

Family Health

Healthful and Dysfunctional
Families

We are family.....

- Everyone belongs to a family
- Family—a group of people who are related by blood, adoption, marriage, or have a desire for mutual support

Family Structures Vary

- Traditional Married Families
- Single Parent Families
- Families Built around Partnerships
- **Healthful family: family that has all the skills needed for loving, responsible relationships**
- **Dysfunctional family: a family that lacks the skills to be successful and function in healthful ways**

Dysfunctional Family Characteristics

- Chemical Dependence
- Other addictions
- Perfectionism
- Violence
- Physical Abuse
- Emotional Abuse
- Neglect
- Sexual Abuse
- Abandonment
- Mental Disorders

No Family is Perfect

- We are all human, and make mistakes.
- Each person has strengths and weaknesses. Even you!
- **HOWEVER**, in healthful families, children can learn from their parents.
- What can you learn? 12 things!!!

HEALTHFUL FAMILY

Self-Respecting Behavior

- Treating yourself in a healthful and responsible way
 - Don't harm self
 - Are not self-centered
 - Fulfills personal needs and cares little for others

Healthful Attitudes Toward Sexuality

- Feelings and attitudes a person has about her body, sexual identity, and sexual orientation
 - Part of self-esteem and body image
 - Eating disorders
 - Can you talk to your parents about sex?
 - Have you talked about puberty?
 - How did you learn about your menstrual cycle?

Effective Communication

- Learn to communication through family
 - Can you talk to your parents?
-
- Get ready for a Communication Activity!

Communication Activity!

- Partner A will be the drawer first.
- Partner B will turn around so they are back to back with Partner A.
- Given 1 minute, Partner A will draw whatever they like; Partner B sits quietly.
 - Partners may not communicate during this time.
- After the minute is up, the students remain back to back; it is Partner B's turn to draw.
- Partner A will now describe their picture to Partner B.
- Partner B has 3 minutes to replicate the drawing.

Clear Sense of Values

- Values—standards, principle, or beliefs of a person
- Parents act consistent with the values they teach
 - Example: Parents value education; therefore, they help you with your homework.

Make Responsible Decisions

- Evaluate options before deciding
- Weight the consequences
 - Skip class... or go to it?
 - Miss notes and discussion, do poor on test
 - Have notes, learn something new!
- Parents set guideline and expectations
- Guideline for breaking guidelines

Resolve Conflicts

- Listen to both sides and find a solution
 - “I don’t care who started it!”
- No violence

Effective Coping Skills

- Emotional strength
- Share feelings

Delay Gratification

- It is not appropriate to be sexually active during teenage years
- Waiting until marriage protects your health
 - What does it tell your future spouse?

Express Affection, Integrate Love

- Parents warm expressions help you feel loved
- What are some examples of appropriate affection and love?
 - Hug
 - Kiss
 - Handshake
 - WORDS!

Give and Receive Acts of Kindness

- Do things for your family, without expecting anything in return.
- Be thankful when someone does something nice for you!

Work Ethic

- Work hard and “know your role”
- Do your best
- Do not give up
- How can you do it?
 - Homework
 - Chores
 - Participate in athletics
 - Get a job
 - Volunteer

Respect Authority

- Do not break guidelines
- Know there will be consequences
- Obey laws and rules of others

Being a Loving Family Member

- Effort
- Practice
- Good intentions

DYSFUNCTIONAL FAMILY

Members relate to one another in destructive and irresponsible ways

Chemical Dependence

- Obtain and use drugs
 - Cause changes in thinking and behaving
 - More violence
 - More sexual abuse
- You are at risk of becoming a drug user

Other Addictions

- Eating disorders
- Exercise
- Gambling
- Shopping
- Television
- Thrill-seeking
- Workaholism
- Perfectionism

Perfectionism

- Parents are overly critical of themselves and their children
- Children feel inadequate and insecure
- Behavior is self-destructive and harms relationships
- You can become a perfectionist too

Violence

- Controlling
- Keep peace by avoiding disagreements
- Between violence, family member may be kind, gentle, and apologetic
- Thus, children blame themselves—NOT YOUR FAULT
- At risk of becoming juvenile offenders

Abuse

- Controlling and moody
- Children are afraid and confused
- Can understand the changes
- Want to feel loved
 - Deny feelings about abuse
 - Cover up abuse
 - Blame self
 - Believe they deserve to be abuse
- **YOU DO NOT DESERVE TO BE ABUSED. IT IS NOT YOUR FAULT!**

Abandonment

- Absence can cause pain, suffering, confusion
- Difficult getting close to others
- Push away others
- Can be overly needy

Mental Disorders

- Feel responsible and guilty
- May allow disorder to dominate family life
- NOT YOUR FAULT.

