



Abstinence

What is Sexual Abstinence?

Definition - Is choosing not to participate in any form of sexual activity.



Benefits of Abstinence

1. Sexual abstinence is the only 100% guarantee that you won't become a parent until you're ready.
2. Sexual abstinence is the only 100% guarantee that you won't get an STD. (While latex condoms can help prevent some STDs, they are not nearly 100% effective. Condoms don't prevent against HPV, gonorrhea, or genital herpes among many other STDs)
3. Practicing sexual abstinence is a great way to get to know your boundaries and develop a stronger relationship emotionally and spiritually with the person you are dating.



(Self respect and respect for others)

4. You won't need to hide anything from your parents or your friends, which takes a lot of pressure off your back and helps strengthen your relationship with them.
5. You will know that the person you are with is with you for YOU. The great things about you, like your personality and your interests.
6. Statistics show that teens who practice sexual abstinence are less likely to have depression, less likely to attempt suicide, less likely to live in poverty as adults.
7. Statistics show that teens who practice sexual abstinence are likely to do better in school. (Twice as likely to graduate from college than teens who do not practice abstinence).

RISKS OF HAVING SEX



1. Pregnancy
2. STI's – including HIV – causes stress
3. Increased chance of cervical cancer for girls
4. Emotional risks – questions if someone really likes you for you, feeling bad about self after sex
5. Parents and/or friends not happy because you went against their values
6. Having sex with an individual has psychological repercussions. If there is a breakup, increased chances of depression and unstable mental health are higher.



HEADLINE

SUB-HEADLINE SUB-HEADLINE

Lorem ipsum dolor sit amet, consetetur sadipscing elitr, sed diam nonumy eirmod tempor invidunt ut labore et dolore magna aliquyam erat, sed diam voluptua. At vero eos et accusam et justo duo dolores et ea rebum. Stet clita kasd gubergren, no sea takimata sanctus est Lorem ipsum dolor sit amet. Lorem ipsum dolor sit amet, consetetur sadipscing elitr, sed diam nonumy eirmod tempor invidunt ut labore et dolore magna aliquyam erat, sed diam voluptua. At vero eos et accusam et justo duo dolores et ea rebum. Stet clita kasd gubergren, no sea takimata.



Lorem ipsum dolor sit amet, consetetur sadipscing ed diam voluptua. At vero eos et accusam et justo duo.

Lorem ipsum dolor sit amet, consetetur sadipscing elitr, diam voluptua. At vero eos et accusam et justo duo dolores et ea rebum. Stet clita kasd gubergren, no.

Lorem ipsum dolor sit amet, consetetur sadipscing elitr, sed diam nonumy eirmod tempor invidunt ut labore et dolore magna aliquyam erat, sed diam voluptua. Lorem ipsum dolor sit amet, consetetur sadipscing elitr, sed diam nonumy eirmod tempor invidunt ut labore etro eos et accusam.

LOREM IPSUM DOLOR SIT AMET,



- Bulleted list of information
- More information
- Another line of list to bullet
- Final line of bullets



Company Name
555-555-5555
www.website.com
1234 First Ave
New York, NY 00000