

## **Let's Wait Awhile: Postponing Sexual Involvement** HiTOPS Teen Council

**Designed for:** Males and females, grades 7-12

*"If you really loved me you would."  
"Oh come on, what's the big deal?"  
"If I don't, she'll find someone else."*

How often are first sexual experiences the result of peer, media and social pressure? These elements in our culture combine to make teens think they have to be sexually active to be "normal". While there are many reasons why teens have sex, few of these are healthy reasons. However, there are many good reasons for waiting to become sexually involved. Teens need to make their own decisions to postpone sexual involvement until they know they are truly ready, emotionally as well as physically. When individuals discover their own thoughtful reasons for wanting to postpone sexual involvement, they are more invested in those reasons than when an adult *tells* them why they should.

This peer-led workshop uses age-appropriate skits and small group discussion to guide participants in a decision-making process about becoming sexually involved that will allow them to reach their own conclusions. This workshop also uses discussion and role-play scenarios to teach participants negotiation and refusal skills – the specific behavioral steps to saying "no" and/or negotiating a solution in any kind of pressure situation.

### **Our Goals are to help students:**

- Explore reasons why teens do and do not become sexually involved
- Increase understanding about the consequences of early sexual involvement
- Learn and practice negotiation and refusal skills

**Average length of workshop:** 90 minutes

**Recommended number of participants:** 20-100