**Abstinence Packet**

Have you ever heard the expressions “You can’t un-ring the bell” or “It’s like trying to get toothpaste

back into the tube”? Well, the same holds true for your first sexual experience. Your first sexual

experience is not something that you can go back and correct later. Waiting will allow you to think it

through.



With possible regrets in mind, read the statements below and find the all-too-common words associated with regret in the puzzle on the back. Fill in the blanks. You will find the answers to the blanks in the puzzle.

1. Fooling around seemed important in high school, but when I met the love of my life years later,

I wished that I had waited

2. I felt isolated when the word got out about what I had done.

3. I thought we were in love. I never expected him to betray me by bragging to his friends.

4. Many of my future plans had to be cancelled when I found out I was going to be a father.

5. At the time I didn't think about STD's, but waiting for my test results sure caused me a lot of

anxiety

6. Even though I did it to bring us closer together, in the weeks following, it became clear that he was ignoring me.

7. When I told my parents I was pregnant, I could see the disappointment in their faces.

8. The next morning I realized that drinking at the party negatively affected my judgment.

9. When she told me weeks later that she had Herpes, life seemed unbearable

10. I thought I'd feel relief to finally do it, but confusion was all I ended up feeling.

**WordBank** – disappointment, cancelled, anxiety, waited, isolated, negatively, betray, unbearable, ignoring, confusion

**Ways to Practice Abstinence**

**Establish Avoid Share**

**- boundaries - intercourse - thoughts**

**- rules - sexual situations - opinions**

**Set Talk Other Ideas I have**

* **guidelines - STDs -**

**- a deadline - whenever they’re ready -**

DIRECTIONS: List 6 to 10 factors that must be present in order for you to consider a sexual relationship to be meaningful and healthy. Consider your emotional needs, physical needs, and personal values.

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| 1. Communicate well with them | 6. Appreciate their own bodies |
| 2. Respect boundaries | 7. Testing for STDs |
| 3 3. Take care of yourself | 8. Knowing the consequences of sex |
| 4. Accept refusal of sex calmly | 9. Knowing what is right and wrong and act on values |
| 5. Feel confident in their ability to set boundaries | 10. Can be imitate without being physical |

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**Give an example of a relationship you have seen either in real-life, in the movies or on television that is NOT sexually healthy? If it was in real-life, don't use any names. What factors made this an unhealthy relationship?** An example of a relationship that is not sexually healthy is people hooking up in movies.