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# Abstinence, Sex, and Decision Making

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## Session 9:

### Abstinence, Sex, and Decision Making

#### Goals

- Understanding the importance of communication, choice and boundaries with current and future partners
- Define reasons why teens choose not to have sex
- Emphasize communication with a trusted adult to support sexual health decision-making
- Explore gender stereotypes around sexuality
- Practice being an up stander to prevent sexual assault

#### Objectives

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

- Practice what they may say if they felt they were being pressured to do something they are not comfortable with sexually
- Develop a plan to avoid STIs and unintended pregnancy

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# Refusal and Rejections: What Gives?

# Scenario #1

You are going on a date with someone for the first time. You decide to meet them at the restaurant at 7pm. When you get there, you notice them sitting at a table by the window. They have already ordered you a soda. It's orange soda. You hate orange soda. You say "hi" and sit down across from them. They ask you how you are doing, and then say that they already put in an order for a large mushroom pizza.

You are allergic to mushrooms. **How could you respond effectively in this situation?**

# Scenario #1 – Response

“Thank you so much for ordering already. I actually prefer lemon-lime soda, so how about you take this orange soda and I will ask the server for a different one. I also cannot eat mushrooms because I am allergic to them. Why don't

I ask the server if we can change the pizza to half pepperoni? That way we can both get what we want.”

# Be FIRM

**F**igure out your boundaries

**I**nform them

**R**eason why

**M**ake a suggestion

# Scenario #2

You and your partner have been together for a few months now and things have started to get more intimate. You are curious about doing a couple of things, but are not ready for sex. Your partner mentions that they are interested in having sex. **Use the Be FIRM model to talk to them about why you are not ready for sex.**

# Scenario #2 – Response

“Hey babe, I wanted to talk with you some more about my boundaries. I am down to fool around with you, but I don’t think I am ready for sex. I am just not ready for all the responsibility that comes along with that decision. Can we take it slow and stick to making out for now?”



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# Let's Practice!

# Peer Refusal – Scenario #1

You are working on a school assignment in your bedroom when your crush texts you. They have never texted you before. Feeling excited, you text back. After texting for a few minutes, they ask you to send a sexy picture of yourself without clothes on. You are worried about the consequences of sharing nudes. **Use the Be FIRM model to talk to them about why you are uncomfortable.**

# Peer Refusal – Scenario #2

You and your partner have been dating for around 2 years now. You have had sex before, but always with a condom. You are worried about STIs and want to keep yourself safe. Your partner has recently been complaining that none of their friends use condoms because it doesn't feel as good. **Use the Be FIRM model to talk to them about why using condoms is important to you.**

# Peer Refusal – Scenario #3

You've had a crush on this person in your class for a few months now. They invite you to hang out with them and their friends Friday night. They are going to have a small get together at their place. When you arrive, you notice that none of their friends have shown up yet. Sure, it's a bit early, but you clearly remember them saying it was a group thing. They grab your hand and pull you onto the couch. This all seems to be moving a bit too fast, and there is no one else around. **Use the Be FIRM model to confront them.**

# Adult Refusal – Scenario #4

You are walking into class before the bell rings, and you know that your teacher has a zero tolerance policy about phones, but you are trying to finish a text as you walk to your desk. Your teacher spots you and asks you to hand over your phone. You hand it over because you know you broke the rule and you'll get it back after class. But then, your teacher says "Give me your password so I can see who you were texting."