Important Terms

- Codependence—a compulsion to control, take care of, and rescue people by fixing their problems and minimizing their pain
- Intimacy—deep and meaningful sharing between two people

It can IMPROVE!

- Give love and respect as much as possible
- Change your own behavior
- Individual and group therapy
- Recovery programs
- TELL SOMEONE
 - Someone you trust
 - Someone that can DO something to help

Application

- We are all different.
- You do not know what is happening in someone else's home.
- Be sensitive to others.
- Get to know your friends' families.
- Be alert.
- Talk to your parents.

Changes in the Family

Extended Families

- Who is in my extended family?
 - All relatives in addition to parents, brothers, and sisters
 - Grandparents, aunts, uncles, cousins
 - Stepparents, stepbrothers, stepsisters

Marital Conflict Resolution

- The process in which married partners:
 - Identify their problems
 - Agree upon solutions
 - Reestablish intimacy
- Attitude of each partner is vital
- Conflict resolution is impossible if both partners are not committed to restoring the quality of the marriage (this goes for any relationship)

Different Marriage Counselors

- Member of clergy
- Psychologist
- Psychiatrist
- Social worker

Separation and Divorce

- 50% of first marriages end in divorce
<http://www.divorcereform.org/rates.html>
- Separation: the living apart of marriage partners
- Divorce: a legal way to end a marriage
 - Court decides the terms with respect to property, custody, and support

Stages in the Divorce Process

6 Stages

Stage 1

- Marriage deteriorates
- Partners show less affection and begin to detach
- One or both partners do not meet the needs of the other
- This stage may last **several years**

Stage 2

- One or both partners seek legal counsel
- Begins the process of discussing the grounds for divorce
- Different options for ending marriage
 - **Annulment:** decided that what *was* a legally binding marriage actually is not
 - **Dissolution:** marriage partners decide terms with respect to property, custody, support

Stage 3

- Issues regarding property and support payments are finalized
- What is property?
 - Home, household items, jewelry, cars, life insurance, money in savings, stocks
- One partner may agree to pay spousal support
 - Usually the one who has the greater ability to earn money

Stage 4

- Issues of custody, visitation rights, and child support are negotiated
- **Singly custody:** one parent keeps legal custody of a child or children
- **Custodial parent:** parent with whom a child or children live; parent has the legal right to make health and wellness decisions

- **Joint custody:** both partners keep legal custody of a child or children
 - May live with one parent or alternate
 - Both parents maintain legal rights
 - Requires meaningful communication between parents, even after marriage is ended.

- **Visitation rights:** guidelines set for the visitation of children by the parent who does not have custody
 - Exact number of days and time amounts
 - Set schedule
 - Flexible
- **Grandparents' rights:** the visitation rights with grandchildren when marriage is over

Stage 5

- Each partner establishes a new identity with family, friends, and coworkers
- *Difficult stage*
 - Some delay telling others
 - Fear old and new relationships

Stage 6

- Partners made emotional adjustments to the new lifestyle that results from being divorced
- Affects both marriage partners and children

Family Adjustments

Made by Children

Parents Separate or Divorce

- Initial reaction: vulnerable and fearful
 - *Youngsters*—Difficult sleeping, nightmares
 - *Teens*—Loss of concentration, cling to others
- Lack of contact with one parent
 - Grades drop
 - Depressed
 - Sexually active
 - Drug and delinquent behavior

Suggestions for Dealing with Divorce

- Practice stress management
- Avoid using alcohol and drugs
- Recognize becoming sexually active will not fill your emptiness
- Choose healthful ways to express anger
- Be aware of your feelings of rejection and betrayal
- **ASK FOR HELP!**

Parental Dating

- Can occur before or after divorce
- Children fantasize about parents getting back together
 - May hope for reconciliation for years!
- Children may resent time and attention given to new person
 - Jealousy
 - Attempt to disrupt the relationship

