

# **Reducing the Risk**

## **Building Skills to Prevent Pregnancy STI & HIV**

**Revised 5th Edition**

**Student Workbook**

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# My Risks

My number is \_\_\_\_\_.

**Part A.** I (or my partner) would be pregnant after just \_\_\_\_\_ months of having unprotected sex. We would have a baby in the month of \_\_\_\_\_ if I (or they) carried the baby to term.

**1.** Within a few days of finding out about the pregnancy, I would have to:

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**2.** The pregnancy would change the next year of my life by:

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**Part B.** I don't want to be a teenage parent because I want to:

**1.** 

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**2.** 

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**3.** 

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## My HIV Risks

**Part A.** You learn that you may have HIV.

1. Within a few days of finding out that I might have HIV, I would have to:

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2. If my HIV test showed that I had HIV, I would have to:

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**Part B.** I don't want to get HIV because:

1. 

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2. 

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3. 

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## Lee and Lee #2

**Directions:** Write **C** when you see strong *Communication* statements and underline them. Write **R** when you see *Relationship-Building* statements and underline them. Write **P** when you see *Planning* statements and underline them.

**Lee:** No, Lee. Stop.

**Lee:** Why?

**Lee:** I'm not ready for this. And besides, we would need to use something for protection and we don't have it.

**Lee:** Being ready just means we love each other. You do still love me, don't you?

**Lee:** Yes, but being ready means more than love. We're not ready if we don't have protection. I'm saying no to getting pregnant and to HIV.

**Lee:** Nothing's going to happen, Lee.

**Lee:** I know, because we're not going to do anything without using something—no matter how much I love you.

**Lee:** We could handle having a baby. It would look just like you—we could name it Lee. I think that'd be great.

**Lee:** *(Laughs)* Stop joking, Lee. I'm serious. I have no plans to become a parent while I'm still in high school.

**Lee:** Listen, don't worry about it. We can stop before anything happens.

**Lee:** That doesn't work. That's not protection.

**Lee:** What do you mean? Tammy's not pregnant, is she? What do you think they use? Besides, we're the lucky types. We found each other, didn't we? How else would we have gotten together if somebody wasn't looking out for us?

**Lee:** *(Laughs)* Well, I traded lockers with Daryl, for one thing, so we'd see each other every day.

**Lee:** You did?

**Lee:** Sure. And I learned your schedule so I'd run into you a lot. I believe in helping luck along.

**Lee:** You're really something, Lee. You're right about the protection—and besides, I don't want to do it till it's right for both of us.

**Lee:** C'mon, let's go out and get something to eat.

**NARRATOR:** Lee and Lee leave to get something to eat. Lee learned a lot about luck from Lee. That was the year Lee got a great after-school job and Lee made the track team.

## What Abstinence Means to Me

1. What are the advantages to me if I don't have sex at this time in my life?

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

c. \_\_\_\_\_  
\_\_\_\_\_

d. \_\_\_\_\_  
\_\_\_\_\_

2. What could make it difficult not to have sex?

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

c. \_\_\_\_\_  
\_\_\_\_\_

d. \_\_\_\_\_  
\_\_\_\_\_

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## Talk to Your Parent/Trusted Adult Part A

**Directions:** Fill in the blanks on Part A with your own ideas, including how you think your parent/trusted adult would answer. Then talk to your parent/trusted adult and see how close you are. Record their answers on Part B. Sign and have your parent/trusted adult sign Part C after you talk.

1. How should teens show affection to someone they love?

What I think: \_\_\_\_\_  
 \_\_\_\_\_

What I think my parent/trusted adult thinks: \_\_\_\_\_  
 \_\_\_\_\_

2. Is it OK for teens to send sexy pictures or text messages to someone they're attracted to?

What I think: \_\_\_\_\_  
 \_\_\_\_\_

What I think my parent/trusted adult thinks: \_\_\_\_\_  
 \_\_\_\_\_

3. Should adolescents have sex with someone they love if they plan to marry them?

What I think: \_\_\_\_\_  
 \_\_\_\_\_

What I think my parent/trusted adult thinks: \_\_\_\_\_  
 \_\_\_\_\_

4. What are the best kinds of protection for teens who are sexually active?

What I think: \_\_\_\_\_  
 \_\_\_\_\_

What I think my parent/trusted adult thinks: \_\_\_\_\_  
 \_\_\_\_\_

5. What should parents/guardians do to help their teen avoid pregnancy or HIV?

What I think: \_\_\_\_\_  
 \_\_\_\_\_

What I think my parent/trusted adult thinks: \_\_\_\_\_  
 \_\_\_\_\_

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## Talk to Your Parent/Trusted Adult

