

Chapter 6

Building Healthy Peer Relationships

Section 1

Skills for Healthy Relationships

Section 2

Friendships

- **Media Wise** Gender Roles in Movies

Building Health Skills

- **Advocacy** Supporting a Friend

Section 3

Responsible Relationships

Section 4

Choosing Abstinence



Objectives

- ▶ **Describe** four skills that contribute to effective communication.
- ▶ **Explain** how cooperation and compromise help build healthy relationships.

Vocabulary

- communication
- "I" message
- active listening
- passive
- aggressive
- assertive
- body language
- eye contact
- cooperation
- compromise

Warm-Up

Dear Advice Line,

A friend of mine makes plans for the two of us without checking with me first. He assumes that I will want to do whatever he wants, and I don't speak up to avoid problems. How can I get my friend to see that my opinion matters?

WRITING What advice would you give this person?
How can he stand up for himself?

Effective Communication

- **Communication** is the process of sharing information, thoughts, or feelings.
- With practice, you can master the skills of effective communication.
- These skills include
 - using “I” messages
 - active listening
 - assertiveness
 - using appropriate body language

<https://app.discoveryeducation.com/learn/videos/51a34493-6648-4012-a7e0-aa449241a284/>

It is our **choices** that show what we truly are,
far more than our **abilities**.

Write a short paragraph describing what the above quote means to you.

Pair up with another student to share and discuss your paragraphs

“I” Messages To express your feelings accurately, it helps to use “I” messages. An **“I” message** is a statement that expresses your feelings, but does not blame or judge the other person.

Suppose you are upset with a friend who forgot to call you. When you speak to your friend the next day, you shout, “Can’t you remember anything?” This approach could put your friend on the defensive and cause a serious disagreement. Instead of yelling at your friend, it would be better to focus on how the situation made *you* feel. By saying something like, “I am upset because we didn’t talk last night,” you open the lines of communication between you and your friend.

<https://www.youtube.com/watch?v=asjlO7ELEvc>

When a person feels that they are being blamed—whether rightly or wrongly—it's common that they respond with defensiveness. **"I" statements** are a simple way of speaking that will help you avoid this trap by reducing feelings of blame. A good "I" statement takes responsibility for one's own feelings, while tactfully describing a problem.

"I feel emotion word when explanation."

- ✓ "I feel..." must be followed with an emotion word, such as "angry", "hurt", or "worried".
- ✓ Careful wording won't help if your voice still sounds blaming. Use a soft and even tone.
- ✓ In your explanation, gently describe how the other person's actions affect you.

Examples

Blaming	"You can't keep coming home so late! It's so inconsiderate."
"I" Statement	"I feel worried when you come home late. I can't even sleep."

Blaming	"You never call me. I guess we just won't talk anymore."
"I" Statement	"I feel hurt when you go so long without calling. I'm afraid you don't care."

Practice

Scenario	A friend always cancels plans at the last minute. Recently, you were waiting for them at a restaurant, when they called to say they couldn't make it.
"I" Statement	

Scenario	You are working on a group project, and one member is not completing their portion. You have repeatedly had to finish their work.
"I" Statement	

Scenario	Your boss keeps dumping new work on you, with little instruction, and not enough time. Despite working overtime, you're weeks behind.
"I" Statement	

“You” Statement	“I” Statement
<i>Example</i> You don’t care about me at all.	I feel like you don’t care about me.
1. You’re never on time!	
2. Stop yelling at me!	
3. That is a really stupid idea!	
4. You never listen to what I have to say!	
5. You probably don’t want to, but I thought I’d ask.	
6. You like her better than me!	
7. Don’t do that!	
8. Clean your room!	
9. You always give me a hard time!	
10. You’re always late!	

Write down your answers to the questions below, with a partner, discuss your answers...

As a receiver, which kind of statements would you prefer to hear? Can you give an example?

How do you feel when someone uses the word “you” when voicing their opinion or a feeling?

How do you feel when someone uses the word “I” when voicing their opinion or feeling?

How will “I” statements help you communicate better?

Active Listening

Active listening is focusing your full attention on what the other person is saying and letting that person know you understand and care.

How would you rate yourself as an active listener? In what ways could you improve?

- Show your interest by looking at the person.
- Encourage the speaker to begin speaking.
- When the speaker pauses, show your interest by offering comments.
- Avoid passing judgments.
- Show you have been listening by summarizing the speaker's ideas.
- Help the speaker explore things further.
- Do not steer the conversation away from the speaker's problem.

Passive, Aggressive, and Assertive Communication

Passive Behaviors	Aggressive Behaviors	Assertive Behaviors
▶ Hoping the other person will guess your feelings	▶ Using “you” messages to blame the other person	▶ Using “I” messages to explain your feelings
▶ Always listening; rarely talking	▶ Interrupting; being sarcastic	▶ Actively listening to the other person
▶ Denying your own feelings; making excuses	▶ Making fun of the other person’s feelings	▶ Trying to understand the other person’s feelings
▶ Criticizing yourself; always apologizing	▶ Criticizing the other person; never giving a compliment	▶ Expressing appreciation; being respectful
▶ Always giving in to the other person	▶ Always wanting your own way	▶ Seeking a compromise that does not go against either person’s values
▶ Mumbling; looking away; fidgeting nervously	▶ Yelling; refusing to talk; finger pointing; glaring; using physical force	▶ Speaking confidently and clearly; making eye contact; showing interest

- Are you **passive**, holding back your true feelings?

During passive communication, a person prioritizes the needs, wants, and feelings of others, even at their own expense. The person does not express their own needs, or does not stand up for them. This can lead to being taken advantage of, even by well-meaning people who are unaware of the passive communicator's needs and wants.

