

Chapter 21 Section 2

Practicing Abstinence

Adolescence

- Curiosity
- Pressure
- Confusion
- Intense Feelings
 - Why? – Hormones
- Perfectly normal
- Can be dealt with in responsible ways
 - Choice & Behavior

Abstinence

- The conscious decision to avoid harmful behaviors.
- Example: Drugs, Alcohol, Sexual Activity, and other Risky Behaviors

Committing to Abstinence

- Establish positive priorities.
- Set personal limits.
- Share your feelings/thoughts.
- Talk to your parents/adult
- Stay away from pressure situations.
- Re-evaluate your previous decisions.

Use Refusal skills

- Verbal and Non-verbal – Saying no
- Self-control – ability to be responsible and make your own decisions
- Be assertive – between passive & aggressive in making your stance

Consequences

- Unplanned Pregnancy
- STD's (Sexually Transmitted Diseases)
- Loss of self-respect
- Negative Social Relationships
- Family Disapproval
- Drop-off in academic/athletic performance
- Addiction