



# Teen Sexual Self Defense

*Ph.D., Douglas Shantam Marans*

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This book is intended to assist teens to avoid unhealthy sexual situations. It stresses knowledge, beliefs, and skills. The interventions are medically accurate and age appropriate, and based on evidence-based research. It is based on three theories: 1) Social Learning - Individuals will avoid problems, if they can observe appropriate and inappropriate behaviors, and role play situations. 2) Health Belief Model - Individuals will take preventive measures, based on the seriousness of the problem and the costs, and benefits of the action needed. 3) Self Efficacy - Individuals will choose an appropriate option to be successful (e.g., will choose abstinence or condom use).

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