

Practicing Abstinence from Sex

HEALTH GOAL

- I will choose to practice abstinence from sex.

Voluntarily choosing not to be sexually active is **abstinence from sex**. This lesson discusses the reasons why practicing abstinence from sex is the responsible choice for unmarried teens. You will learn how to set limits for expressing physical affection and how to say “no” if you are pressured to be sexually active. You will learn ten steps teens can take to change their behavior if they have been sexually active.

What You'll Learn

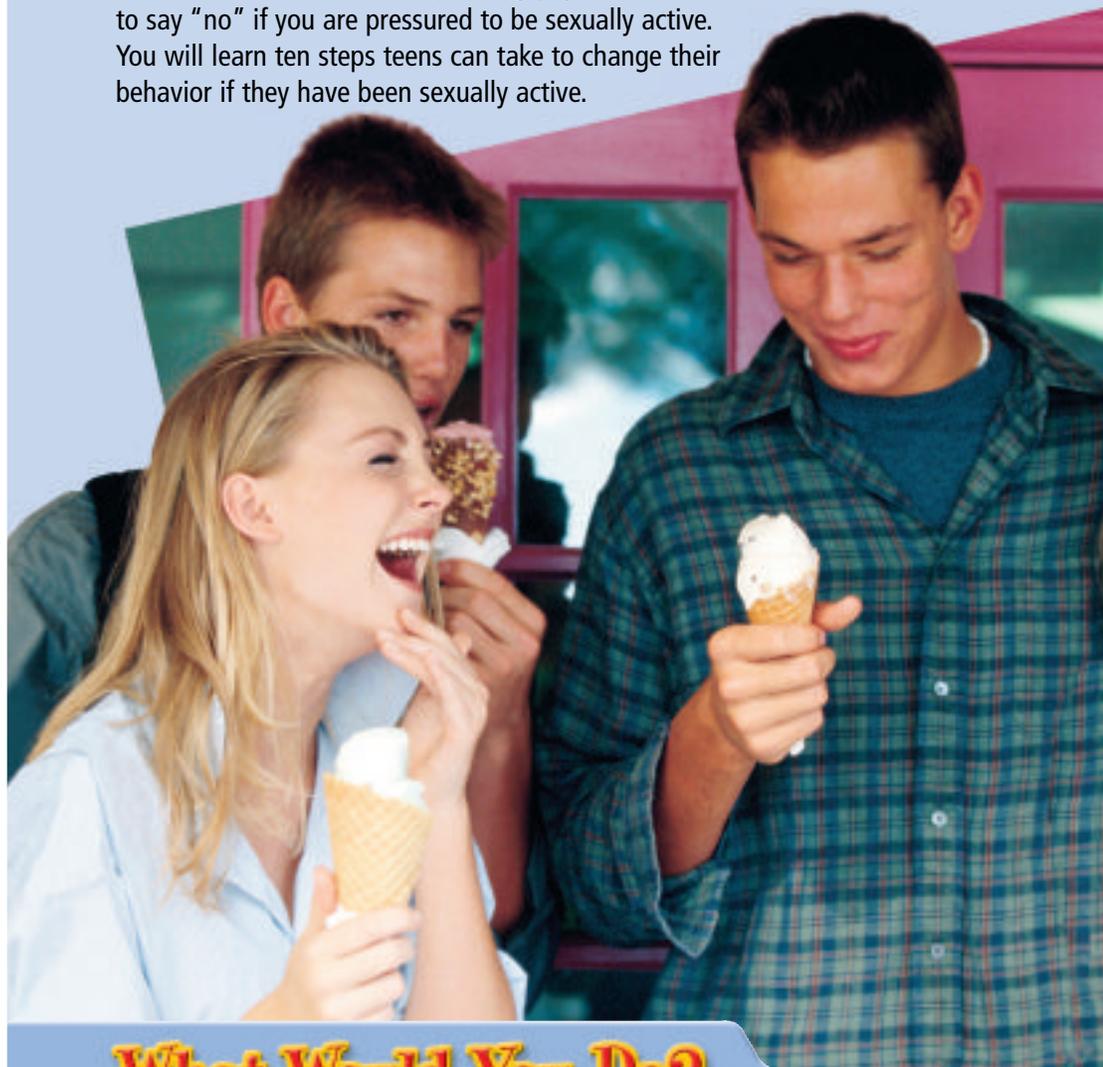
1. Identify guidelines for expressing physical affection. (p. 167)
2. Analyze reasons why practicing abstinence is a responsible choice for teens. (p. 168)
3. Analyze the benefits of practicing abstinence to protect emotional health and to prevent unplanned pregnancy and infection with STDs, including HIV. (p. 168)
4. Analyze the benefits of abstinence when dating in order to promote responsibility within marriage. (p. 169)
5. Demonstrate resistance skills to use if you are pressured to be sexually active. (p. 172)

Why It's Important

Abstinence from sex is the only method that is 100 percent effective in preventing pregnancy, STDs, and the sexual transmission of HIV.

