

# ◆ Family Activity ◆

## Abstinence

1. Show your parent the “Choosing to be Abstinent” worksheet you completed during the last *Wait for Sex* session.

Explain what you wrote on your worksheet to your parent. Ask your parent what he or she thinks of the worksheet. Write what your parent says here:

2. Ask your parent to tell you three good things about waiting to have to sex. Write what your parent says here:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. Ask your parent to give you three suggestions on how you can remain abstinent. Write what your parent says here:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_