- Soft spoken / quiet
- Allows others to take advantage
 - Prioritizes needs of others
- Poor eye contact / looks down or away
- Does not express one's own needs or wants
 - Lack of confidence

- Are you **aggressive**? Do you communicate opinions and feelings in a way that may seem threatening?

Through aggressive communication, a person expresses that only their own needs, wants, and feelings matter. The other person is bullied, and their needs are ignored.

- Easily frustrated
- Speaks in a loud or overbearing way
 - Unwilling to compromise
- Use of criticism, humiliation, and domination
 - Frequently interrupts or does not listen
 - Disrespectful toward others

- Are you assertive? When you are **assertive**, you are able to stand up for yourself while expressing your feelings in a way that does not threaten the other person.

Assertive communication emphasizes the importance of both peoples' needs. During assertive communication, a person stands up for their own needs, wants, and feelings, but also listens to and respects the needs of others. Assertive communication is defined by confidence, and a willingness to compromise.

- Listens without interruption
- Clearly states needs and wants
 - Willing to compromise
 - Stands up for own rights
- Confident tone / body language
 - Good eye contact

Examples

Scenario	A friend asks to borrow your car. This will be a big inconvenience for you.
Passive	Umm, yeah, I guess that's fine. Do you need me to fill the tank?
Aggressive	No way! Why would I let you borrow my car? You're crazy to even ask.
Assertive	I need my car that day, but I'll have time to drop you off.

Scenario	Your boss asks you to stay late, while everyone else leaves. You're always the one who stays late, and tonight you have plans.
Passive	
Aggressive	
Assertive	

Scenario	Your partner left a mess in the kitchen, and you're too busy to clean.
Passive	
Aggressive	
Assertive	

Scenario	You're at a restaurant, and the server brought you the wrong dish.
Passive	
Aggressive	
Assertive	

Scenario	A friend showed up at your house uninvited. Usually you would be happy to let them in, but this time you're busy.
Passive	
Aggressive	
Assertive	

People who are assertive tend to have healthier relationships than those who are passive or aggressive. Assertive behavior communicates respect both for yourself and for others. Passive behavior shows lack of respect for yourself. Aggressive behavior shows lack of respect for others.

What do you think about this statement? Does this statement have an impact on you? Do you think it will change how you communicate with others? How so?

Body Language

- Body language includes posture, gestures, facial expressions, and body movements.
 - Sometimes body language matches spoken word and sometimes it doesn't.
 - Can you think of a time when your body language didn't match what you were saying? What do you think the person you were speaking to was thinking?
- Body language varies from culture to culture. Most Americans expect you to make **eye contact**, or meet their gaze, when you talk with them. In some cultures it is a sign of disrespect. But in some cultures, making eye contact in some situations is a sign of disrespect.

Cooperation

- **Cooperation**, is working together toward a common goal.
 - Important in all relationships
 - Personal relationships
 - Work relationships
- Cooperation is important for teamwork.
 - everybody on the team must meet their responsibilities and trust others to meet theirs.
- Cooperation builds strong relationships that are based on mutual trust, caring and responsibility



Compromise

- **Compromise** is the willingness of each person to give up something in order to reach agreement.
- Compromising is a skill of give-and-take.
 - Both people must be willing to sacrifice something to get something
 - Both people must feel comfortable with the solution

Compromise

is *not* an act of weakness.

It demonstrates that you care for something or someone beyond yourself.



Cooperative Activities

[Twisted Sisters Disco Inferno](#)

[Hamburger Press](#)

[Group Juggle](#)

[Almost Infinite Circle](#)

[Head and Hands](#)

[Crossing the Great Divide](#)

[This Game is Knot Fun](#)

Possible Solutions

When you are willing to compromise, you let the other person know how important the relationship is to you.

When Not to Compromise

- A friend might ask you to do something that is dangerous or that goes against your values.
- If this happens be assertive and let your friend know how you feel, and make it clear there is no room for compromise



Vocabulary

communication	The process of sharing information, thoughts, or feelings.
“I” message	A statement that expresses your feelings, but does not blame or judge the other person.
active listening	Focusing your full attention on what another person is saying and letting that person know you understand and care.
passive	A term that describes people who hold back their true feelings and go along with the other person.
aggressive	A term that describes people who express opinions and feelings in a way that may seem threatening or disrespectful to other people.

Vocabulary

assertive

A term that describes people who are able to stand up for themselves while expressing their feelings in a way that does not threaten other people.

body language

The silent messages people communicate through posture, gestures, facial expressions, and body movements.

eye contact

Looking directly into another person's eyes; meeting another person's gaze.

cooperation

Working together toward a common goal.

compromise

The willingness of each person to give up something in order to reach agreement.

QuickTake Quiz

- a. aggressive
- b. active listening
- c. passive
- d. assertive

Write the letter of the correct answer in the space provided.

1. _____communication that holds back the speaker's true feelings
2. _____communication that expresses feelings in a respectful way
3. _____communication that includes threatening or disrespectful messages

Decide whether each statement is true or false. Write true or false in the space provided.

- 4._____ "I" messages usually put the listener on the defensive.
- 5._____ Showing interest, asking questions, and nodding your head are all active-listening skills.
- 6._____ In every culture, people expect you to make eye contact during a conversation.
- 7._____ Cooperation requires mutual trust.
- 8._____ Body language usually conveys the speaker's true feelings.
- 9._____ You should compromise in every situation.
- 10._____ Compromise involves giving up something to reach an agreement.

Objectives

- **Explain** the importance of having friends.
- **Distinguish** different types of friendships.
- **Describe** some problems that occur in friendships.



Warm-Up

- **Quick Quiz** The following are values important to friendships, put them in order of importance to you.

