



Discussion Guide

For Adults Working with Teens

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Lesson: Pride and Regret

Learning Objectives

By the end of this activity, participants will be able to:

1. Identify common elements of positive and negative decision-making
2. List reasons why teens might decide to postpone or engage in sexual intercourse

Materials

- Two index cards or slips of paper per student
- Pens or pencils
- Copies of teen scenario
- Copies of article “**Learning to Say ‘No’ to Sex**” and “**How I Got the ‘Shot’**”
- Flipchart paper or chalkboard

Procedure

1. Distribute two index cards to each student and have them anonymously write on one index card a decision they have made that they later regretted (related to anything) and on the other index card, write one decision they made that they felt really proud about.
2. Collect all of the index cards and put the regret decisions in one pile and the pride decisions in another pile. Shuffle the cards in their separate piles and redistribute only the regret decision cards, so that each participant has one, but not his or her own.
3. Ask for volunteers to read out their regret decisions and have the class listen without comment or judgment. When you’ve heard a good sampling of the regret decisions, brainstorm with the group common elements or themes they heard about the regret decisions. Make a list of these commonalities on a chalkboard or piece of flipchart paper. The list might include themes like, didn’t think about it, felt pressured, was under the influence, too young, etc.
4. Distribute copies of the articles “**Learning to Say ‘No’ to Sex**” and “**How I Got the ‘Shot’**” and have students read both articles and discuss the decisions made by each author. How are these decisions similar? Different?
5. Divide the participants into small groups of three or four. Distribute to each group a copy of the teen scenario and have them answer the following questions:

- How does someone know if he or she is ready to have sex?
- How does someone know if he or she is NOT ready to have sex?
- Imagining that this 16-year old is your sister, what advice would you give her?

TEEN SCENARIO— 16-Year-Old Female

“At times, I get all hot with my partner and I feel like I really want to have sex. At other times, I know that I shouldn’t have sex until I’m ready. The problem is that sometimes I feel like I’m ready and other times I feel like I’m not ready. What should I do?” Allow groups 10 minutes to discuss the scenario and answer the three questions.

6. Ask each group to share the following with the larger group:

- How does someone know if he or she is ready to have sex?
- How does someone know if he or she is NOT ready to have sex?
- Imagining that this 16-year old is your sister, what advice would you give her?

7. Shuffle and distribute the pride decision cards so that each student has one, but not his/her own. Again, ask for volunteers to read their cards and listen without judgment or comment. Ask the group for common themes about the decisions that made people feel proud. Make a list of the common themes on the newsprint or chalkboard. Discuss the differences and similarities between the two lists the group has created.

8. Have participants turn over the pride index card and answer the following question on the back: “What is one thing I could do to help me feel proud of my decisions?”

This Discussion Guide lesson was written by Nora Gelperin, M.Ed. For additional lessons, go to http://answer.rutgers.edu/page/lesson_plans.

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