



The Seven Project is a multimedia, speaker-driven school assembly. The Seven Project Assemblies entertain and captivate audiences all across the United States. Seven addresses real-life issues and situations students face every day. The Seven Project Discussion Guides culminate the Seven Project experience by creating intensified discussions about student life.

The activities and discussions in these guides are designed for use in single classroom settings or as entire school or community-wide campaigns. The Seven Project offers these guides as tools for use at the discretion of local school educators and administrators in part or entirety. The Seven Project and your school: *building students' hope...one issue at a time.*

ABSTINENCE

For Grades 6-12. Students will combine a study of facts about teen pregnancy, sexually transmitted diseases and teen sexual activity with classroom discussion. Through increased student awareness, students will learn the dangers of premarital sexual activity, the importance of abstinence, and how to commit to abstinence.

Objectives:

- Understand the realities of sexually transmitted diseases and teen pregnancy.
- Understand the power of abstinence.

Materials Needed:

- Copies of *Stating Your Rating and Abstinence*.

Discussion:

- 1) What issues/messages from The Seven Project School Assembly stood out to you the most? Why?
*Transition: *"In our classroom time today, (principal's name) and I felt it was important that we follow-up on one of the topics: abstinence, since this is something we deal with at our school."* Distribute ***Stating Your Rating***.
- 2) Which pick-up lines are the funniest? Which could actually work?
*Insert *Extensions and Adaptations* activity here, if desired.
- 3) What do you fear most about having sex? Rate responses numerically.
- 4) Do you think the majority of students in our school are having sex?
- 5) Who could contract a sexually transmitted disease or become pregnant?
- 6) What are effective ways to combat STDs? How effective are the following: abstinence, monogamous marriage, condoms? Abstinence is 100% effective.
- 7) What does this statement mean: *They don't make a condom for the heart?*
- 8) How can we help you and your friends abstain from sexual activity?

Extensions and Adaptations:

- TV Time. Divide students into groups. Have each group pick a tv show and role-play as its characters, creating a short skit based on one of the pick-up lines from *Stating Your Rating*. Have a competition and reward the winning team.



Online Resources:

National Campaign to Prevent Teen Pregnancy
www.teenpregnancy.org

Relevant National Standards

McREL establishes the following National Standards at www.mcrel.org

- ¥ Knows how to maintain and promote personal health
- ¥ Understands the fundamental concepts of growth and development

Thinking and Reasoning

- Health
- ¥ Understands and applies basic principles of logic and reasoning
 - ¥ Applies basic trouble-shooting and problem-solving techniques
 - ¥ Applies decision making techniques

- ¥ Self Regulation: Considers Risks
- ¥ Working with others: Contributes to the overall effort of a group
- ¥ Working with others: Displays effective interpersonal communications skills

Life Skills Arts Listening and Speaking

- ¥ Demonstrates competence in speaking and listening as tools
- ¥ Students will use descriptive language that clarifies and enhances ideas
- ¥ Students will use a variety of sentence structure to express expanded ideas



Stating Your Rating

Here are some of the best (*and worst*) pick-up lines we've ever heard.

Rate them on a scale of 1-15, 1 the best, 15 the worst:

- *Hey baby, are you a parking ticket? Because you got "fine" written all over you!*
- *Can I have a band-aid? 'Cause I cut my knee when I fell for you!*
- *Are you from Tennessee? Because ten is all I see!*
- *Bond. James Bond.*
- *Hi, You'll do.*
- *Are your legs tired? Because you've been running through my mind all day!*
- *I'm wearing Revlon Colorstay lipstick, want to help me test the claim it won't kiss-off?*
- *Do you have a map? Because I'm totally lost in your eyes?*
- *Can I borrow your library card? I wanna check you out!*
- *Well, here I am. What were your other two wishes?*
- *I bet you 20 bucks you're gonna turn me down.*
- *Hi, I suffer from amnesia. Do I come here often?*
- *Stand still so I can pick you up!*
- *I lost my telephone number. Can I have yours?*
- *WOW!!!*

Are you afraid?

What about having sex scares you? Rate the following fears on a scale of 1-8, 1 most feared, 8 least feared:

- ___ Pregnancy
- ___ Reputation
- ___ Losing your parents' respect
- ___ Letting your parents/friends down
- ___ Societal pressures
- ___ Sexually Transmitted Diseases
- ___ Losing self-respect
- ___ Other



Abstinence

Decide now.

It will be very difficult when emotions are flying everywhere

Be accountable.

Talk with friends and adults about your standards and invite them to ask periodically how well you're sticking to them.

Choose wisely.

Don't date just anybody. Make sure they have the same values as you.

Set goals.

Focus on building a relationship with the person you're dating.

Make definite plans for each date.

Avoid dating alone.

Date with groups. Doing things with others will reduce "temptation times."

Avoid imagery.

Don't fill your mind with sexually explicit pictures, videos, or music. Your dominant thoughts will become your dominant actions. You become what you think.

Be available.

Let your friends know they can talk with you.

Be a listener.

Your friends want someone who will listen; not necessarily give advice.

Don't make light of your friends' feelings.