- **1** Someone who offers to help when you have a problem

- **2** Someone who makes you laugh even when you are sad

- **3** Someone who expresses emotions without hurting others

- **4** Someone who is honest and reliable

- **5** Someone who is a good listener

- **WRITING** Explain why you put them in that order.

The Importance of Friendships

- **Friendship** is a relationship based on mutual trust, acceptance, and common interests or values.
- People look to their friends for
 - honest reactions
 - encouragement during bad times
 - understanding when they make mistakes

Who is your best friend?

What makes this person your best friend?

What do you value most about the friendship?

What can you do to keep this friendship strong?

Types of Friendships

Casual Friends

Casual friendships often occur because people go to the same school, live in the same neighborhood, or have interests in common.

Close Friends

People tend to form close friendships with others who share similar goals, values, or interests.

- **Loyalty** A close friend sticks by you in both good times and bad.
 - **Honesty** You can trust a close friend to be truthful.
- **Empathy** A close friend is caring and sensitive to your feelings.
 - **Reliability** A close friend can always be counted on.

Tips for Making Friends

- ▶ Be yourself; don't put on an act.
- ▶ Join groups that share your values or offer activities you like.
- ▶ Treat everyone with respect.
- ▶ Take a little time to talk with people you know casually.
- ▶ Ask questions that require more than just a *yes* or *no* answer.

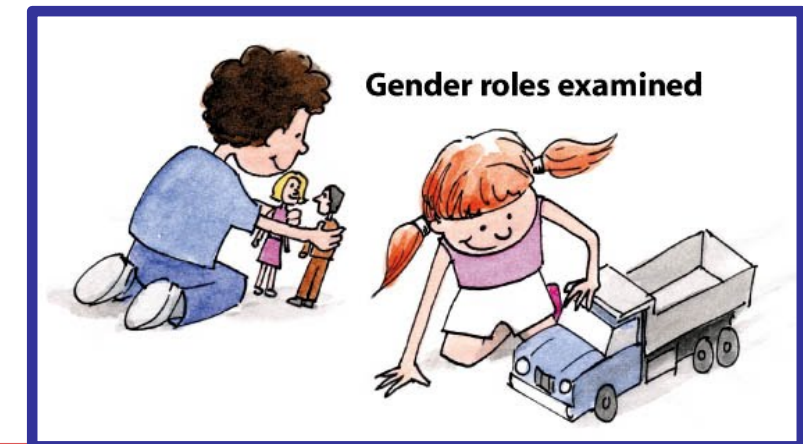
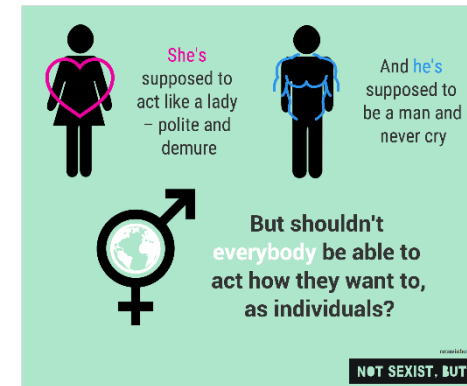
"Sometimes Me Think,
'What is Friend?' and
then me say,
'Friend is someone to
share the last cookie
with.'"

-Cookie Monster



Friends of the Opposite Sex

- **Gender roles** are the behaviors and attitudes that are socially accepted as either masculine or feminine.
- Gender roles vary from culture to culture.
- These friendships help you to feel comfortable with members of the opposite sex.
- In choosing friends today, most people look for males and females with interests and goals similar to their own.
- Opposite-sex friendships develop more often now than in earlier generations because of changes in gender roles.



MEDIA WiseGender Roles and Movies

People learn about gender roles by observing how other people behave. Family members, friends, and other adults may serve as role models. People also receive messages about gender roles from movies. Use this checklist to evaluate how gender roles are shown in a movie.

Gender Roles are Changing

Think of a couple of movies you've recently watched.

Answer the questions:

MEDIA Wise

Do the females tend to be less assertive than the males?

Yes

No

Are the male roles more action-oriented than the female roles?

Yes

No

Do the females share their feelings more easily than the males?

Yes

No

When there is a problem to solve, is the problem solver usually male?

Yes

No

Do the men tend to work outside the home and the women inside the home?

Yes

No

Two or more "Yes" answers indicate a movie that supports traditional gender roles.

Gender Roles and Movies

Activity

If you woke up tomorrow and were the opposite gender, how would your life be different? List the first five things that come to mind.

Problems in Friendships

Envy and Jealousy

- Envy can occur when one person has something that the other person desires (appearance, talent, possessions, popularity).
- Jealousy can occur when a “best” friend wants to develop more close friendships and the first friend feels left out.
- Use communication skills to address these issues:
 - First use “I” messages
 - Talk with your friend in person
 - Listen with an open mind and try to understand feelings
 - Through active listening, you can gain a better understanding of your friendship and of ways to work things out

Cruelty

- Sometimes friends act cruel to you, but there may be hidden reasons for it.
- If a friend is cruel to you, confront your friend to find out what the real problem is.
- Communicate that you are not willing to be mistreated.
- Also, show your concern and desire to help your friend work things out.

Cliques

- A **clique** (kleek) is a narrow, exclusive group of people with similar backgrounds or interests.
 - Cliques can give a person a sense of belonging, but can also deprive a person of forming friendships with a variety of people.
- Clique members may experience a need to conform to the expectations of friends.
- **Peer pressure** is an issue that people deal with throughout their lives.



Health at School

Welcoming New Classmates Work in small groups to figure out ways to make teens who move to your school feel welcome. Make a list of possible things you could do. Then evaluate your list and decide which idea you think would work best. Finally, draft a proposal explaining how your idea would work. **WRITING**

Vocabulary

friendship A relationship based on mutual trust, acceptance, and common interests or values.

gender roles The behaviors and attitudes that are socially acceptable as either masculine or feminine.

clique A narrow, exclusive group of people with similar backgrounds or interests.

peer pressure The need to conform to the expectations of friends.