Key Terms

- abstinence from sex
- respect
- sexual feelings
- responsible decision
- pelvic inflammatory disease (PID)
- legal age of consent
- reputation
- sexual fidelity



What Would You Do?

Writing About Setting Limits Suppose you are very attracted to someone you are dating. This person is very attracted to you also. This person suggests setting guidelines for expressing physical affection. After reading the information on setting limits on page 167 and speaking with your parents or guardian, make a list of guidelines in your health journal that you might share with this person.



Health TEKS covered by Lesson 16: 5C, 5D, 7B, 7G, 7H, 7I, 7K, 7L, 8A, 13C, 13E, 14B, 14C, 15A, 16A, 16B

Setting Limits

Each of us has a need to be liked, especially by those who are important to us. Liking someone includes both affection and respect. **Affection** is a fond or tender feeling that a person has toward another person. It is experienced as emotional warmth or closeness. Words such as “I like you” express affection. Physical touch can express affection. **Respect** is a high regard for someone or something.



How to Set Limits for Expressing Physical Affection

Staying in control In a relationship, there may be affection, respect, both, or neither. Knowing how to set limits for expressing physical affection helps you maintain self-respect and the respect of a dating partner. Setting limits helps you keep your sexual feelings under control. **Sexual feelings** are feelings that result from a strong physical and emotional attraction to another person. Sexual feelings may occur when you see a certain person, kiss or touch that person, look at a picture, or read certain material. These feelings are normal, but it is important to learn how to control them.

It is important for you to know how sexual feelings intensify when you express physical affection. Kissing and hugging may result in stronger sexual feelings.

Physical changes A couple’s expressions of affection may not stop with a hug or casual kiss. Prolonged kissing can further intensify sexual feelings. Intimate expressions of physical affection can cause physical changes to occur in the body. This increases blood flow to the reproductive organs. In the male, the penis fills with blood

and becomes erect. This intensifies sexual feelings in the male. In the female, there is increased blood flow to the vagina. This intensifies sexual feelings in the female.

Body’s message v. brain’s message These physical changes prepare the body for sex even if the couple has pledged to practice abstinence. This is an important reason why you need to set limits for expressing physical affection. If you do not set limits, your body’s message may attempt to override your brain’s message, “I want to practice abstinence from sex.”

Health TEKS

7K (covered on page 167): Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.

Quick Quiz:

Why is it important for unmarried persons of school age to learn how to control sexual feelings?

Expressing Physical Affection

The following are guidelines that help you set and stick to limits for expressing physical affection.

- Limit your expressions of affection to holding hands, hugging, and casual kissing to help you stay in control of your decisions and actions.
- Tell the person your limits before expressing affection.
- Do not date someone who does not respect your limits for expressing physical affection.
- Avoid drinking alcohol and using other drugs that impair your good judgment.
- Do not date someone who drinks alcohol or uses other drugs that impair his or her judgment.
- Stay in public places when on a date, such as the living room instead of a bedroom.

Abstinence

Throughout life, you will face many important decisions. The quality of your life will be determined by your decisions. Lesson 6 discussed how to make a responsible decision. A **responsible decision** is a choice that leads to actions that: 1) promote health, 2) protect safety, 3) follow laws, 4) show respect for self and others, 5) follow the guidelines set by your parents or guardian, and 6) demonstrate good character. Practicing abstinence is a responsible decision for unmarried teens.

Why Practicing Abstinence From Sex is a Responsible Decision

Make the Connection

Rape For more information about rape, see page 687 in Lesson 66.

Practicing abstinence from sex promotes health. By practicing abstinence, you protect your emotional health. Being sexually active interferes with your values and family guidelines. This clash in values can make you feel guilty. Being sexually active can lead to unplanned pregnancy and infection with sexually transmitted diseases, including HIV. These threats to health can make you fearful and anxious. Having sex outside of a loving, committed marriage increases your risk of feeling rejected, being compared to someone else, and feeling “used” by a partner. Practicing abstinence from sex protects you from these sources of emotional trauma.

