

**TEACHER BACKGROUND INFORMATION  
RED LIGHT/GREEN LIGHT PERSONAL POWER PLAN**

The following statements address ways to plan for personal power to say "NO" to intimate relationships you are not ready for.

**GREEN LIGHT STATEMENTS:**

You have the right to say "no", even if you have had prior sexual experiences.

Deciding before the date to say "no" can help handle the situation better.

Dating older people can be dangerous. They are more likely to have sexual experience and expect more from you.

You shouldn't act as if you "will" when you really "won't."

If you spend time with friends that have a common value system, you will less likely get pressure from them to go against your values.

Stay away from drugs or drinking! They can cause you to lose your Personal Power!

Talk in advance about how you feel concerning intimacy. Not discussing the subject isn't romantic--it's dangerous to your future!

You should practice your refusal skills before you get into difficult situations.

Say NO to sex--it is not nearly as tough as being a teenage parent.

Wait until you are 16 to begin dating.

**RED LIGHT STATEMENTS:**

Everyone is doing it so really it must be okay.

I am more mature than other kids my age, so I am going to begin dating at 13.

Dating older people is a lot more exciting than kids my own age.

Doing drugs doesn't affect your ability to be in control--they just make things more fun!

Getting pregnant won't happen to me/us.