### Part B

1. How should teens show affection to someone they love?

What my parent/trusted adult does think: \_\_\_\_\_

\_\_\_\_\_

2. Is it OK for teens to send sexy pictures or text messages to someone they're attracted to?

What my parent/trusted adult does think: \_\_\_\_\_

\_\_\_\_\_

3. Should teens have sex with someone they love if they plan to marry them?

What my parent/trusted adult does think: \_\_\_\_\_

\_\_\_\_\_

4. What are the best kinds of protection for teens who are sexually active?

What my parent/trusted adult does think: \_\_\_\_\_

\_\_\_\_\_

5. What should parents/guardians do to help their teen avoid pregnancy or HIV?

What my parent/trusted adult does think: \_\_\_\_\_

\_\_\_\_\_

Due date: \_\_\_\_\_

### Part C

We verify that we completed the **Talk to Your Parent/Trusted Adult** homework assignment.

\_\_\_\_\_  
Parent's or Guardian's signature

\_\_\_\_\_  
Student's signature

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## Your Friend's Ex-Partner Ineffective Version

### Setting the Stage:

Your best friend's partner ended their relationship. Now your friend's ex-partner seems very interested in going out with you. You like this person, but you really don't want to go out with them because you've been seeing someone else and don't want to mess it up. Your friend's ex speaks first.

**Friend's Ex:** I haven't seen you for a while. Let's go out some night.

**You:** Well, I don't know.

**Friend's Ex:** I just want to talk to you about some things.

**You:** Text me sometime, it gets boring at home.

**Friend's Ex:** Let's go check out a movie. We could go this weekend.

**You:** I may be busy.

**Friend's Ex:** I know we'd have fun together.

**You:** I suppose.

**Friend's Ex:** I'll text you this weekend. Maybe we can do something? OK?

**You:** I guess so. See ya.

## Your Friend's Ex-Partner Effective Version

### Setting the Stage:

Your best friend's partner ended their relationship. Now your friend's ex-partner seems very interested in going out with you. You like this person, but you really don't want to go out with them because you've been seeing someone else and don't want to mess it up. Your friend's ex speaks first.

**Friend's Ex:** I haven't seen you for a while. Let's go out some night and do something fun.

**You:** I miss you, too, but I'm interested in someone else right now.

**Friend's Ex:** I just want to talk to you about some things.

**You:** I don't want to lead you on, but I'd be glad to talk. Text me sometime.

**Friend's Ex:** Let's go check out a movie. We could go this weekend.

**You:** Sorry. I've already got plans to go out.

**Friend's Ex:** What about next Saturday night?

**You:** No, I really don't want to go out.

**Friend's Ex:** I guess we're not going to be friends, huh?

**You:** Well, I'd like to be friends, I just don't want to go out.



## Trying to Slow Down Ineffective Version

### Setting the Stage:

You and your partner have been going out for a while. From the beginning you touched and kissed a lot. On your partner's birthday, you are alone and feel very close. After you have had something to celebrate the birthday, you begin kissing and touching and feeling really good. Your partner wants to have sex with you, but you decide to tell them that you're not ready.

**Person 1:** Why are you stopping now?

**Person 2:** Wait. I'm not sure that I'm ready.

**Person 1:** It isn't my birthday every day, you know.

**Person 2:** Yeah, I know.

**Person 1:** There's no reason to wait. It will mean even more now. What's the difference, now or later?

**Person 2:** Well, I'm not sure.

**Person 1:** I thought this was what we both wanted.

**Person 2:** Do you love me?

**Person 1:** Yes, and sex is part of love.

**Person 2:** I guess you're right.

(They stop talking and go back to kissing.)

