



**Worth the Wait**

# Introduction

**My name is Ronnie. I'm one of the nurses from the local Pregnancy Resource Center**

- Our office is in Kerrville. We are open Monday – Thursday and the 3<sup>rd</sup> Saturday of every month from 9:30 – 5:00 p.m.**
- Our services are free to the public. We offer pregnancy test consults, obstetric sonograms, STD testing, parenting classes, and material assistance (including diapers, wipes, car seats, etc.)**

**WHY SHOULD YOU  
CHOOSE TO NOT HAVE  
SEX AS A TEENAGER?**

**The teen years  
should be about:**



# **BENEFITS OF WAITING TO HAVE SEX:**

- Financial
- Physical
- Emotional

# FINANCIAL RESPONSIBILITIES OF HAVING A BABY:

▪ Raising a child costs lots of money:

- Food, shelter, health care, daycare
- You're no longer a child, but now a parent (you have to make decisions for a baby and have less time for yourself)
- Harder to continue your education
- Have less money



**EXPENSIVE**



**Exhausted**



**SHELTER**



**HEALTHCARE**



**FOOD**



**EDUCATION**

# PUBERTY

## What is puberty?

- Developmental period during adolescents where you reach sexual maturity and become capable of reproduction
- Transition period from a child to an adult
- Time of rapid bodily growth and mental or emotional changes

## When does it start?

- Females, age 10 or 11; completes at age 15-17
- Males, age 11-12; completes age 15-17

## Emotional Changes

- Start to have sexual feelings
- Mood swings, anxiety, depression
- Peer pressure



# EMOTIONAL CHANGES DURING PUBERTY

## Beware of negative thoughts

- “No one understands me”
- “There’s no way out”
- “I can’t talk to anyone about this”
- “I am not good enough”

## THEY’RE NOT TRUE

There are people who understand you  
There is a way out  
You must talk to someone  
You have value and worth

- Expect ups and downs (depression, anxiety, peer pressure, mood swings)
- Talk to others
- Get enough sleep
- Eat healthy
- Get involved in school and the community
- Avoid risky behavior
- Choose friends based on positive influence NOT negative peer pressure or popularity

# AVOID RISKY BEHAVIOR

## Common risky behavior:

- Unprotected sexual activity or casual sex
- Sexting and other risky uses of social media, like pornography
- Tobacco smoking and alcohol use including binge-drinking
- Illegal substance use
- Dangerous driving
- Illegal activities like trespassing or vandalism
- Fighting
- Truancy (skipping school)

# Why teens engage in risky behavior:

- Peer Pressure and Peer Influence
- Mental Health Issues and Trauma
- Feelings of Independence
- Seeking Validation
- Lack of Security
- Lack of Structure at Home
- Alcohol and Substance Use

WHAT ARE SOME  
CAUSES OF A LACK  
OF SECURITY?

## **Key reasons that you might feel insecure:**

- Identity development: Adolescence is a time of significant identify exploration, you are trying to understand who you are and how you fit it
- Social comparison: You may be constantly comparing yourself to other on social media who have seemingly perfect lives
- Peer pressure: you have a desire to fit in which can push you into risky behaviors or to make compromising decisions that may affect your safety and security
- Cyberbullying: online harassment that can significantly impact your sense of security and self-esteem
- Privacy concerns: you may not fully understand the implications of sharing personal information online
- Family dynamics: unstable family relationships or a lack of support at home

