

COURAGE: It's Your Choice

DISCUSSION GUIDE

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Guided Questions

USING THIS GUIDE

Use this guide to think through and discuss the questions below with fellow students after viewing the video "COURAGE: It's Your Choice." The video was produced specifically for the youth of Southern Africa, to engage you in discussions regarding sexual attitudes and behaviours, and the dangers of HIV/AIDS.

Be honest with yourself and your friends as you talk together, and feel free to ask the discussion facilitator – perhaps your teacher – any questions you may have. You may find that you continue thinking about this long after having watched the video. You may wish to make some changes.

Be courageous! It's your choice. . .

IT'S YOUR LIFE

1. Describe yourself? How would others describe you?
2. What do you live for? What's really important to you?
3. Describe what you hope will be in your future.

PEER PRESSURE

4. Have you been pressured to have sex? By whom?
5. Why do you think others pressure you to be sexually active?
6. What can you do to withstand peer pressure?

HIV/AIDS

7. What is HIV? What is AIDS?
8. How is HIV/AIDS spread?
9. Have you seen a friend or relative suffering with HIV/AIDS? Describe.
10. Are you afraid of getting HIV/AIDS? Why?

REDUCING RISK VS. ELIMINATING RISK

11. How can you reduce your risk of getting HIV/AIDS?
12. What can you do to eliminate your risk of getting HIV/AIDS?
13. Which is better: *reducing* your risk or *eliminating* your risk? Why?

RELATIONSHIPS

14. What does it mean to have a relationship with another person?
15. What is love? How is "being in love" different than dating someone?
16. Do you want to marry someday? What makes a good marriage?
17. Would you like to marry a virgin? Why? Where will you find a virgin?

THE MAKER

18. Who created sex? Why?
19. Why does it matter who created sex?

COMMITMENT

20. What does it mean to make a commitment?
21. Do you have a lot of courage, enough to make a commitment to *wait until marriage* to have sex and to have just *one partner*? Will you?
22. To whom will you make such a commitment? How will they hold you accountable?

BE A COURAGEOUS LEADER

23. Are you willing to be a leader among your friends, helping them understand why it is so important to wait to have sex?
24. How will you do so?

WHO TO TALK WITH

25. Who has talked to you about relationships, sex, HIV/AIDS, marriage?
26. Would you like to talk to your parents about these things? How?
27. Would you like to join with other people your age to talk?

TODAY'S DISCUSSION

28. Was this discussion helpful? Why?
29. Describe the commitment you made today below. Sign and date it.

MY COMMITMENT

I commit to wait until marriage for sex and to have one partner in marriage.

Name _____

Date _____