By practicing abstinence, you will not become pregnant or get someone pregnant and become a teen parent. More than 1 million females under the age of 20 become pregnant annually. Many become pregnant more than once as teens. Fifty percent of teens who have a baby become pregnant again within two years of the baby’s birth. When you practice abstinence from sex, you do not risk becoming pregnant or getting someone pregnant.

By practicing abstinence, you protect yourself from becoming infected with sexually transmitted diseases (STDs). To date, there is treatment, but no cure for genital herpes and genital warts. Teens infected with either of these STDs can have recurrences the rest of their lives. There is an increase in the number of cases of **pelvic inflammatory disease (PID)** in teen females. PID is a serious infection of the internal female reproductive organs, and can lead to sterility. When you practice abstinence, you protect yourself from infection with STDs, and you reduce the risk of becoming infected with HIV and developing AIDS.

When you practice abstinence from sex, you protect yourself from the sexual transmission of HIV. Millions are at risk because a person infected with HIV may not know it or may not tell a partner. To date, there is no cure for AIDS. Abstinence from sexual activity is the only method that is 100 percent effective in preventing pregnancy, the sexual transmission of STDs, including HIV, and the emotional trauma associated with adolescent sexual activity.

Health TEKS

7L (covered on page 168): Discuss abstinence...as the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases...HIV...and the emotional trauma associated with adolescent sexual activity.

Quick Quiz:

How can teens be 100% sure that they will not become infected with an STD, become pregnant, cause a pregnancy, be emotionally traumatized by adolescent sexual activity, or become infected with HIV via sexual transmission?

Practicing abstinence from sex follows laws. You avoid being in situations in which you can be prosecuted for having sex with a minor. In many states, having sex with a person who has not reached the legal age of consent is considered corruption of a minor. In others, it is called statutory rape. The **legal age of consent** (which differs from state to state) is the age when a state considers a person legally able to give permission for sexual contact. A person can be prosecuted for having sex with a minor.

When you practice abstinence, there is no chance of having sex with an unwilling partner. You cannot be accused of rape.

Practicing abstinence from sex shows respect for self and others. You maintain a good reputation. **Reputation** is a person's overall character as judged by other people. Having a good reputation improves your relationships with peers. If peers know you practice abstinence from sex, they know that you protect your health and safety, and that you respect yourself and others. They know that you do not cave in to peer pressure and choose wrong actions.

Practicing abstinence from sex follows the guidelines of your parents and/or guardian. You avoid having conflicts with your parents or guardian because you follow their guidelines. Studies show that 97 percent of parents and guardians of teens want them to learn in school about the importance of abstinence from sex. Your parents or guardian want you to live a quality life. They know the serious consequences that can occur from being sexually active. They



want to protect you. By practicing abstinence, you are following your parents' or guardian's guidelines.

Practicing abstinence from sex demonstrates good character. You are self-disciplined and can delay gratification in order to uphold your values. A **value** is a standard or belief. **Character** is a person's use of self-control to act on responsible values. When you have good character, you uphold family values and practice abstinence from sex. You recognize the importance of delayed gratification. You postpone sexual intercourse until marriage. You concentrate on other aspects of your life, including dating relationships.

You promote dignity, respect, responsibility and sexual fidelity within marriage. **Sexual fidelity** in marriage is sexual faithfulness, and involves a promise to have sex only with one's marriage partner. It helps promote trust, a foundation for any strong marriage. Sexual fidelity helps protect the health of marriage partners. When marriage partners are faithful to one another, they do not need to worry about the sexual transmission of diseases. When teens practice abstinence from sex in their dating relationships, they reserve sex for the marriage relationship. This helps keep sex within marriage very special.

▲ The decision to practice abstinence from sex before marriage protects you from the risks of unplanned pregnancy, STDs, the sexual transmission of HIV, and possible prosecution for having sex with a minor.

Health TEKS

5C (covered on page 169): Discuss the legal implications regarding sexual activity as it relates to minor persons.

Quick Quiz:

What is statutory rape?

Mini-Review

1. When you are expressing physical affection, how can your body's message differ from your brain's message about limits that you have set for yourself?
2. What is PID? How does it affect a female's body?

Saying No

The influence that people of similar age or status place on others to behave in a certain way is **peer pressure**. Some peers influence you in positive ways. They encourage you to practice abstinence from sex. They want you to protect your health and safety, to follow laws and family guidelines, to show respect for yourself and others, and to demonstrate good character. Other peers pressure you to engage in harmful activity. They may pressure you to be sexually active. How can you resist this pressure?

