

### Making decisions about sexual health

**Time:** 30 minutes

**Materials:**

- [Making decisions about sexual health PowerPoint presentation](#)
- [Abstinence worksheet](#)

**Instructions**

- Cue the PowerPoint presentation
- Using the notes, deliver presentation and lead a discussion about decision-making for sexual health

**Variations**

- Have students complete the Abstinence worksheet using one of the options below:
  - Distribute the worksheet to the students during the presentation (follow the prompts in the slideshow). Have students complete the worksheet individually during the presentation.
  - Organize students into groups of 3-4 and allow them to complete the worksheet together following the presentation. Once students have completed the worksheet, have them share their answers in a whole class discussion.
- If desired, consult with the school health nurse to address difficult questions or to arrange a question and answer session for the class with the nurse