2 Traits of Children of Divorce

- Fear of Rejection
 - *Females* fear abandonment
 - *BOYFRIENDS galore*
 - *Males* feel awkward with females
 - *Hold back feelings*
 - *Difficulty trusting others*
- Fear of Betrayal
 - Indulge in work or sports

Single-custody Family

- Child/children live with one parent
 - Term used rather than single-parent family
- More likely to live with mother; thus, economically challenged
 - May lack resources: good medical care, clothing, food, and shelter

Joint-custody Family

- Life with mother and have little or not contact with father
- Unless there is another male figure, they will not experience a good male role model
- If parent works outside home, less time to supervise and be involved

Suggestions for Teens

- Recognize the financial pressures on your parent
- Schedule time to be with your parent
- Look for a mentor who can be a role model
- Pay attention to your grades
- Discuss your fears and concerns with your parents

Remarriage

Blended Family/Stepfamily

- A family consisting of:
 - The marriage partners
 - Children that one or both of them had previously
 - Children they have by their marriage to one another

Greatest Conflicts

- Determining which set of rules children will follow
 - Discipline!
- Adjusting to a new budget
 - Birthdays

Other Issues

- Arise from new relationships
- The success of a blended family often **depends** on how **stepsiblings** interact.
 - Clear guidelines must be set by parents.
 - No acting on attraction
- Many teens resent their stepparent

Help Dealing with Remarriage

- Respect the new guidelines for behavior.
- Help your family follow a budget.
- Interact in helpful ways with stepbrothers and stepsisters.
- Interact in healthful ways with your stepparent.

Parent Loses a Job

- Parent may become depressed, embarrassed, worried, anxious
- Parent may need training before new job
- What to do?
 - Give your parent emotional support and encouragement
 - Discuss with parents what to say to others
 - Discuss what changes will occur in the family budget
- Get ready for an Adjustment Activity!

Adjustment Activity!

A parent has just lost their job:

- Provide an example of some encouraging words.
- Describe a supportive action you could do.
- What would an appropriate response to others be?
- How can you help the budget?
 - What changes can *you* make?

Parent Goes to Jail

- Family experiences great deal of stress
 - Shortage of money and legal fees
 - Move elsewhere or with relatives
- Foster care: an unrelated adult assumes temporary responsibility for a child
- Responses from society
 - Cruel remarks
 - Angry about crime
 - Assume child is like the parent

Parent Goes to Jail

- Be resilient
- Do not be embarrassed
- You are not responsible
- You can choose to follow the law
- Discuss your feelings with a trusted adult.
- Ask about changes that may happen.
- Don't accept blame for your parent's actions.
- Pledge to not engage in illegal behavior.

Application

- Be aware of your family's communication and relationships.
- Be considerate of all your family members.
- Follow the rules and avoid unnecessary conflict.
- You cannot control the relationship between your parents.
- You cannot control the actions of others.
- Always be ready for change.

Healthful Friendships

What is a healthful friendship?

- A balanced relationship that promotes mutual respect and healthful behavior
 - Improves the quality of life
- Friends...
 - take a personal interest in each other
 - support each other
 - encourage each other
 - participate in social activities together

**“A friend is a gift you give
yourself.”**

**“To have a friend,
you must be a friend.”**

Initiating Friendships

- Make a background check on the person
 - What do I know about this person?
 - Does this person have good character?
 - Do my parents know this person?
 - Will my parents approve?
- There is always a risk in initiating friendship!

Conversation Activity!

- Two students will stand or sit in front of the classroom and begin a short conversation.
- The class is to observe the conversation, and take note of what the two students are talking about.
 - What is the mood of the conversation?
 - What is the main topic?
 - Would you want to join the discussion?

Conversation Keepers/Killers

- Asking questions
- Showing interest in others
- Listening carefully
- Responding to others
- Encouraging others
- Being positive
- Making eye contact
- Sharing ideas/feelings
- Encouraging others to talk
- Talking about yourself
- Appearing disinterested
- Interrupting
- Changing the topic
- Bragging
- Complaining
- Avoiding eye contact
- Talking about others
- Dominating the conversation

Rejection

- Everyone experiences rejection
- **Rejection:** the feeling of being unwelcomed or unwanted
- How should you respond?
 - Anger?
 - Bury feelings?
 - Don't care?