Did You Know?

Infection Someone who is infected with an STD, including HIV, might not know it and might not have symptoms. Yet, one-fifth of young people believe they would know if someone else had a sexually transmitted disease, even without testing.

How to Say “No” if You Are Pressured to Be Sexually Active

Focus on keeping your self-respect. Having high regard for oneself because one behaves in responsible ways is **self-respect**. If you respect yourself, others will respect you, too. Happiness is more a result of being respected for your values than being liked because you went along with the crowd. Consider what author Hugh Prather wrote in *Notes to Myself*: “The only way to be is me, then those who like me, like me.” Do you understand what the quote means? Repeat it out loud.

The quote explains why you need to be yourself and act on your values. Unless you show others who you really are and what you really believe, they cannot really like you because they do not know the real you.

Do not be swayed to change your values. If you are challenged by peers to be sexually active, remember that you are the one who has to deal with the consequences of your actions. For example, if someone pressures you into staying out later than your curfew, you are the one who will be punished, not the person who talked you into it.

Giving in to peer pressure will not give you self-respect, and peers often lose respect for those who give in to peer pressure. Suppose you are known to practice abstinence from sex. Your peers will respect you for being able to resist the peer pressure to have sex. People often think that teens who spend time together behave in the same ways. By practicing abstinence, you protect the good reputation of your friends and those you date.

What Peers Might Say to Try to Convince You to Have Sex

Don't believe any of these lines!

- If you love me, you'll have sex with me.
- You can't get pregnant the first time.
- I'm safe. You won't get STDs or HIV.
- Everybody else is doing it.
- I'll always love you.
- Grow up, we're in high school.
- You got me all excited.
- If you won't do it, I'll find someone who will.
- You know you really want to—I can tell.
- I think you owe it to me.

Activity: Using Life Skills

Using Resistance Skills: Remaining Abstinent

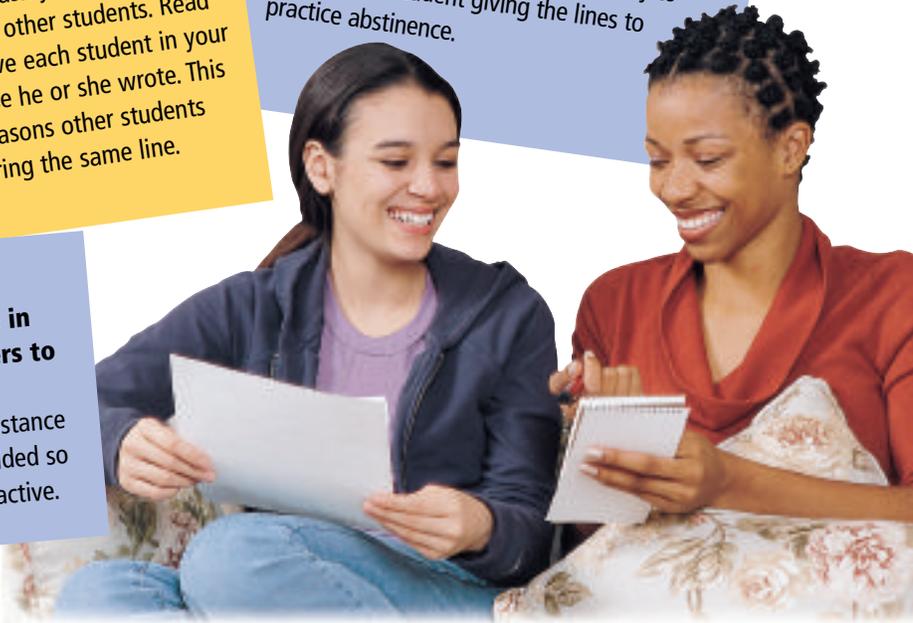
On page 170 are ten lines that someone might use to pressure you to have sex. On page 47 in Lesson 5 are resistance skills (also called refusal strategies). Use what you have learned as you do the following activity.

1 Say “no” with self-confidence. After you read the lines on page 170, write a reason you would say “no” to each. Give a different reason for each, using the reasons you learned in this lesson.

2 Give reasons for saying “no.” Your teacher will ask you to form a small group with other students. Read each line and then have each student in your group tell the response he or she wrote. This will help you learn reasons other students might use when hearing the same line.

4 Avoid people who make wrong decisions, resist pressure to engage in illegal behavior, and influence others to make responsible decisions. After several students engage in role-play, discuss other resistance skills. Brainstorm situations that might be avoided so that there will not be pressure to be sexually active.

