



## ***Women Talk Outline***

### ***Self Worth: Value one-self, love one self, respect one self***

- Self esteem – (brief on what makes us special and unique)
- Who are you? *Ask women to describe themselves in 1 word*
- Self confidence and body image
- Self respect
- Empower one another
- Serve as role models to young girls

### ***Sexual Decision Making: Sex should be special because YOU are special.***

- Significance of monogamous (exclusive) relationships
- Why you are worth waiting for (you are beautifully and perfectly made)
- Abstinence and its connection to pregnancy prevention
- Prevention of STDs/HIV
- Importance of getting treatment for STDs/HIV prior to pregnancy

### ***Birth control options***

- Birth control options ([demonstrate female condom, discuss implant](#))

### ***Sexual Abuse and Assault: Unwanted sex is rape and your right to say 'no' when pressured to engage in intercourse***

- My body My rights –to say NO
- Unwanted sex is rape
- Hints to prevent sexual assault – avoid being alone
- What to do when ask or coerce into sex. (Run and tell)
- Rape explained (it is not your fault). Tell and get tested for STDs.