

WHAT IS ABSTINENCE??

I THINK ABSTINENCE IS: _____

Basic Human Rights

I'm under no obligation to say "yes" to people because they ask.

The fact that I say "no" to someone does not make me a selfish person.

If I do say "no" to someone and that person gets angry, that does not mean I should have said "yes."

I have a right to assert myself, even though it may inconvenience others.

The fact that other people say "yes" does not mean I have to.

I can still feel good about myself, even though someone else may be annoyed with me right now.

Abstinence- To refrain voluntarily or withhold oneself deliberately from an action such as sexual activity.