

# **WHY ABSTINENCE?**

The Price Tag of Casual Sex

DVD Version

# CREDITS

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# DVD MENU

## MAIN MENU

➤ **PLAY PROGRAM**

➤ **CHAPTER SELECT**

From here you can access many different paths of the DVD, beginning with the introduction and ending with the credits.

1. Introduction
2. Teen Pregnancy
3. Infections & Diseases
4. AIDS

➤ **ABOUT HRM**

# INTRODUCTION

Teenagers need to receive the message that abstinence is a viable option for them for several reasons including avoiding STI's, avoiding unwanted nonmarital pregnancies and gaining control over their sexuality. Our young people may be 15% of the population, but they are 100% of the future. Nonmarital sexual activity poses a threat to their ability to reach their dreams of having a healthy future, a successful marriage and the ability to bear children.

According to the Children's Defense Fund, each day in America over 1000 unmarried young girls become new mothers. Some of the young mothers who decide to parent go on to give birth to additional children while still children themselves, and many remain single. Young unmarried parents are likely to abandon educational and career goals, become single parents, rely on public assistance and give birth to more children than they can support, both emotionally and financially. The children raised by unmarried parents are often at high risk for developing a range of social and behavioral problems. Yet despite the bleak realities many continue to harbor fantasies about how wonderful it would be to be a parent. They fail to recognize the immense personal sacrifices and hard work a baby requires.

Even if they do not experience a pregnancy, too often their plans and hopes are derailed by sexually transmitted infections or HIV. Medical science, despite its advances, cannot solve all these problems. Some STI's are incurable. Others can cause permanent damage before treatment can be started. Years of sex education that stressed safe sex, have failed to end these epidemics of nonmarital pregnancy, STI's or AIDS.

There is a solution, but it requires an affirmative decision to be abstinent.

In *Why Abstinence? The Price Tag Of Casual Sex*, the goal is to help young people avoid the tragic consequences of high risk sexual behavior by helping to communicate the facts they need to know to make healthy sexual choices. The truth of the benefits of abstinence is powerful. Through this video and curriculum teens are encouraged to see the benefits of refraining from sexual activity to enhance their prospects for healthier, happier lives.

# PROGRAM SUMMARY

Seven teens who experience nonmarital pregnancies share their personal experiences. They give a personal perspective to complement the statistics on nonmarital pregnancy. The video begins with quotes from the teens. “I didn’t think it could happen to me.” Another says I felt like my life was over. Several describe their disbelief when they learned they were pregnant. Even though they knew it could happen they never thought it could happen to them—until it did.

Next each explains how pregnancy and a child impacted their lives. Jackie, “I grew up really fast, I didn’t get to do the things that other 18 years olds get to do.” Debbie: “It was the total loss of freedom, now I was responsible for everything for this person. I couldn’t be a kid, I had to be a parent.” Jackie: “The most important thing is your life comes second. If you aren’t ready for that, then you are not ready to be a parent.” Shane: “If a a boy or man cannot provide support to the pregnant girl/woman, then he shouldn’t be having sex.” Debbie: “At 2:30 in the morning that village is not going to come in and change the diaper, you’ll have to do it.” Shane: “It can happen to anyone. If you think you are one of the lucky ones that won’t get caught, I tell them it is not worth the gamble.” Jenny: “My biggest regret is that I had sex too young.” Lindsay: “I wish I had listened to the abstinence message.”

Next the video moves to the diseases caused by sex. The narrator Jason Reap says that “75% of all STI’s are under the age of 25. And that 3 million teenagers get STI’s annually. STI’s are 3 times more common than nonmarital pregnancies.” The job in this section is not to scare or gross the students out, but to give them information and reasons to make changes in their lifestyles. Some examples are; 50% of women on campus have chlamydia, 50% of new HIV cases are with teenagers.” He advises that if you are sexually active you should get tested every 6 months. “Don’t wait until you have symptoms to get tested. By then the disease could have permanently damaged you.”