3 Repeat your “no” response several times and use nonverbal behavior to match verbal behavior. Practice resistance skills by using the lines and reasons in a role-play. One student will do the pressuring and another will use his or her reason to resist pressure. Student #1 will look directly at the other student, say “no,” and then give his or her reason for saying “no.” Then student #2 will give another line. Then, student #1 will repeat the same reason(s) again. Student #1 will try to influence the student giving the lines to practice abstinence.



Recognize lines peers might use to pressure you. A line is a short statement that may have a “hook” to it. A line may be intended to “hook” you and “reel” you into doing something you should not do. At the bottom of page 170 are ten lines designed to hook you into being sexually active. Do not get reeled in if someone tries to hook you by using one of these lines. A person who truly cares for you will not try to use a line or pressure you in any other way to have sex. A person who cares for you will respect your decision to practice abstinence.

Use resistance skills. Skills that help a person say “no” to an action or to leave a situation are **resistance skills**. Pages 172–173 contain a list of eight

suggested ways to resist peer pressure to be sexually active. Self-confidence is very important to successful resistance of peer pressure. The resistance skills that follow on the next page all require self-confidence. It is not always easy to say “no” to something that your friends want you to do. You must believe in yourself and trust that you have made the right decision. Having confidence in your decision to practice abstinence makes it easier to face any criticism you may hear from your peers. Confidence will help you avoid situations where you might be pressured to have sex, will help you use nonverbal behavior to support your choice of abstinence, and will help you influence your friends to practice abstinence from sex.

▲ Sharing your reasons for practicing abstinence from sex with friends, and role-playing different situations will help you build strong resistance skills and self-confidence.

Health TEKS

7G (covered on page 171): Analyze the relationship between the use of refusal skills and avoidance of unsafe situations such as sexual abstinence.

Quick Quiz:
How can teens resist pressure to be sexually active?

Resisting Peer Pressure

Peer pressure can be very difficult to ignore. Resistance skills will help you stay strong during times when peer pressure is at its worst. Stating exactly what you want or don't want will help you to stay confident. Give reasons for your decision to practice abstinence. Restate these reasons if necessary. This will make others take you seriously. Avoiding people and situations that might increase the pressure to have sex will make it easier to maintain your goal of abstinence. These resistance skills will help you reject peer pressure and keep the promise to yourself to practice abstinence.

How to Use Resistance Skills if You Are Pressured to Be Sexually Active

1. Be confident and say, "No, I do not want to be sexually active."

Look directly at the person to whom you are speaking. State your limits for expressing physical affection.

2. Give reasons why you practice abstinence from sex.

Use the six guidelines identified in the Responsible Decision-Making Model to develop your reasons for saying, "No, I do not want to be sexually active."

I practice abstinence to promote my health.

- I do not want to experience emotional trauma or feelings of guilt, fear, or rejection.
- I do not want to get pregnant or get someone pregnant.
- I do not want to become a teenage parent.
- I do not want to become infected with STDs, such as genital herpes and genital warts.

- I do not want to become infected with HIV and develop AIDS, a life-threatening disease.

I practice abstinence from sex to follow laws.

- I do not want my partner or myself to be prosecuted for having sex with a minor.
- I do not want to be accused of rape or to put myself in a situation in which I might be raped.

I practice abstinence from sex to show respect for myself and others.

- I want to protect my good reputation and the good reputation of others.

I practice abstinence from sex to follow the guidelines of my parents or guardian.

- I want to be self-disciplined and delay gratification in order to uphold my values.



- I want to choose dating behavior that promotes dignity, respect, responsibility, and sexual fidelity within a marital relationship.

3. Repeat several times your reasons for practicing abstinence from sex.

For example, you might say, “No, I do not want to be sexually active. I practice abstinence from sex to promote my health. I do not want to experience emotional trauma or feelings of guilt, fear, or rejection. I do not want to get pregnant or get someone pregnant. I do not want to compromise my goals by becoming a teenage parent. I do not want to become infected with STDs, such as genital herpes and genital warts. I do not want to become infected with HIV and develop AIDS.”

If you continue to get pressure, repeat this response several times. Each time you give the same response you will be more convincing.

4. Use nonverbal behavior to support your message that you do not want to be sexually active.

Do not behave in ways that go beyond what you’ve stated are your limits for affection. Strengthen your statement by always following what you have said.