End of
Slide

QuickTake Quiz

Write the letter of the correct answer in the space provided.

1. sticking with a friend through good times and bad
2. being truthful, even when it is not easy
3. trying not to let a friend down
4. being caring and sensitive to feelings
 - a. honesty
 - b. reliability
 - c. jealousy
 - d. loyalty
 - e. empathy
5. A movie that shows females as less assertive than males is portraying traditional
 - a. gender roles.
 - b. attitudes.
 - c. behaviors.
 - d. communication styles.
6. A problem in a friendship that may occur when one friend has something the other does not have is
 - a. cruelty.
 - b. envy.
 - c. jealousy.
 - d. cliques.
7. Which tip gives good advice for making new friends?
 - a. Be yourself.
 - b. Put on an act.
 - c. Be disrespectful.
 - d. Avoid people with similar interests.
8. Which term describes an exclusive, closed group of friends?
 - a. peer group
 - b. in group
 - c. social circle
 - d. clique
9. When one member of a close friendship wants to make additional close friends, the other friend may experience
 - a. cruelty.
 - b. envy.
 - c. jealousy.
 - d. cliques.
10. When people dress in the same style as their friends, they may be
 - a. experiencing peer pressure.
 - b. searching for an identify.
 - c. reflecting traditional gender roles.
 - d. being empathetic.

Objectives

- ▶ **List** some things you can learn about a person by dating.
- ▶ **Describe** the cycle of violence.

Warm-Up

- **Truth or Fiction:** A person who is raped is usually attacked by a stranger.
- **Fact** Most victims of rape know their attackers.
- **WRITING** What precautions could someone take to reduce the risk of being raped by a friend or acquaintance?

Physical Attraction and Dating

- Another name for feelings of intense attraction to another person is **infatuation**.
- Although these feelings can sometimes be overwhelming, they are normal and healthy for teenagers.
- Dating is typically the way that teenagers get to know people to whom they are attracted.
- By dating someone, you can learn about his or her personality, interests, abilities, and values.

If most relationships in high school end, then why date?

Going Out as a Group

- Dating often grows out of group activities that include both males and females.
- What are advantages to doing things as a group?



Going Out as Couples

- During group activities/dating you may discover that you especially enjoy being with a certain friend.
- It is natural and healthy to feel physical attraction and to want to get to know the person better.
- Some teens date during high school; others prefer to wait. Still others may follow their cultural practices and not date at all.

How has dating changed from when your parents or grandparents dated?

Steady Dating

- After a few dates a couple may decide not to date others and to see each other on a regular basis.
- Steady dating has some drawbacks.
 - limited chances of meeting others
 - may feel pressured to make decisions before you are ready
 - it may become difficult to break off the relationship

Pros

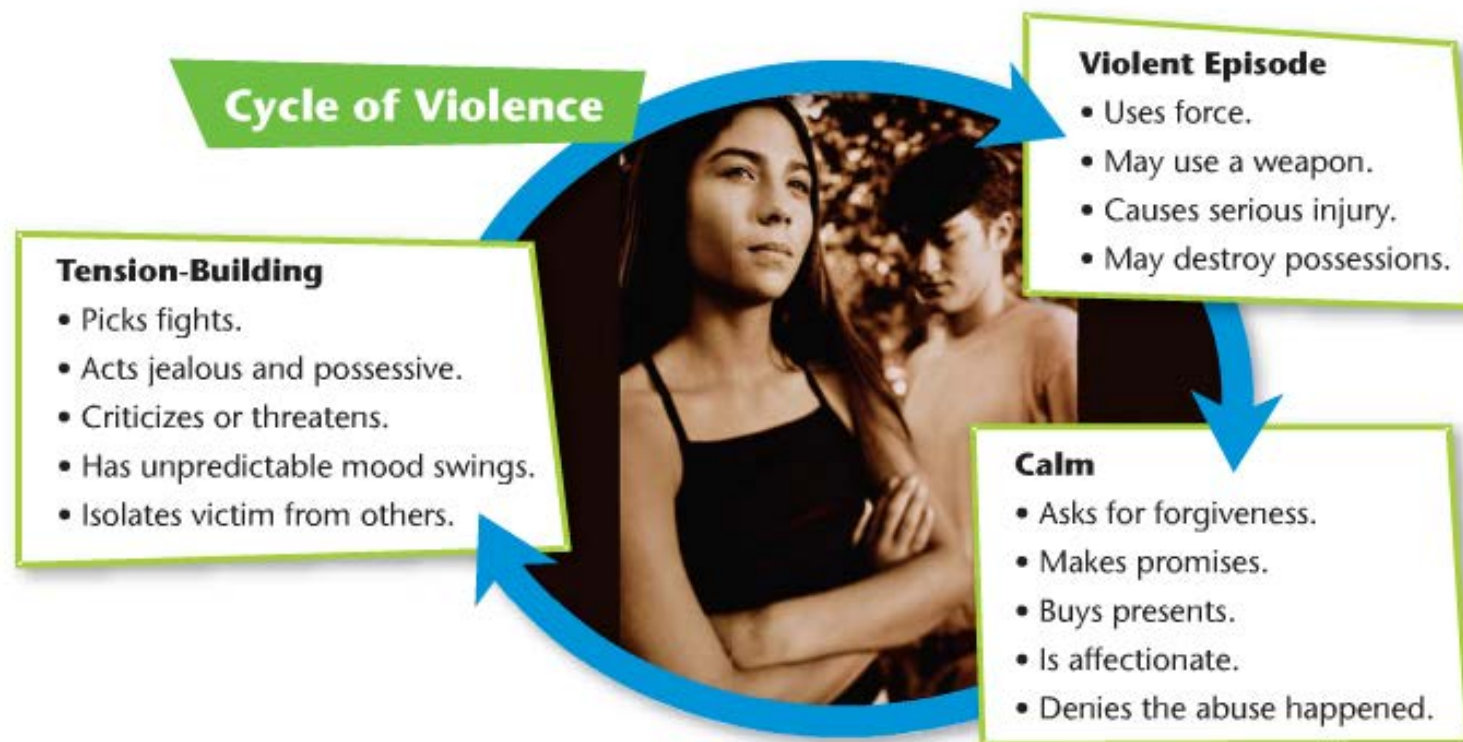
Cons



Do you think steady dating during high school is a good idea? Why or why not?