Jason discusses the stigma associated with STI’s and how those who are infected are ashamed and don’t want to go to the doctor. Jason discusses the ways that sexually transmitted diseases are contracted. He explains that condoms are not the answer for all STI’s. Jason asks the participants to set their own personal limits. If your goal is not to contract an STI, then you need to look at your sexual activities to determine if they are putting you at risk. Jason then leads a discussion on the diseases caused by germs, those caused by bacteria, and those caused by viruses. He explains that there are no cures for those caused by a virus.

The last segment is the moving and touching story of Kelly. Kelly is married. While married she had sex with one other person. Unknowingly this person had AIDS. Kelly learned she had AIDS when her newborn daughter Chrystal became ill with AIDS. Kelly shares the horror of learning that she was responsible for her daughter’s illness. Chrystal dies in Kelly’s arms from AIDS. Kelly is dying of AIDS.

Kelly’s message is it only took one sexual encounter to condemn her, and also her daughter to death by AIDS.

Kelly says, this is the worse way to die, piece by piece. AIDS has torn apart her family.

Abstinence is the only way to prevent contracting STI’s and AIDS.

# OBJECTIVES

After viewing, *Why Abstinence? The Price Tag of Casual Sex* and working on the assignments in this teachers resource book, your students will be able to:

## PREGNANCY

- understand that the reality of being a teen parent is much different than the fantasy
- anticipate how having a child requires enormous personal sacrifice
- understand that having a baby requires a lot of hard work and money
- realize that once you have a child, your freedom to be with your friends is curtailed
- cite the differences between fathering a baby and providing support
- recognize that having a baby will likely cause setbacks in school and career goals and negatively affect the parents' ability to earn a good income
- understand that sexual activity involves many responsibilities which teens or young unmarried adults may not be ready to accept
- realize that becoming a parent means putting the child's needs ahead of all others
- cite the differences between having a baby and being a parent

## STI's

- identify the many types of STI's including chlamydia, gonorrhea, syphilis, herpes, genital warts, hepatitis B, crabs, scabies, trichomoniasis, AIDS
- identify the signs and symptoms of these STI's
- learn how each of these STI's are treated
- understand that you can contract an STI with only one sexual encounter with an infected partner
- learn which sexual activities put you at risk for an STI
- identify which STI's are curable and which are not curable
- know that STI's are often passed through skin to skin contact
- understand that STI's are not spread through casual contact like shaking hands, toilet seats
- learn you must be tested for STI's every 6 months if you are sexually active

## HIV/AIDS

- learn that HIV can be transmitted from a woman to her baby during pregnancy, childbirth, and through breast feeding
- understand that HIV is transmitted during vaginal, anal, oral sexual intercourse in which there is an exchange of body fluids with someone who has HIV
- recognize that HIV can be contracted with one sexual encounter with an infected partner
- realize that HIV infected people may not have symptoms you can see, but can still infect people
- identify the symptoms of HIV and AIDS
- cite the four main stages of HIV before it becomes AIDS

# OBJECTIVES (CONTINUED)

## ABSTINENCE

- view sexual abstinence as a viable and desirable option to being sexually active
- learn that abstinence provides 100% protection against pregnancy
- realize that abstinence protects against STIs, including HIV
- recognize that abstinence helps one regain control over one's sexuality

