

Everybody's **NOT** doing it.
Join the **real** majority.

Discussion/Self-Reflection Questions

Vignette Title: The Confidence to Say No

- Kyle tells the story of feeling depressed, worthless and suicidal after a bad break up with a boyfriend – she had sex with him for the first time. How do you think that a teen relationship can get so out of control and move so quickly? How could she have prevented emotional consequences?
- The video states that sexually active girls are more likely to use drugs and alcohol, to be arrested and even drop out of school. Why do you think this is true?
- How much do you think teens really know about the realistic expectations of condoms and birth control to prevent STDs and pregnancy? Where do you get information about the safe sex message? Where do you get information about being abstinent? Who in your life would want you to abstain from unhealthy behaviors like having sex?
- The video states that sometimes younger girls don't have the confidence to say no to sex. What would you suggest to younger people on how to say no when they are in a tough situation? What helps you to avoid situations where you feel uneasy?
- One of the expert psychologists says that teens really need to learn how to talk about their feelings with those who care the most about them. Do you find it difficult or uncomfortable to talk about your feelings? Who do you trust most in your life to give you healthy advice?
- What activities in your life are you most proud of?