

Tackling Tough Topics - ABSTINENCE

Great ideas from Project Reality's *Game Plan*

Parents want to teach children how to make good choices and decisions. They want children to say, "I choose abstinence because I figured out this will help me to...." Children can come to this decision if parents follow the teaching suggestions in Project Reality's *Game Plan*. Try using the following steps with your child.

1. Defining Goals - *students with goals make the best choices*

What are some of your goals for the future? *Have your children* write down some of the things they would like in their life fifteen years from now. Draw a cloud in the center of the paper and list the abstract and concrete goals. (good job, nice house, college degree, children, marriage, family, dog, happy, healthy, successful, friends, car, money).

What would you like to do? Have them write three possible career goals (computer engineering, construction, government, teacher, doctor, trucking, business, entertainment)

2. Getting There

Look at the cloud with their dreams and the list of career goals. ASK:

Will the dreams and goals be easy to accomplish?

When should you begin planning to achieve your future goals? TODAY

List on either side of the cloud the answers to --

Describe some activities that could make it difficult to accomplish your goals.
(drugs, sex, alcohol, peer pressure)

Describe some activities that could make it easier for you. (make plans, study hard, good decisions, good friends)

3. Draw Train Tracks - some decisions you make as a teen can alter your life and knock you off your tracks. Draw three arrows as you say, "It could be alcohol, it could be drugs, it could be sex." A small car can derail a huge train.

4. Think Ahead... If you choose to be sexually active, is it possible that some things may happen that you didn't expect. Write down some of the possible negative consequences.

Physical
What can happen to my body

Pregnancy
STDs
AIDS
Infertility
Cervical Cancer

Emotional
How I feel about myself

Feel Used
Empty
Low Self-Esteem
Loneliness
Broken Heart
Anger
Bitterness
Depression

Mental

What I now think about

Stress
Worry
Fear
Regret
Memories
Pressure
Confusion
Distraction

Social

How it affects my relationships
with family and friends

Bad Reputation
Lose Friends
Rumors
Gossip
Poor Grades
Withdrawal
Parental Conflict

Look at the list of consequences.
If you are sexually active, would all of
these happen to you? Could some of them
happen to you?

Pick three consequences that
could happen to you. How would
they affect your future?
**In life we don't get to pick the
consequences.**

5. Students often say that condoms provide "protection" from pregnancy and STDs.

Is it Really Safe?

Do you think condoms provide complete protection from pregnancy and STDs?
If a condom is used is it still possible to get someone pregnant?
Is it still possible to contract an STD including HIV?

Why condoms aren't protection! The warning label on condom packages says,

*"If properly used, latex condoms will help reduce the risk of
transmission of HIV infection (AIDS) and many other sexually
transmitted diseases. Also highly effective against pregnancy."*

Examine the "Warning Label" Is the word protection used? Is the word risk used?
Emphasize the condom company does NOT claim to provide complete "protection" against
either pregnancy or STDs. There is still risk with condoms. (*Game Plan*)

Do condoms provide protection from any of the emotional, mental or social consequences
they listed?

Project Reality - Game Plan Abstinence Program (available in Spanish)

847-729-3298

www.ProjectReality.org

Coach's Clipboard for teachers \$18.00

Student Workbook \$12.00