

What Is Abstinence?



GET THE FACTS

Thinking about sex and being curious are normal. But you don't have to act on your curiosity. Today many young people are choosing abstinence. Look inside to see why.

Here are some good ways to say no to sex:

- ✓ You can just say, "No way. I don't want to have sex."
- ✓ If you really like the person, you can still say no. You can say, "I really like you, but I'm not ready to have sex."



If you have questions about sex and abstinence, talk to a parent or another adult you trust. Talking things out can help you say no to sex.

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