

**QUIZ A: ANSWER KEY**

- FALSE 1. Once you have had sex, you can never choose abstinence.
- FALSE 2. It is important that you justify to others your decision to remain abstinent.
- TRUE 3. Abstinence is the only 100% sure method of preventing STDs and pregnancy.
- TRUE 4. Studies have shown that married people have sex most often and get the most satisfaction from it.
- FALSE 5. To be abstinent means you do not have any feelings about the opposite sex.
- TRUE 6. Oral sex is still considered sex.
- FALSE 7. You cannot get an STD from oral sex.
- FALSE 8. All STDs can be cured with antibiotics or some other medication.
- TRUE 9. The fastest growing population of HIV-infected people are heterosexuals under 25.
- FALSE 10. One in 10 sexually active teenage women will become pregnant before she reaches the age of 20. (It's actually four in ten!)
- TRUE 11. Teens with low self-esteem are more easily pressured into having sex.
- TRUE 12. The way the media portrays sex can influence our feelings and beliefs about it.
- FALSE 13. The media always represents sexual decision-making and the consequences of those decisions in a realistic and true-to-life way, especially when it comes to teens.
- FALSE 14. Peer pressure is always a bad thing.
- TRUE 15. Teens who drink alcohol are more likely to have sex.
- FALSE 16. Asking questions, reasoning, or using excuses are examples of clear ways to say no to sex.
- FALSE 17. If you have never talked with your parents about sex, there is no point in starting when you're a teen.
18. On the back, list at least four reasons why a teen might choose abstinence. Answers may include waiting until marriage, staying disease-free, avoiding pregnancy, better emotional health, and/or staying true to one's values.

## QUIZ B: ANSWER KEY

Directions: Fill in the blanks in the story below by choosing the best word or phrase from the list below. There are more words than blanks!

Abstinence

Emotional

Pregnancy

Sex

Alcohol

Justify

Refusal skills

Smart date

Communicate

Marriage

Renewed virgin

STD/STI

Consequences

Media

Self-esteem

Values

Double standard

Peer pressure

Set limits

Virginity

It has been said that nothing in life is free. If everything does have a price, the same is true of sex—it has **consequences**, too. Some of the more obvious ones include the risk of **pregnancy** and contracting an **STD/STI**. In addition to these physical concerns, there are also **emotional** reasons not to have sex. It is important to think about how you might feel if you choose to have sex with someone, and to remember that **self-esteem** and decisions about sex are related. Teens who feel good about themselves the way they are less likely to have sex in order to feel more loved and appreciated.

Another important reason why teens choose abstinence is because of their **values**. For many, their parents, their faith, or their personal beliefs give them good reasons to wait to have sex until **marriage** or with a committed lifelong partner. Whatever your reasons, remember that even if you have already had sex, you can choose abstinence today and be a **renewed virgin**. Sticking to abstinence or renewed virginity is not always easy when you are dealing with pressure from **peers** or the **media**, which doesn't necessarily portray sex in a realistic way.

Before you start dating, it is important to **set limits** regarding what you will and will not do and then clearly **communicate** them in your relationships right from the start. Having good **refusal skills** is also important; you can avoid a lot of problems by being clear and firm. When choosing **abstinence**, it is important to watch out for yourself by making other healthy choices. For instance, going to a party with drugs or alcohol is not an example of a **smart date**, and it's illegal for teens!