# **STUDENT FACT SHEETS**

## THE FACTS: TEEN PREGNANCY

FACT  
SHEET  
1

- About 50% of all Americans between 15 and 19 are virgins.
- Almost 1 million teenage women between the ages 15-19 become pregnant each year in the U.S.
- Teen pregnancy rates are twice as high in the U.S. as they are in England, Wales and Canada and nine times as high as they are in Netherlands or Japan.
- 13% of all U.S. births are born to teens.
- 6 in 10 teen pregnancies occur among 18-19 years olds.
- 1/4 of teenage mothers have a second child within two years of the first.
- 1/3 of pregnant teens receive inadequate prenatal care.
- Abstinence is the only 100% way to prevent pregnancy and STI's.
- Almost 98% of sexually active teens regret early sexual involvement.
- 2/3 of all single mothers aged 14-25 live in poverty.
- 10% of all 15-19 years old become pregnant each year.
- Being a teen parent robs the teenager of the opportunity to stay in school and learn the skills necessary for employment and self survival as adults.
- Non marital pregnancy is the number one reason teenage girls go to the hospital.
- Just 30% of women who get pregnant before they turn 18 earn a high school diploma by the time they are 30.
- 70% of teen pregnancies are fathered by men older than 20.

# SEXUALLY TRANSMITTED INFECTIONS

Sexually transmitted diseases (STIs), once called venereal diseases, are among the most common infectious diseases in the United States today. More than 20 STI's have now been identified, and they affect more than 13 million men and women in this country each year. The annual comprehensive cost of STI's in the United States is estimated to be well in excess of \$10 billion.

- Millions of women, men and children are affected by long-term complications of sexually transmitted diseases (STIs) including a variety of cancers, infertility, ectopic pregnancies and miscarriages.
- Health problems, due to STIs tend to be more severe and more frequent for women, partly because of asymptomatic infections, causing women to ignore problems until they become more serious.
- By age 24, at least one in three sexually active people are estimated to have contracted a STI.
- Only one-third of adults who say they have had an STI say they revealed that fact to their current or most recent partner before they had sexual intercourse (28% men, 34% women).
- Chlamydia and Trichomoniasis were responsible for 11 of the 13 million STI's in 1999.
- In recent decades the rate of STI's has increased, partly due to an increase in teen sexual activity rate.

## Estimated Incidence and Prevalence of STI's in the United States, 1999

STI	INCIDENCE	PREVALENCE	CURABLE
Human Papilloma virus	1 million	20 million	No*
Trichomoniasis	5 million	N/A	Yes
Chlamydia	4-8 million	3 million	Yes
Herpes	500,000	60 million	No*
Gonorrhea	400,000	N/A	Yes
Syphilis	70,000	N/A	Yes
Hepatitis B	77,000	750,000	No*
HIV	40,000	650,000+	No*

*Note: Incidence is the number of new cases in a given time period; prevalence is the total number cases in the population.*

\*Although there are no known cures for these diseases treatment is available.

## SPECIFICS OF STI'S

FACT  
SHEET  
**3**

- Gonorrhea strikes from 1 to 3 million Americans every year. That equals a new infection every 12 seconds.
- Chlamydia is the most widespread bacterial STI, striking *at least* 3 million Americans a year.
- Health officials estimate that 500,000 new cases of viral hepatitis occur each year.
- An estimated 12 million cases of STIs other than HIV are diagnosed annually in the United States. About 2/3 of those are among people under the age of 25.
- Syphilis is the most dreaded STI because of its disastrous long-term effects, including death.
- Human Papilloma Virus (HPV) is one of the most commonly transmitted diseases in the United States.
- Having a STI can make someone more susceptible to the HIV virus.
- If left untreated STIs can lead to infertility, long-term pain, or cancer.
- Teens have higher rates of gonorrhea than do sexually active men and women aged 20-44.
- 3 million teens acquire an STI each year.
- Teenage women have a higher hospitalization rate than older women for acute pelvic inflammatory disease caused by untreated gonorrhea or chlamydia.
- Teens are only 10% of the population, yet they account for 25% of STIs.
- HPV is not preventable by condom use.
- Most females have no symptoms of gonorrhea.
- The cure rate for chlamydial infections is greater than 95% when detected early.
- 1 of every 5 Americans over the age of 11 has genital herpes.
- Genital herpes is not spread by toilet seats, bathtubs, swimming pools or whirlpools, but can be spread by infected hands.
- Condoms are virtually useless against HPV, the most common viral STI.
- Every day 8000 American youths are infected with a STI.
- 1/3 of infertility in women is caused by STI's.
- About 85% of women and 40% of men infected with chlamydia don't know it.

