

ABSTINENCE MEANS NOT HAVING SEX.

- ✓ Abstinence doesn't mean you don't have sexual feelings. It means you've decided not to act on those feelings.
- ✓ Both young men and young women are choosing abstinence.
- ✓ Even if you've had sex before, you can choose abstinence now.

WHY IS ABSTINENCE A GOOD IDEA?

- ✓ There are many different reasons young people choose not to have sex.
- ✓ Some of those reasons include:
 - Not wanting to risk a pregnancy.
 - Wanting to protect themselves from HIV (the virus that causes AIDS) and other sexually transmitted diseases (STDs or STIs).
 - Wanting to wait until marriage.

EVERYONE IS NOT DOING IT.

- ✓ TV shows, movies, friends or family members may make it seem like many young people are having sex.
- ✓ In fact, studies show that a majority of teens have not had sex by the time they turn seventeen.
- ✓ TV and movies don't always show the risks: unplanned pregnancy, HIV or other STDs, and emotional stress.

ABSTINENCE IS A GOOD WAY TO PROTECT YOURSELF.

- ✓ Abstinence gives you protection from STDs, including HIV.
- ✓ Abstinence is the only 100 percent effective form of birth control. It means you won't have a baby before you are ready.
- ✓ Choosing abstinence also means you won't have to deal with the emotional complications of having sex.

YOU CAN BE ABSTINENT AND STILL HAVE A BOYFRIEND OR GIRLFRIEND.

- ✓ Abstinence gives you time to learn about relationships in a safe way.
- ✓ Spend time together doing other things – go dancing, go to the movies, take a bike ride or just hang out.
- ✓ You'll have time to learn what you want and what you don't want from a relationship.

