



## **Lesson 11**

### **Journal entry**

**Write at least 2 appropriate, healthy and safe ways for teens to express romantic feelings or show their affection toward someone they're attracted to.**



# Healthy behavior

**Being sexually  
abstinent.**

**Slide 11B**

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# By the end of this lesson, you will be able to...

1. **Determine the benefits of being sexually abstinent.**
2. **Explain why sexual abstinence is the safest, most effective risk avoidance method of protection from HIV, other STIs and pregnancy.**
3. **Advocate for protecting sexual health by being sexually abstinent.**



## What Is Sexual Abstinence?

Sexual abstinence is choosing not to do any sexual activity that can result in pregnancy or a sexually transmitted infection (STI).





**Does a person have  
the right to choose to  
be abstinent or refuse  
sexual contact?**

**Why or  
why not?**



## Benefits of Abstinence

**Choosing not to have sex offers many good things for teens.**

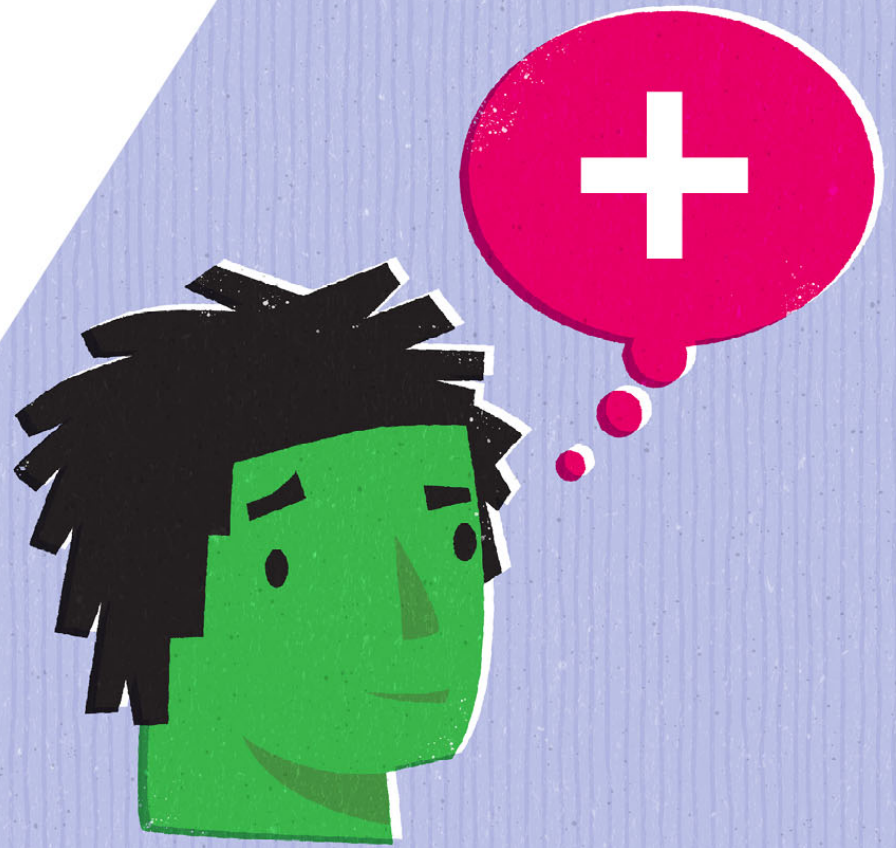




## Benefits of Abstinence

**Choosing not to have sex offers many good things for teens.**

**What did your parents or guardians think were some benefits of sexual abstinence?**



## **Benefits of Abstinence**

**Choosing not to have sex offers many good things for teens.**

**What did your parents or guardians think were some benefits of sexual abstinence?**

**What other benefits can you add to the list?**





# Advocacy

**Taking planned action to have a positive effect on other people's behaviors or the environment.**

**You can use your knowledge, power and influence to convince others to do something that is right, safe or healthy.**







# Steps for Advocacy

1. Decide which people you want to reach—your target audience.
2. Think about how to share your message.
3. Create your message. Be sure to:
  - Share facts and information about the topic.
  - Present strategies or actions people can take.
  - Make your message appeal to your target audience.







If you choose to have sex, using a condom and birth control are ways that you can protect yourself from STI's and pregnancy.

# My Advice About Abstinence

**Imagine that someone you know and care about wants to know if they should be abstinent.**

- Write a letter to convince this person to be abstinent.
- Share facts to explain how abstinence can protect a young person's health.
- Describe at least 5 benefits of abstinence. Choose benefits that will matter to the person you are writing to.