Handling Rejection

- Use I-messages to share feelings with the person who rejected your gestures of friendship.
- Share your feelings with a trusted adult.
- Reaffirm your high-self worth always!
 - “They don’t know what they’re missing!”

Barriers to Making New Friends

- **Shyness:** characterized by discomfort, inhibition, and awkwardness in social situations
 - Withdraw from interaction and expression
- **Loneliness:** characterized by unpleasant, painful, or anxious feelings as a result of having fewer or less satisfying relationships than desired
 - Temporary!

Balanced Friendships

- Friendship requires the commitment of 2!
- **Balanced friendship:** 2 people give and receive from each other acts of kindness
- EQUAL giving and receiving!!

Ways to Give & Receive

Giving

- Listening
- Helping celebrate success
- Buying special gifts

Receiving

- Listening
- Accepting gifts or help
- Express gratitude

One-sided Friendships

- **One-sided friendship:** a friendship in which one person does most of the giving and the other person does most of the receiving
- Why?
 - People Pleasers
 - Don't know how to receive from others

- **People pleaser:** person who constantly seeks the approval of others
 - Insecure
 - Give to be liked and noticed by others

Uncomfortable

- Some do not know how to receive acts of kindness from others
- They are uncomfortable accepting gifts of time or support
- They have never learned to rely on others
- THUS, they play the role of giver

“Users”

- People who do most or all of the receiving
- Take from others to get their needs met
- Little interest in meeting the needs of their “friends”
- They believe they always should come first
- Want to be in control of decisions
- They do not know how to become close to others

Ending Friendships

- Changing friends is a part of growing up!
- Why do friendships change?
 - Friends may move away
 - A friend may break confidence
 - Interests change
- There are times when a person needs to be objective about and decide if a “friend” is a friend
 - Encourages wrong actions contrary to one’s own values

Application

- Not everyone will be a friend.
- You must be a giver before becoming a receiver.
- Don't be consumed with yourself, take interest in others.
- If you are unhappy in a friendship, confront the other person kindly.
- Do not feel guilty about ending a friendship.

Harmful Relationships

Relationship

- **Relationship:** a connection a person has with another person
- A person's health status is affected by the quality of relationships they have
- In general, relationships are usually *healthful* or *harmful*

Relationships

Healthful relationship

- promotes self-respect
- encourages productivity and health
- free of violence and drug misuse and abuse

Harmful relationship

- harms self-respect
- interferes with productivity and health
- includes violence or drug misuse and abuse

Harmful Ways of Relating

- The People Pleaser
- The Enabler
- The Clinger
- The Fixer
- The Distancer
- The Controller
- The Center
- The Abuser
- The Liar
- The Promise Breaker

The People Pleaser

- Constantly seeks the approval of others
- Do almost anything to be liked
 - Use alcohol or other drugs
- Described as “doormats” because others can walk all over them with no consequences
- Sabotage their chances for healthful relationships because others don’t respect them

The Enabler

- Support others' harmful behavior
- Deny or overlook another person's harmful behavior, such as:
 - Drinking, gambling, or cheating
- Make excuses or cover up others behavior
- Might contribute to others behavior
 - Make bets for another with gambling problem
 - Drink with another who has a drinking problem
- Sabotage: don't require others to behave responsibly

The Clinger

- Needy and dependent
- Feels empty inside and constantly turns to another person to feel better
- No amount of attention or affection keeps the clinger feeling fulfilled
- Eventually “suffocates” the other person
- Sabotage: not giving other people space

The Fixer

- Tries to fix other people's problems
- Take on problems that are not their responsibility
- Quick to give advice
- Will identify different possible solutions and try them for the person
- Fixers avoid their own feelings and problems
- Sabotage: health people do not want others to solve their problems

The Distancer

- Emotionally unavailable to others
- Keeps other people from getting too close in a number of ways
 - Being too busy to spend time
 - Avoid sharing feelings
- Keep others at a distance to avoid getting hurt
- Sabotage: not risking emotional involvement

The Controller

- Possessive, jealous, and domineering
- Seeks power
- Might tell another person what to do, what to wear, and what to believe
- Might monopolize a girlfriend/boyfriend's time
- Sabotage: not respecting the interests or opinions of others; dominating

