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**Why Girl Guides are saying ‘No’ to sex**

[0](http://www.nation.co.ke/lifestyle/Living/Why-Girl-Guides-are-saying-No-to-sex/-/1218/934246/-/mywc0sz/-/index.html#disqus_thread)

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In Discovering the Potential of Girl Guides in Schools: A Life Skills Curriculum for Guide Leaders, the Girl Guides’ peer education manual highlights information about abstinence from sex.

People abstain from sex for a variety of reasons:

• To protect their health

• To adhere to spiritual or moral values

• To take control of their lives and feel proud of their decisions

The manual proceeds to give the benefits of abstinence:

• Offers 100 per cent protection from unplanned pregnancy and STIs (sexually transmitted infections), including HIV.

• Allows you to wait until you are physically and emotionally ready to have a baby.

• Makes you feel like a stronger person, because you are able to say “No”.

• Shows you are emotionally mature.

• Prevents feelings of guilt and shame.

• Builds your self-esteem and confidence.

• Allows the development of a deeper friendship and love with the other person.

• Helps keep families united.

• Keeps you focused on school and your future.

• Is free from side effects.

• Is not a permanent contraceptive and is controlled by the individual, who decides when and for how long.

But it doesn’t come easy, as can be seen from a recent Daily Nation story on a research that showed that college girls are engaging in unprotected sex (that is, they are not saying “No”), and using the morning-after pill, which should not be treated as a contraceptive.

Therefore, an important sub-topic in the manual is communication skills under “Friends and relationships”.

Under this topic, the girls are taught to be assertive and to say “No” in manner that is firm but not rude or threatening; to stand up for their opinions without overshadowing the rights of others and to have a strong, non-threatening body language with a direct, clear and balanced approach.