Violence in Dating Relationships

- **Dating violence** is a pattern of emotional, physical, or sexual abuse that occurs in a dating relationship.
- One partner uses the abuse to gain control of the other partner.

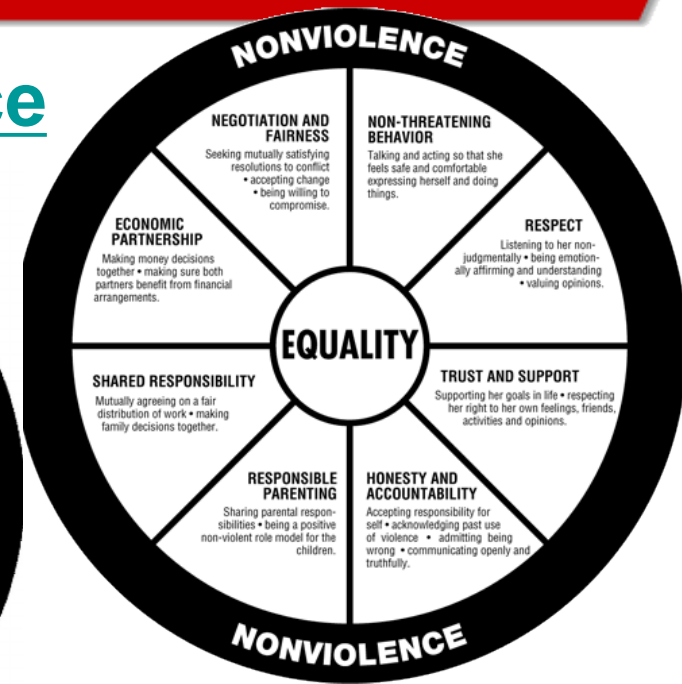


- a **tension-building stage**
 - Victim tries to please abuser or reason with abuser to prevent violence
 - “walking on eggshells”
- a **violent episode**
 - Breaks the tension with physical abuse
- a **calm or “honeymoon” stage**
 - Abuser apologizes and makes promises to never abuse again.
 - Abuser may blame victim for the abuse
 - Calm stage is followed by another tension building stage

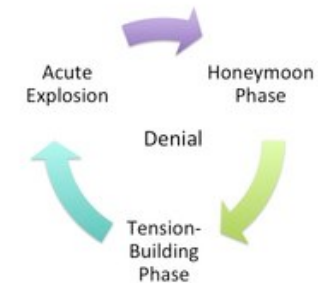
The Cycle of Violence



Note: Developed by the Domestic Abuse Intervention Project, Duluth, MN. Reprint with permission.



The Cycle of Violence



Cycle of Violence

Tension-Building

- Picks fights.
- Acts jealous and possessive.
- Criticizes or threatens.
- Has unpredictable mood swings.
- Isolates victim from others.

Violent Episode

- Uses force.
- May use a weapon.
- Causes serious injury.
- May destroy possessions.

Calm

- Asks for forgiveness.
- Makes promises.
- Buys presents.
- Is affectionate.
- Denies the abuse happened.

**End of
Slide**

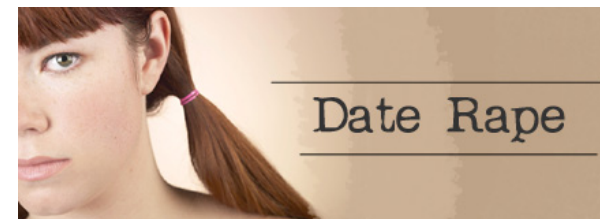
Warning Signs of Abuse

- Abuser is jealous when you talk to others; makes fun of you in front of others
- Abuser makes all the decisions and tries to control what you do.
- Abuser has a history of bad relationships.
- Abused feels isolated from friends and family.
- Abused feels less self-confident; worry about doing or saying the right thing.....changes how they behave to avoid an argument



Date Rape

- More than half of young women who are raped know the person who raped them.
 - The person may have been a steady date, a casual date, or an acquaintance.
- When the rape occurs during a date, the abuse is often referred to as **date rape**.
- The rapist may have used a “date rape drug”
 - Drugs can be colorless tasteless, odorless
 - Victim may feel hungover and unable to recall the rape
 - Friends will say the victim acted drunk
 - Alcohol is the number one used drug for date rape
- Men can be victims too.
- Emotional effects can last a lifetime (PTSD)



Tips**for Dating Safely**

- Go out as a group.
- Let someone know where you are going.
- Avoid alcohol or other drugs.
- Have money to get home.
- In an emergency, call 911.

Which of these tips do you think is most important? Why?

Would you add anything to this list?

