

CHAPTER II:

Understanding the Consequences of Sexual Behaviors

Expected Outcomes

Participants will understand the consequences of certain sexual behavior. Participants will be aware of the preparation required for dealing with the consequences.

My Life And My Options

Objectives To examine the consequences/impact of sexual intercourse.
To examine the preparedness required for dealing with the consequences.

Material Flip charts, markers.

Time 1 hour.

Process Ask the participants to divide into groups of 4 or 6.

Explain that our actions have consequences that affect those around us. The decision to have sex is not an exception and in this exercise, we will brainstorm the consequences of such a decision.

Ask them to brainstorm and prepare presentations on:

- *What do you think the consequences of having unprotected sex will be? How will these consequences affect your life now and in the future?*
- *Are you prepared to deal with the consequences and impact?*
- *How will you deal with the consequences?*

Allow the groups 45 minutes to do this exercise. Invite the groups to make their presentations.

After the presentation, facilitate a discussion using the

following questions:

- *What did you learn from this exercise?*
- *In your peer group, do you know anyone who is pregnant? What issues does this person face?*
- *How can you deal with the consequences of unprotected sex?*
- *How can you help a friend who is pregnant or has contracted an STI?*

Notes for the Facilitator

Sexual behavior can be safe and unsafe. Usually, young people ignore the safety precautions required for “safe” sexual behavior. Often, young people do not have adequate knowledge to practice safe sex. Unsafe behavior, like sexual intercourse without a condom, can lead to pregnancy, STI and HIV/AIDS.

This exercise is straightforward and open-ended. It enables the facilitator to address issues of teenage pregnancy, STIs/STDs, HIV/AIDS and introduce the subject of life skills for dealing with these concerns and problems. This exercise can be done in a mixed group, or separately. If women and men work in separate small groups, they should come together for the presentations. The facilitator might choose to give brief presentations, or show a video, on issues that emerge. They can also be dealt with in subsequent sessions.