

# 20 THINGS YOU SHOULD KNOW ABOUT ABSTINENCE

1. **Abstinence means not having sex.**
2. **It's ok to wait.**
3. **You don't need a reason to be abstinent.**
4. **Even if you've had sex before, you can say no now.**
5. **The most effective method of birth control is abstinence.**
6. **Most teens have not had sex by the age of 17.**
7. **You always have a right to say no.**
8. **Let the people you date know up front that you've decided to wait.**
9. **Avoid parties where alcohol and drugs are being used to help you stick with your decision.**
10. **Guys who get a girl pregnant will pay child support for the next 18 years.**
11. **Abstinence is the best protection against STDs.**
12. **Most teens who've had sex, wish they would have waited.**
13. **You can be in love with someone without having sex with them.**
14. **There are no medical or physical side effects from abstinence.**
15. **Hang out with people who respect your decision not to have sex.**
16. **You can show your love in creative ways.**
17. **Approximately 1 million teenage girls become pregnant every year.**
18. **3 million teens get an STD every year.**
19. **Choosing abstinence means you know what's right for you.**
20. **If someone says, "*You would if you loved me,*" answer back with, "*If you loved me you wouldn't pressure me.*"**