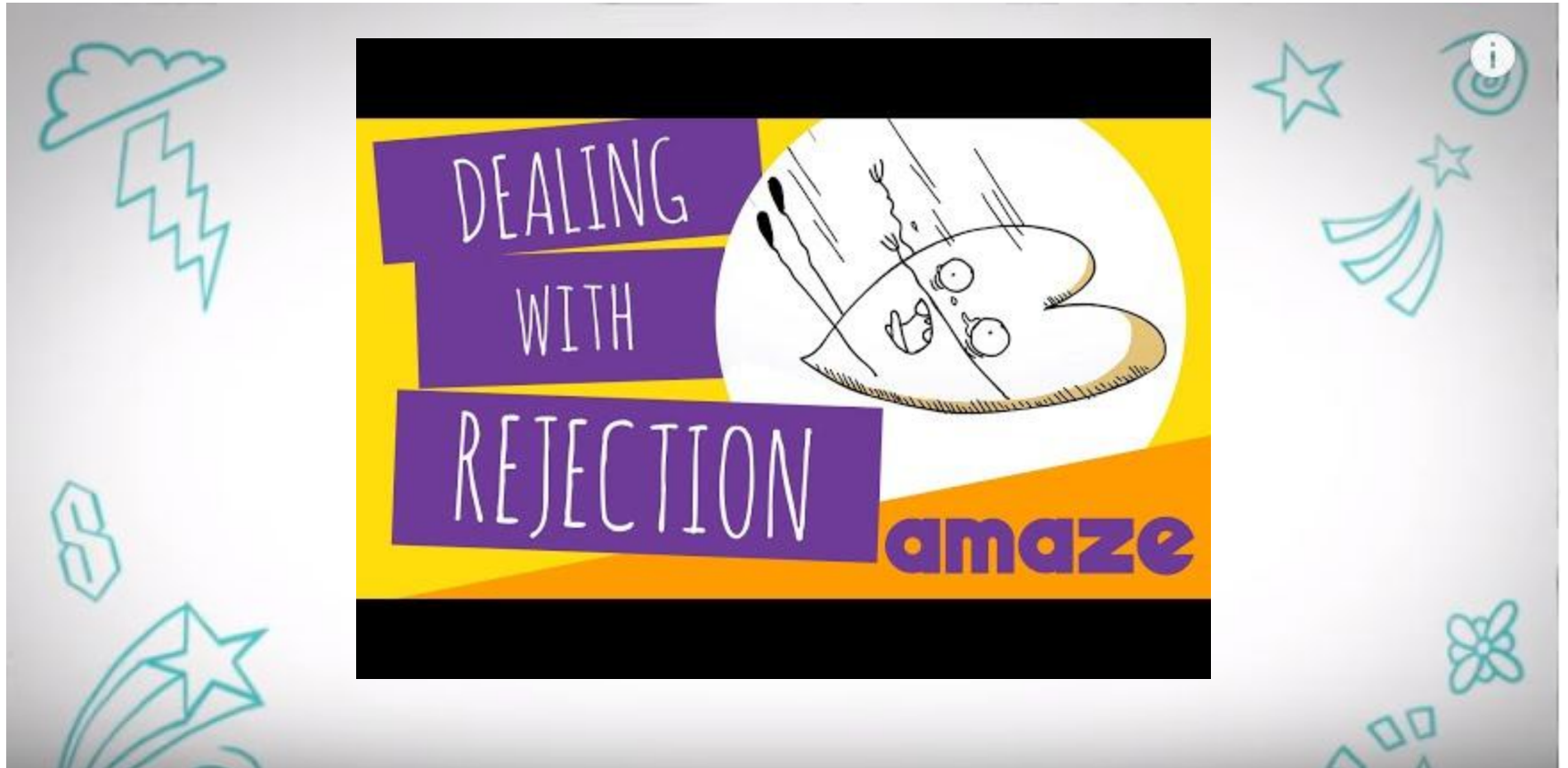
Reason why

Make a suggestion

Refusal Skills – Partner B

You and your partner have been dating for two months now and things have started to heat up. You two have shared a couple of kisses, but never in front of other people. You are uncomfortable with PDA (public displays of affection) and are worried that your partner wants to kiss you in front of your friends. **Use the Be FIRM model to talk to them about why you are uncomfortable with PDA.**

Dealing with Rejection



<https://www.youtube.com/watch?v=OhAixNMoX-w>

AFFIRM

Accept their decision

Feel your

Feelings

Increase self-care

Reframe

Move forward



Rejection Skills – Partner A

You and your partner have been dating for two months now and things have started to heat up. You two have shared a couple of kisses, but never in front of other people. You are so excited about dating them and want everyone to know! Your partner just told you they don't want to kiss in front of other people. Your feelings are hurt. Don't they like you? **Think about the different strategies for dealing with rejection and respond to your partner in a respectful way.**

Dealing with Pressure

Dealing with Pressure – Cameron & Casey

You have been selected to help write a movie about teenage dating life. Create a realistic conversation between two best friends, Cameron and Casey. **In this scene**, Casey has been trying to convince their partner to have sex, but their partner isn't ready. Have Cameron convince Casey to stop pressuring their partner to have sex.

CAMERON:

CASEY:

CAMERON:

CASEY:

CAMERON:

CASEY:

CAMERON:

CASEY:

CAMERON:

CASEY:

CAMERON:

CASEY:

CAMERON:

Dealing with Pressure – Alex & AJ

You have been selected to help write a movie about teenage dating life. Create a realistic conversation between two best friends, Alex & AJ. **In this scene**, Alex is joking around and making fun of AJ because AJ is waiting to have sex. Have AJ defend their reasons for not wanting to have sex.

ALEX:

AJ:

ALEX:

AJ:

ALEX:

AJ:

ALEX:

AJ:

ALEX:

AJ:

ALEX:

AJ:

ALEX:

Dealing with Pressure – *Jordan & Jamie*

You have been selected to help write a movie about teenage dating life. Create a realistic conversation between two best friends, Jordan and Jamie. **In this scene**, Jordan is telling Jamie that their partner keeps pressuring them to have sex even though they have decided to wait. Have Jamie give Jordan some tips so Jordan is more prepared next time their partner asks to have sex.

JORDAN:

JAMIE:

JORDAN:

JAMIE:

JORDAN:

JAMIE:

JORDAN:

JAMIE:

JORDAN:

JAMIE:

JORDAN:

JAMIE:

Dealing with Pressure – Sam & Skylar

You have been selected to help write a movie about teenage dating life. Create a realistic conversation between two best friends, Sam and Skylar. **In this scene**, Sam is telling Skylar that the only way for Skylar to keep their partner is to have sex with them. Have Skylar stick up for their decision to wait to have sex.

SAM:

SKYLAR:

SAM:

SKYLAR:

SAM:

SKYLAR:

SAM:

SKYLAR:

SAM:

SKYLAR:

SAM:

SKYLAR:

SAM:

My Super Future

MY SUPER FUTURE

Name _____ Period _____ Date _____

Directions: Illustrate your future! Think about your job goals, educational goals, and family goals.

<p>In five years, I want to be _____ _____.</p>	<p>In fifteen years, I want to be _____ _____.</p>	<p>The trusted adult I can talk to about sex is _____.</p>
<p>If I want children, I would like to have my first (or next) child when I am _____ years old.</p>	<p>I will prevent pregnancy before I want children by _____.</p>	<p>Being a teen parent could be hard because _____ _____</p> <p>*Remember, teen parents deserve respect and support</p>