

## **ABSTINENCE – WHY IT’S BETTER TO WAIT!**

Your decisions about your sexual behavior are very important and often difficult. Here are some things to think about.

**People who decide to have sex before being in an adult committed relationship have many reasons for their choice.**

Sex may be confused with love.

*If s/he can't love you without sex, is s/he worth it?*

Deciding not to have sex might make the relationship break up.

*If sex is the only thing that can hold the relationship together, is it really a relationship?*

It's hard to say no.

*True - Saying no can be difficult, but so is living with regret.*

Everyone is doing it.

*Actually, no they're not. Lots of people are waiting. Be a leader, stick to your own standard.*

Sex feels good.

*True, but is momentary pleasure worth the risk?*

**Sex before being in an adult committed relationship can have some serious consequences.**

*Everyone knows about **STDs** (sexually transmitted diseases).*

There are MANY types of infection. The effects range from pain to infertility, cancer and even death.

*Pregnancy!!!*

6 out of every 100 teenage girls get pregnant. They often drop out of school, live in poverty and never reach their dreams.

Babies need a lot more than love. Being a parent is tough.

*Birth control is not perfect.*

The only completely safe and effective form of birth control is abstinence.

Condoms can *decrease* your risk for disease and pregnancy, but they do not *eliminate* the risks.

*Abortion*

If a girl decides to end the pregnancy by having an abortion, this experience can affect her over her lifetime. Feelings of guilt, sadness or regret can last for years.

*Oral and anal sex can also transmit disease.*

If you choose **not** to have sex before being in an adult committed relationship, you have opened a world of options.

*Enjoy dating for all the right reasons.*

Get to know the person you're interested in. Find out what you have in common. Build your relationship on common interests, and enjoy being together.

*Focus on your education instead of raising a child*

*Make your dreams and goals a reality by staying physically and emotionally healthy and by not becoming a parent too soon.*

**It's not about ever having sex. It's about waiting until you are emotionally ready and in a stable long-term relationship.**

**A solid quality relationship is developed over time. It requires that two people:**

Spend time together talking.

Spend time together enjoying the same activities.

Understand and respect each other's likes and dislikes.

Share each other's hopes and dreams.

Like each other for the person on the *inside* –that's more important than outward appearance.

Treat one another with respect.

Tell the truth.

And all these things must be lasting. Not just for a month or two but over a long period of time.

***Think about it.***