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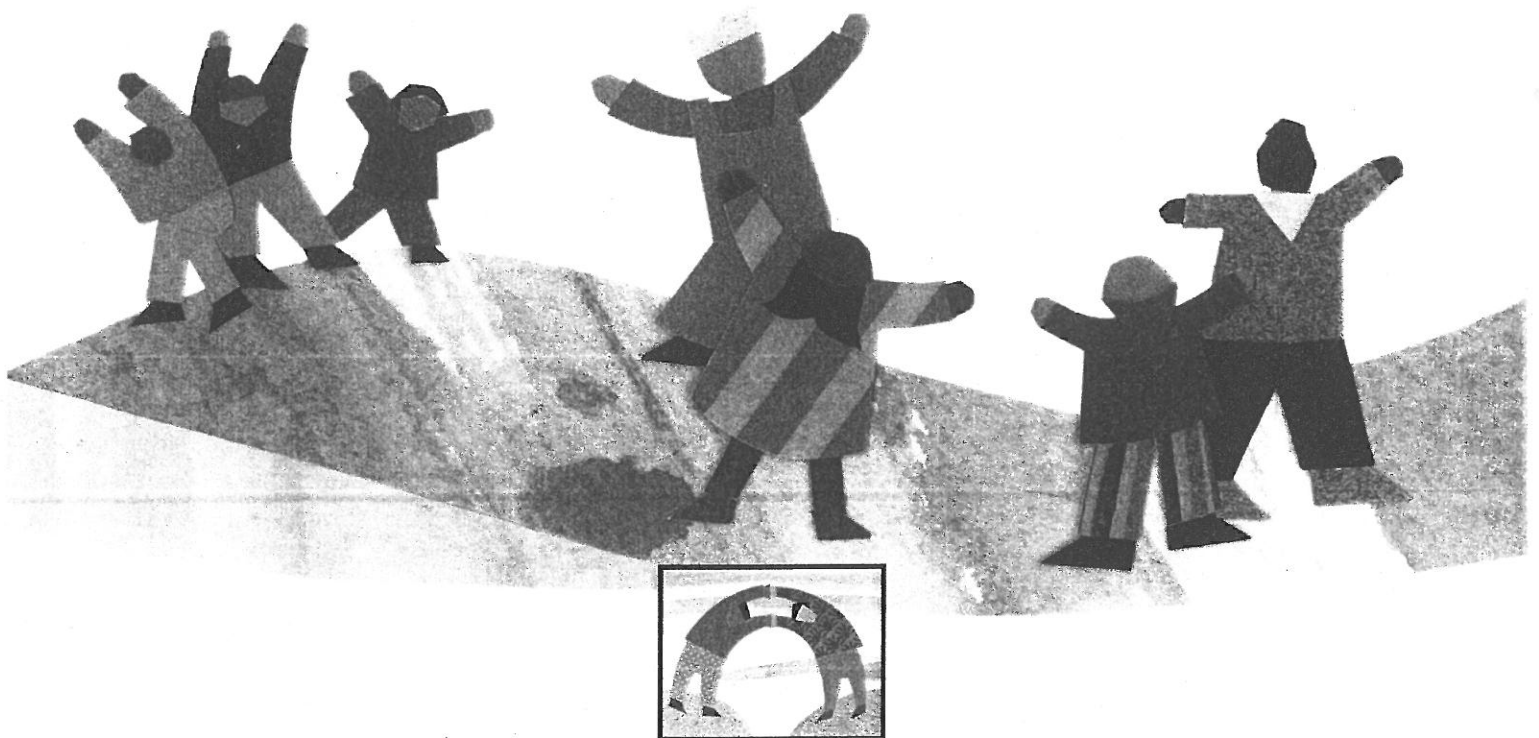
An Abstinence Approach to HIV/STD and Teen Pregnancy Prevention

A Be Proud! Be Responsible! Curriculum

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A Child's Moral Development

Activity D

How Do People Express Their Sexual Feelings? What is Abstinence? (10 minutes)

PREPARING FOR THE ACTIVITY

Rationale

Understanding that there are many behaviors that express sexual feelings helps participants choose sexual behaviors that do not result in pregnancy or sexually transmitted infection.

Materials Needed

- "How Do People Express Their Sexual Feelings?" poster
- Masking tape

Time

Procedure

1. Have participants brainstorm answers to the following question.

With all the messages teens are receiving about sex, what are some of the ways people express their sexual feelings to themselves or other people?

2. Elicit as many answers as you can.

Answers may include:

oral sex	sexual fantasy
caressing	anal sex
dancing	massage
masturbation	holding hands
talking	cuddling on the couch
hugging	touching each other's genitals
kissing	vaginal intercourse
talking	saying "I like you"
grinding	

FACILITATOR'S NOTE

If participants are hesitant, ask prompting questions i.e.:

- What kind of sex can people have by themselves?
- What other words do we use for touching?
- What other things might people do with their mouths?
- What kinds of things can people do with their hands?

3. Put up the “How Do People Express Their Sexual Feelings?” poster.

FACILITATOR’S NOTE

Be sure participants understand the definition of vaginal intercourse, oral sex, anal sex, and masturbation:

- Vaginal intercourse or sexual intercourse means a man’s penis in a woman’s vagina.
- Oral sex means a person’s mouth on another person’s genitals.
- Anal sex means a man’s penis in a person’s anus, rectum, or behind.
- Masturbation means rubbing, stroking, or “playing with” one’s own genitals or the genitals of another person.

4. Discuss each item on the poster by asking participants whether or not the behavior could result in pregnancy or sexually transmitted infection. **Be sure to identify ALL behaviors that may involve an exchange of blood, semen, or vaginal secretions** (participants may suggest behaviors besides oral, anal, and vaginal intercourse which will transmit disease).

5. Then ask,

- Why won’t everybody want to engage in ALL of these behaviors? **[Answers may include: they may not feel good, or be appealing; some may be risky; they may have religious or moral objections.]**
- How can we let our partners know what we are willing and not willing to do? **[Answers may include: We need to tell them before any touching occurs.]**

RISK BEHAVIORS

1. Vaginal sex	Red Light
2. Oral sex on a guy	Red Light
3. Anal sex	Red Light
4. Self masturbation	Green Light
5. Mutual masturbation	Yellow/Green Light
6. Wet or tongue kissing	Green/Yellow Light
7. Dry kissing	Green Light
8. Sharing needles and syringes	Red Light
9. Doing IV drugs and not sharing needles and syringes	Green/Yellow Light (drugs cloud sexual judgement)
10. Having sex with multiple partners	Red Light
11. Giving or receiving a shoulder or back massage from someone who has AIDS	Green Light
12. Having sex with a person who shoots IV drugs	RedLight
13. Going on a date, to the movies or a dance with a person who is HIV positive	Green Light
14. Having sex with a person who is having sex with multiple partners.	Red Light
15. Eating with the same utensils or drinking from the same glass as someone who has AIDS	Green Light
16. Touching or caressing someone who is HIV positive	Green Light
17. Abstinence	Green Light