5. Avoid being in situations in which you may be pressured to be sexually active.

Do not spend time in situations in which you might be vulnerable, such as being in someone’s bedroom. Do not go to parties where teens will be drinking alcohol or

using other drugs. Avoid watching movies and television shows that imply teen sex is OK.

6. Avoid being with anyone who pressures you to be sexually active.

Expect someone whom you are dating to respect your limits and do not date this person if she or he pressures you to have sex. Avoid being with teens who brag about “scoring” or having “sexual conquests.” Date people your own age. Older people may exert additional sexual pressure. Pay attention to what your parents or guardian say when they advise against being with certain teens or adults.

7. Know the laws regarding sex that protect you and follow them.

Tell a parent, guardian, or other trusted adult if an adult makes sexual advances toward you. It is never appropriate for an adult to make sexual comments or advances toward a minor.

8. Influence your friends to practice abstinence from sex.

Be confident and share with friends your decision to practice abstinence from sex. Encourage a friend who is sexually active to change his or her behavior. They will respect your strength and self-confidence.

Did You Know?

Rape About two in ten females who first had sex before age 15 described it as involuntary. This means they were forced. Rape, whether of a minor or someone of legal age, is a criminal action with very serious consequences.

ABSTINENCE

in the Media

Writing Activity Some movies and television shows portray teens having sex without showing any of the negative consequences. Choose a movie or TV show and write a newspaper article about the falsehoods portrayed by the movie or show with regard to sexual activity, abstinence, and young people. Present your article to the class. If possible, play some relevant scenes from the movie or show for the class and discuss your findings.





Changing Behavior

Teens who have been sexually active can take steps to change their behavior. Changing behavior helps teens acknowledge that their health is important. They want to give up risk behaviors that might cause them to become infected with sexually transmitted diseases, including HIV, or to become pregnant or get someone pregnant. They acknowledge that it is wise to follow the guidelines of their parents or guardian. This helps them have a clear conscience. Although it is sometimes difficult to change behavior, it is worth making the change.

Did You Know?

Prevention Barrier protection and other contraceptive methods are not 100 percent effective in preventing pregnancy or the transmission of sexually transmitted diseases and HIV, the virus that causes AIDS. Abstinence from sex is the only method that is 100 percent effective in preventing pregnancy, STDs, and the sexual transmission of HIV.

Steps Teens Can Take to Change Their Behavior if They Have Been Sexually Active

Make a written list of your reasons for choosing abstinence from sex. Review this list often. The list will keep you aware of the risks you take when you are sexually active. For example, you may list “I do not want to become infected with HIV” or “I do not want to be pregnant or get someone pregnant.”

Talk to a trusted adult about your behavior and your decision to practice abstinence. Your parents or guardian may be upset when they learn that you have been sexually active. However, they will support your decision to change your behavior. Remember, their role is to guide you. They can offer suggestions to strengthen you as you make changes. They can help you with the sexual relationship in which you were involved. They can help you decide what to do about this relationship. They can help you set new guidelines for expressing affection. They can discuss appropriate health care with you.

Consider the health consequences that may have occurred from being sexually active. You and any sexual partners you have had may be infected with one or more sexually transmitted diseases, including HIV. You or a partner may be pregnant. With your parents or guardian, discuss appropriate examinations and health care that may be required. If you are infected with an STD, including HIV, anyone who has been your sexual partner must be notified. This allows the person to get appropriate medical care.

Adhere to guidelines for expressing physical affection. Review the guidelines for expressing physical affection on page 167. Discuss these guidelines with your parents or guardian. Be honest about the people and situations that might tempt you or pressure you to break these guidelines. Discuss your plan for following these guidelines. Remember, your parents or guardian can help you.

Health TEKS

14C (covered on page 174): Communicate the importance of practicing abstinence.

Quick Quiz:

Why should you make a written list of your reasons for choosing abstinence?

With approval of your parents or guardian, have a frank discussion with the person with whom you were sexually involved. Your parents or guardian may decide it is in your best interest not to have further contact with this person. But, if your parents or guardian agree to it, set a time and an appropriate place to have a frank discussion with this person. Share your reasons for making a renewed commitment to practice abstinence from sex. If your parents or guardian have decided that you should not see this person again, tell him or her.

With approval of your parents or guardian and if you are still dating, get reassurance from this person that he or she will practice abstinence from sex. Your partner must understand how serious you are about your renewed commitment to practice abstinence from sex. This means dating only persons who agree to practice abstinence from sex. You cannot put yourself back into a tempting situation or a situation in which you are pressured to change your mind.