Infection with the Human Immunodeficiency Virus (HIV) slowly destroys the body's immune defense system and makes the body vulnerable to opportunistic infections. Acquired Immune Deficiency Syndrome (AIDS) is the end state of this progression. When the immune system of an HIV-positive individual becomes severely compromised, we say that the person has AIDS.

What does that mean? Let's examine these terms one-by-one:

**ACQUIRED:** To get as one's own or to receive. AIDS is a disease that is bloodborne. No matter how it is transmitted, you get it from another person.

**IMMUNE:** HIV directly attacks your immune system.

**DEFICIENCY:** Over a span of many years, your immune system is slowly destroyed by the replication of countless virus particles. With a weakened immune system, your ability to fight diseases is severely reduced.

**SYNDROME:** A syndrome is characterized by a distinct pattern of symptoms.

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**HUMAN:** This particular virus attacks only human beings, although it is thought to have mutated from its "cousin" SIV (Simian Immunodeficiency Virus), which infects non-human primates.

**IMMUNODEFICIENCY:** As above, the immune system becomes progressively deficient.

**VIRUS:** A virus is a particle of nucleic acid with a protein coat that can reproduce only inside a living cell. In the process of reproducing, it may injure or kill a cell and, at times, harm or kill the host itself.

## AIDS HOTLINES

FACT  
SHEET  
**5A**

Regardless of where you live in the United States, you can contact the National AIDS Hotline for help or information about AIDS testing and treatment:

**English:                   1-800-342-AIDS**  
**Spanish:                   1-800-344-SIDA**

Most states also have their own AIDS hotline. Below is a list of each state's hotline number.

*Note: Where there is no state hotline, the national hotline number is given.*

ALABAMA	800-228-0469	MONTANA	800-233-6668
ALASKA	800-478-AIDS	NEBRASKA	800-782-AIDS
ARIZONA	800-342-AIDS	NEVADA	702-885-4800
ARKANSAS	800-445-7720	NEW HAMPSHIRE	800-752-AIDS
CALIFORNIA (Northern)	800-367-AIDS	NEW JERSEY	800-624-2377
CALIFORNIA (Southern)	800-922-AIDS	NEW MEXICO	800-545-AIDS
COLORADO	800-252-AIDS	NEW YORK	800-541-AIDS
CONNECTICUT	800-874-2572	Spanish Hotline	800-233-SIDA
DELAWARE	800-422-0429	HIV Counseling	800-872-2777
DISTRICT OF COLUMBIA	800-332-AIDS	NYC AIDS Hotline	718-485-8111
FLORIDA	800-FLA-AIDS	NORTH CAROLINA	800-535-AIDS
GEORGIA	800-551-2728	NORTH DAKOTA	800-472-2180
HAWAII	808-922-1313	OHIO	800-342-AIDS
IDAHO	800-833-AIDS	OKLAHOMA	800-535-AIDS
ILLINOIS	800-AID-AIDS	OREGON	800-777-AIDS
INDIANA	800-848-AIDS	PENNSYLVANIA	800-692-7254
IOWA	800-445-AIDS	RHODE ISLAND	401-277-6502
KANSAS	800-232-0040	SOUTH CAROLINA	800-322-AIDS
KENTUCKY	800-654-AIDS	TENNESSEE	800-525-AIDS
LOUISIANA	800-992-4379	TEXAS	800-248-1091
MAINE	800-851-AIDS	UTAH	800-537-1046
MARYLAND	800-638-6252	VERMONT	800-882-AIDS
MASSACHUSETTS	800-235-2331	VIRGINIA	800-533-4148
MICHIGAN	800-872-AIDS	WASHINGTON	800-272-AIDS
MINNESOTA	800-248-AIDS	WEST VIRGINIA	800-642-8244
MISSISSIPPI	800-826-2961	WISCONSIN	800-334-AIDS
MISSOURI	800-533-AIDS	WYOMING	800-327-3577

