

## LESSON: Making Love Without Doing "IT"

### Overview

The media provide numerous examples of couples going out together and having sex as their main activity. Teens viewing these media could well conclude that going out together as a couple would seem to have to include sexual intercourse in order to meet the expectation of a good night out together. This lesson encourages youth to brainstorm numerous possibilities for enjoying the company of a girl or boyfriend without having sex.

### Objectives:

- To identify ideas for spending fun time with your girl/boyfriend without having sexual intercourse
- To contrast media portrayals with real life suggestions from teens their own age.
- To encourage abstinence.

**Level:** Middle / High School

**Time:** 1 class period

### Preparation and Materials:

- White Board
- Paper and Markers

### Procedures

1. Share with the group that the media often send messages about sexuality that are not quite real. Audiences need to remember that they are being bombarded with these messages and after you see and hear these messages enough times, it may seem as though absolutely everyone is doing IT.
2. We often see couples in relationships, but we need to remember that like other parts of the media, these scenes don't necessarily represent the reality of real people going out together.
3. Explore the fact that many teens have limited ideas as to how to spend time as a couple and this can lead them to do some things that they later regret.
4. This lesson focuses on creating a brochure that teens can use to generate new ideas for spending time with that special person in their lives.

### Activity

- Optional: Distribute copies of the ETR brochure, 101 Ways to Make Love without Doin' It.
- Tell the class that teens often want to customize the list in this brochure to activities that they enjoy in their own community and that's exactly what we're going to do now.
- Ask for a few ideas from the group to get the brainstorming started. Write the ideas on the white board.
- Now break into small groups. Distribute paper and markers and have each group brainstorm their own ideas for a brochure. Encourage them to be creative and come up with their own ideas for activities they think other teens would really enjoy.

- The whole class could vote afterwards to select their favorite brochure. The winning brochure could be duplicated and shared with the rest of the class or even beyond the class with others in the school or broader community.
- Note: These customized brochures with suggestions for one's own community have been very well received in some of the classes that have tried this idea.

### **Basis For Assessment**

Creation of the brochure; judging of ideas listed in the brochure by other students in the class.