Break off a relationship with a person who will not agree to practice abstinence from sex. Remember, you know your decision to practice abstinence from sex is responsible. Anyone who continues to pressure you to be sexually active is showing disrespect for you. End the relationship with this person.

Reevaluate the influence of the group of friends with whom you associate. Most people are drawn to friends who support what they are doing. Unfortunately, this often is the case with teens who are doing something wrong. These teens might be drawn to



▲ Once you have decided to practice abstinence from sex, you need to discuss it with the person you are dating. If he or she respects you, then he or she will respect your decision to practice abstinence.

other teens who choose risk behaviors. They are comfortable because these teens support their wrong actions. Any time you need to change your behavior, it is best to look at the behavior of those with whom you are close. If they encourage you to change your behavior, they are truly “good” friends. If they encourage you to choose wrong actions, consider why they do so. Is it because they also want to choose wrong actions? An **enabler** is a person who supports the harmful behavior of others. Avoid being friends with people who are enablers.

Be honest and direct about your commitment to practice abstinence from sex in new relationships. Get off to the right start when you begin new relationships. Adhere to the guidelines for expressing physical affection on page 167. Ask potential dating partners if they have made a commitment to practice abstinence from sex.

Avoid behaviors, such as drinking alcohol, using drugs, and being in tempting situations, that might impair your ability to practice abstinence from sex. You may have the best intentions and say that you will practice abstinence from sex, but certain behaviors, such as drinking alcohol or placing yourself in a tempting situation, may affect your ability to stick to what you say you will do.

Mini-Review

1. Explain the quote, “The only way to be is me, then those who like me, like me.”
2. How can practicing resistance skills prepare you for dealing with peer pressure?
3. Explain why teens who have been sexually active need to change their behavior.

SPEAKING OUT

Teens Talk About Health

Aaron Brunson Practicing Abstinence From Sexual Activity

“I didn’t want any unplanned pregnancies or sexually transmitted diseases ruining my plans for the future.”

It started out as a homework assignment. But for Aaron Brunson, it became a way of looking at life. When Aaron was searching for a research paper topic, his mom suggested abstinence. “I thought, ‘OK, I don’t know much about it, but I’ll give it a try.’” Aaron used the resources of his local library, as well as the Internet, to learn about abstinence. He explained what happened next: “Doing my research for the paper, I decided it was a good thing to do. I didn’t want any unplanned pregnancies or sexually transmitted diseases ruining my plans for the future.”

What people say Not surprisingly, the reactions from Aaron’s friends and family have been mixed. “My family has been really supportive,” Aaron said. As for friends, “You get made fun of a little bit, but I also have friends who are ‘on my side.’ They support me and what I’m trying to do.”

How important is not becoming a parent to Aaron’s abstinence decision? “It’s huge,” he answered. “I want to become a doctor and it could really mess up my dreams and change my life.”

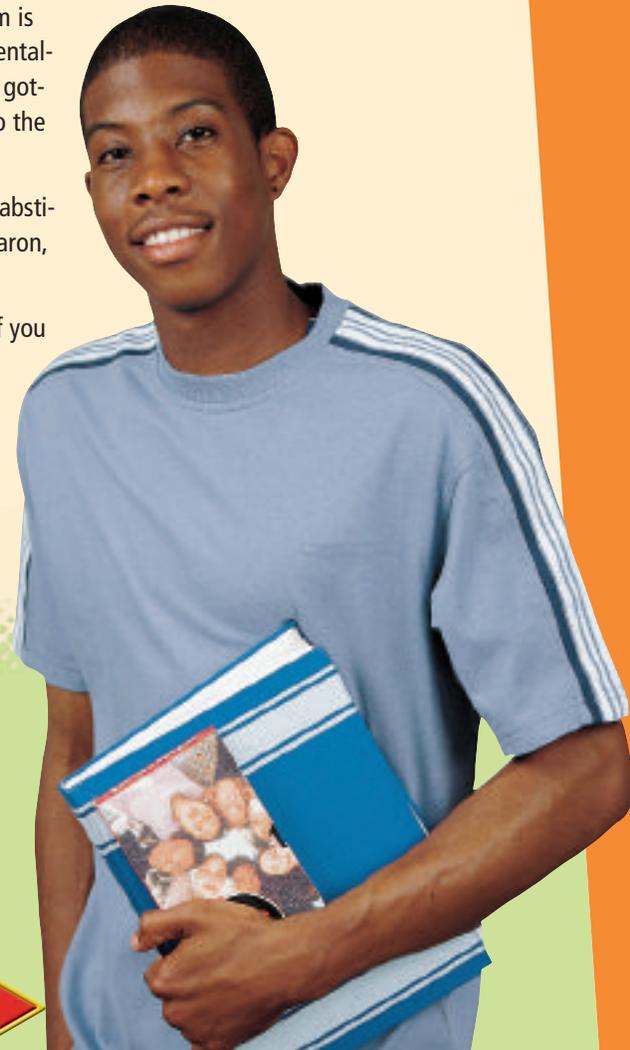
Responding to media pressures Messages about sex are everywhere. How does Aaron react to messages on TV, in magazines, and in movies? “One thing I do is to try not to be around those kinds of pressures too much,” Aaron said. “I’ll turn off the TV if I have to.”