## OTHER HOTLINES

FACT  
SHEET  
**5B**

### **Pregnancy**

Adoption Option, Inc,  
513-793-7268

### **Sexually Transmitted Diseases**

National STI Hotline  
1-800-227-8922

### **National HIV AIDS Hotlines**

1-800-342-2437

### **Sexual Assault**

1-800-799-7233

### **Drugs**

National Institute of Drug Abuse  
1-800-662-4357

## BENEFITS OF ABSTINENCE

FACT  
SHEET  
**6**

Abstinence has many benefits, here are a few:

- People of all ages use abstinence for many different reasons.
- You can decide to be abstinent even if you've already had sex.
- Abstinence provides 100% protection against pregnancy.
- Abstinence protects against STIs, including HIV.
- Abstinence means you can be close and intimate without having sex.
- Abstinence lets you focus on your goals for the future.
- Abstinence can improve your physical and emotional health.
- Abstinence helps you regain control over your sexuality and sexual expectations.
- Abstinence can help you attract and marry the right person.

## REASONS TO BE ABSTINENT

FACT  
SHEET  
**7**

Individuals choose to be abstinent for many reasons, some of which are listed below. Read over these reasons and think of some other reasons why you might choose to be abstinent.

- I need to finish my education
- I want to eliminate risk of pregnancy
- I don't want to contract a fatal STI, like HIV
- I have goals for my life
- I have respect for myself
- I don't want to complicate my relationships with others
- I want to have greater self awareness and self control
- I want to have a normal life, uncomplicated with a pregnancy
- I don't have the skills or knowledge to be a parent right now
- I want to save sexual intercourse for marriage
- My religion supports abstinence and prohibits premarital sex
- I want to focus on finishing school and beginning a career

Which of these reasons are important to you?

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If a friend came to you for advice on having premarital sex, which reasons would you ask him/her to think about?

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What are some of the reasons for choosing abstinence that are acceptable to you?

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I know which activities or situations could make it hard for me to be abstinent. I know I need to avoid.....(drugs, alcohol, being alone with a partner)

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I know other ways to be close to my partner without having sex. Here are some of my ideas on intimacy:

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# **STUDENT ACTIVITIES**



Name \_\_\_\_\_

## RESEARCH PROJECTS

ACTIVITY  
**1B**

### **Can a Teenager Successfully Parent?**

One fifth of babies born in the US are to teenage mothers. One third of first born children are delivered by teen mothers. A teen mother has a different emotional and physical development than an adult. Can a teenager who has not completely developed intellectually or neurologically, be a good parent?

### **Why would someone choose to be abstinent?**

Research current statistics on the incidence on non marital pregnancy, sexually transmitted infections, and AIDS. What is the fool proof way to avoid these problems?

### **Develop a continuum of sexual risk.**

Individuals cannot contract a sexually transmitted infection by holding hands, but as individuals become more intimate, the risk of contraction increases. Draw a line showing the risk of contracting a sexually transmitted infection at each stage of intimate contact (holding hands, kissing, petting, etc).

### **What are the legal issues of underage parenting?**

Discuss the impact welfare reform has had on children having children.

### **What are the legal issues of passing STI's and AIDS to others.**

In some states if you knowingly infect another with HIV, you can go to jail for manslaughter. What are the laws in your community?

### **Media Messages on Sexuality**

The media uses sex to sell products. Look at how sex is used in television, radio, internet, magazine, and newspaper advertising.

### **Statistics on people at risk for STI**

Look up national statistics on the new cases of the most common STI's, chlamydia, gonorrhea, syphilis, genital herpes, AIDS, genital warts (HPV), Hepatitis B, Public lice, scabies, trichomoniasis. Contact your local board of health for the statistics in your community. How do your local statistics compare with national statistics?