## Trying to Slow Down Effective Version

### Setting the Stage:

You and your partner have been going out for a while. From the beginning you touched and kissed a lot. On your partner's birthday, you are alone and feel very close. After you have had something to celebrate the birthday, you begin kissing and touching and feeling really good. Your partner wants to have sex with you, but you decide to tell them that you're not ready.

**Person 1:** Why are you stopping now?

**Person 2:** This feels good, but let's not have sex now.

**Person 1:** It isn't my birthday every day, you know.

**Person 2:** Yeah, I know, but I don't think we're ready.

**Person 1:** I've never had sex and want to have it with you first.

**Person 2:** Maybe some day, but, no, not now.

**Person 1:** There is no reason to wait. It will mean even more now. What's the difference, now or later?

**Person 2:** I want to wait.

**Person 1:** I thought this was what we both wanted.

**Person 2:** We both want to be close, but I don't want sex. How about opening your present from me? It's in my backpack.

**Person 1:** OK.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Observer Checklist Refusals

**ROLEPLAY #**

<b>BEHAVIOR</b>	1	2	3	4	5	6
Said "NO"						
Body Language Said "NO"						
Repeated Refusal						
Suggested Alternative						
Built the Relationship						

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## Refusals

1. Write 1 statement for each of the following that includes at least 2 elements of an effective refusal.

C'mon, you don't have to go home yet. It's not that late. Your mom will understand.

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You've said you love me. Now I want to show you that I love you—let's make love.

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2. Put a check mark beside statements that follow at least 1 guideline for effectively saying no.

- No, I don't trust you.
- Well, I don't know. Probably not.
- No, thanks. I don't want to go to that party. Why don't we go to the movies instead?
- Why don't you go ask someone else?
- I don't think we should be doing this.
- No, not now. Let's watch TV instead.
- But you promised you wouldn't ask me that.

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## At a Party

### Setting the Stage:

You are at a party with someone you like and have gone out with a few times. The party is at a friend's house and the parents are gone. A lot of kids are getting high and some couples are leaving—maybe to have sex. You don't want to have sex and don't want to leave the party. Your date speaks first.

**Person 1:** Let's get out of here so we can talk—it's too crowded.

**Person 2:**

**Person 1:** I just want to be with you. This is our chance.

**Person 2:**

**Person 1:** I've been looking forward to this night with you—please don't spoil it.

**Person 2:**

**Person 1:** If I'd known you'd be like this, I wouldn't have come here with you.

**Person 2:**

**Person 1:** I really thought you were going to be a lot of fun.

**Person 2:**

**Person 1:** Don't worry. I'm not going to do anything. C'mon, let's go.

**Person 2:**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Observer Checklist Refusals

**ROLEPLAY #**

<b>BEHAVIOR</b>	1	2	3	4	5	6
Said "NO"						
Body Language Said "NO"						
Repeated Refusal						
Suggested Alternative						
Built the Relationship						

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## Possible Delay Tactics

**Directions:** Review the delay tactics listed below. In the space provided, add additional ones you think of.

### 1. Delay Statements

Things you could say:

"I'm not ready."

"Not now."

"Sorry, I have to go."

"It's not the right time."

"Not tonight—I've got a sore throat."

"I have to call home."

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### 2. Delay Actions

Things you could do:

Chew a cough drop.

Check your phone.

Drop something.

Stop kissing.

Go to the restroom.

Pretend you lost something.

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### 3. Creating Space

Things you could say or do:

"I need to go think about this."

Arms in front of body.

Take a step back.

Turn away.

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### 4. Ending the Situation Quickly

Things you could say or do:

"I've got to go now."

"Wow, look at the time!"

Walk away.

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### 5. Building the Relationship

Things you could say:

"I know this isn't easy for you."

"I like you too."

"I'll text you tomorrow."

"I like you, but I want you to stop."

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## Presents and Flowers

### Setting the Stage:

You've been seeing someone for a month. This person has treated you to dinner and the movies, has driven you places, and buys you presents and flowers. You've really enjoyed getting to know them! During a party at a friend's house, your date suggests that you leave the party and go somewhere private. Your date's body language shows that they want to have sex with you. You don't want to have sex. Your date speaks first.

