

School. Strong Tower Academy, Ikorodu

Date 11th May, 2020

Class JSS3

Subject Teacher. Mr OYERINDE

Subject Basic Science

Topic Abstinence

Instructional Objectives: At the end of the lesson, students should be able to:

- (a) define abstinence;
- (b) explain the importance of abstinence in youths.

Previous Knowledge Students have learnt that pre-marital sex causes STDs

Content

Abstinence is a self-enforced restraint from indulging in bodily activities that are widely accepted and experienced as giving pleasure. Most frequently, the term is known as sexual abstinence. This practice can arise from religious prohibition and practical considerations. Abstinence may also refer to restraint from drugs. For example one can abstain from smoking.

Sexual abstinence is a choice to not participate in any genital contact. The choice is usually made for a specific moral, religious, legal or health reason. It is the act of not having sex. The personal definition of this can range from no sexual contact to anything but intercourse.

For our purpose, abstinence is defined as no genital or anal contact between people. This involves restraining from all forms of sexual intercourse and contact, ensuring that there is no exchange of body fluids such as vagina secretions or semen.

Abstinence is the best prevention from STDs, and the only guarantee against them, only if there is no genital or anal contact or sharing semen or vaginal fluids.

Abstinence prevents unwanted pregnancy as long as no semen enters the vagina. There is no hormonal or medical side effect . in terms of birth control, abstinence means not allowing sperm near the woman's body.

Evaluation Teacher asks students the following questions:

- (a) Define abstinence
- (b) Explain the importance of abstinence in young adults

Conclusion: Teacher gives a concise note to students, marks same

Date 12th May, 2020

Class JSS3

Subject Basic Science

Subject Teacher. Mr OYERINDE

Topic Abstinence

Instructional Objectives: At the end of the lesson, students should be able to:

- (a) state the advantages of abstinence;
- (b) mention the disadvantages of abstinence.

Content

Advantages of Abstinence

- 1 it is free, available to all and can be started anytime in life
- 2 it encourages people to build relationship without sexual activities
- 3 it makes you feel good about yourself
- 4 it poses no medical or hormonal side effect

Disadvantages of Abstinence

- 1 if you are counting on abstinence and change your mind in the heat of the moment, you might have protection handy
- 2 choosing abstinence does not end your sex drive

There are many reasons people choose abstinence. It is important to make your decisions by yourself and define what abstinence means to you, and if you are in or beginning a relationship what it means to your partner.

Evaluation Teacher asks students the following questions:

- (a) Mention three advantages of abstinence
- (b) Give two disadvantages of abstinence

Conclusion: Teacher gives a concise note to students, marks same.

Assignment: (i) Define chemical (ii) Explain the classes of chemicals