Name \_\_\_\_\_

## IS PARENTING FOR ME NOW?

ACTIVITY  
2

One of the decisions you should be looking at is whether it is time for you to parent a child right now, as opposed to the future. Answering the questions below will help you make this basic decision. Be very honest with yourself, so your decision will be the best possible one for you.

1. What do I want out of life for myself?

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2. Could I handle a child and a job and/or school at the same time?

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3. Have I managed school and/or job and other activities well in the past?

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4. Am I ready to give up the freedom to do what I want to do when I want to do it?

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5. An example of something I would have to give up by parenting a child is:

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6. Am I willing to cut back on my social life and stay home while my friends go out?

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Name \_\_\_\_\_

**IS PARENTING FOR ME NOW? (CONTINUED)**

ACTIVITY  
**2**

7. Would I miss my free time and privacy? (For example: just when you settle down to watch your favorite TV show, the baby starts to cry and you miss the best part of it. Explain your reaction.)

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8. Can I afford to support a child?

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9. Do I want to raise a child in the neighborhood where I live now?

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10. How might a child interfere with my growth and development?

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11. Would parenting a child change my educational plans? Please explain why or why not below.

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12. Do I expect a child to make my life happy?

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13. Do I want to give my child the love it needs? \_\_\_\_\_ Yes \_\_\_\_\_ No

Name \_\_\_\_\_

**IS PARENTING FOR ME NOW? (CONTINUED)**

ACTIVITY  
**2**

14. Am I patient enough to deal with the noise, confusion, and the 24-hour-a-day responsibility of having a child?

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15. What kind of personal time and space do I need for myself?

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16. What would I do to a child if I lost my temper or became angry?

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17. How would I discipline a toddler?

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18. How do I get along with my parent(s) now?

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19. What will I do to avoid the mistakes my parent(s) made in raising me?

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If you have answered these questions *honestly*, you are well on your way to making a good decision about premarital sex.

Name \_\_\_\_\_

## THE COST OF RAISING A CHILD

ACTIVITY  
**3**

**How much does it cost to raise a child?**

\$ \_\_\_\_\_

The items listed below are necessary to raise a baby. List how much you think each item costs. Then, use catalogs, ads, or go to the store to research the real amount.

	Estimated	Real
crib	_____	_____
stroller	_____	_____
baby food for one year	_____	_____
baby formula for one year	_____	_____
baby toys for one year	_____	_____
blankets	_____	_____
bottles and nipples	_____	_____
baby diapers for one year	_____	_____
baby clothes for one year	_____	_____
diaper bag	_____	_____
other	_____	_____
other	_____	_____
<b>TOTAL:</b>	_____	_____

Name \_\_\_\_\_

## WITH AND WITHOUT

ACTIVITY  
**4**

### **Your day without a baby**

Think about your activities from day to day. What is your day like? Write it down in the space below:

Morning: \_\_\_\_\_

\_\_\_\_\_

Afternoon: \_\_\_\_\_

\_\_\_\_\_

Evening: \_\_\_\_\_

\_\_\_\_\_

Late Evening/Early Morning: \_\_\_\_\_

\_\_\_\_\_

### **Now think about what your day would be like taking care of a 3 month old baby**

Morning: \_\_\_\_\_

\_\_\_\_\_

Afternoon: \_\_\_\_\_

\_\_\_\_\_

Evening: \_\_\_\_\_

\_\_\_\_\_

Late Evening/Early Morning: \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

## CHILD-REARING SIMULATION

ACTIVITY  
5

**While baby sitting is not actually parenting, it can be a real test of what child rearing might be like. Use this worksheet to jot down your observations. Try to imagine that you are really the parent and answer the following questions:**

