# Skill-Building Challenge Worksheet: Decision Making

Name: Blank Class: Blank Date: Blank

The only way to completely prevent STDs and pregnancy is to be abstinent. As you become involved in a relationship you may move from dating to being sexually active. You have learned there are multiple contraceptives available. Some have varying success rates in preventing STDs and pregnancy, and some are able to only prevent pregnancy. Using the Decision-Making Skill Cues, decide whether contraceptives or abstinence is the better choice for you. If you decide to use contraceptives, choose which one would be best for you and explain why, including how to safely and effectively use the contraceptive to prevent STDs and an unintended pregnancy. If you decide to be abstinent, explain why, including how to safely and effectively stay abstinent.

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| STEP 1:  Understand the problem |  |
| STEP 2:  Gather information and know your options |  |
| STEP 3:  Know the consequences |  |
| STEP 4:  Make a decision |  |
| STEP 5:  Think about your choice |  |