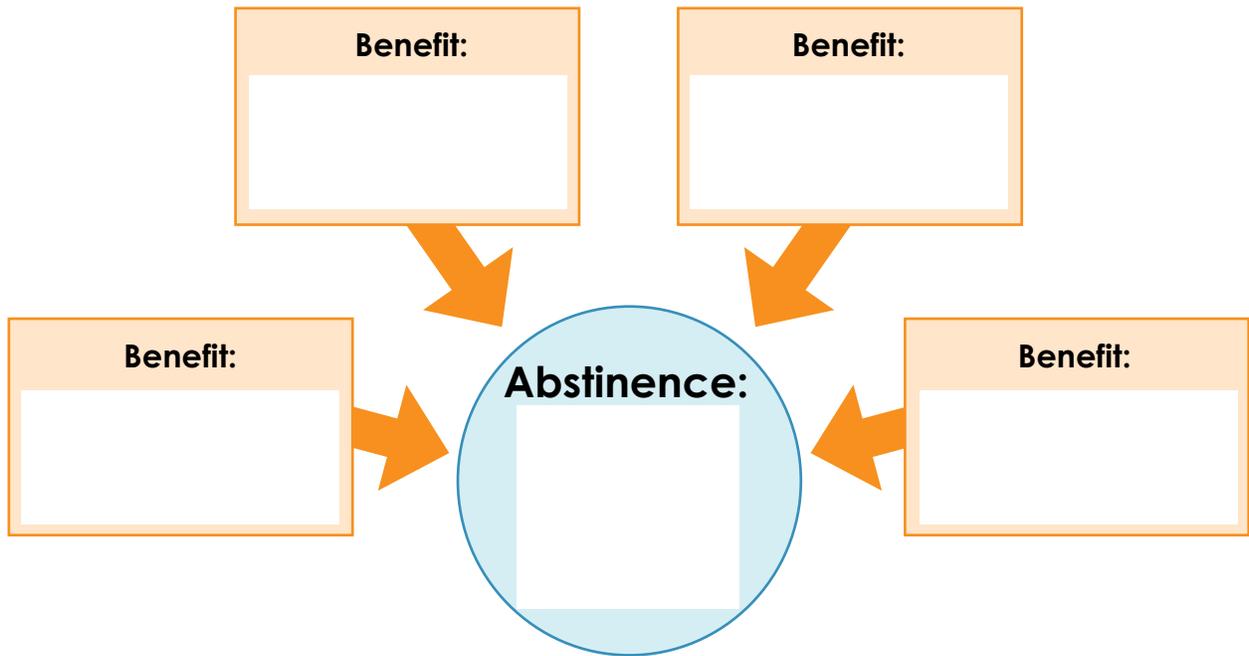


# Abstinence Note-Taking Guide

## Abstinence

1. Define abstinence in the circle in the following diagram. Complete the diagram by writing four benefits of choosing abstinence.



2. List three ways to help yourself stay abstinent.

Three large empty yellow rectangular boxes are provided for listing ways to stay abstinent. Two boxes are arranged horizontally at the top, and one box is centered below them.

## Abstinence

3. There are both advantages and challenges that come with choosing to be abstinent. Differentiate between the advantages and the challenges of being abstinent by writing an A next to the advantages and a C next to the challenges that are listed below.

\_\_\_\_\_ There are no health risks, you will not get pregnant or get your partner pregnant, and you will not contract a sexually transmitted disease (STD).

\_\_\_\_\_ It is sometimes hard to abstain from having sex.

\_\_\_\_\_ Being abstinent is free and readily available.

\_\_\_\_\_ You may want to wait until you know you are ready for a sexual relationship.

\_\_\_\_\_ There may be pressure from your partner or friends to have sex.

## Dating Relationships: Intimacy and Boundaries

4. In healthy dating relationships, you will eventually experience some type of emotional and physical intimacy. It is important to decide what you are comfortable with and determine your boundaries. Define both intimacy and boundaries.

**Intimacy:**

**Boundaries:**

## Refusal Skills

5. Give one example of a verbal and nonverbal response you could use to tell a person you don't want to kiss them.

## Abstinence

### Consequences of Teen Pregnancy

6. List three challenges of being a teen parent.

1.
2.
3.

### Benefits of Being an Adult Before Becoming a Parent

7. List three benefits of becoming an adult before becoming a parent.

1.
2.
3.