The Center

- Self-centered
- Wearing “badge” that says “ME, ME, ME”
- They do most of the talking and have little interest in what you say
- Do what they want to do, when they want to do it
- Aren't too concerned with others
- Sabotage: focusing on themselves; ignore other's needs

The Abuser

- Person who is abusive
- Constantly put others down or harm others
- Threaten, begin fights, act in other violent ways
 - Force another person to have sex
- Tend to alternate periods of abusiveness with periods of gentleness
- Sabotage: threatening and harming others

The Liar

- Does not tell the truth
- Honesty is a foundation in any healthful relationship!
- Lie about themselves to look good
- Pretend to be something they are not
- Avoids truth to manipulate others into the responses the liar wants
- Sabotage: lying to get what they want

The Promise Breaker

- Not reliable
- Make plans with another person and then be a “no show,” opting to do something better that has come along
- Might promise to change their ways
- People doubt their sincerity and commitment
- Sabotage: not keeping their word

Interactions

- Interactions or dynamics in harmful relationships often explain why people end up in such relationships.
- People who relate in harmful ways are drawn to each other.
- Some examples match-ups...

Promise Breaker & People Pleaser

- PB makes plans to go to a movie with a PP
- PB cancels the plans when something else comes along
- PP is angry, but keeps anger inside and accommodates PB with new date
- PB—must learn to keep commitments
- PP—must set limits and share feelings

Controller & Enabler

- C objects when girl/boyfriend spends time with friends
- C is suspicious and accuses
- E makes excuses for him, “He loves me so much...”
- E gives up all her friends for him
- C—respect gf’s rights to have friends
- E—take responsibility for herself

Clinger & Distancer

- C attracted to D because they fear being abandoned
- D is emotionally unavailable
- C & D afraid to get close
- D runs from relationships; spends time, then backs off
- C chases harder
- C—address emptiness; develop self-confidence
- D—share feelings and become close to others

What to do!

- Evaluate each of your relationships on a regular basis.
- Recognize when you must end a relationship, rather than work it out.
- Identify changes in behavior that must occur for you to stay in that relationship.
- Talk to a parent, guardian, or trusted adult.
- Have a frank discussion with the other person, sharing concerns and expectations.
- Set a future date to evaluate again.

Application

- Life is full of relationships.
- You can prevent, change, and free yourself from harmful relationships.
- You do not have to stay in a harmful relationship.
- Evaluate. Discuss changes. Set and keep a date to reevaluate!
- Watch for others who may be in trouble.

Dating and Marriage

Dating

- Young teens are still interested in group activities, but groups include both sexes.
- **Dating**: having social plans with another person
 - An extension of friendship

Why is dating significant?

- Learn to develop and sustain successful relationships in order to prepare for more important decision regarding commitment and marriage
- Provide opportunity to learn about themselves and others

Dating gives the opportunity to:

- Strengthen self-esteem
- Improve social skills
- Develop skills in intimacy
- Understand personal needs

Is dating exclusively vital?

- NO!!!
- **GROUP DATES ARE THE WAY TO GO.**
- Why group date?
 - Not as intimidating; less pressure
 - Get to know a group of people
 - Parents will approve
 - Less opportunity for sexual activity

Establishing Dating Standards

- Concern of parents and guardians: the appropriate time to begin dating
 - Don't want dating to interfere with emotional, social, and psychological development
- Dating at a young age can have **negative** consequences
- Dating before 15, teens tend to be more superficial

Establishing Dating Standards

- Early dating can interfere with the development of an independent sense of identity
 - May base identity on dating experience
 - May not remain abstinent if dating begins too early
- Research findings: Teens who begin dating at a young age are more at risk for becoming sexually active!

6 Dating Standards

- Give parents/guardian background info on the person you will be dating.
- Tell your parents/guardian your **exact** plans. This requires *honesty*.
- Arrange for safe transportation.
- Establish a reasonable curfew.
 - **Curfew**: a fixed time when a person is to be at home

6 Dating Standards

- Establish a personal code of conduct.
 - Use wise judgment
 - Money!
- Establish the expected code of conduct for the person you will date.
 - **Respect:** high regard for someone or something

Brainstorming Activity!

