

# Did You Know

Not All Date Rape Situations Can Be Avoided, But There Are Some Things You Can Do To Minimize Your Risk.

- ☉ Use common sense— avoid situations that seem dangerous.
- ☉ Avoid situations where you are alone with anyone you don't know very well.
- ☉ Always tell someone where you are and when you will return.
- ☉ Use a buddy system, have friends check up on each other at parties or other social gatherings.
- ☉ Learn self-defense techniques.
- ☉ Avoid drugs and alcohol which can cloud your judgment.
- ☉ Trust yourself — if a situation feels unsafe, get out.



Women Who Abstain From Sex Until Their 20s And Who Have Fewer Partners In Their Lifetime Have A:

- \* Lower risk of sexually transmitted diseases
- \* Lower risk of infertility
- \* Lower risk of cervical cancer



For more information about these and other subjects, please read the upcoming issue of "TeenZine 9-12"

For more information about STDs/HIV, call 1-800-CDC-INFO (1-800-232-4636)  
Project Red Talon, Northwest Portland Area Indian Health Board  
Text selections from SIECUS

Talk About Sex, available in full at: <http://www.siecus.org/pubs/TalkAboutSex.pdf>

# stopthesilence TeenZine

Grades 9-12 : Issue 2.

Abstinence

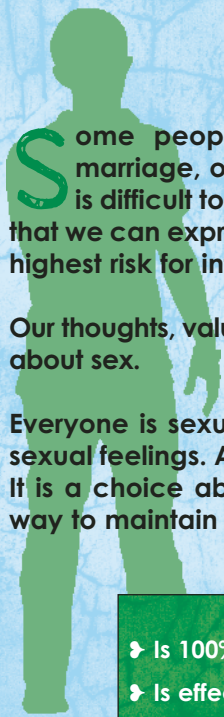
Sexual Desire

The Darker  
Side Of Sex



[stopthesilence.org](http://stopthesilence.org)

# Abstinence



Some people think that you should never have sex before marriage, other people think it's ok. No matter how old we are, it is difficult to make decisions about sex. Sex is only one of the ways that we can express our feelings for another person. Sex also carries the highest risk for infection and pregnancy.

Our thoughts, values, and beliefs can help us make responsible decisions about sex.

Everyone is sexual. Being abstinent does not mean that you have no sexual feelings. Almost everyone is abstinent at some time in their lives. It is a choice about your body, mind, and spirit. Masturbation is one way to maintain abstinence and learn what is right for you.

## Abstinence

- ▶ Is 100% effective in preventing pregnancy
- ▶ Is effective in preventing sexually transmitted disease
- ▶ Has no medical or hormonal side effects
- ▶ Is encouraged by many religious groups

## Make a Choice

When it comes to sexual behavior, there are as many different possibilities as there are people and couples. Some people feel sexual desire but don't act on it at all. Others choose to masturbate but decide not to be sexual with anyone else. Some people may decide to engage in some sexual behaviors but not others. The important thing is that you make the choice that is right for you.

Remember, decisions can change. You may choose to be sexual with a partner today and change your mind later. Just because you've done something before doesn't mean you have to do it again. Each decision is unique. So think about it.

You have the right to express how you feel, to disagree with others, to ask for what you want, to refuse someone's request, and to be treated fairly without being intimidated.

- \* Be honest
- \* Be direct
- \* Take responsibility for your own needs and feelings

Ask yourself these questions before you engage in any sexual behavior:

### Who is your partner?

What is your relationship with this person? Sexual activity often involves many feelings and emotions that can be confusing. How will you and your partner handle these feelings if they come up? How will sex change your relationship with this person?

### Do you feel safe?

Consider your partner, the situation, the location.... Do you feel safe and taken care of? Do you feel respected by your partner? Do you respect your partner? Can you talk and listen to him/her? Are you worried that someone might walk in?

### Is it consensual?

No one has the right to be sexual with another person without that person's explicit permission. Have you talked about what behaviors you give permission for and have permission to start? Have you talked about where you will stop? Do you feel like your partner respects your decisions? Do you respect your partner's decisions?

### What is your motivation?

Why are you thinking of doing this? People can have many reasons for having sex, like to become closer, to feel loved, to express love, to feel good, to satisfy curiosity, to gain popularity, to get

someone to like them, to fit in, or to rebel. Let's face it, some of these aren't very good reasons for getting sexually involved with someone else. Be honest with yourself, what are your reasons?

### Are you being honest?

Have you talked to your partner about your feelings, what you want to do, and what you don't want to do? Were you truthful in these conversations? Being honest with yourself and your partner can help you have a better relationship.

### Is it protected?

Most sexual behaviors carry some risk of STDs or pregnancy. It's important to protect yourself from these risks—either by avoiding behaviors and eliminating the risk or by using effective protection and reducing the risk. Do you understand the risk involved in each behavior you are considering? Do you understand the benefits of abstaining from some or all risky behaviors? Do you understand how condoms or birth control can reduce your risk? Do you know how to use condoms or birth control correctly?

### Why are you thinking about doing this?

Sexual decisions only work when both partners agree to them, so it is helpful to keep talking to each other about your decisions. Your relationship may change. And your sexual decisions may change, too.

Sexual relationships present physical and emotional risks. Abstinence is one way to postpone taking those risks until you are able to handle them.

