

Glossary

BUILDING RESPONSIBLE RELATIONSHIPS

A

abstinence the conscious decision not to participate in sexual activity and the skills to support that decision

E

external pressure pressure that a person feels from another person or group to engage in a behavior

I

internal pressure an impulse a person feels to engage in a behavior

P

protective factor anything that keeps a person from engaging in a harmful behavior

S

sexual activity any activity that includes intentional sexual contact for the purpose of sexual arousal

sexually transmitted disease (STD) an infectious disease that is spread by sexual contact