

## Procedure

### Session 8      **Abstinence and Being Faithful .....1 hour**

#### Step 1

Write the letters ABC on the flip chart and ask the participants if they know what these letters mean. Explain that ABC is an important strategy in the prevention of HIV and AIDS.

- A = Abstinence
- B = Be faithful to one faithful partner
- C = Condom use, consistently and correctly

Point out another way of thinking about ABC:

- Act responsibly or accept responsibility. As an adult you are responsible for everything you do.
- Be prepared. Again, this applies to everything in life. Being prepared means getting the facts about whatever you want to undertake. Be prepared for education, job, sex life, avoidance of damaging substances. Adults should always try to "be prepared" for whatever might come up in their lives.
- Consider the consequences (or Consider the outcome). Adults don't rush into things, but they think about what the end result might be before they act. Again, this should apply to sex life as well as to all other actions and aspects of life.

#### Step 2

Ask participants to write down the meaning of abstinence on a small piece of paper and to place it in a basket. Read aloud 5 or 6 papers and develop a common definition that is written on the flip chart. The following points should come out:

*Abstinence means restraining from a desire for something or doing something.*

*There are many benefits to abstaining or saying no to something.*

*Often times people think abstinence means saying no to sexual intercourse, but in fact, abstinence can refer to many other behaviors like drug use, drinking, or having intimate contact with someone.*

### **Step 3**

Divide participants into 2 groups and give each group a newsprint and pen. One group should write down all the advantages of abstinence and faithfulness and the drawbacks of abstinence and unfaithfulness. Allow about 5 minutes for this and then share their responses with the entire group.

Point out that there are absolutely no health disadvantages of abstaining from sex. Also note that some people who have had sex could also decide to abstain. It is ok to choose not to have sex any more. Many individuals do. If you decide to return to abstinence, know that:

- it is ok to say no now;
- you should communicate with your partner ahead of time about your decision;
- you have the right to choose to have sex or not—even if you've had sex in the past.

### **Step 4**

Remind participants about the values they said were important in a relationship, especially being honest, respected and being faithful. Stress the importance of faithfulness in a relationship. Point out if partners are not faithful to one another, then they should use condoms to protect themselves and their other partners.

### **Step 5**

End this session by distributing **Session 8 Handout** on ABC and tell participants to read it during their free time.

### **Discussion/ Evaluation**

1. How do you reconcile your values and your behaviour?