Ending the Abuse

- **The first step** to ending an abusive relationship is to admit that the abuse exists.
 - Some view possessive/jealous partner as romantic
 - Some may see the behavior as normal
 - Some females may think males are supposed to act in a controlling manner or that physical aggression is a sign of masculinity
- **The second step** is to realize that the victim is not to be blamed for the abuse and that they cannot change how the abuser behaves.
- **Lastly**, dealing with the problem doesn't need to happen alone.
 - Abused needs to seek support of family and friends.
 - Abuse hotlines are available
 - Counselors, teachers, doctors, social workers are available and are legally required to report abuse

Vocabulary

infatuation Feelings of intense attraction to another person.

dating violence A pattern of emotional, physical, or sexual abuse that occurs in a dating relationship.

date rape A rape that occurs during a date.

End of
Slide

QuickTake Quiz

Decide whether each statement is true or false. Write true or false in the space provided.

1. _____ Infatuation is an intense attraction to another person.
2. _____ In abusive dating relationships, the abuser is always male.
3. _____ A person who is abused often has an increase in self-confidence.
4. _____ Date rape is a form of abuse.
5. _____ Abuse in a dating relationship is never the victim's fault.

Write the letter of the correct answer in the space provided. You can use a letter more than once.

6. _____ The abuser shows jealous and possessive behavior.
 7. _____ The abuser asks for forgiveness.
 8. _____ The abuser causes serious injury.
 9. _____ The abuser buys presents.
 10. _____ The abuser has unpredictable mood swings.
- a. tension-building b. violent episode c. calm**

Objectives

- ▶ **Identify** some risks of sexual intimacy.
- ▶ **Explain** why emotional intimacy is important in close relationships.
- ▶ **List** some skills that can help you choose abstinence.

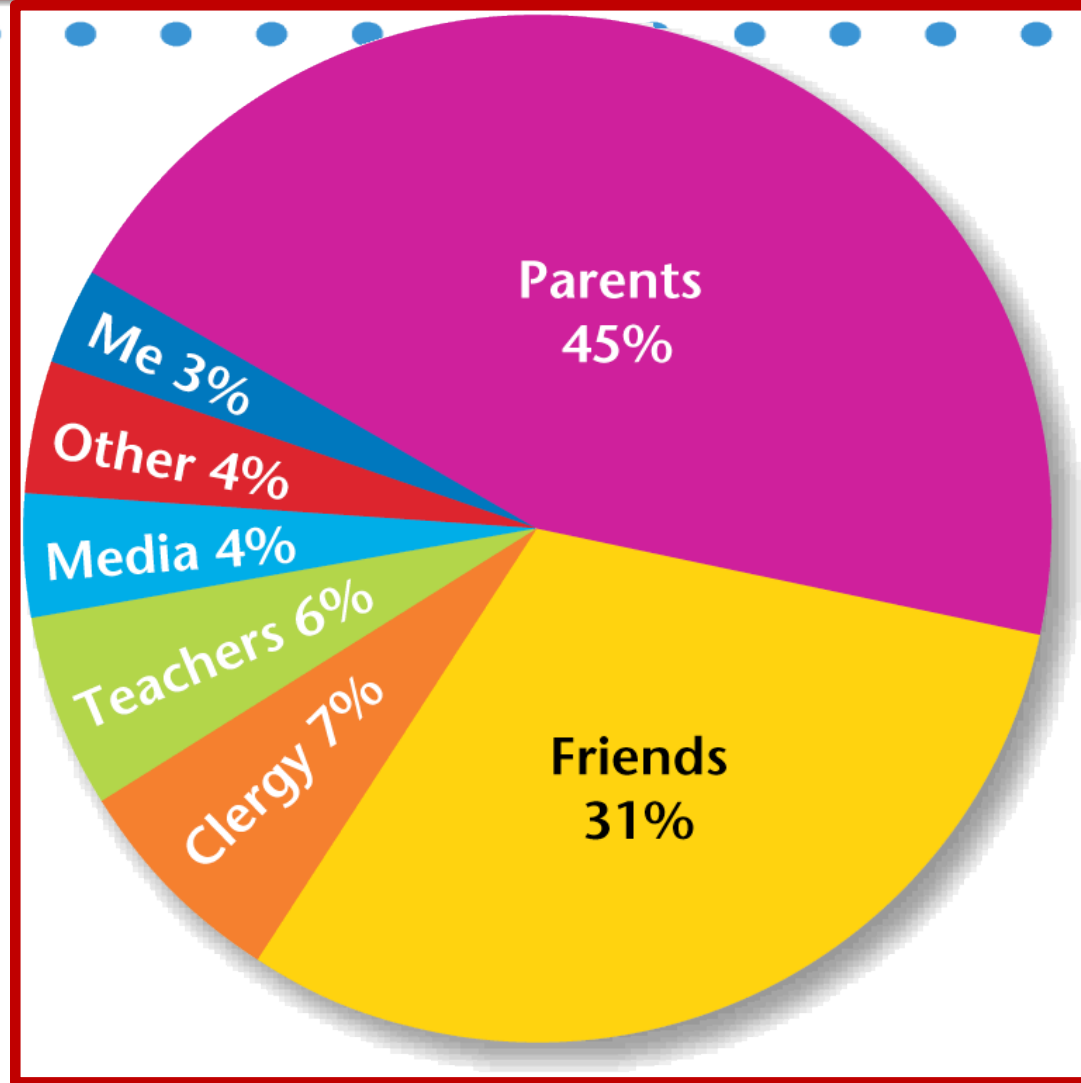
Vocabulary

- emotional intimacy
- abstinence

Warm-Up

- **Health Stats** Who has the most influence on a teen's decisions about sex? The graph shows how some teens responded to this question.

