


Comprehensive Sexual Health Education (5-8)

	<p style="text-align: center;">Topic: Delay Tactics</p>	<p>Date:</p>
<p>Objectives</p>	<ol style="list-style-type: none"> 1. Students will become familiar with the 5 behaviors of delay tactics 2. Students observe the teacher demonstrate 3. Students will practice delaying skills in role-playing situations. 	
<p>State Standards</p>	<ul style="list-style-type: none"> • Physical Development and Health <ul style="list-style-type: none"> ○ Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury. ○ Goal 23: Understand human body systems and factors that influence growth and development. ○ Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills 	
<p>Content</p>	<p style="text-align: center;">Delay Tactics</p>	
<p>Web/Other Resources</p>		
<p>Time</p>	<p>45 min session</p>	
<p>Materials</p>	<p>Write the Delaying Tactic on the board or butcher paper</p> <p>Possible Delaying Tactics</p> <p>Presents and Flowers</p> <p>Observer Checklist</p> <p>Refusing or Delaying Quiz</p>	
<p>Learning Activities</p>	<p>Introduce Delaying Tactics</p> <ol style="list-style-type: none"> 1. Explain that <i>delaying tactics</i> are another way to handle difficult situations and avoid unwanted and unprotected sex. For many reasons, it's usually better to simply say no to offers you don't like. But people often feel confused about how to say no. Others may not have the courage to say no to their friends. Without time to think of what to do they can impulsively make a poor decision. In such cases people might use a delaying tactic to gain time to think about what they really want. Remember, sooner or later you have to give a clear no. <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>Delaying Tactic</p> <ol style="list-style-type: none"> 1. Make a delay statement. 2. Take a delay action. 3. Create space. 4. End the situation quickly. 5. Build the relationship (if appropriate). </div>	

2. Provide an overview of the delay model students will be using. List the 5 behaviors on the board. It is important to point out that an effective delay doesn't need to use all these behaviors. The goal is to end the interaction as quickly as possible and not let it drag on. (See Appendix B, Skills Overview, for specific examples of each delaying tactic.)
3. Pass out **Possible Delaying Tactics** briefly review the examples and ask students to add additional statements and actions.

Demonstrate and Practice Role Play

Use the same format for role play as described in Class 4. Pass out **Presents and Flowers** and the **Observer Checklist** to each student.

- Allow the students to write responses that Person 2 could use. Ask them to try to apply 1 or 2 of the delaying tactics.
- Have 2 students demonstrate the role play.
- Divide into groups with at least 2 males and 2 females in each group.
- Students should count off in the groups and rotate scripted, unscripted and observer roles. Tell students they don't have to repeat *Setting the Stage* each time they enact the role play. Once they understand the setting they can go directly to the dialogue. The observers should look for behaviors that show delaying tactics. It is not necessary to use all the tactics to be effective.
- Student Role Player #1: Read lines.
- Student Role Player #2: Respond to lines.
- Student Observer #1: Set the stage for the role play, and use **Observer Checklist**
- Student Observer #2: Use **Observer Checklist** and lead small-group discussion using the guidelines on the back of the card.

Quiz and Skills Review Optional

Give out **Refusing or Delaying Quiz**. After students complete it, have them exchange papers with the student next to them. Go over the content to review the skills.

Closure: Remind students that this class introduced delaying tactics and refusals to help students in situations in which they feel pressured to have sex or do something else they may not want to do. Students probably already use these skills to manage situations with friends and family. Using them to avoid pregnancy, HIV and other STD may be the most important of all.