**Use the Be FIRM model to let your teacher know that students do not have to give their teachers access to their devices without parent/guardian consent.**



# Adult Refusal – Scenario #5

You work part-time as a server at a local restaurant. Your manager walks over and says “A big party just arrived, and they specifically requested a hot, young server. Go show them a good time! (wink)” This request makes you instantly uncomfortable, and you’re trying to find the words to communicate this to your manager. **Use the Be FIRM model to let your manager know why you find this to be inappropriate.**

# Adult Refusal – Scenario #6

You are hanging out at your apartment where you live with your mom. She walks by and comments that your hair is getting too long. After thinking about it for a moment, you say “I actually like how it looks. I’ve never had it this long and it’s kind of cool.” Your mom frowns and says “I don’t want my son to look like a girl.” **Use the Be FIRM model to explain why you would rather leave your hair alone.**

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# Dealing with Rejection

# AFFIRM

**A**ccept their decision

**F**eel your

**F**eelings

**I**ncrease self-care

**R**eframe

**M**ove forward



# What Would You Say?

**A. Imagine a friend is making fun of you for not having sex. Come up with ways to explain your reasons for waiting to have sex.**

You still haven't had sex? Haven't you two been dating for a while?

Why are you scared? Just use protection.

**B. What would you say if your partner was pressuring you to have sex? Imagine that the person speaking is someone that you care about and like.**

I'm just trying to show you I love you. Don't you love me?

You're so sexy. How can you expect me to get turned on, and then not have sex?

I can't wait around forever. I thought you were more mature. If you don't want to have sex then what else can we do?

**C. What would you say if your partner didn't want to use protection? Imagine you are considering having sex with the person who is speaking.**

You don't need to worry about STIs. I haven't been with anyone else.

Why do you want me to get tested? Do you think I'm dirty or something?

We'll just be careful, I promise nothing will happen.

**D. You are at a party and your friend wants to have sex with someone who has been drinking alcohol. What would you say to convince your friend that it's a bad idea? Your friend says...**

Don't worry. They don't look drunk.

**Dear Dr. Lupe:**

I am 17 and I'm still a virgin. Whenever I'm around other guys and the topic of sex comes up, I feel really embarrassed because I haven't done it and I have nothing to say. It seems like the other guys are wondering if I even like girls. It makes me want to lose my virginity as fast as I can. Maybe I should just make something up and tell them I had sex. What do you think?

**Virginal Victor**

**Dear Dr. Lupe:**

I am 16, and I have been dating my girlfriend for six months. We only had sex a few times but now she missed her period and she thinks she might be pregnant. I really don't want a baby! What should I do if she is pregnant?

**Freaked Out Frank**

**Dear Dr. Lupe:**

I am a 17 year-old-guy, and I've been having sex for a couple of months now. I don't like the way condoms feel, but I don't want to get any diseases. Is there any way to make condoms feel better?

**Cautious Kai**

**Dear Dr. Lupe:**

I am an 18-year-old gay male, and every time I get into a relationship I always have to end it because all they want is sex. I swear! I had to end several relationships because they kept asking to have sex with me. I am still a virgin and feel like I should stay one for now. Once I was told by another gay man that I am a prude and that I can't be gay because I won't have sex with my boyfriends. That includes oral sex and other stuff too. I'm attracted to guys, but I'm just not ready to be sexual with one yet. I have also been raised to wait until you are married. So what do you think I should do? I really need your help!!!

**Prudent Paul**

**Dear Dr. Lupe:**

I learned in my health class that masturbation is considered healthy and normal. But I do it every day, sometimes more than once a day. Is this normal? Can you masturbate too much?

**Doubtful DeShawn**

**Dear Dr. Lupe:**

My girlfriend and I have been dating for about three months, and we're getting closer to maybe having sex. I'm ready but she's not. What should I do? Is there anything I can do that will make her be ready sooner? What should I do in the meantime until she is ready?

**Eager Edwin**

**Dear Dr. Lupe:**

I'm a guy and have been sexually active for about a year now. I've been hearing about all the different STIs out there and it's making me nervous. How do I talk to someone about safe sex without having them think I have an STI? Are condoms the only way to protect myself? I've had sex without condoms before and I didn't get any bumps or rash or anything.