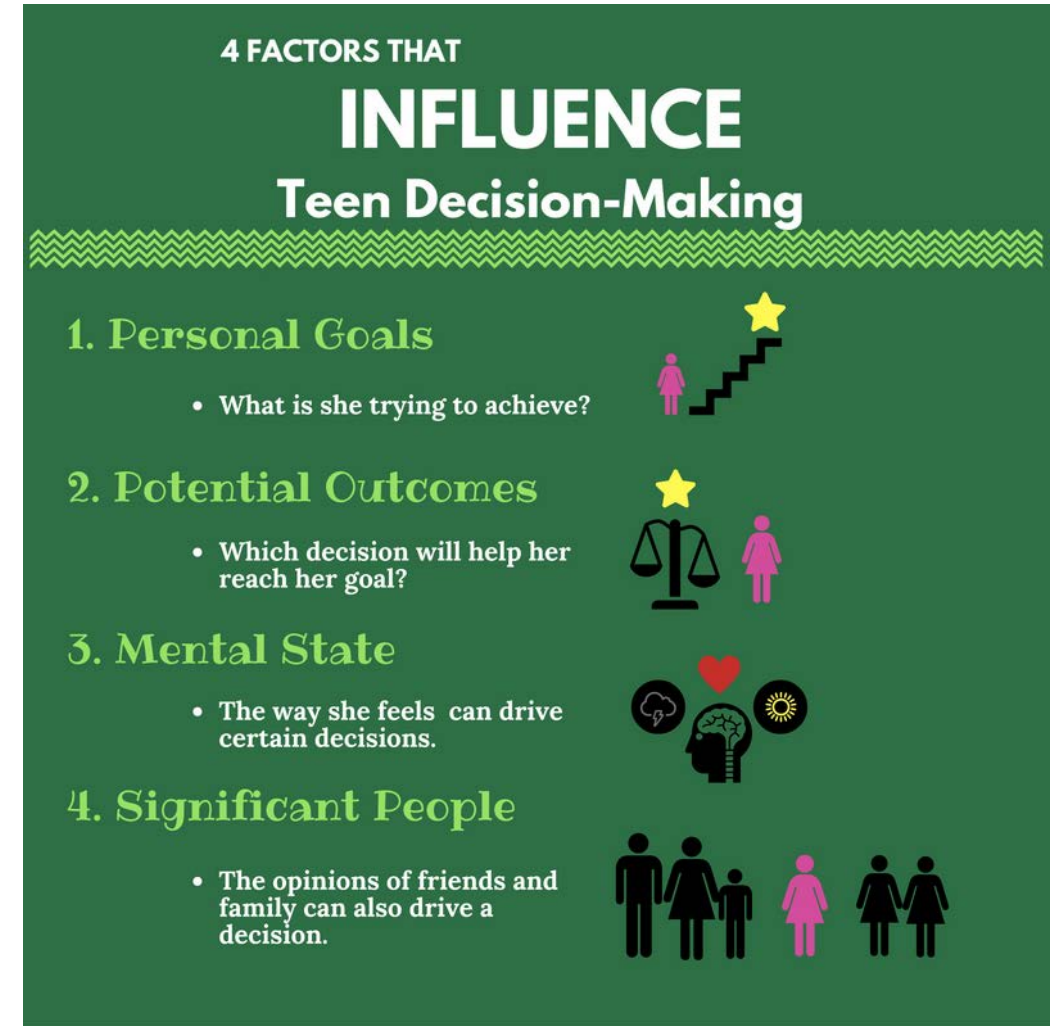
- **WRITING** Which influences do you think would help teens to make healthy decisions about sex? Which of these influences affect YOU the most? Why? Do you trust that influence?



YRBS

Risks of Sexual Intimacy

- Sexual intimacy is not risk free.
- The risks include
 - the effect on your emotional health
 - the effect on your relationship
 - the risk of pregnancy
 - the risk of sexually transmitted infections (STI)
- ARE THERE MORE RISKS???



End of
Slide

Effect on Emotional Health

- A decision to become sexually involved may go against a person's values. Decisions about sexual intimacy should be based on the values you hold.
 - Family, friends, religion, culture, experiences, media all affect your values
 - These can contradict each other...how?
- If a decision to become sexually involved goes against a person's values, the person may feel guilty or ashamed.
 - They may feel they've let down family, friends, as well as self.
- Making snap decisions about sex is often lowered self-esteem.
- Using sex to prove something to oneself and others can also lower self-esteem.

End of
Slide

Effect on Your Relationship

- A decision to become sexually intimate alters the way partners spend their time together. It also changes the way the couple relates to friends. **Do you agree/disagree?**
- Sexual intimacy can affect each partner's expectations.
 - One partner may become more possessive and put more demands on the other's time.
 - **What else can happen?**
- Often young couples are not prepared for the complications that sexual intimacy adds to their relationship. **What do you think these complications are?**
 - One partner may expect to have sex whenever the couple is together, while the other partner may not.

End of
Slide

- A teenage pregnancy can pose serious health problems for the baby and the mother.
 - Babies born to young mothers are often smaller and less healthy than those born to older women.
 - Teenage mothers are more likely to have health problems during pregnancy than women in their twenties.
 - Pregnant teens do not always eat well or get adequate medical care, especially during the early months.
- (teen)Parents are legally responsible to care for their children. This is overwhelming.
- Many teen mothers drop out of school.
- Many teen fathers don't help support or care for the child, or they may drop out and work at low-paying jobs.
- Young people are aware of the problems teenage parents face, but they often don't think that pregnancy can happen to them.
- One in six teenage girls who engage in sexual intercourse becomes pregnant.
- Sexual intimacy is a high-risk behavior for anyone who isn't ready to accept the responsibility of children.

**End of
Slide**

**Connect to
YOUR LIFE**

What effect might a pregnancy have on a teenage couple's relationship?

FIGURE 11 After caring for a baby, a teenage mother may not have enough energy left for school. **Predicting** How could dropping out of school affect the mother? How could it affect the baby?



About **25%** of teen mothers have a **second baby** before age **20**.

