

WORTH THE WAIT



My Life, My Choice, My Future

• The Big Picture •



What are your goals for your future?

Examples

College • Sports • Dream Job



**Every choice you make right now
either protects your future goals
or puts them at risk.**



We're here to talk about the boundaries that
will help keep your future on track.





Top 10 Reasons to abstain from sex before marriage

1. Know you're giving your spouse the total gift of yourself, something never given to another. Real love desires the best for another. *Having a sexual relationship with another permanently changes you. Oxytocin is released in the brain during intimate relations, and it bonds us to the person we've been intimate with. When you break up and get a new partner, your ability to bond with a new partner is damaged. It's like leaving pieces of yourself with everyone you've been with.¹*

2. Prevent the emotional pain of feeling used, discarded, or rejected by someone you have given the most intimate part of yourself. Instead, you'll be free to be physically intimate with your spouse without being haunted by past sexual relationships.²

3. Avoid sexually transmitted diseases, some of which are a death sentence and others that will be with you for a lifetime.³ There were more than 2.4 million cases of STIs reported in the United States in 2023.⁴

4. Avoid unintended pregnancies and the difficulties that they cause.

5. You won't have contraceptives (classified as a cancer causing substance by the International Agency for Research on Cancer⁵) polluting your body and suppressing your natural hormones.

6. By committing to abstinence, you allow yourself time to focus on your schoolwork, on sports, to grow as an individual, and to develop your talents.

7. Escape divorce—couples who have sex before marriage, especially those living together, have a much higher rate of divorce.⁶

8. You will have better self-esteem and self-respect knowing that you can master your desires. Practicing abstinence is growing in character through self-mastery and discipline.

9. You can honor the opposite gender and relate to them as equals.

10. Remain true to your religious and moral beliefs. Abstaining proves a commitment to your future spouse. And waiting until marriage is a great safeguard against poverty for you and your future family.⁷

Produced by [humanlifealliance](https://humanlifealliance.org)

Sources available at: humanlife.org/sources | 651-484-1040

1. When you have an intimate relationship with someone it creates a bond. When you break up and get a new partner, your ability to bond with the new person is damaged. You leave a piece of yourself with everyone you've been with
2. Prevents the emotional pain of rejection and feeling used. You won't be haunted by a past sexual relationship once you start a new relationship
3. Avoid sexually transmitted diseases, some of which are deadly and others you carry for a lifetime. There were more than 2.4 million cases reported in the US in 2023
4. Avoid an unplanned pregnancy
5. You won't need contraceptives that can cause health problems in the future
6. You allow time to focus on school, sports and to develop your talents
7. Avoid divorce, couples who have sex before marriage or live together have a higher rate of divorce
8. You will have better self esteem and self respect
9. You can honor the opposite gender and relate to them as equals
10. Remain true to your religious and moral beliefs. Abstinance proves commitment to your future spouse

Preventing Pregnancy & STIs



SCENARIO 1:

Practice Exit Strategies – these are pre-planned excuses or firm “no” statements to use when a situation feels uncomfortable

JUST THIS ONCE PRESSURE (Sexual Boundaries)

The Situation is you're hanging out together while your parents are not home. One partner starts pushing you to “go further” than previously agreed by saying “If you really liked me, you'd want to”

Response: I'm just not ready for that yet

They push further and say “But everyone else is doing it, don't you trust me?”

Response: “I trust you, but I'm still not ready for that yet”

“Come on, just this once?”

Response: “I'm not ready for that.”

“You're acting like a kid.”

Response: “I'm not ready for that.”

Why it works: It shows you aren't open to an argument or a negotiation

SCENARIO 2:

SEND A PIC REQUEST (Digital Safety)

The situation is someone you met on a gaming platform or Instagram ask for a “risky” photo and promises to delete it immediately and never show it to anyone

The Strategy is to use the “Strick Rule Policy” to take the heat off

Response: “My parents run random checks on my phone with a tracking app. If they saw that, I’d be grounded until I’m 18. It’s not worth it.”

Response: “Once it’s sent, I lose control over it forever. I’m not ok with that.”

Why it works: It shifts the “blame” away from you and onto a rule you cannot change.

SCENERO 3:

The “Secret Meet-Up (Trafficking Prevention)

The Situation: An online “friend” who seems nice suggests meeting up at a local park or mall, but insists, “Don’t tell your friends or parents yet, let’s make it a surprise for them later.”

When talking to someone on line be alert, if someone:

- Asks you to keep your conversation a secret from your friends or parents
- Asks to move the chat from a public game lobby to a private app (like Snapchat)
- Give you excessive compliments or offers to buy you “in-game” skins or gifts

SCENERO 4:

The “Party” Environment (Substance & Vulnerability)

The Situation is you are at a small get together, someone offers a vape or a drink, saying “it’ll just help you relax and have more fun.”

The Refusal Strategy (the Humor/Deflection): Use a joke to kill the tension without sounding judgmental

Response: “Nah, I’m already weird enough naturally. If I get any more relaxed, I’ll probably just fall asleep on your floor.”

Response: “I have practice/a game tomorrow and my coach is a total hard-head about that stuff. “I’ll pass”.

“If your gut gives you a weird feeling (the “ick”), it’s your body’s alarm system.



You don’t owe anyone an explanation for leaving a situation that feels off.

THE 'X' PLAN

If you're in an uncomfortable situation and need a way out, work out a secret code with your parents or siblings (like an emoji, the letter X, or a special word). Text the code to them and they will call you saying there's a family emergency and pick you up right away — no questions asked.



Agree on a secret word or emoji with your family to use when you need help or a ride home.