**Person 1:** Look at all the great things we've done together. I've been so good to you. C'mon, let's go be alone together.

**Person 2:**

**Person 1:** It's no big deal, it's just part of going out.

**Person 2:**

**Person 1:** I just want to be close to you.

**Person 2:**

**Person 1:** Everybody else is doing it—they just don't tell you.

**Person 2:**

**Person 1:** If you really loved me, you would.

**Person 2:**

**Person 1:** I love you, but you don't seem to care about me.

**Person 2:**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Observer Checklist Delay Tactics

**ROLEPLAY #**

<b>BEHAVIOR</b>	1	2	3	4	5	6
Used Delay Statement						
Used Delay Action						
Created Space						
Ended the Situation Quickly						
Built the Relationship						

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Name: \_\_\_\_\_

## Refusal or Delay Quiz

1. Write 3 delay actions you could use or alternatives you could suggest if you were alone with someone you were dating and wanted to avoid sex.

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Read the situations below and write the refusal or delay response you would use to handle the situation. Decide whether to use a refusal or a delay statement and include an alternative action.

2. Your partner has been drinking and tries to talk you into going for a ride. You don't think you should go but you don't want to get into an argument. You say and do:

Refusal or delay: \_\_\_\_\_

Alternative action: \_\_\_\_\_

---

3. You're at home with your partner. Nobody else will be home for several hours. You don't want to have sex, but your partner begins to kiss you and tries to take off your clothes. You say and do:

Refusal or delay: \_\_\_\_\_

Alternative action: \_\_\_\_\_

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Name: \_\_\_\_\_

## Handling Risky Situations

**Directions:** Write down 2 yellow alert signs. Then describe a plan to prevent or manage the crisis. Then do the same for red alerts.

**YELLOW 1.** \_\_\_\_\_  
\_\_\_\_\_

Alternative Action Plan: \_\_\_\_\_  
\_\_\_\_\_

**YELLOW 2.** \_\_\_\_\_  
\_\_\_\_\_

Alternative Action Plan: \_\_\_\_\_  
\_\_\_\_\_

**RED 1.** \_\_\_\_\_  
\_\_\_\_\_

Alternative Action Plan: \_\_\_\_\_  
\_\_\_\_\_

**RED 2.** \_\_\_\_\_  
\_\_\_\_\_

Alternative Action Plan: \_\_\_\_\_  
\_\_\_\_\_

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Name: \_\_\_\_\_

## Protection: True or False?

**Directions:** Read each situation and circle **T** if you think it's true or **F** if you think it's false under the Round 1 column. Do not make any marks under Round 2 column until directed to do so.

	Round 1	Round 2
1. When putting on a condom, it is important to pinch the tip of the condom.	T or F	T or F
2. Teenagers can get birth control pills from family planning clinics and doctors without permission from a parent.	T or F	T or F
3. Partners of people who are living with HIV can use medicine known as PrEP to protect themselves.	T or F	T or F
4. A person who's never had a child can use an IUD for birth control.	T or F	T or F
5. Using a latex condom correctly every time you have sexual intercourse is very effective in preventing HIV.	T or F	T or F
6. It's OK to use Vaseline or lotion when using latex condoms.	T or F	T or F
7. If a condom breaks or slips, there is nothing that someone can do to protect themselves from pregnancy or HIV.	T or F	T or F
8. Birth control pills, patches or rings used alone are effective in preventing sexually transmitted infections (STIs).	T or F	T or F
9. Douching after sex will wash out the sperm and protect against pregnancy and STIs.	T or F	T or F
10. When a person is using a condom, it's important to pull out right after ejaculation.	T or F	T or F
11. A person is protected from pregnancy the day they begin taking the pill.	T or F	T or F
12. Abstinence is the most effective method of avoiding HIV.	T or F	T or F

(continued)