Risk of Sexually Transmitted Infections

- Some infections can be passed, or transmitted, from one person to another during sexual activity.
- Some STIs can cause infertility, or the inability to have children.
- Others shorten a person's life or require medical treatment throughout a person's life.

SEXUALLY TRANSMITTED DISEASES IN THE UNITED STATES

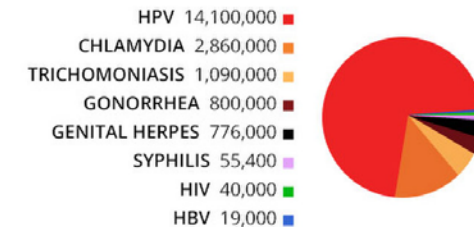
NEW INFECTIONS
EACH YEAR
20 MILLION

TOTAL STDs AMONG
MEN & WOMEN
110 MILLION

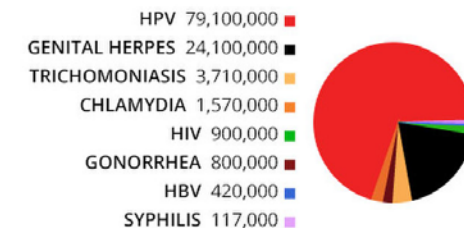
DIRECT
MEDICAL COSTS
\$16 BILLION

THE PROPORTION OF NEW
INFECTIONS THAT ARE IN
PEOPLE AGES 15-24
50%

ESTIMATED NEW INFECTIONS



ESTIMATED EXISTING INFECTIONS



Source: CDC | ANITA RAHMAN / © LiveScience.com

End of
Slide

How can two people be intimate without being sexually involved?

Emotional Intimacy

- Millions of young people today choose to postpone sexual activity.
- **Emotional intimacy** refers to the openness, sharing, affection, and trust that can develop in a close relationship.
 - Two things can help a couple develop emotional intimacy: **BEING HONEST AND SUPPORTIVE OF EACH OTHER**
- A couple can have a close relationship without being sexually intimate.
- But it is hard for them to keep a relationship close if there is no emotional intimacy.



End of
Slide

Abstinence Skills

- **Abstinence** is the act of refraining from, or not having, sex.
- Abstinence skills include
 - setting clear limits
 - communicating your limits
 - avoiding high-pressure situations
 - asserting yourself



End of
Slide

Set Clear Limits

- If you set limits before a situation arises, it will be easier to stick to the standards you set.
 - Sexual attraction is natural. But it is also natural to be unsure about how to handle these feelings.
 - Thinking ahead and making decisions before the situation arises is most effective.
- To help yourself set limits, be sure to consider the important values that you hold and the possible consequences of your actions.
 - Think about your values and how violating the limits you set may change your life.

End of
Slide

Communicate Your Limits

- Once you have decided on your limits, it is important to communicate your feelings to your partner.
 - Do this early on; waiting until the last minute isn't effective and creates issues
- Try to talk honestly to your partner about your feelings and values.
 - You may find your values match and it may also take the pressure off and both of you will feel relieved
- For teens who are sexually involved, it doesn't mean that they have to continue to be sexually involved.
 - Each instance is a choice. Choices can change.
 - If your partner makes you feel guilty for changing your mind, it may be time to rethink the relationship...what's it really about? So they have your best interest at heart? Are they respecting you?

End of
Slide

Avoid High-Pressure Situations

- You can make it easier for yourself by avoiding certain situations.
 - Sticking to limits may be difficult, but worth it.
 - Look for public places to avoid temptation.
 - Avoid alcohol and other drugs.
- Spend time with friends that share your values.
 - Include your significant other in family outings if possible. See how they interact with the ones you love and trust.



End of
Slide

Assert Yourself

If you find yourself in a situation where you are not comfortable with the level of physical intimacy, don't feel guilty about saying no.

- State clearly and directly that you want to stop.
- One person may try to pressure another by saying that, at some levels of intimacy, it is impossible to stop without causing physical harm. This isn't true.
 - Some may use guilt to coerce you into sexual intimacy, remember, you will respect yourself more for sticking to your limits.
- If your partner does not respect the limits you set, the relationship may not be worth continuing. And in the end the relationship wasn't about respect, it was selfish and self-serving.

End of
Slide

Vocabulary

**emotional
intimacy**

The openness, sharing, affection, and trust that can develop in a close relationship.

abstinence

The act of refraining from, or not having, sex.

End of
Slide

Write the letter of the correct answer in the space provided.

- _____ 1. A decision to be sexually intimate
 - a. does not change a relationship.
 - b. always leads to increased emotional intimacy.
 - c. adds complications that may end a relationship.
 - d. always makes a relationship stronger.
- _____ 2. Which of these does *not* build emotional intimacy in a relationship?
 - a. being honest with each other
 - b. trying to control the other person's behavior
 - c. sharing your feelings and dreams
 - d. being supportive of each other
- _____ 3. What proportion of teenage girls who engage in sexual intercourse become pregnant?
 - a. one in six
 - b. one in twenty-five
 - c. one in fifty
 - d. one in one hundred
- _____ 4. Which of these can help teens choose abstinence?
 - a. making hasty decisions
 - b. having a passive communication style
 - c. never talking about sexual feelings
 - d. avoiding high-pressure situations

Decide whether each statement is true or false. Write true or false in the space provided.

- _____ 5. Teen parents often feel trapped and overwhelmed.
- _____ 6. Emotional intimacy includes honesty, openness, and affection.
- _____ 7. In teen relationships, sexual intimacy always increases emotional intimacy.
- _____ 8. Setting clear limits is a skill that can be used to make healthy decisions about sex.
- _____ 9. Sexually transmitted infections can cause serious health problems.
- _____ 10. All teens are sexually active.