

## Worksheet: SO WHAT'S AN "ABSTINENCE" ANYWAY?

1. Imagine someone has decided to be **ABSTINENT**. According to your own definition of "abstinence," circle the following sexual behaviors you believe a person can engage in and **still be ABSTINENT**.

Holding hands	Deep kissing	Anal intercourse
Dry kissing	Vaginal intercourse	Showering together
Mutual masturbation	Masturbation	Watching porn videos
Reading erotic literature	Oral intercourse	Massage
Cuddling naked	Talking sexy	Body painting

2. Find a partner and discuss the list with your partner. Circle below **only** the behaviors you **both agree** a person can engage in and **still be ABSTINENT**.

Holding hands	Deep kissing	Anal intercourse
Dry kissing	Vaginal intercourse	Showering together
Mutual masturbation	Masturbation	Watching porn videos
Reading erotic literature	Oral intercourse	Massage
Cuddling naked	Talking sexy	Body painting

3. With your partner, find another set of partners. Again, circle **only** the behaviors **all four of you agree** a person can engage in and **still be ABSTINENT**.

Holding hands	Deep kissing	Anal intercourse
Dry kissing	Vaginal intercourse	Showering together
Mutual masturbation	Masturbation	Watching porn videos
Reading erotic literature	Oral intercourse	Massage
Cuddling naked	Talking sexy	Body painting

4. Examining your final list, have your group **define** abstinence.

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