	<i>Round 1</i>	<i>Round 2</i>
<b>13.</b> Condoms can be used more than once.	T or F	T or F
<b>14.</b> Sharing needles to inject drugs is one way to get HIV.	T or F	T or F
<b>15.</b> IUDs provide very effective protection against pregnancy for up to 10 years.	T or F	T or F
<b>16.</b> The risk of pregnancy is further decreased by using a condom AND pulling out or withdrawing the penis from the vagina before ejaculation.	T or F	T or F
<b>17.</b> There are methods of birth control people can use without having to plan ahead.	T or F	T or F
<b>18.</b> A birth control implant provides protection against pregnancy for 3 years.	T or F	T or F
<b>19.</b> You can get a vaccine to protect you from some kinds of STIs.	T or F	T or F
<b>20.</b> Teens who identify as lesbian, gay or bisexual do not have to worry about preventing pregnancy.	T or F	T or F

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# Shopping Information Form

1. Name of store \_\_\_\_\_

2. What protective products are sold here? (List 3 kinds of condoms and 1 kind of lubricant and the prices for each product. Indicate the types of condoms you saw.)

Product	Brand Name	Price	Shape/Style?	Color?
Condom:				
Condom:				
Condom:				
Lubricant:				

3. How comfortable would you be buying protection here?

1	2	3	4
very comfortable	somewhat comfortable	somewhat uncomfortable	very uncomfortable

4. Would you recommend that a friend buy protection here?      Yes      No

Write 2 sentences telling why or why not.

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5. What are the store's hours of business? \_\_\_\_\_

# Shopping Information Form

1. Name of store \_\_\_\_\_

2. What protective products are sold here? (List 3 kinds of condoms and 1 kind of lubricant and the prices for each product. Indicate the types of condoms you saw.)

Product	Brand Name	Price	Shape/Style?	Color?
Condom:				
Condom:				
Condom:				
Lubricant:				

3. How comfortable would you be buying protection here?

1	2	3	4
very comfortable	somewhat comfortable	somewhat uncomfortable	very uncomfortable

4. Would you recommend that a friend buy protection here?      Yes      No

Write 2 sentences telling why or why not.

---



---



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---



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---

5. What are the store's hours of business? \_\_\_\_\_

Name: \_\_\_\_\_

## Visit or Call a Clinic

1. Name of clinic \_\_\_\_\_

2. Address and phone number of clinic \_\_\_\_\_  
 \_\_\_\_\_

3. Clinic is open from \_\_\_\_\_ a.m. to \_\_\_\_\_ p.m. \_\_\_\_\_ days a week.

4. The following services are available at this clinic:

- |                       |                               |                     |
|-----------------------|-------------------------------|---------------------|
| _____ Birth control   | _____ STI test                | _____ HPV vaccine   |
| _____ Pregnancy tests | _____ STI treatment           | _____ HIV test      |
| _____ Prenatal care   | _____ Counseling              | _____ Sterilization |
| _____ LARCs           | _____ Emergency contraception |                     |

5. A routine examination or consultation about birth control information costs \$ \_\_\_\_\_ .

6. Most states have laws that clinics can't disclose information about clients without written consent, including whether or not clients visit the clinic. This is called "client confidentiality." This clinic's confidentiality policy is as follows:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

7. Besides English, the following languages are spoken at this clinic: \_\_\_\_\_  
 \_\_\_\_\_

8. If you visited (rather than called) the clinic, answer this question: I felt the following level of comfort in this clinic (include such things as decor, friendliness of staff, reading material available in waiting room, etc.):

- |                  |             |                    |               |
|------------------|-------------|--------------------|---------------|
| 1                | 2           | 3                  | 4             |
| Very comfortable | Comfortable | Fairly comfortable | Uncomfortable |

9. Would you recommend that a friend visit this clinic for an exam or to talk about protection?

Write 2 sentences telling why or why not.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

10. Something I learned at this clinic is \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

**Reminder: Attach a card or brochure from the clinic.**

Name: \_\_\_\_\_

## The Way to the Clinic

### Bus or Train Route from School to the Clinic

Which bus do you catch? Number or name of bus \_\_\_\_\_

Where do you get on the bus? \_\_\_\_\_

Do you need to transfer?    Yes    No

What are the transfers? \_\_\_\_\_

Where do you get off? \_\_\_\_\_

About how far did you have to walk from the last bus to the clinic?

