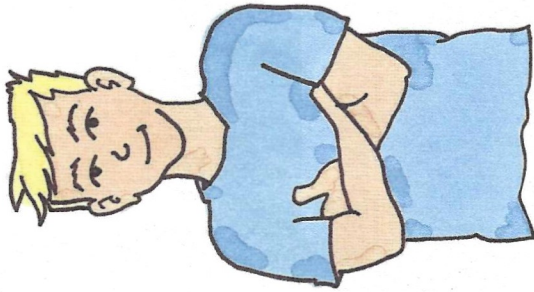


Abstinence means not having sex – at all.

Having sex too soon can get in the way of other important things in your life – like school, friends and family.



Abstinence is a good choice because...

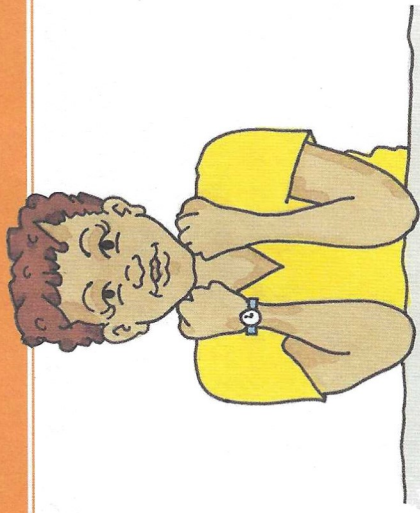
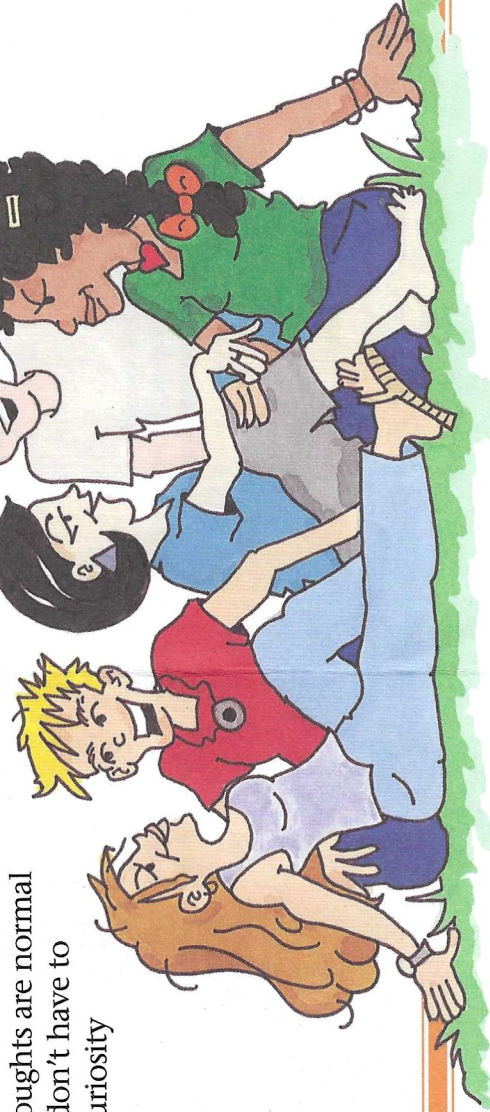
- ✓ You are someone special. Sex too soon could get in the way of your future.
- ✓ You can get diseases from sex (called sexually transmitted infections or STIs).
- ✓ If you have sex, you may have a baby before you are old enough to care for it.
- ✓ Choosing not to have sex means you'll be able to focus on other things, like sports, friends and school.

What are STIs?

Sexually transmitted infections or STIs are infections that can be passed from one person to another during sex. Some STIs cause painful sores and other health problems. Some, like HIV and AIDS, can cause death. The best protection from STIs is not to have sex at all.

It's OK to be curious about sex.

Curiosity is normal. Sexual feelings or thoughts are normal too. But you don't have to act on your curiosity or feelings.



What can you do if someone is being pushy about sex?

People can be pushy about sex. The way they talk or act can make you feel uncomfortable. If people make you feel uncomfortable about sex, you can:

- ✓ Walk away.
- ✓ Ask for help from an adult you trust.

If someone tries to touch you in a way you don't like...

Tell the person to stop. Then tell your parent, teacher, doctor or another adult you trust. They can help you stay safe.

If someone tries to give you alcohol or other drugs...

Say no and tell an adult you trust. The person may be trying to get you drunk so that you will have sex.