**David in Denial**

**Dear Dr. Lupe:**

I am an 18-year-old girl, and I have never had sex or even kissed anyone. It's very embarrassing. Everyone always talks about girls getting pressured to have sex, but I can't even find someone to date! I just want to hurry up and lose my virginity. I don't want to be the oldest virgin in my school!

**Never-Been-Kissed Naomi**

**Dear Dr. Lupe:**

I'm a 16-year-old girl, and I have been dating this guy for about two months. We've kissed and held hands and stuff, but so far he hasn't tried to go further sexually. It seems like he gets excited when we are together, but it always stops. I'd like to have sex with him, but I think he might be gay. Why isn't he trying to get me to go to bed with him? I thought all guys were interested in sex all the time. What's wrong with him? Is something wrong with me?

**Glamorous Gwen**



**Dear Dr. Lupe:**

I have a boyfriend, and we have had sex. Sometimes I feel too young and immature to be having sex, but now that I've started I don't want to stop because I want to make him happy, and I do love him. How can I make myself feel more comfortable with having sex? Should I tell him how I feel? How can I prevent this from happening again in the future?

**Immature Irena**

**Dear Dr. Lupe:**

I am a 15-year-old girl and my boyfriend is 18. I haven't had sex before, and my boyfriend wants me to have sex with him. He's so cool, and I think I love him. But I really wanted to be engaged or at least in a serious relationship before I have sex with someone. I'm afraid he'll break up with me if we don't start having sex soon. What should I do?

**Monogamous Maya**

**Dear Dr. Lupe:**

I'm a 16-year-old lesbian. I know my friends and family would just freak out if they knew, so I'm not out to anyone. I've even been dating the same guy for about a year as a cover. The problem is he wants to have sex. I definitely don't want have sex with him. I feel I need to keep my cover up until I go to college and can be myself. Until then, I just don't know what to say to him. Having sex with a guy just isn't what I'm into. What should I do?

**Unsatisfied Sara**

**Dear Dr. Lupe:**

I am 17-years-old and have been in a pretty serious relationship with this guy for the last six months. We have sex a lot, and we are very safe and responsible about it. My boyfriend is very considerate and is interested in making sure I have a good time, but he also likes to try new things. Lately he's been asking for us to try oral sex. I just can't seem to get into it. I don't want to disappoint him or make him think I'm boring, but I don't think this is something I want to try. What should I do?

**Hesitant Hilda**

**Dear Dr. Lupe:**

I ran away from my group home because I didn't feel safe anymore. I hopped on the bus but I guess I fell asleep because I ended up a few cities away. I got off the bus at the last stop and I was trying to figure out my next move. A girl walked past me and I asked her where the nearest place to eat was. She told me her name was Kyra and said she was hungry too. She had a car and offered to take me to get food with her, I didn't know anyone or even where I was, all I knew was that I was starving. She said a few years ago she left home as well and has done pretty well for herself. She said I could stay the night at her place and we could watch a movie and figure out what to do in the morning. I needed somewhere warm to sleep so I went to her place. Her boyfriend, Carl lived there also and the three of us watched movies. They had food prepared the next day, we went shopping and spent a lot of time together – for weeks they treated me great. One day the Carl says to me "we've taken you in, given you food, went shopping, got your nails done and so on...now it's time for you to pay us back and she's going to show you how" Carl pointed at Kyra. He says if I don't make \$300 and give it to them I'll regret it. This is so weird and scary and I don't know if I'll be able to pay them back! What should I do?

**Regretful Rae**

# Mapping My Future

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

*Instructions:* Fill in the map below based off personal values and information learned during Teen Talk HS.

**START**

One thing I learned about my values is

I'm going to protect against STIs by

I'm going to protect against unintended pregnancy by

The clinic I will go to is \_\_\_\_\_  
\_\_\_\_\_, and I will get there by

Being a teen parent could be hard because

I will obtain consent from my current or future partners by

I'll maintain healthy relationships by

After this program, I will apply this information by