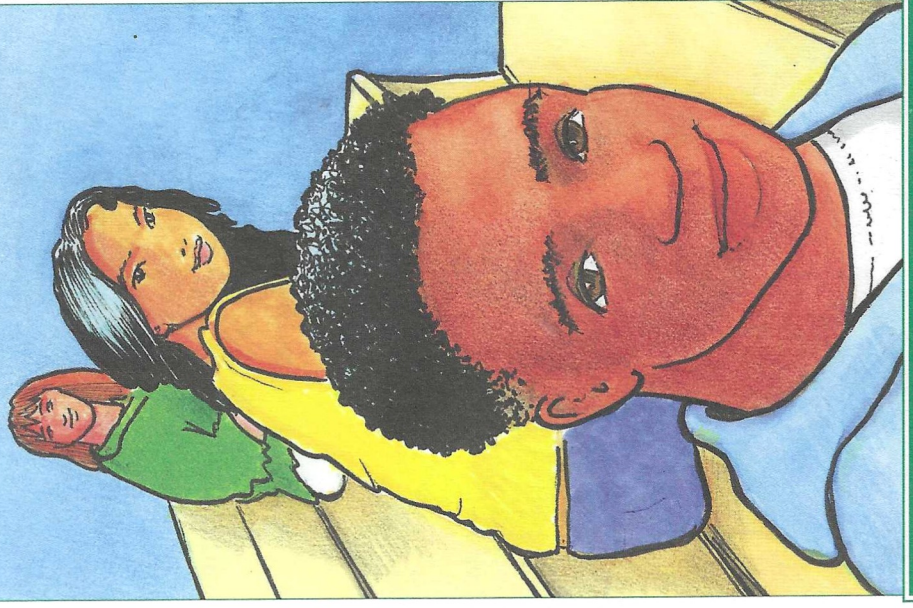


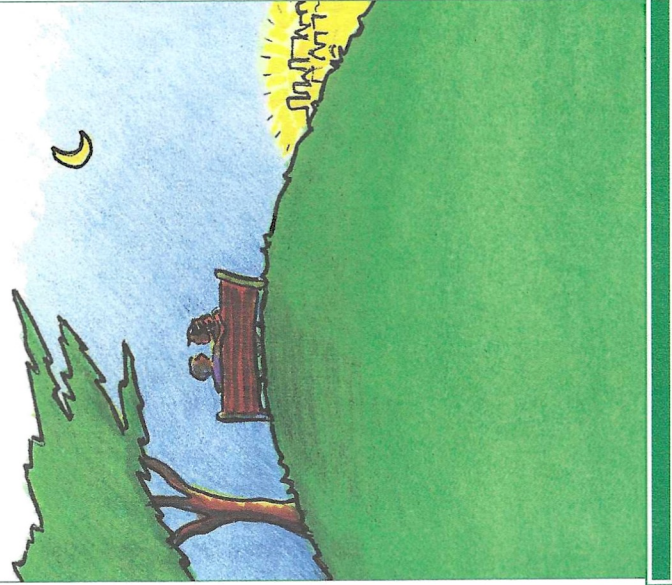
A TEEN'S GUIDE TO ABSTINENCE



Lots of young people are choosing abstinence. Why? Unplanned pregnancy, STDs and HIV, and emotional stress are just a few of the reasons. Look inside this pamphlet to find out more about abstinence.

WHAT CAN YOU DO IF SOMEONE YOU REALLY LIKE IS PRESSURING YOU TO HAVE SEX?

- ✓ Be clear about your decision to be abstinent.
- ✓ Say, "I really like you, but I don't want to have sex."
- ✓ Let your partner know you care in other ways. Write a love letter or call just to say you care.
- ✓ Avoid alcohol and other drugs. They may make it harder to say no to sex.
- ✓ If your partner continues to pressure you, it's time to call it quits. Don't hang out with someone who doesn't respect your choices.



Written by Mardi Richmond.
Designed by Eva Bernstein. Illustrated by Meg Biddle.
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JOURNEYWORKS PUBLISHING
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