

Alternatives



What options do I see?

-
-
-
-
-
-



If I didn't have to worry about _____ ,
what else could I do?

How could I approach this creatively?

-
-
-
-
-
-

Information



What do I need to know?

-
-
-
-
-

Who should I talk to?

-
-
-

What am I unsure about?

-
-
-

How trustworthy are my sources?

-
-
-

Frame the Situation



What decisions do I face?

-
-
-

Who else is involved?

-
-

Is there a deadline?

-

Values:



What is at stake?

-
-

What do I want?

-
-

What do I want to avoid?

-
-



Identify and label any trade-offs between these values.

Am I ready to commit?

Your decision is only as strong as the weakest link.
Test the strength of your decision

Rate the Chain:

100% is the point at which additional effort is not worth it.



Focus on improving the weak links.

Yes No Am I fit to decide?

Yes No Am I ready to decide?

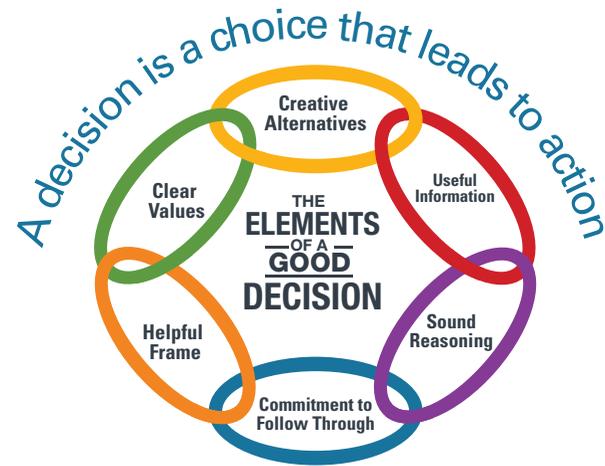
Commitments:

I am going to:

Specific Next Steps:

Date:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	



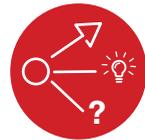
Frame: The decision situation you are working through.



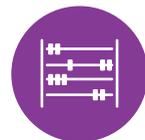
Values: What you want or don't want in the outcome.



Alternatives: Different ways you can address the situation.



Information: What you need to know and what is uncertain.



Reasoning: Identifying the alternative that best fits your values.



Commitment: Following through on your decision.

A good decision makes sense and feels right

For more information go to:
www.decisioneducation.org

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Conversations for CLARITY

What do I want to achieve:

Why is that challenging?

Passive



Can look like...

- Giving in and saying “yes” when you really don’t want to
- Not asking for what you want
- Acting in a particular way in order to be liked

Can make you feel...

- Taken advantage of
- Hurt
- Angry
- Less confident



Aggressive

Can look like:

- Trying to get your own way by putting someone else down
- Leaving little room for others to talk or disagree
- Scowling facial features, large hand/body gestures
- Invading someone’s personal space

Can make others dislike you, lowering your self-esteem.

Communication Styles

Learning how to effectively communicate with others is an important skill. It can help you understand others, avoid problems and resolve conflicts.

Can look like...

- Giving people an honest “no” to things you don’t want
- Refusing to use other people
- Refusing to let others use you
- Asking straight-up for what you want without putting anyone else down

Three Steps to Communicating Assertively

Step 1: I feel in this situation/ when you do this.

Tell the person how you’re feeling at the moment. Try to be honest and accurately describe your feelings about the situation.

Step 2: I want or need

Say what you want or need from the person. You may want the person to do something or simply listen to you. Be specific

Step 3: I will ...

Tell the person what you are prepared to do to get your needs met or resolve the problem.

Assertive



When you respect others’ needs as well as your own, it is easier to maintain healthy relationships.

It's Your Future. You Can Protect It.

Always use a condom and another form of birth control.

Girls and Guys, if you are sexually active, protect yourself and your partner from pregnancy, HIV, and other STDs. Even if you or your partner is using another type of birth control, agree to use a condom **EVERY TIME** you have sex, to reduce the risk to both of you for HIV and most other STDs. Birth control (such as the pill, patch, ring, implant, shot, or an IUD) provides highly effective pregnancy prevention, but it does not protect you from HIV and other STDs. Condoms can reduce the risk to both of you for most STDs, including HIV, as well as the risk for pregnancy. Be prepared.



Talk to your partner. If you have sex, make sure you both agree to use a condom and a more effective type of birth control every time.



Condoms need to be used the right way, every time you have sex. So use both a condom AND a highly effective method of birth control every time you have sex.



And remember, when you get right down to it, the only sure way to prevent pregnancy, HIV, and other STDs is not to have sex.



the pill
patch
ring
implant
shot
or IUD



EVERY TIME
to reduce
the risk of
pregnancy, HIV,
and other STDs



www.cdc.gov/teenpregnancy/Teens.html

Get involved, make your voice heard!
www.engage.findyouthinfo.gov

Learn about talking to your partner.
www.takestwoapp.org www.sexetc.org www.stayteen.org

Learn to use condoms the right way, every time.
www.itsyoursexlife.com/gyt/condoms/

Learn about all birth control methods.
www.stayteen.org/birth-control-101

Find a Clinic www.hhs.gov/opa



**Centers for Disease
Control and Prevention**
National Center for Chronic
Disease Prevention and
Health Promotion

CS248705-A



**It's your futur .
You can prot ct it.**

If you are sexually active and are not ready to become a parent, it is important to use birth control to protect yourself from pregnancy.

