

“It’s All SEX”



To order CD go to: http://www.njphysicians.org/resources_teens.htm

It's All SEX is a mini-CD-Rom designed to help teens figure out boundaries regarding the high-risk behavior of sexual activity.

It's All SEX affirms the healthy choice of abstinence and the benefits of avoiding sexual activity. You can rate you own risk of sexual exposure.

It's All SEX lets you know that activities that are often presented as alternative practices or “outercourse” are risky to physical and emotional health.

It's All SEX is full of real facts and helpful tips with provocative questions to assist you in thinking independently and resisting sexual pressure.

It's All SEX gives encouragement if you're already involved in high-risk behavior to change and start making healthier choices.

**It's interactive, positive and upbeat.
Powerful video clips and fun activities reinforce the message
that abstinence is a realistic choice and that its
value has long-term, far-reaching impact into your life.**

OPENING VIDEO CLIP “SEX IS NOT A GAME”

In addition to the opening video clip, there are five other video clips that present the benefits of sexual abstinence, as well as different aspects of dealing with the issues of sexual activity.

IN THE ZONE

This is an interactive section that allows YOU to evaluate twelve behaviors and rank them in three risk categories or zones: safety, danger and high-risk. YOU can navigate through this segment and get immediate answers on each of these activities.

WHY WAIT?

- ❖ question the assumptions of popular culture
- ❖ identify the benefits of sexual abstinence

HOW TO DO IT

- ❖ identify personal boundaries in preventing high risk behaviors
- ❖ practice refusal skills in rejecting sexual pressure
- ❖ consider making a personal pledge to sexual abstinence

HOW DO U RATE?

- ❖ understand the concept of personal risk
- ❖ identify high-risk behaviors and potential risks
- ❖ understand sexual exposure as a result of multiple sex partners
- ❖ evaluate the possible long-range consequences of today's seemingly harmless decisions

CONNECT WITH THE FACTS

- ❖ understand the STD epidemic in the United States today
- ❖ learn the difference between bacterial and viral STDs and the challenges each poses to health
- ❖ identify the implications of teenage non-marital pregnancy
- ❖ evaluate the facts without emotional exaggeration
- ❖ consider that boundaries eliminate risk

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