

# 13. Setting goals



## Objectives

By the end of this session, group members will be able to:

- Explain what a goal is.
- List steps towards reaching a goal.



## Background notes

A goal is something that you want to achieve. It can be something to do, someplace to go, or something to have. Goals give us something to look forward to and can give us energy. To set a goal, we must gather information and make decisions and choices.

We must learn about what we want to achieve. Goals should be specific, practical, and have a deadline. To achieve a goal, it is helpful to make a plan and also think about possible difficulties and how they can be overcome. To reach our goals, we need to work hard, believe that we can do it, and be determined.

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To help someone with a goal, ask them these questions:

- When do you want to reach this goal?
- If you reach this goal, in what ways is it going to help you?
- What are the steps that you will have to take to reach your goal?
- What are the things that might prevent you from achieving your goals?
- What actions can you take to overcome these difficulties?

When people work toward a goal, they often write a "contract" that describes what they plan to do and what they will get in return once they reach their goal. A contract could look like the one here. If you tell someone about your goal, they can give you support and encouragement.

## Contract

Name:

Goal:

Steps to achieve it

1)

2)

3)

Target date:

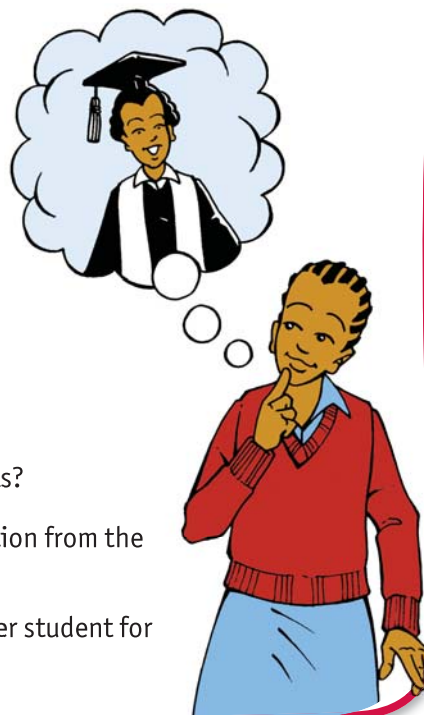
Reward:

Witness:



## Session guide

1. Facilitate a discussion by asking group members the following questions:
  - What is a goal?
  - What are examples of goals?
  - Why do people set goals?
  - When do people set goals?
  - How can you reach a goal?
  - What are good things about having a plan?
  - Do all people set goals for their lives?
  - What happens to those who do not?
  - Do we have to set goals to achieve them?
  - Do most people achieve all their goals?
  - Why or why not?
  - Who are the people who can help you reach your goals?
2. After discussing all of the questions, share the information from the Background Notes section.
3. Ask each group member to create a contract with another student for one of their goals.



## Main points

- A goal is something that you want to achieve.
- To reach our goals, we need to work hard and believe that we can do it.
- Writing down our goals can also help us to achieve them.

# 14. Saying no to sex



## Objectives

By the end of this session, group members will be able to:

- Define the word abstinence.
- Identify abstinence as the only way to completely prevent pregnancy and infection with HIV and other STIs.
- Imagine ways to say no to sex in different situations.



## Background notes

Saying no to sex can be difficult. Friends may say “everyone” is having sex, or partners may argue that sex is the best way to prove love and affection, or older friends and relatives may say having sex is a way to show that you are an adult.

You may not feel that you have many choices, but you can always say no to sex if you are not ready. One way to feel comfortable saying no is to imagine situations you could be in and imagine saying no.

Abstinence is a decision not to do something. When talking about sexual intercourse, HIV, and unwanted pregnancies, abstinence means not having sexual intercourse. Abstinence is the best and only certain way to prevent HIV transmission and unwanted pregnancy. For a young person who has not yet had sexual intercourse, abstinence is defined as not having sexual intercourse until marriage. Even people who have already had sexual intercourse can decide to abstain from now on.

**Remember:** Abstaining from sexual intercourse is the only way to completely prevent unwanted pregnancy and sexually transmitted infections, including HIV.



## Session guide

1. Ask group members to imagine a friend came to them and said one of the statements below. After reading each statement ask for a few volunteers to tell the group what they would tell him or her to do or say.
  - My boyfriend really wants me to have sex, and we love each other.
  - I'm going to have sex someday, anyway. What's wrong with now?
  - I'm afraid I will lose my boyfriend if we do not have sex. If he breaks up with me, I'll just die.
  - My girlfriend really wants to have sex, and she says she loves me.
  - My girlfriend said we could use a condom if we have sex.
  - Everyone else my age is doing it. What's the big deal?
2. Ask group members the following questions to have a discussion about making decisions about sexual activity.
  - What influences the decision about whether to have sex? (Possible answers: sexual feelings, partner's desires, media messages, parents' teachings, religious beliefs.)
  - What are the best arguments for saying 'no' or 'yes' to having sexual intercourse?
  - Can someone who decided to wait to have sexual intercourse change his or her mind?
  - Can someone who has already had sexual intercourse decide that they want to abstain from now on?
  - What is the worst thing that can happen to a teenager who says 'no'? One who says 'yes'?
  - What does a young person need to know or be prepared to do if she or he is going to say no to sexual intercourse? (Possible answers include: feeling good about themselves, communicating clearly, following through with a decision, or their future goals.)
3. After discussing all of the questions, share the information from the Background Notes section.



## Main points

- Abstinence is a decision not to do something. For a young person who has not yet had sexual intercourse, abstinence means not having sexual intercourse.
- People who have already had sexual intercourse can decide to abstain from now on.
- Abstaining from sexual intercourse is the only way to completely prevent unwanted pregnancy and sexually transmitted infections, including HIV.