\_\_\_\_\_

\_\_\_\_\_

### Car, Bike or Walking Route from School to the Clinic\*

Describe the route from your house or the school to the clinic. Give all street names and freeway numbers. Try to remember and write down other landmarks (such as a fast-food restaurant or a park) that cue you when to turn.

On the attached sheet of paper or map, I have described the:

\_\_\_\_\_ Car Route

\_\_\_\_\_ Bike Route

\_\_\_\_\_ Walking Route

## How Will You Avoid Pregnancy?

**Directions:** This worksheet is for your own use and information. It is not for class discussion and will not be turned in to the teacher.

1. Which method(s) for preventing pregnancy would you like to know more about?

---



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2. How will you find that out? \_\_\_\_\_

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3. Which method seems most convenient? \_\_\_\_\_

4. Which method has the fewest side effects that worry you? \_\_\_\_\_

5. Which methods are effective enough for you? \_\_\_\_\_

6. Do you have a partner? Which method do you think your partner would be most interested in using? \_\_\_\_\_

---

7. Of which method would your parent(s) be most likely to approve? \_\_\_\_\_

---

8. What are your conclusions? Circle the numbers that show which methods seem best for you.

	<b>Best Choice</b>	<b>OK Choice</b>	<b>Worst Choice</b>
Abstinence	1	2	3
IUD	1	2	3
Implant	1	2	3
Birth Control Pill	1	2	3
Birth Control Patch or Ring	1	2	3
The Shot (Depo-Provera)	1	2	3
Condoms	1	2	3
Withdrawal	1	2	3
Condoms + another method	1	2	3

## How Is STI/HIV Prevented?

**Directions:** The information below will be discussed in class. For your own use, assess how well you are protecting yourself from HIV and other STI. (Your personal answers will *not* be discussed in class.)

### Effectiveness of Methods for Protection

Method	Protects for STI, HIV & Pregnancy	Protects for Pregnancy Only
Abstinence	X	
IUD		X
Implant		X
Birth Control Pill, Birth Control Patch, Vaginal Ring		X
The Shot (Depo-Provera)		X
Condom	X	
Withdrawal		X
Rhythm		X

### Protect Yourself

1. Abstinence (not having sex) is the best way to prevent sexual transmission of HIV (and other STIs).

If you do have sex:

- Make sure you do not come in contact with someone else's blood, semen, vaginal fluids or rectal fluids.
- Use a new condom and a water-based lubricant every time you have sex.

2. Abstain from alcohol and other drugs, since they affect your judgment and using them may lead to unsafe sex or injection drug use.

If you do inject drugs:

- Never share needles or works.



## An Important Discussion

### Setting the Stage:

Two friends are leaving campus at the end of the day, discussing their feelings about using condoms.

**Friend:** You know, I just hate using condoms!

**You:** Shhh. People can hear us.

**Friend:** Do you want me to use the word "rubber" instead?

**You:** You can use the word "condom." I just get embarrassed talking about those things...I don't like them either.

**Friend:** I just don't like to stop what's going on. You lose something. And...I like the way it feels without it. It feels more...well, natural.

**You:** Yeah, I know what you mean. But you know what we've learned in class. If you're having sex, condoms are the best protection against pregnancy and STI.

**Friend:** I guess you're right. I'll just have to change my attitude and be sure we use them. My life's pretty good now. I want to keep it that way.

**You:** That's how I feel. This way, we can do everything we're planning to do in high school and then afterward.

## An Afternoon Chat

### Setting the Stage:

You are talking with a friend after school. You tell your friend that you and your partner are thinking about going to a family planning clinic and getting the shot. Your friend doesn't think the shot is a good method for you. Your friend speaks first.

**Friend:** Watch out, the shot might make you (your partner) gain weight.

**You:**

**Friend:** But doesn't the shot give you (your partner) cancer?

**You:**

**Friend:** Anyway, you'll have to tell your (your partner's) mother because you probably need a parent's permission to get the shot.