1. List the activities you did with the toddler or baby.  
\_\_\_\_\_  
\_\_\_\_\_
2. Did you change a diaper?  
\_\_\_\_\_  
\_\_\_\_\_
3. Did you feed the baby or toddler? What did you feed them?  
\_\_\_\_\_  
\_\_\_\_\_
4. Did the toddler or baby cry? How did you feel when the child cried? What did you do to get him/her to stop?  
\_\_\_\_\_  
\_\_\_\_\_
5. Did you constantly entertain the child? What did you do?  
\_\_\_\_\_  
\_\_\_\_\_
6. Did you accomplish what you needed to get done?  
\_\_\_\_\_  
\_\_\_\_\_
7. When you were done with the job, how did you feel?  
\_\_\_\_\_  
\_\_\_\_\_
8. How would you feel if you had to raise a child twenty-four hours a day, seven days a week?  
\_\_\_\_\_  
\_\_\_\_\_
9. What was the hardest part? What was the best part?  
\_\_\_\_\_  
\_\_\_\_\_
10. What did this activity teach you?  
\_\_\_\_\_  
\_\_\_\_\_

Name \_\_\_\_\_

## DREAMS

ACTIVITY  
**6**

Many people have dreams and expectations of what they would like to accomplish. Under each title write what you would like to accomplish in the next five years.

### Education

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### Living Conditions

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### Travel/Recreation (hobby, volunteering)

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### Career

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### Social

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### Purchases

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On another sheet of paper write how having a baby would affect realizing your goals for the future. Does a baby fit in your life within the next five years? Is there a “better” time in which a baby would fit in?

Name \_\_\_\_\_

## DEAR GABBY

ACTIVITY  
7

Pretend you are an advice columnist for a magazine. Below are some letters that you received this month. Choose two and on a separate sheet of paper write the answers.

*Dear Gabby,*

*I am 16 and pregnant. My boyfriend is 19. Since I became pregnant he won't even look at me, let alone talk to me. It was his idea for us to move up in the relationship...so we had sex. We both thought it would be romantic, but a couple weeks later, I'm pregnant. I asked him to at least go to Lamaze classes with me, but he won't. I feel alone and scared. What should I do?*

*Confused Cindy*

*Dear Gabby,*

*I am a 15 year old girl. My boyfriend is 21. He thinks it would be a good idea to have sex. He says he loves me and if I get pregnant, not to worry because he will marry me and support me. The other night we almost did it. I think I want to, but there is this feeling telling me not to. What do you think?*

*Wondering Wanda*

*Dear Gabby,*

*I think having a baby with my boyfriend would bring us closer together. We love each other a lot, but he isn't totally faithful to me. He goes out with other girls. We discussed a baby once before. He said if a baby ever came, he would take care of it, but he wasn't ready for a baby. I don't want him cheating on me, so I think a baby is a perfect solution. What do you think?*

*Baby Brenda*

Name \_\_\_\_\_

## READY OR NOT?

ACTIVITY  
**8**

Teens sometime make quick decisions in the heat of the moment. One decision that should not be made quickly is the decision to have sex. Ask yourself the following questions before making this decision.

	yes	no
Would my parents approve of my having sex now?	<input type="checkbox"/>	<input type="checkbox"/>
If the relationship breaks up, will I feel okay that I had sex with this person?	<input type="checkbox"/>	<input type="checkbox"/>
Is anyone pushing me to have sex?	<input type="checkbox"/>	<input type="checkbox"/>
Can I take full responsibility for my actions?	<input type="checkbox"/>	<input type="checkbox"/>
Am I willing to risk STIs (AIDS), pregnancy, or sterility?	<input type="checkbox"/>	<input type="checkbox"/>
Can I handle placing my child for adoption or support the child as a single parent?	<input type="checkbox"/>	<input type="checkbox"/>
Will my decisions hurt others, like friends and family?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered **NO** to **ANY** of these questions, then it is best to wait or stop having sex.

