

A.

7th 3.06 Define abstinence as voluntarily refraining from intimate sexual contact that could result in unintended pregnancy or disease and analyze the benefits of abstinence from sexual activity until marriage.

Materials Needed:

Four posters prepared with titles

Four Post-It notes per student

Appendix 1 - transparency of The Future is NOW

PowerPoint presentation on Abstinence or transparencies created from slides

Appendix 2 - copies for each student of Whatcha Gonna Say?

Review:

Place four pieces of flipchart paper on the walls of the classroom. Titles of the poster paper should be: PHYSICAL HEALTH, MENTAL HEALTH, EMOTIONAL HEALTH, and SOCIAL HEALTH. Distribute four Post-It notes to each student.

We will begin the lesson by brainstorming what it means to be a healthy person. The method of generating ideas is called carousel brainstorming. Each of you will be given four Post-It notes and I will ask you to define what it means to be healthy in these domains: physically, mentally, emotionally, and socially.

Provide sufficient time for students to be thoughtful when writing their definitions or examples of the four domains of health. Ask that they post their notes onto the appropriate posters. Read samples of the best ideas to review the four domains of health.

Statement of Objectives:

We know we need to be healthy in several domains: physically, mentally, emotionally, and socially. Making healthy choices or taking risks can affect all of these domains of our lives. Today we will talk about the benefits of sexual abstinence in all the domains of health.

Focus:

Display the transparency of Appendix 1, The Future is NOW. Say, If you Google or complete an internet search of this expression, there are thousands of references. Many have to do with inventing or marketing products or with the future of politics. Let's apply the quotation to being a teenager and planning for the future. On an index card, write five behaviors you might practice today which would determine the quality of your life in the years ahead. Make certain at least two of the decisions are health-related.

Ask for volunteers to share a few examples of decisions a young person might make now which would enhance or put at risk his or her future goals or quality of life.

Teacher Input:

Many young people who have engaged in sexual intercourse have thought about the decision afterwards and wished they had waited. They may find their feelings toward the other person have changed. They may have reassessed the decision and realized the responsibilities of being in a sexual relationship are more complicated. They may have encountered disapproval from others. They may realize they wish to focus on other aspects of their lives such as preparation for future goals or a friendship instead of a romance. For a variety of reasons, more young people are choosing abstinence from intimate sexual relationships. They have decided there are real advantages in waiting.

Use the PowerPoint (or transparencies created from those slides) to facilitate discussion about the decision to be abstinent from intimate sexual behavior.

Guided Practice:

The instructions for guided practice are on the final slide of the PowerPoint presentation. The class will be divided into four groups representing the domains of health (physical, mental, emotional, and social). The group is to create a scenario with characters who will express abstinence as a positive choice based on the domain of health assigned. For example, if assigned “social,” the group would portray reasons for abstinence which enhance their relationships with boyfriends/girlfriends, peers, family, classmates, or future significant others.

As each group presents, ask follow-up questions which require students to analyze the positive reasons for choosing abstinence. Provide reinforcement for abstinence as the best and most certain means of preventing pregnancy and disease.

Independent Practice:

Provide each student with a copy of Appendix 2, *Whatcha Gonna Say?* Have them think about the skits they have just seen and apply the concepts to share advice with a classmate.

Closure:

Most of us know the health reasons for avoiding intimate sexual behavior. There are equally important reasons to choose abstinence to protect our social and emotional health. We can see abstinence is the best choice for young people.

*The
future
is NOW.*





Amanda (on the right) is talking with her boyfriend about a beach trip. Their relationship has been moving pretty fast and she thinks he wants her to have sex with him. When she hangs up, she asks Alyssa what she should do. If you were her best friend, what advice would you give her about choosing abstinence?

Amanda: Jon is so hot. He says he wants to “be with me.” What should I do?

Alyssa: Sex is a serious decision. In Healthful Living, we’ve been studying abstinence. It’s really the best choice at our age. Some of the benefits are:

- 1.
- 2.
- 3.
- 4.

