

## Your Choice, Your Consequences

**Time:** 15 minutes

### Materials:

- [Your choice, your consequences statements](#)

### Prepare Ahead

- Cut out the statements and put them into an envelope from which to draw them at random

### Instructions

- Inform students that for this exercise we will assume that everyone is sexually active, but we know this is not the case.
- Students will use the month that they were born as their cue
  - Optional: If there are more students in a certain both, divide the statements among students with other months that aren't claimed
- Draw a statement and read the month aloud to the students
  - All students with that particular birth month will be asked to stand
  - Read the statement associated with the month
- Ask the students to remain standing if they are "pregnant" or to be seated if they are not "pregnant"
- Continue in the same fashion until all the statements have been read. Ask the students what they learned from this activity. Elicit the following points:
  - A person can become pregnant the first time
  - A person can choose to avoid pregnancy
  - Alcohol and other drugs can impair a person's judgement
  - Contraception must be used every time to be effective
  - Contraception must be used correctly to be effective

Source: Sue Nottingham, Connection health, Adapted from ETR Association "Reducing the Risk"