

## Chapter 12 Intimacy and Sexual Decision Making

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### Key Terms

- healthy relationships
- sexual intimacy
- self-esteem
- sexual decision making
- sexually transmitted infections (STIs)
- Human Immunodeficiency Virus (HIV)
- Acquired Immune Deficiency Syndrome (AIDS)
- methods of contraception

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### Thinking through the Consequences

- Sexuality encompasses an important part of who you are
- Decisions about sex and sexuality should be made with all the possible consequences in mind
- Listen to your “gut instinct” about what is right and wrong

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## Healthy Relationships

- Responsible sexual and intimate decisions are most easily made within healthy relationships
- In healthy relationships:
  - People feel good about themselves
  - Partners respect themselves and one another
  - Partners consider and show concern for each other's feelings

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## Healthy Relationships versus Unhealthy Relationships

Positive Relationships versus Unhealthy Relationships	
<b>To indicate relationships, behaviors ...</b>	<b>To indicate relationships, behaviors ...</b>
Feel happy and relaxed	Feel unhappy
Are confident	Manipulate one another to get what they want
Have positive self-esteem	Pressure the other person to do something that she or he does not want to do
Act with mutual respect	Use intimidation or threats
Are considerate of one another	Disagree and frequently argue over fundamental issues
Feel appreciated	Are aware of themselves
Build intimacy through an honest exchange of ideas	Have negative self-esteem
Communicate openly and honestly	Act with disregard for the other person's feelings
Listen to each other	Feel disorganized and unorganized
Attempt to understand one another	Do not communicate well
Assess one's mood	Are unaware of how they have to be in order to be loved or with
Enjoy equality	Do not attempt to understand one another
Hold positive body images	Hold negative body images
Have the ability to talk about sexuality	Do not talk about sexuality
Make sexual decisions together	Do not make sexual decisions together
Support one another and one's self	Do not share with others
Remain independent	Act needy and depend on the other person for emotional stability

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## The SHARE Qualities

- Healthy relationships always have some things in common:
  - Safety
  - Honesty
  - Acceptance
  - Respect
  - Enjoyment

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## Intimacy and Relationships

- Intimacy: The expression of a deep, faithful love, the foundation of good friendship, and an essential part of a loving relationship
- What Constitutes Sexual Intimacy?
  - Sexual intimacy: Way of expressing intimate feelings for another person
  - A progression—something that begins slowly, with less intimate acts, over time may move towards more intimate acts

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## Defining Your Limits

- Good communication skills are essential:
  - Refusal
  - Delay
  - Negotiation
  - Acceptance

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## The Importance of Self-Esteem

- Self-esteem:
  - A feeling of pride in yourself and sense of self-worth
- Sexual decision making:
  - Making conscious choices about your sexual activity

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## It's Okay to Wait

- Pressure comes from all directions:
  - The media, friends, family, religious and community leaders, parents
- Weigh these influences against your beliefs, and discuss your choices with those closest to you
- What's the Rush?
- Reasons to Wait

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## Understanding the Health Risks

- Understand, weigh, and make decisions
- The potential health risks:
  - Sexually transmitted infections (STIs)
  - HIV/AIDS
  - Becoming a parent when you are not yet prepared or able to be one

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## Understanding the Risks

### Consequences of Sex, Before or After

#### Possible Desirable Consequences

Feelings of responsibility and pride  
Maintaining parental trust  
Avoidance of pregnancy  
Avoidance of sexually transmitted infections  
Maintaining moral convictions  
Positive self-esteem  
Self-respect  
Happiness about your decisions  
Developing good communication skills and habits

#### Possible Undesirable Consequences

Unplanned pregnancy  
Sexually transmitted infections  
Increased stress and worry  
Feeling badly about yourself  
Unhappiness about your reputation among your peers  
Conflict with partner  
Pressure from partner  
Loss of partner  
Parents not agreeing with your choices, loss of parental trust  
Regret

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## Knowing Your Options

- Abstinence
- Contraceptive Methods/Barriers Against Disease:
  - Condoms (male/female)
  - Dental dams
- Hormonal Methods of Contraception:
  - The pill
  - The patch
  - Contraceptive injections
- Natural Methods of Contraception:
  - Fertility awareness

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## Think First—Sexually Transmitted Infections (STIs)

- Infections caused by bacteria, viruses, or parasites
- How STIs are spread:
  - Bacteria or viruses travel in semen, vaginal fluids, and blood
  - Infected blood (e.g., on needles and syringes)
  - Infected women can pass some STIs to their babies during pregnancy, at childbirth, or during breastfeeding
- Getting tested
- Getting treatment

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## HIV/AIDS

- Human Immunodeficiency Virus (HIV)
  - Transmitted through the exchange of bodily fluids passed through mucous membranes or blood
- Acquired Immune Deficiency Syndrome (AIDS)
  - Occurs when a person's immune system has become so weak that it can no longer successfully fight off infection

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## HIV/AIDS

- What you need to know about HIV/AIDS:
  - HIV can live in a person's body for 10 years or longer before any signs of it appear
  - No sure way of knowing whether someone has contracted HIV without a blood test
  - Initial symptoms can include fever, diarrhea, weight loss, dry cough, and swollen glands
  - There is no cure

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## Values, Beliefs, and Decision Making

- Consider whether a choice will make you feel ashamed or that you have something to hide
- Think about your choices as they can have serious long-term consequences
- Talk through your decisions with someone you trust

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