**THIS COULD BE ONE OF THE MOST IMPORTANT DECISIONS OF YOUR LIFE!**

Many teens have sex to be popular or to be accepted by their boyfriends/girlfriends.

**BUT** will sex really make you more mature, popular, and desirable? Having sex may even cause your partner to lose interest. All it causes is problems way bigger than becoming pregnant.

Name \_\_\_\_\_

## PERSONAL LIMITS

ACTIVITY  
9

Many of us have a limit on what we will and will not do in a relationship with the opposite sex. Sometimes we get so wrapped up in the other person that we forget about our own values and standards. On the lines below write what you will and will not do in a relationship with the opposite sex. These are your own private and personal limits so feel free to write what ever you want.

### Things I WILL NOT do:

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### Things I might do:

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### Things I will do:

---

---

---

---

### What is Abstinence to you?

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### What are the behaviors you will abstain from in a relationship:

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Name \_\_\_\_\_

## AM I AT RISK?

ACTIVITY  
10

Sexually Transmitted Infections (STIs) are very common. This list of statements is a guideline to determine your risk of getting a STI. If any of these statements apply to you, please find out more information and be tested for all STIs including HIV/AIDS.

(circle one)

1. I have had sexual contact (intimate contact with someone else's genitals). Yes No
2. I have had sexual contact with more than one person. Yes No
3. I do not use condoms every time I have sexual intercourse. Yes No
4. I have had sexual contact with someone and I knew little or nothing about their sexual history. Yes No
5. I am embarrassed to discuss safer sex with my partner. Yes No
6. My partner and I have not discussed safer sex or risks taken with previous partners. Yes No
7. My partner or I currently have more than one partner. Yes No
8. My partner has had other partners in the past. Yes No
9. My partner has had a sexually transmitted infection before (or now). Yes No
10. I have had a sexually transmitted infection before (or now). Yes No
11. I believe that I cannot get sexually transmitted infections. Yes No
12. I sometimes get drunk or high and have sexual contact, or I cannot remember what happened. Yes No

**REMEMBER:** Sexually transmitted infections are very common, but preventable. Most people who have them show no symptoms and are unaware that they are infected. STIs always require medical attention (you can't "fight them off"). Please see a doctor if you circled "Yes" to any of the above questions.

Name \_\_\_\_\_

## ABSTAIN FROM WHAT?

ACTIVITY  
11

My definition of **abstinence** is:

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---

Determine which of the following behaviors are abstinent or non-abstinent according to your definition above. Put a checkmark in the boxes next to the abstinent behaviors.

- |  |  |
|--|--|
| <input type="checkbox"/> Holding hands                                       | <input type="checkbox"/> Dry kissing   |
| <input type="checkbox"/> Hugging with hands on each others hips              | <input type="checkbox"/> Sexual intercourse                                  |
| <input type="checkbox"/> Touching other person's upper body with clothes on  | <input type="checkbox"/> Open mouth kissing, tongue, French kissing          |
| <input type="checkbox"/> Touching other person's lower body with clothes on  | <input type="checkbox"/> Hand contact with another person's breast           |
| <input type="checkbox"/> Hugging   | <input type="checkbox"/> Genital to anus contact                             |
| <input type="checkbox"/> Mutual masturbation (rubbing each other's genitals) | <input type="checkbox"/> Mouth contact with another person's breast          |
| <input type="checkbox"/> Talking with your partner about sex                 | <input type="checkbox"/> Hand contact with another person's anus             |
| <input type="checkbox"/> Genital to genital contact                          | <input type="checkbox"/> Flirting using eye contact                          |
| <input type="checkbox"/> Kissing while pressing body against other person    | <input type="checkbox"/> Touching other person's upper body with clothes off |
| <input type="checkbox"/> Anal sex  | <input type="checkbox"/> Touching other person's lower body with clothes off |
| <input type="checkbox"/> Vaginal sex   | <input type="checkbox"/> Oral Sex  |

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