

## Reinforcing Abstinence

### Introduction

This lesson will reinforce the reasons for choosing to abstain from selected levels of sexual activity and provide a humorous way for students to practice one-liners that express their decision to abstain.

### Grade Level

Grades 7-9

### Learning Outcomes

Students will be able to:

1. List reasons why a person would choose to abstain from intercourse and oral sex for a time
2. List factors and conditions that will reinforce or hinder decisions to abstain from different levels of sexual activity.
3. Express their decision to abstain in different circumstances and situations

### Prerequisites/Prior Learning

Students will have completed the Abstinence Worksheet (Provided Below)

Students will already be familiar with the different definitions of abstinence (different levels of sexual activity and different periods of time) (See lesson on Reducing Confusion about Abstinence)

### Materials

- Abstinence Worksheet (Provided Below);
- One-liners asking for Sex (Provided Below);
- One-liners to Delay Sex (Provided Below).

### Time Required

One class period

### Lesson Procedure (With Suggested Discussion Points/Content)

<p>1. Briefly review the definitions of abstinence</p> <p>2. Discuss the homework assignment (using the abstinence worksheet answers that students have prepared in advance)</p> <p>3. Have the students review the two lists of one liners in preparation for a class discussion. Ask them to rate the different lines and to create their own versions of those lines.</p>	<p>Ensure that students are aware that there is more than one possible definition of sexual abstinence between two consenting people:</p> <ul style="list-style-type: none"><li>• avoiding vaginal intercourse (penis to vagina sex),</li><li>• avoiding vaginal, oral (mouth to penis or vagina sex) and anal intercourse (penis to anus sex), or</li><li>• avoiding genital contact (any type of direct touching of the partner's penis or vagina)</li></ul> <p>And that abstaining is not necessarily forever, nor is it only for virgins.</p> <p>List the answers from the worksheet and discuss them briefly (but don't preach or be overly positive or negative about any of the answers suggested by students.</p>
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<p>4. Have members of the class use the lines (asking for sex and deferring from sex) using the different lines they have reviewed or developed. One student uses the asking line and then another, (who does not know in advance) is asked to respond, using a deferral line. Initially look for volunteers and then ensure that everyone has a chance.</p>	<p>Start this short version of “Improv Theatre” by asking confident students to start the game. Match the students (by selecting them in apparently random order) so they are not embarrassed or shy.</p> <p>Once the students have the hang of it, ask them to inject different emotions in to their voices, asking the respondents to be sincere, humorous, flippant, firm, etc.</p>
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Closure

Pass around blank sheets of paper and ask students to write down a question or comment for the question box. (If they do not have a question or comment, ask them to simply write down a brief sentence on what they learned so that everyone hands in a sheet of paper with some writing on it.)

Assessment/Evaluation Criteria/Tools

Ask the students to complete the [Individual/Group Participation Sheet](#) and keep it in their [Student Health Journal](#). As the teacher, you should take notes on the participation of students and record them in your [Student Evaluation Tracker](#).

## Abstinence Worksheet

List reasons a person might have for choosing abstinence:

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List reasons why choosing abstinence could be challenging for a person:

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List factors that are necessary to make abstinence work:

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List factors that could make abstinence fail:

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What are alternative ways that a person who is abstinent can be intimate with a partner?

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If abstinence fails, what kind of information would be helpful for a person to know?

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### One Liners Asking for Sex

One Liner	Give Your rating of this line and your reasons for that rating
"I'll be very careful."	
"If you really loved me you would."	
"I haven't got AIDS so you've no need to worry."	
"I've got some condoms now, so there's no excuse not to."	
"Everyone else is doing it."	
"I'll buy you something nice if you let me do it."	
"I'm really turned on now - if we don't go the whole way I will be in agony!"	
"There are names for people like you who lead others on."	
Add Other Lines	

**Abstinence One Liners**  
**Pick a "Line" that is Right for You, Right Now**

The Cool It "Line"	Your rating and reasons why you like it or not
I need to stay clean and sober and I just can't get involved with anyone right now.	
My religion teaches that sex outside marriage is wrong. Period.	
My mom would be really hurt if she found out. It's not worth the risk to me.	
I'm really into this new project right now. I don't have the energy for a heavy relationship.	
I was scared when we didn't use protection last time. I'm just not going to do that again. Sorry.	
I don't need to prove anything to you, I just don't want to have sex, OK?	
I never have sex if I've been drinking. Sorry.	
I'm waiting until I am married.	
I've had a really stressful day and I just don't want to have bad or disappointing sex with you. I'd rather wait.	
I'm HIV positive and I don't want to risk giving it to anyone.	
We can wait 'til after your appointment at the clinic. I'd rather not risk it.	
I want the first time to be really special. Not hurried or in a crummy place like this.	
I'm not interested in that kind of relationship with you. I'm just not in love with you.	
I'm not in the mood for it right now. I'd rather wait until I know it will be good sex	
I don't want to get emotionally involved with anyone right now.	
I want to spend more time with you, just hanging out, getting to know you before we jump into sex.	
Let's just hold each other, OK?	
I'd rather give our relationship more time. Can we just go to a movie instead?	
It doesn't make a difference if you call me names, it won't change the fact that I'm just not ready and I'm telling you "no".	
There are other things in my life that are more important right now. I am just not interested in sex. Maybe sometime down the line.	
I think there are other ways we could have more fun at this point in our lives.	
For now, I get more excited about joking around and hanging out with you...I'm not in the same place as you, I don't want to have sex yet.	
I'm feeling a little down and lonely and if we had sex, it might be for the wrong reason. I want to think more about the decision.	
I have a crush on someone else. I'm sorry, but I'd really like to be friends.	
I don't have sex without condoms. Since we don't have one, I don't want to make love with you.	
I had weird experience in the past, I'm not ready to deal with this kind of thing again.	
I'm not thinking very clearly at the moment,	

maybe another time, but not now.	
We need to talk about this decision more, when we're both not so excited. We'll think better that way. Let's go get something to eat.	
We haven't gotten our HIV test results back yet, so I'd like to wait.	
I really don't want to risk getting pregnant, I am leaving for college in a few weeks.	
I've been hurt before and my heart needs to heal from that first. In the meantime, I'd love to get to know you better.	
I'm taking antibiotics for chlamydia right now. The doctor said we need to wait 'til I'm done with my treatment. And besides, you need to get tested too.	
You turn me on, too. But I need for you to slow down. Let's talk about it again in a few months.	
Why do you keep pushing me? Stop it.	
I like kissing and touching. I just don't want more than that.	
I don't care if you're on the pill. I don't feel safe without condoms.	
I don't care if you've got condoms. I would want to also use the pill or the patch or something.	
You aren't listening to me. I said I want to stop now.	
Maybe you didn't understand. I said I wasn't going to make love with you.	
Please stop asking. I just don't know you that well yet.	
Make up you own line here	