**You:**

**Friend:** Isn't it really expensive to get the shot?

**You:**

**Friend:** I know I'd never remember to go get a shot every 3 months.

**You:**

**Friend:** What will you use to prevent STI? The shot won't protect you from getting HIV!

**You:**

## Two Hours to Kill

### Setting the Stage:

You're at your partner's house after school. You aren't ready to have sex and you've said so. You know no one will be home for 2 hours. You're kissing and touching and your partner lets you know they want to have sex. You don't want to.

**Person 1:** It's OK to have sex when you love each other.

**Person 2:**

**Person 1:** We don't get many chances to be alone.

**Person 2:**

**Person 1:** You're not worried about us getting pregnant or infected, are you?

**Person 2:**

**Person 1:** OK then, we'll use a condom.

**Person 2:**

**Person 1:** I just feel so close to you. That's why I want to have sex.

**Person 2:**

**Person 1:** If you loved me as much as I love you, you'd do it.

**Person 2:**

**Person 1:**

**Person 2:**

## A Small Party

### Setting the Stage:

You've been going out with someone for 6 months and care for this person very much. There's going to be a small party at a good friend's house where you can be alone. Your partner asks you to get some protection before the party. You're not ready to have sex. Your partner says:

**Partner 1:** I guess you don't really care about me.

**Partner 2:**

**Partner 1:** I feel like a fool asking you. I never thought you'd act like this.

**Partner 2:**

**Partner 1:** Are you starting to see someone else?

**Partner 2:**

**Partner 1:** Well, I thought you'd really want to do it.

**Partner 2:**

**Partner 1:** What if I got the protection?

**Partner 2:**

**Partner 1:** This takes the fun out of going to the party.

**Partner 2:**

**Partner 1:** I guess it's not so important, right now.

**Partner 2:**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Observer Checklist

**ROLEPLAY #**

<b>REFUSALS</b>	1	2	3	4	5	6
Said "NO"						
Body Language Said "NO"						
Repeated Refusal						
Suggested Alternative						
Built the Relationship						
<b>DELAY TACTICS</b>						
Used Delay Statement						
Used Delay Action						
Created Space						
Ended the Situation Quickly						
Built the Relationship						

**For Review Only**

## My Favorite Cousin

**Directions:** Imagine that you have a cousin who you are really close to. They tell you they want to start having sex with their partner. Knowing your cousin, their partner and their relationship, you feel it is important for them to wait to start having sex. Write what you would say to encourage your cousin to delay having sex.

**Cousin:** My partner really wants me to and I love them.

**You:**

**Cousin:** My partner is the cutest person in school.

**You:**

**Cousin:** I'm going to do it someday, anyway. What's wrong with now?

**You:**

**Cousin:** My partner said we could use a condom.

**You:**

**Cousin:** We really love each other.

**You:**

**Cousin:** If I lose this relationship, I'll just die.

**You:**

**For Review Only**



## Time for a Condom

### Setting the Stage:

You and your partner have had sex without using protection. You just found out a close friend is pregnant, and you don't want it to happen to you and your partner. You want to talk about using a condom, but you're nervous so you've put it off. Now you're alone together in a RED ALERT situation. You stop and say you want to talk.

**Person 1:**

**Person 2:** Now? What do you want to talk about at a time like this?

**Person 1:**

**Person 2:** We've done it before and nobody's pregnant.

**Person 1:**

**Person 2:** Let's talk about it next time, OK? Don't spoil the mood.

**Person 1:**

**Person 2:** I don't want to use protection. I don't think it would feel right.

**Person 1:**

**Person 2:** Nothing's going to happen. My sister has sex without protection. She's not pregnant, and she doesn't have HIV either.