- Consider what things should be included in a personal code of conduct.
 - Alone at your date's home?
 - How much money will you spend?
 - Who should pay for what?
 - What are the physical boundaries?
 - Curfew?
- Appropriate suggestions will be written on the board.

Dating Skills

- Do not base your self-worth on your ability to get a date.
- Ask questions and get the **facts** *before* accepting a date.
- Decline a date when there will be pressure to drink or be sexually active.
 - Older guys are not cooler.
 - Ask yourself, “Why can’t they date someone their own age?”

Dating Skills

- Honor your dating commitments and don't change your plans if someone better comes along.
 - Treat people with respect
- Recognize the advantage of dating a variety of people rather than going steady.
- Make a fast exit when you find yourself in a situation that violates the guidelines.

Dating Skills

- Don't hesitate to call your parents or guardian if you're on a date and need help.
- Feel comfortable about staying home when you don't want to date.
- Be clear about your expectations when you give or receive a gift.
 - You never owe anything
- Be honest when you turn someone down for a date.

Marriage!!

Marriage

- A **traditional marriage** is an emotional, spiritual, and legal commitment a man and a woman make to one another.
 - Intimacy and companionship
 - Framework for the family unit
 - Children!

Intimacy

- **Intimacy** is a deep and meaningful sharing between two people.
- 4 important types
 - Philosophical
 - Psychological
 - Creative
 - Physical

Philosophical Intimacy

- Sharing of beliefs and values
- Belief influence decisions
- Determine day-to-day priorities
 - Relationship with parents
 - Religious involvements

Psychological Intimacy

- Sharing of needs, emotions, weaknesses, and strengths
- Share needs such as a hug, or listening
- Share and rejoice in individual successes
- Support when disappointed
- Accept weaknesses
- Deepens through the years

Creative Intimacy

- Sharing of efforts to accomplish tasks and projects
- Engage in cooperative efforts
 - Making a house a home!
 - Choose furniture, plant garden, select wallpaper
 - Learn a sport together
- Share child-raising responsibilities

Physical Intimacy

- Sharing of physical affection and includes a wide range of behaviors that express warmth and closeness
 - Have a healthful attitude about sex
 - Committed to each other!!
- What examples can you think of showing physical intimacy?

Sex & Intimacy

- Sex before marriage **does not** predict sexual satisfaction during marriage.
- Because sex before marriage does not involve a commitment, there is not feeling of security.
- It is a *RESPONSIBLE* decision to **wait until marriage** to have sex.

Predicting Success of Marriage

- Age
 - Teens have high divorce rate
- Reasons for marriage
- Length of relationship and engagement
 - Longer the better
- Similar attitudes about children and child raising
- Similar interests
 - “Opposites attract, and then **retract.**”
- Commitment to sexual fidelity
 - Provides closeness and respect
- Good character
- Parents’ success at marriage

Predicting Success of Marriage

- Parental attitudes toward the potential marriage partner
 - Parents do know best 😊
- Careful selection of marriage partner

Marriage Commitment

- When two people marry, they take vows and make promises.
- People cannot promise how they will feel for a lifetime; however they can promise how they will act.

Teen Marriage is Risky

- More than 75% of teen marriages end in divorce
- Teens need to master development of adolescence before tackling stages for marriage

Self-Assessment

- Number your paper from 1-7, leaving a few lines in-between
- For each of the Tasks for Adolescent Maturity, rate your self using the scale below (1-5). Then, write a sentence or two defending your rating.
 - 1 = Not at all
 - 3 = Working on it
 - 5 = Yes, I'm confident

7 Tasks for Adolescent Maturity

- Develop healthful friendships with members of both sexes
- Become comfortable with one's body
- Become emotionally independent from adults
- Learn skills needed later for marriage and parenthood
- Prepare for a career
- Have a clear set of values to guide behavior
- Understand and achieve socially responsible behavior

Application

- Start with group dating.
- Wait until you are older to date. Do you really think you will marry the person you date in high school?
- Be PICKY about who you date.
- If they don't match your criteria, keep looking!!!
- Marriage = Forever

Abstinence! and Parenthood

Abstinence from Sex

- **Abstinence from sex** is voluntarily choosing not to be sexually active.
- Only 23% of teens (15-17) agree that sexual activity is appropriate for teens their age.
 - Don't believe everyone is doing it!
- 2/3 of teens reported not having sexual intercourse

Why not?