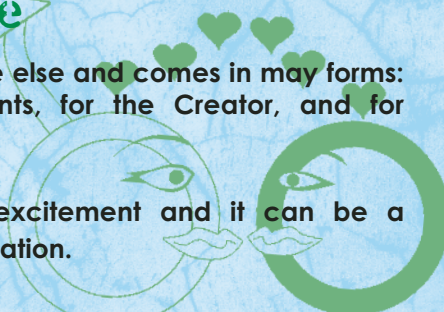
# Love, Desire, & Breaking-Up

## Love Vs. Sexual Desire

Love is a strong caring for someone else and comes in many forms: love for close friends, for parents, for the Creator, and for humankind.

Sexual desire is a strong physical excitement and it can be a fantasy we create, a crush, or just a flirtation.

Love can exist without sexual desire, and vice versa. A healthy relationship is based on many things, including respect, trust, honesty, fairness, equality, responsibility and communication. When you are in a healthy relationship, your partner will want to protect you from unintended pregnancy and sexually transmitted diseases, and will not use pressure, guilt, or force to make you have sex.



Love VS Sexual Desire

## What Characteristics Are Important To You In A Healthy Relationship?

---

---

---

---

---

---

---

---



## Breaking-Up

We may decide to have sex because we feel love for our partner, and then we realize it was actually infatuation. "Infatuation" is an emotional and sexual attachment that often makes us want to have sex to feel close to the other person. Sometimes this can turn into a long-lasting, loving relationship, but often times it doesn't.

At this age, we sometimes get involved in a serious relationship quickly, and it's easy to believe that the relationship will last forever. In reality, few relationships that start in our teens last into adulthood, so we need to know what to do when they end.

### Sometimes You Have To Be The One To Break It Off. When You Do, You Should:

- Be ready. When you know the relationship must end, be ready to break it off - even if it hurts to break up.
- Be honest. Tell your partner that your feelings have changed. Don't ask someone else to do it for you.
- Be considerate. Don't hurt your partner's feelings on purpose.

### Other Times, You Will Be The One Broken Up With. When They Do, You Should:

- Think about what you learned from the relationship, even if you feel sad or rejected.
- Remain proud of the unique person that you are, even if you feel angry or depressed.
- Understand that you will feel better in time.



# Sexual Abuse

People don't usually talk about sexual abuse, but it is very common. Sexual abuse is a term used to talk about unwanted sexual situations.

Sexual abuse happens when one person forces another to engage in any sexual behavior. Sexual abuse can involve: touch such as kissing; an abuser touching a person's body in a sexual way; a person being made to touch an abuser's body in a sexual way; a person being made to touch their own body in a sexual way; or a person being made to engage in oral, vaginal, or anal sex. Sexual abuse can also happen without touch, such as being shown pornographic movies, magazines, or websites; taking photos, videos, or other recordings; or watching sexual acts.

## Rape

When sexual abuse involves penetration of the vagina or anus it is defined as rape. Both men and women can be abused, assaulted, or raped. Everyone who has been abused, assaulted, or raped needs to know that it is not their fault.

## Date Rape

When sexual assault or rape occurs between people who know each other socially it is sometimes called date rape or acquaintance rape. The most important thing to remember is that no one has the right to have sex with another person without his/her expressed permission. You have a right to say no to anyone at any point— even if you have had sex with them before or are in the middle of sexual activity — and to expect that your partner will listen. And anyone has the right to say no to you and expect you to respect their decision.

## Sexual Harassment

Is any repetitive, unwanted, or uninvited sexual attention such as teasing, touching, or taunting. Sexual harassment can occur anywhere but usually happens in places like school, extracurricular programs, and work.

If you have experienced sexual abuse, assault, or harassment you should tell a parent/guardian or trusted adult. Most adults will believe you and help you, but if the person you tell doesn't — tell someone else. There are many resources to help individuals who have survived abuse or assault including counselors, teachers, healthcare providers, religious leaders, rape crisis centers, domestic violence organizations, and the police. You can start by checking out [www.childhelpusa.org](http://www.childhelpusa.org) or calling 800/4 A CHILD (800/422-4453) or 800/2 A CHILD (TDD). You can also check out the National Sexual Assault Hotline by logging on to [www.rainn.org](http://www.rainn.org) or calling 800/656-HOPE (800/656-4673).

# Sexual Checklist

ACTIVITY	x-EWW!	1-No Thanks	2-Ask me each time	3-Hmm...OK	4-Yes! Yes!	Unsure how to talk to your partner about sex? Use this checklist to open up dialogue, set and clarify boundaries, improve communication, and encourage safe sexual experiences.
Things you like done to you!						SPECIAL NOTES
Kissing						
Making out						
Fondling/touching:						
With clothes						
Without clothes						
Masturbation:						
Clitoris/Vagina						
Penis						
Anus						
Oral Sex:						
Clitoris/Vagina						
Penis						
Anus						
Intercourse:						
Clitoris/Vagina						
Anus						
Things you like doing to others!						
Kissing						
Making out						
Fondling/touching:						
With clothes						
Without clothes						
Masturbation:						
Clitoris/Vagina						
Anus						
Oral Sex:						
Clitoris/Vagina						
Penis						
Anus						
Intercourse:						
Clitoris/Vagina						
Anus						
How do you feel about...						
Condom use						
Hickys						
Cuddling/spooning						
Other:						