**Person 1:**

**Person 2:** Other couples do it without protection.

**Person 1:**

**Person 2:** I just think it will take away half the fun.

**Person 1:**

**Person 2:** Sounds like you're really serious. I guess a condom is easy to get.

**Person 1:**

**Person 2:**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Observer Checklist

**ROLEPLAY #**

<b>REFUSALS</b>	1	2	3	4	5	6
Said "NO"						
Body Language Said "NO"						
Repeated Refusal						
Suggested Alternative						
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Used Delay Statement						
Used Delay Action						
Created Space						
Ended the Situation Quickly						
Built the Relationship						

© ETR

## How HIV Would Change My Life

1. If I had HIV, I would have to make the following changes in the way I act with my romantic partners now and in the future:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

2. If I had HIV, it could harm me in these ways:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

3. The most difficult things for me about having HIV would be:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

4. If I had HIV, my life would change in the following ways:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**For Review Only**

## The Steps to Protection

**Directions:** Picture a time in your life when you would be ready to have sex. It may be now, next year or when you're married. Suppose you're concerned about preventing pregnancy and STIs and want to use a condom. The steps to protection are described. Write how you'd take these steps.

### Setting the Stage:

Imagine that you and your partner haven't had sex before, but you've been going out for a long time. You think it may be time for sex but you're not exactly sure what your partner thinks. If you do decide to have sex, you want to be sure that you're protected from HIV, other STIs and pregnancy by using a condom. Write how you'd take each step. Step 3 is optional.

### STEP 1: Talking About a Plan for Protection

#### 1. Talk to your partner about using a condom.

Where will you talk about it? \_\_\_\_\_

When will you talk about it? \_\_\_\_\_

What will you say? \_\_\_\_\_  
\_\_\_\_\_

What challenges might arise in planning for protection? \_\_\_\_\_  
\_\_\_\_\_

What would you do then? \_\_\_\_\_  
\_\_\_\_\_

*(continued)*

**STEP 2: Preparing for Protection**

**2. Get the condoms.**

Who will get them? \_\_\_\_\_

When? \_\_\_\_\_

Where? \_\_\_\_\_

What challenges might arise in getting them? \_\_\_\_\_

\_\_\_\_\_

What would you do then? \_\_\_\_\_

\_\_\_\_\_

**STEP 3: Using Protection**

**3. Use the condoms.**

Whose job would it be to carry the protection? \_\_\_\_\_

Who would bring out the condoms? \_\_\_\_\_

What would they say? \_\_\_\_\_

\_\_\_\_\_

What would be the most romantic way to use the condom? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What might go wrong? \_\_\_\_\_

What would you do to save the evening? \_\_\_\_\_

\_\_\_\_\_

For Review Only

## Sticking with Abstinence and Protection

**Directions:** Write some DOUBTS that might make it harder for you to abstain or use protection. Then, pair up with a partner and write ACTIONS (DOUBT BUSTERS) that counter that DOUBT and make you even more prepared to get what you want.

DOUBT: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DOUBT-BUSTER ACTION: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DOUBT: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DOUBT-BUSTER ACTION: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

For Review Only

**For Review Only**



## Chris and Pat

**Directions:** After hearing the story of Chris and Pat, answer the first 4 questions. Don't answer questions 5 and 6 until the teacher tells you to.

1. Describe 1 important reason why Chris might not want to have sex.

---

2. Describe 2 things that Chris can say or do to delay having sex.

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3. Describe 1 reason why Pat would be better off waiting until Chris is ready.

---

4. Describe 2 things Pat can do to help wait until Chris is ready.

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5. Describe 1 reason that *you* might not want to have sex. "I might not want to have sex because..."

---

6. Describe 2 things that *you* can say or do to delay having sex until you are ready.

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**For Review Only**

## Being Careful on the Couch

### Setting the Stage:

You've decided that you don't want to have unprotected sex with your partner. On this evening, you both have been watching TV. You decide to lie down on the couch together. You remember that this is exactly what happened the last two times you had sex without protection.

**Person 1:** I love you.

**Person 2:**

**Person 1:** Don't worry, baby.

**Person 2:**

**Person 1:** But I'm sure it's safe.

**Person 2:**

**Person 1:** Anyhow, nothing bad is going to happen to us. Believe me.

**Person 2:**

**Person 1:** Well, I just don't want to give this up—it's too much fun.

**Person 2:**

**Person 1:** I promise we'll go get some protection for next time.

**Person 2:**

**Person 1:** What's wrong? Why change a good thing?

**Person 2:**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Observer Checklist

**ROLEPLAY #**

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Body Language Said "NO"						
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