Keeping on track What does Aaron believe he’s gained from his decision? He explained it this way: “I believe in myself, which is a great thing for down the road. It’s a hard decision to choose abstinence, and if I can do this, I’ll have confidence that I can do other hard things in the future, like go to medical school. Practicing abstinence will keep me on the right track to what I want to be.”

Helping others Keeping on the right track is something Aaron helps other young people do. “I teach some classes for high school and middle school kids. The program is sponsored by a local mental-health agency. I’ve also gotten some requests to do the programs in schools.”

“The key to making an abstinence decision,” said Aaron, “is to stick to it.”

“Do what you believe if you think you’re right,” he added. “Don’t be misled by what other people try to tell you. You’ll know if what you’re doing is right for you.”



Journaling Activity

Imagine that you, like Aaron, have been asked to speak to younger students about abstinence. What would you tell them? How would you answer their questions? Write an imaginary conversation, including several questions and answers.

16 STUDY GUIDE

abstinence from sex
legal age of consent
peer pressure
pelvic inflammatory
disease (PID)
reputation
respect
responsible decision
self-respect
sexual feelings
sexual fidelity



Key Terms Review

Match the definitions below with the lesson Key Terms on the left. Do not write in this book.

1. a person's character as judged by others
2. a choice that leads to actions that show good character
3. engaging in sexual activity only with one's marriage partner
4. a disease that can cause infertility in females
5. feelings that result from a strong physical and emotional attraction to another person
6. choosing not to be sexually active
7. a high regard for someone or something
8. the age when a state considers a person able to give permission for sexual contact

Recalling the Facts

9. What are some lines teens might say to try to pressure other teens to be sexually active?
10. Analyze four ways practicing abstinence from sex promotes your health.
11. Name six characteristics of a responsible decision.
12. What is the only 100 percent effective way to protect against STDs, HIV, and pregnancy?
13. What are two ways that practicing abstinence from sex helps you follow laws?
14. What are two ways practicing abstinence shows respect for yourself and others?
15. How does practicing abstinence from sex help you follow your family's guidelines?
16. What are two ways practicing abstinence from sex helps you demonstrate good character?
17. What are five guidelines to help you set limits for expressing physical affection?
18. What are eight resistance skills to use if you are pressured to be sexually active?

Critical Thinking

19. Why is it so important for teens to have self-respect?
20. Why should teens control sexual feelings?
21. How does the effectiveness of barrier protection and other forms of contraception in sexually transmitted disease, HIV, and pregnancy prevention compare to abstinence?
22. Name some things a teen parent might miss out on due to parenthood.
23. What would you do if an adult asked you to have sex with him or her?
24. What are some limits you can set to avoid being in a tempting sexual situation?
25. If your best friend was being pressured for sex, what would you say to your friend?
26. How can you tell someone you are dating that you practice abstinence from sex?

Real-Life Applications

23. What would you do if an adult asked you to have sex with him or her?
24. What are some limits you can set to avoid being in a tempting sexual situation?
25. If your best friend was being pressured for sex, what would you say to your friend?
26. How can you tell someone you are dating that you practice abstinence from sex?

Activities

Responsible Decision Making

27. **Write** You really like one of your classmates and now you are alone with this person for the first time. He or she wants to kiss you and touch you. You do not want to go beyond the limits for expressing affection you have set for yourself. Write a response to this situation. Refer to the Responsible Decision-Making Model on page 61 for help.

Sharpen Your Life Skills

28. **Advocate for Health** Pretend you are an advice columnist for a teen magazine. A sexually active teen wants to practice abstinence from sex. He wants to explain to his girlfriend why this is a responsible choice. Refer to the Responsible Decision-Making Model on page 61. Write a response that includes each of the six guidelines in the model.