

ABSTINENCE and Expressing Affection

Introduction: What is Affection?

- ← Affection: A feeling of fondness or liking
- ← Expressing care, warmth, and love for another person
- ← Important in building healthy relationships
- ← Can be shown in many ways, not just through sexual activity.

Understanding Abstinence

- ← Abstinence: Choosing not to engage in sexual activity.
- ← A personal choice that can be made for various reasons.
- ← Helps prevent pregnancy and sexually transmitted infections.
- ← Allows time to focus on other aspects of relationships.
- ← Important to respect others' choices about abstinence.

Verbal Ways to Express Affection

- ◀ Saying "I like you" or "I care about you"
- ◀ Giving compliments and encouragement
- ◀ Sharing feelings and thoughts
- ◀ Listening actively and showing interest
- ◀ Using kind and supportive words

Physical Ways to Show Affection (Non-Sexual)

- ← Hugging
- ← Holding hands
- ← High-fives or fist bumps
- ← Patting on the back
- ← Sitting close together

Acts of Kindness

- ◀ Doing favors for the other person
- ◀ Helping with homework or chores
- ◀ Sharing snacks or treats
- ◀ Making a thoughtful gift
- ◀ Remembering important dates (e.g., birthdays)

Spending Quality Time Together

- ◀ Going for walks or bike rides
- ◀ Watching movies or TV shows
- ◀ Playing games or sports
- ◀ Studying together
- ◀ Participating in shared hobbies or interests

Showing Support

- ◀ Attending their events or performances
- ◀ Cheering them on in their activities
- ◀ Offering help when they're struggling
- ◀ Being there during difficult times
- ◀ Celebrating their achievements

Digital Ways to Express Affection

- ◀ Sending caring text messages
- ◀ Sharing funny memes or videos
- ◀ Liking and commenting on social media posts
- ◀ Video chatting to stay connected
- ◀ Creating playlists of meaningful songs

Respecting Boundaries

- ← Always ask for permission before physical contact
- ← Respect when someone says "no" or seems uncomfortable
- ← Communicate openly about comfort levels
- ← Understand that boundaries may change over time
- ← Remember that everyone expresses and receives affection differently

Sexual Harassment: unwanted, unwelcome, and unreciprocated behavior of a sexual nature- verbal, physical, or visual- that creates a hostile, intimidating, or offensive environment. Could be unwanted sexual advances, sexual jokes, touching, or retaliation for refusing favors.

Sexual Assault: Happens when someone either touches another person in a sexual manner without consent or makes another person touch them in a sexual manner without consent. It includes unwanted kissing and the touching of someone's genitals without permission.

Sexual Abuse: Sexual assault is most often used in reference to a single experience. Sexual abuse is a sexual act committed against a child or adolescent or a vulnerable adult by someone in a position of power or authority/perceived authority.

WHO TO REPORT TO:

*Sexual Harassment: Document all incidents with dates, times, and witnesses, then submit a formal complaint to an adult.

*Sexual Assault and Sexual Abuse: Go to an adult immediately or go to the police station and report it immediately.

*None of these things are your fault. No one “asks for it” in any situation.

*If a friend tells you something has happened, you need to report it immediately. Some secrets are not meant to be kept.