

# Want to Wait?

Sexual desires are both normal and controllable. If you want to save sex for marriage here are some basic hints for success...

- Dress modestly. Wear clothing that is attractive, but not provocative. Dress in a manner that does not lead others to think of you as an object for their use.
- Choose your friends carefully.
- Date only people who have the same goal as you—saving sex for marriage.

# Have a Plan.

- Consider group or double dates.
- Avoid alcohol and drugs or anything that reduces your self control.
- Choose limits before you get too physically affectionate.
- Always act in a way that makes your intention of waiting until marriage clear. Never send mixed signals.

Treat your dates the way you would want your future husband or wife treated.

# Don't Believe the Lies!

“Telling somebody to put a mere balloon (condom) between their health and a deadly disease is irresponsible. It’s like telling someone it’s okay to drink and drive as long as they wear a seat belt.”

Dr C. M. Roland, editor of Rubber Chemistry and Technology

**Safe Sex means Sex Saved for marriage!**



Life Choices, Inc.  
411 South Main St.  
Phillipsburg, NJ 08865  
908-454-2066  
E-mail:  
info@lifechoicesonline.org  
www.lifechoicesonline.org

**S**  
*safe*

**Only**

**E**

**when**

**X**  
*saved*

# Cause for Concern...

- 1 out of every 4 sexually active teens contracts a sexually transmitted disease (STD) every year.<sup>1</sup>
- Today there are more than 30 STD's and over half **cannot** be cured. They are life-long!
- Some STD's have no symptoms (chlamydia and HPV) They can lead ultimately to cancer, infertility and ectopic pregnancy.
- Condoms give no protection from some STD's. Many diseases spread through skin to skin contact and oral genital contact.<sup>2</sup>
- Condoms fail up to 44.5% of the time when used by the young and unmarried.<sup>3</sup>
- Sexually active teens are 6 times more likely to attempt suicide.

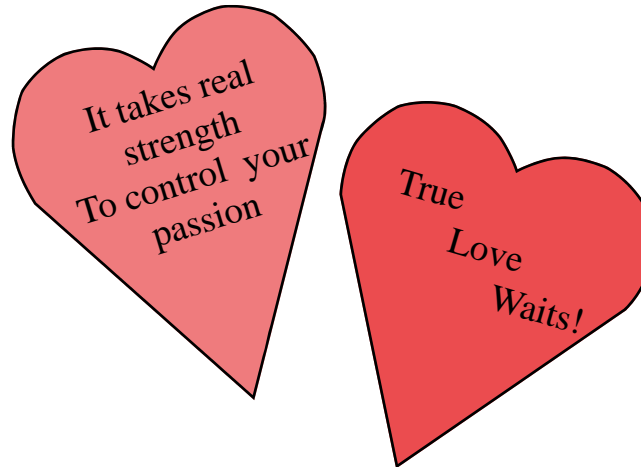
#### Reference notes:

1 Guttmacher Institute, Facts in Brief / Teen Sex and Pregnancy 2006.

2 "Tracking the Hidden Epidemic, Trends in STDs in the United State", 2005, Centers for Disease Control, Washington, D.C.

3 Family Planning Perspectives, Vol. 21, No. 3, May/June 2003, p. 105.

# You can Enhance the Pleasure...



## Secondary Virginity

Remember, that what you may have done yesterday does not have to affect today....

Begin again. Forgive yourself for bad sexual decisions.

Leave sexual relationships.

Raise the standard of people you date.

Avoid situations that may lead to too much temptation.

**To be happier and safer,  
begin to say "no" now !**

# Reasons to Wait...

**The best sexual experience should be free!**

**Free from fear of disease or unplanned pregnancy!**

True love is about commitment. Studies show that couples, rating their sexual activity as most pleasurable, are married.

Marriage provides love, trust, emotional security, commitment, and family life.

**You Are Worth Waiting For!**

Sex within marriage is everything it is meant to be!

**Shouldn't You Have the Very Best?**