- Concern about pregnancy
- Concern about HIV/AIDS
- Concern about STDs
- Feel they are too young
- Parents taught them not to
- Learned in sex education
- Religious or moral values
- Concern for personal reputation

Abstinence = Responsible

- Promotes health
- Protects safety
- Follows laws
- Shows respect for self and others
- Follows guidelines of parents/responsible adults
- Demonstrates good character
- Promotes dignity, respect, strength, health, and sexual fidelity in marriage

Setting Limits for Affection

- Everyone has a need to be liked
- Liking includes affection and respect
- **Affection:** a fond or tender feeling that person has toward another person
 - “I like you.”
 - Physical touch
- **Respect:** high regard for someone or something

Respect

- Knowing how to set limits, and stick to them
- Helps keep feeling under control
- Sexual feelings result from physical and emotional attraction
 - When you see a certain person
 - Kiss or touch
 - Look at a picture

Kissing leads to sex?

- Physical expressions can intensify sexual feelings
- Kissing and/or hugging are enjoyable—and can result in sexual feelings
- Might not stop with a hug or kiss
 - Prolonged kissing
 - Caressing or touching
 - Physical changes in the body

Physical Changes in the Body

- Increased blood to reproductive organs
 - Male: penis erects
 - Female: vagina arousal and warm feeling
- The body attempts to override the brain's message to say no sexual activity

Limits for Physical Expression

- Hand hold, hugging, casual kissing
- Tell the other person your limits
- Do not date anyone who does not respect your limits
- Avoid drinking alcohol or doing drugs
- Do not date others who drink or do drugs and interfere with wise judgment

Resisting Peer Pressure to be Sexually Active

- Be confident and say “NO!”
- Give reasons for choosing abstinence
- Use the broken-record technique, repeat!
- Use nonverbal behavior
- Avoid being with any who pressures you
- Know and obey laws that protect you
- Influence your friends to practice abstinence

Brainstorming Activity!

- What are some reasons for practicing abstinence?

Reasons for Practicing Abstinence

- I practice abstinence to promote my health.
 - No HIV/AIDS for me.
 - No STDs for me.
 - I do not want to be a teen parent.
- I practice abstinence to protect the safety of others.
 - Teen parenting.
 - I do not want to be accused of date rape.

Reasons for Practicing Abstinence

- I practice abstinence to show respect for others and myself.
 - Protect my good reputation.
 - Uphold my personal values.
 - I want to protect my health and the health of others.
- I practice abstinence to follow the guidelines of my parents and other responsible adults.

Reasons for Practicing Abstinence

- I want to demonstrate good character.
 - Have a good reputation.
 - I do not want to feel guilty or anxious.
 - I want to postpone sexual intercourse until marriage.

Changing Behavior

- Young people who have been sexually active can change their behavior.
 - Write a list of reasons for choosing abstinence.
 - Talk to a trusted adult about past and decision to practice abstinence.
 - Consider the negative health consequences.
 - Set new limits for expressing affection.
 - Assess current relationship.
 - Avoid behaviors that impair wise judgment.

Teen Parenthood

- 4 in 10 girls become pregnant at least once before age 20
- More than 900,000 teens become pregnant each year
- 40% of pregnant teens are 17 or younger
- 79% of births to teen mothers are out of wedlock

Risks to the Baby

- Low birth weight
- Damaged heredity material
- Inadequate parenting skills

Risks to the Females

- High demands on the body
 - **Anemia**: oxygen carrying pigment in the blood is below normal
 - **baby can be affected**
- **Toxemia of pregnancy**: disorder characterized by high blood pressure, tissue swelling, and protein in urine
- Disrupts education and career plans
- Dating opportunities limited

Risks to the Male

- Responsibility of providing for the baby
- Some states require child support until the child is 18
- Drop out of school
- Usually do not marry the mother of their children
- If they do, they divorce within 5 years
- Small amount of time with their children
- Children do not thrive
- Father feels empty

Faulty Thinking

- I can have a baby now; mom mother had a baby when she was a teen and managed okay.
- I'll be the center of attention if I have a baby.
- I (she) won't get pregnant the first time.
- I can drink alcohol and still stay in control of my decisions about sex.
- It's up to her to set the limits; "boys will be boys."

Application

**Wait until
marriage!!!!**