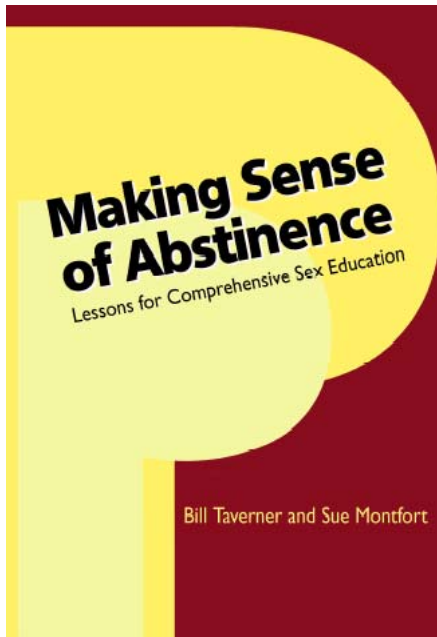


## Introducing...

# MAKING SENSE OF ABSTINENCE



*"Making Sense of Abstinence* succeeds brilliantly in making the topic of abstinence intelligent, thought-provoking, imaginative, respectful, and downright engaging. These lessons provide educators a much-needed opportunity to teach, not preach.

Students will deeply appreciate the authors' willingness to be honest with them and to provide them with accurate and balanced information. They will learn that there is a long continuum of behaviors between "saying no" and "doing it" that will keep them safe, not sorry. Educators will feel more secure about teaching tough topics such as oral sex, masturbation and outercourse, when they see they are allied with discussion about personal values, decision-making and communication.

The authors direct their lessons at educators of comprehensive sex education. But, some could surely fit into an abstinence-only program, offering a sliver of common ground upon which those with differing viewpoints about the content of sex education can stand. Let's salute Taverner and Montfort for this important effort to help all our teens get the complete information and protective skills they need and deserve to make smart, safe decisions."

*Susan N. Wilson, Former Executive Coordinator  
Network for Family Life Education*

## 16 LESSONS

### MAKING SENSE OF ABSTINENCE

#### SO WHAT'S AN ABSTINENCE, ANYWAY?

##### THE ABSTINENCE LINEUP

*So Much More than Just Say No*

##### WHAT'S YOUR TAKE?

*Examining Opinions about Abstinence*

#### HEY, MOM? HEY, DAD? (HEY...GRAM?)

*Can We Talk about Abstinence?*

##### JUST SAY KNOW

*Navigating Mixed Messages about "Sex"*

##### EVERYONE DESERVES RESPECT

*Looking at Abstinence and Stereotypes*

##### MASTURBATION

*A Touchy Subject*

### FIGURING OUT OUTER COURSE

#### ORAL SEX AND ABSTINENCE

*Examining the Role of  
Intimacy in Sexual Decisions*

##### HANDLING HORNY

*Savvy About Sexual Response*

#### IS THE SLOPE THAT SLIPPERY?

##### READY OR NOT?

*Deciding about Sexual Behaviors*

#### SAYING YES, SAYING NO

##### ABC...EASY AS 123?

##### SOME DAY

*Making the Transition from  
Sexual Abstinence*

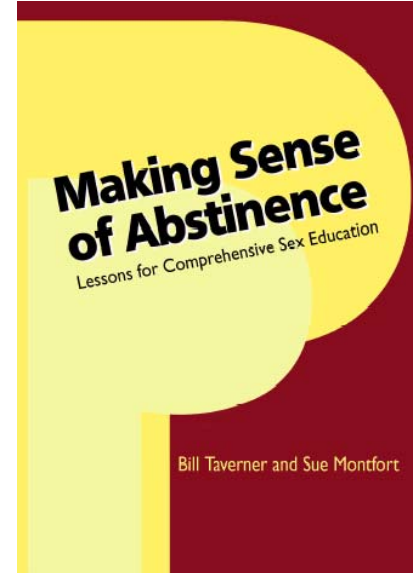
# More praise for... **MAKING SENSE OF ABSTINENCE**

"*Making Sense of Abstinence* is an easy-to-use manual that provides factual information and an array of strategies to target all learning styles. It allows for each school district to select lesson plans that are relevant to their curriculum, from conservative districts to more liberal districts. This is an excellent source for health educators."

**Sandy Toronzi, Teacher**  
*North Warren Regional High School*

"At last, abstinence education based on science and learning pedagogy, that affirms the intelligence of young people and acknowledges their right to sexual health. *Making Sense of Abstinence* is amazingly inclusive and respectful, giving all of us who care about kids a real life tool to replace 'Just Say No' with 'Just Say Know'."

**Jan Lunquist, Vice President for Education**  
*Planned Parenthood Centers of West Michigan*



"*Making Sense of Abstinence* is a treasure! It is a veritable compendium of practical, well constructed activities for teachers, clergy, and youth workers to help them lead skill building learning experiences for teens. The lessons are creative, age appropriate, interactive, and based on sound learning principles and accurate medical information. They provide opportunities for adolescents learn and practice the interpersonal and communication skills they need to make decisions about abstinence that are based on their values, an understanding of consequences, and the realities of cultural, media, and peer pressure."

**Maggi Ruth P. Boyer, Sexuality Education Consultant**

"*Making Sense of Abstinence* provides a critical perspective as well as an array of excellent activities that helps the conscientious sexuality educator help teens think about abstinence in a way that values the teen's ability to make good decisions in our complex society."

**Bernice Humphrey, Associate Director**  
*National Programs, Girls Incorporated*

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