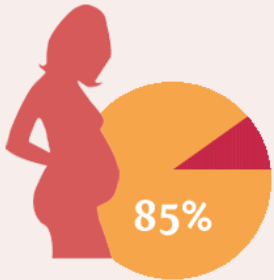


The Deal: You get out safely. Your parents agree to no lectures or questions until the next day.



TEEN PREGNANCY FACTS & STATISTICS

The Teen Pregnancy Facts and statistics depicted below reflect the incidences in the US and deal with, among others, unplanned pregnancies, abortions and the consequent healthcare risks.

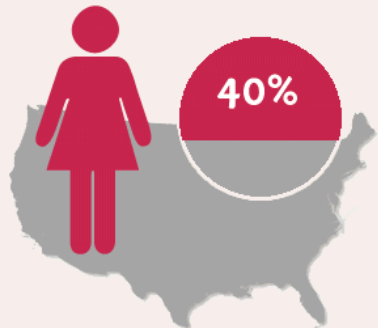


Around **85%** of teen pregnancies are unplanned.

7.2% of those teens receive no medical care.



Around **700,000** teens between ages **17** & **19** become pregnant each year.



Roughly, **40%** of females in the **US** become pregnant before they reach **20** yrs of age.

Half of these pregnant teens give birth each year, while around **45%** have abortions.



Texas Adolescent Health Report

TEXAS TEEN BIRTHS, 2021

Texas teen birth rate is **46%** above national average

A baby is born to a teen mom in Texas every **25 minutes**.

Teen Birth Rate
per 1000

 Texas:
20.3%

US:
13.9%

Texas Adolescent Health Report released by Health Futures of Texas, 2023

- Texas have the 8th highest teen birth rate in the US for ages (15-24) is 46% higher than the national average
- Texas ranks 7th nationally for repeat teen births, that is 15% of all US second-time teen births

TEEN PREGNANCY EXPLAINED

Causes, Risks & Prevention Tips



CAUSES



HEALTH RISKS



PREVENTION



EDUCATE & EMPOWER

What is an STD?



An STD is a bacteria, virus, or parasite passed from person to person through sexual activity (vaginal, anal, oral) or skin-to-skin contact. It can also spread through blood, semen, vaginal fluids, and other bodily fluids.



Bacterial STDs

- Chlamydia
- Gonorrhea
- Syphilis



Treatment: Antibiotics
(Can be cured)



Viral STDs

- HIV
- Herpes
- Hepatitis



Treatment: No cure —
treat symptoms



Important note:
Have the virus forever



Parasite

- Trichomoniasis



Treatment: Antibiotics
(Can be cured)



Texas teens (ages 15–24) account for **57%** of Chlamydia cases and **43%** of Gonorrhea cases.



Facts About STIs



1. You cannot tell by looking whether someone has an STD



2. Many STDs do not have any symptoms,



3. 25% of all Americans have an incurable STD (83 million people) — that's the population of California, Texas, and Florida combined



4. There are 20 million new cases of STDs every year in America



5. Some STDs can cause infertility,



6. Some STDs can cause death,



7. Some STDs have no cure — you have them for the rest of your life. Only the symptoms are treated.



STDs Can Cause:



Sores or blisters



Genital warts



Cancer



Genital discharge



Painful urination



Infertility



Emotional problems



**Fever, muscle aches,
swollen lymph nodes,
chronic pain**



**Itching or irritation to
genitals**



Death

Sex Traffickers Can Be Closer Than You Think

≡ People who seem familiar can still be a risk ≡



Trust your instincts. If something feels wrong,
tell a trusted adult right away.



Set boundaries •



Ask for help •



You matter

SEXUAL ABUSE: The Unfortunate Reality

- **1 IN 4 GIRLS AND 1 IN 6 BOYS WILL BE VICTIMS OF SEXUAL ABUSE BY THE AGE OF 18**
- **SEXUAL ABUSE IS...**
 - **When a person forces sexual activity on another person without their permission**
 - **Is usually committed by someone the victim knows (relatives, friends, youth leaders, babysitters)**
 - **ABUSERS are manipulators**
 - **They want power and control**
 - **They use fear to keep the victim from telling anyone**
 - **They start by paying a great deal of attention to their victims**
 - **They may start by giving them gifts, taking them places or filling a need in their lives**
 - **They may begin by talking to the victim about sex**

**SEXUAL ACTIVITY WITH A CHILD/YOUNG TEEN IS
ALWAYS WRONG AND ILLEGAL**

SEXUAL HARRASSMENT IS Behavior that is unwelcomed, hostile, offensive and/or degrading

Examples:

Comments about or staring at body parts

Sexual or “dirty” jokes

Touching, pinching or grabbing

Spreading sexual rumors

Sexual gestures or drawings

Cornering or blocking someone

Sending suggestive pictures through email or on cell phones

WHY TEENS DON'T REPORT SEXUAL ABUSE...

- Feel embarrassed**
- Feel guilty**
- Feel fear**
- They know the Abuser**

**IF SOMEONE FORCES SEX ON YOU, DON'T BLAME YOURSELF
GET HELP
TELL SOMEONE YOU TRUST
REPORT THE ABUSE**

Sexual Activity as a Teen Can Be Against the Law



- The age of consent for sex in Texas is 17 years old
- Criminal law defines sex as sexual contact with intentional touching of the private parts with the intent to arouse or gratify sexual desire
- It is against the law and considered sexual abuse for someone 17 yrs old or older to have sex with:
 - A child younger than 14, whether the perpetrator knows their age or not; OR whether or not the sex is consensual
 - A disabled individual

Reasons to Not Have Sex as a Teen Are...



**Shows respect
for yourself.**



**Shows respect
for others.**



**To protect your
future goals
and dreams.**



**To avoid
pregnancy, STDs &
emotional trauma**



**To be a positive
role model &
protect your
character.**



**To have an
overall happier,
healthier life and
enjoy being a kid.**