It is also important to reduce your risk of getting sexually transmitted diseases (STDs), including HIV.

Condoms are the only birth control that reduces your risk of both pregnancy and STDs, including HIV. But, in order to work, condoms must be used correctly and must be used every time you have sex. It's important to know, however, that they cannot completely protect you and your partner from some STDs, like herpes, syphilis, or human papillomavirus (HPV), the virus that causes genital warts and cervical cancer. Also, condoms can break, slip, or leak, especially if they are not put on and taken off properly.

The only sure way to prevent pregnancy and STDs is NOT to have sex.

If you do have sex, use DUAL PROTECTION.

Even if you or your partner is using another type of birth control, agree to use a condom every time you have sex, to reduce the risk to both of you for HIV and most other STDs.



Condom



Birth Control Pill



Patch



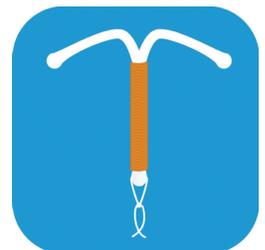
Ring



Implant



Injection



IUD

Remember!

- ⦿ Use a condom and birth control.
- ⦿ Condoms must be used correctly and used every time you have sex.
- ⦿ Sometimes you or your partner might not know if one of you has an STD.

Know how to use a condom the right way, every time.

How do you put a condom on correctly?

The condom should be put on before any genital contact. Sperm may come out of the penis before the male ejaculates, so put the condom on before any skin-to-skin contact begins. You should also know that some STDs can be transmitted without intercourse, through genital (skin-to-skin) contact. To reduce the risk of pregnancy and STDs (including HIV), males need to wear a condom the entire time from the beginning to the end of genital contact, each and every time.

1

When you are opening the package, gently tear it on the side. Do not use your teeth or scissors because you might rip the condom that's inside. Pull the condom out of the package slowly so that it doesn't tear.



2

Put the rolled up condom over the head of the penis when it is hard.



3

Pinch the tip of the condom enough to leave a half-inch space for semen to collect.



4

Holding the tip of the condom, unroll it all the way down to the base of the penis.



When the condom is on, it should feel snug enough so that it won't fall off during sex, but not too tight.

- ⊙ If you accidentally put on a condom inside-out, throw it away and get a new one. You can tell a condom is inside-out if it won't roll down the length of the penis easily.
- ⊙ If the condom ever tears or rips when you are putting it on or when it's being used, throw it away and use a new one.

How do you take off a condom correctly?

The most common mistake is not using condoms from the beginning of sexual contact to the very end, after ejaculation. Immediately after ejaculation, hold the bottom of the condom so it stays on and semen cannot spill out. Then, carefully withdraw the penis while it is still hard. Once the penis is out, you can remove the condom, wrap it in tissue, and throw it in the trash. Do not flush it down the toilet because it might clog.

What if the condom breaks?

If you feel the condom break at any point before or during sex:

Stop immediately!

Withdraw.

Carefully remove the broken condom and put on a new one.

If the condom breaks, pregnancy can be prevented with emergency contraception. Emergency contraception (the "Morning-After Pill") works best when it's started as soon as possible after sex, but can be started up to 5 days after sex.

Remember:

Emergency contraception helps prevent pregnancy, but it does NOT protect against STDs.

Know your CONDOM DOs & DON'Ts



DO

- Read all the information on the package. Know what you are using.
- Check the expiration date on the package. If it is expired, get a new package of condoms and throw away the old ones.
- Use only condoms that are made of latex or polyurethane (plastic). Latex condoms and polyurethane condoms are the best types of condoms to use to help prevent pregnancy, STDs, and HIV.
- Use a pre-lubricated condom to help prevent it from tearing. If you only have a non-lubricated condom, put a little bit of water-based lubricant ("lube") inside and outside the condom.
- Condoms come in different sizes, colors, textures, and thicknesses. Talk with your partner and choose condoms both of you like.



DON'T

- Do not use two condoms at once.
- Do not use condoms made of animal skin, sometimes called "natural" condoms. Animal skin condoms can help prevent pregnancy but don't work as well as latex or polyurethane condoms to prevent STDs, including HIV.
- Do not keep condoms in a place that can get very hot, like in a car. If you keep a condom in your wallet or purse, be sure you replace it with a new one regularly.
- Do not use any kind of oil-based lubricants (like petroleum jellies, lotions, mineral oil, or vegetable oils). These can negatively affect the latex, making it more likely to rip or tear.
- Do not reuse condoms.
- Do not use condoms that are torn or outdated.

www.cdc.gov/teenpregnancy/Teens.html