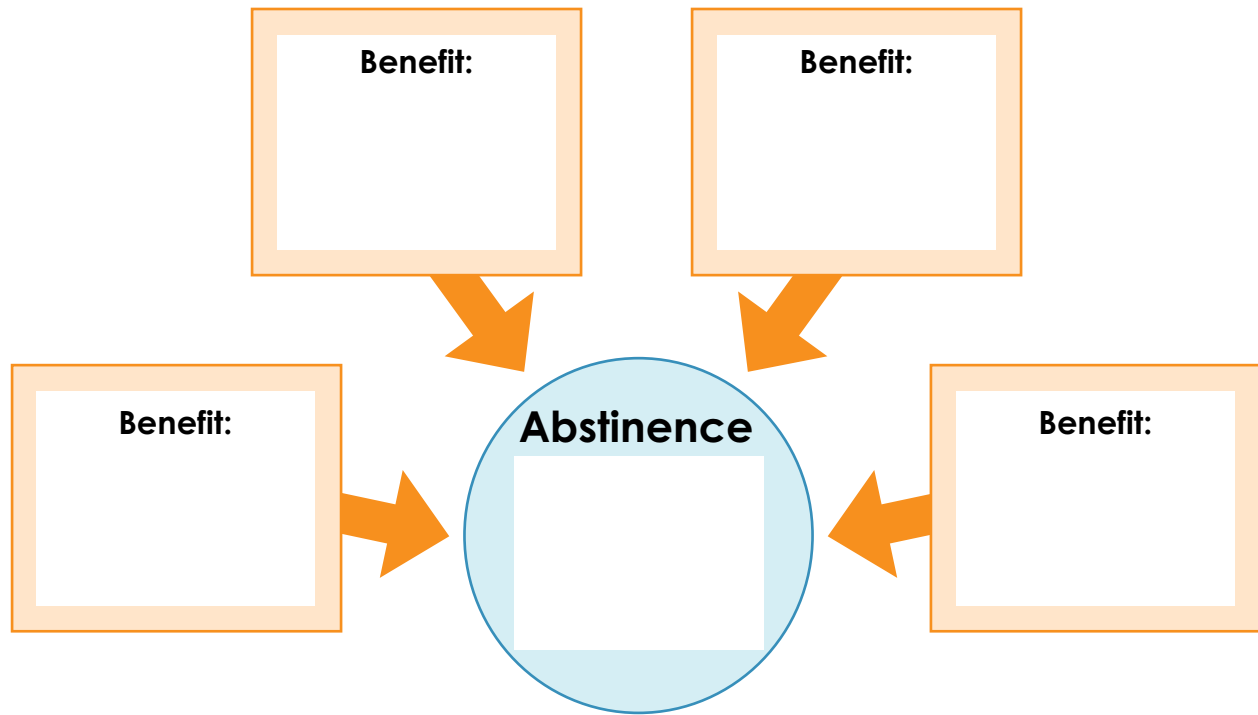


Abstinence and Contraception Note-Taking Guide

Abstinence

1. Define abstinence in the following circle. Complete the diagram by writing four benefits of choosing abstinence.



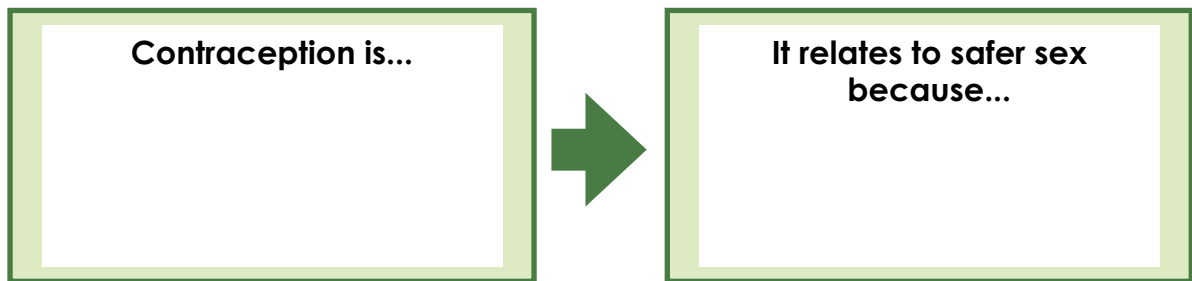
2. List three ways to help yourself stay abstinent.

Three empty yellow rectangular boxes are provided for the student to list three ways to help themselves stay abstinent. Two boxes are arranged horizontally at the top, and one box is centered below them.

Abstinence and Contraception

Contraception

3. Define contraception and describe how it relates to safer sex.





4. Name the only contraceptive method that is 100 percent effective in preventing pregnancy and protecting against STDs.

5. Identify the four primary types of contraceptives. Describe how each method of contraception works to prevent pregnancy and the transmission of STDs and identify at least two examples of contraceptives for each type.

Type 1:	Type 2:	Type 3:	Type 4:
Description:	Description:	Description:	Description:
Examples:	Examples:	Examples:	Examples:

Abstinence and Contraception

6. On the plus side, list one advantage of choosing abstinence and explain in your own words why you think students who choose abstinence could view it as an advantage. On the negative side, list one disadvantage of choosing abstinence and explain in your own words why you think students who choose abstinence could view it as a disadvantage.

7. List one type of contraceptive or a specific contraceptive: _____

In the spaces below, based on the contraceptive you chose, list one advantage and one disadvantage of using that contraceptive and explain in your own words why you think students could view it as an advantage and a disadvantage.

Abstinence and Contraception

Emergency Contraception

8. Explain why you would or would not use an emergency contraceptive based on the information provided in the chapter.