## **All these things can lead to:**

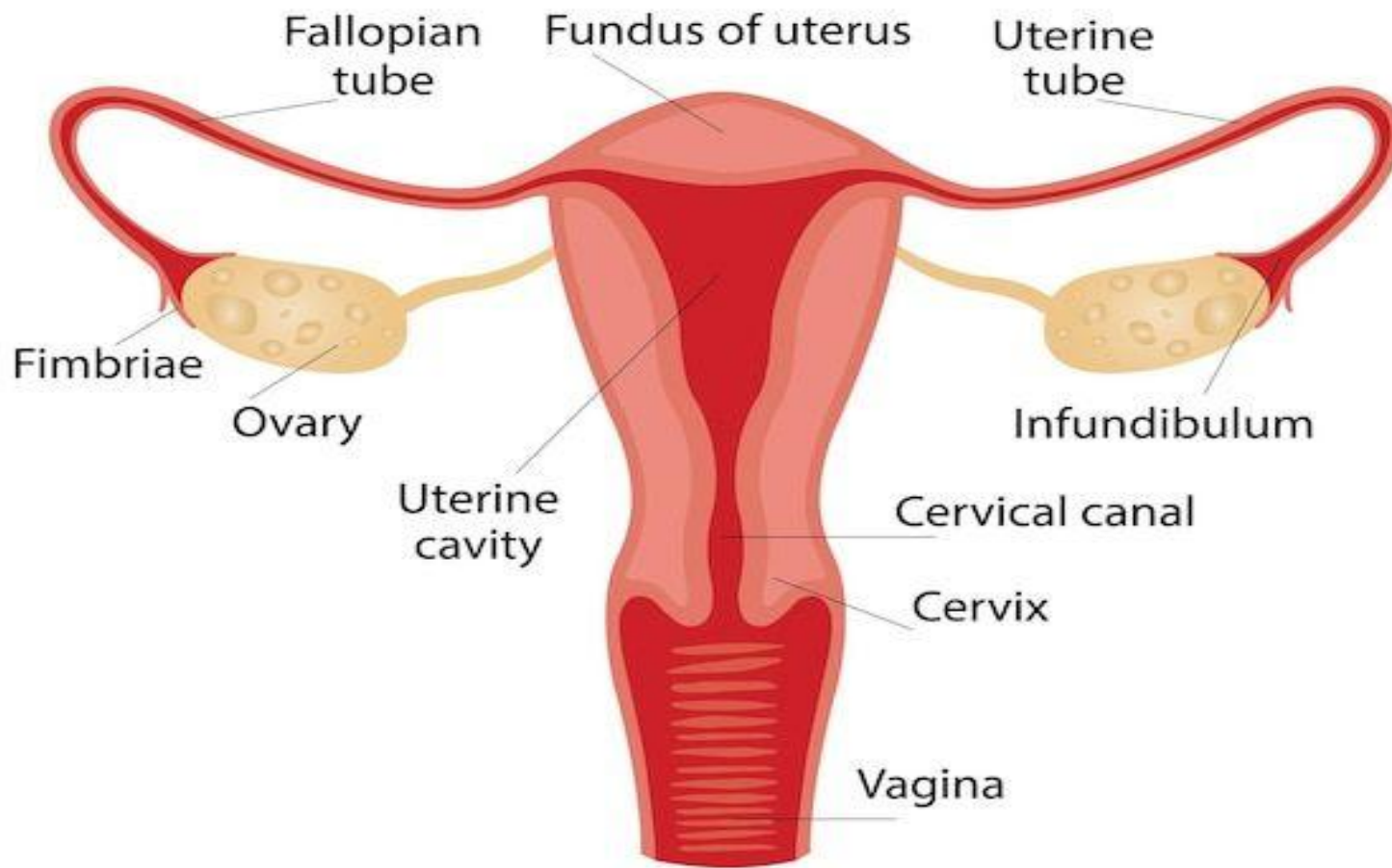
- Feelings of low self-esteem, feelings of inadequacy or that you are not good enough
- Social anxiety: fear of social situations or interactions with others
- Depression and anxiety
- Risky behaviors: engaging in unhealthy habits or behaviors to gain acceptance

# Pregnancy

- Every year, in Texas, around 35,000 women get pregnant before the age of 20
- Texas has the highest rate of repeat-teen births. One reason is believed to be a lack of sex education and abstinence-only programs
- Texas continues to have one of the highest rates of teens giving birth at 22.4 births per 1,000 girls (females 15-19 yr 16.8% is 100,800 young women)
- 3 in 10 teenage girls in America will get pregnant at least once before age 20. That's nearly 750,000 teen pregnancies every year. **Parenthood is the leading reason that teen girls drop out of school**
- Pregnant teens are at higher risk of living in poverty, unable to maintain a stable job, ending up in abusive homes

# How Pregnancy Occurs

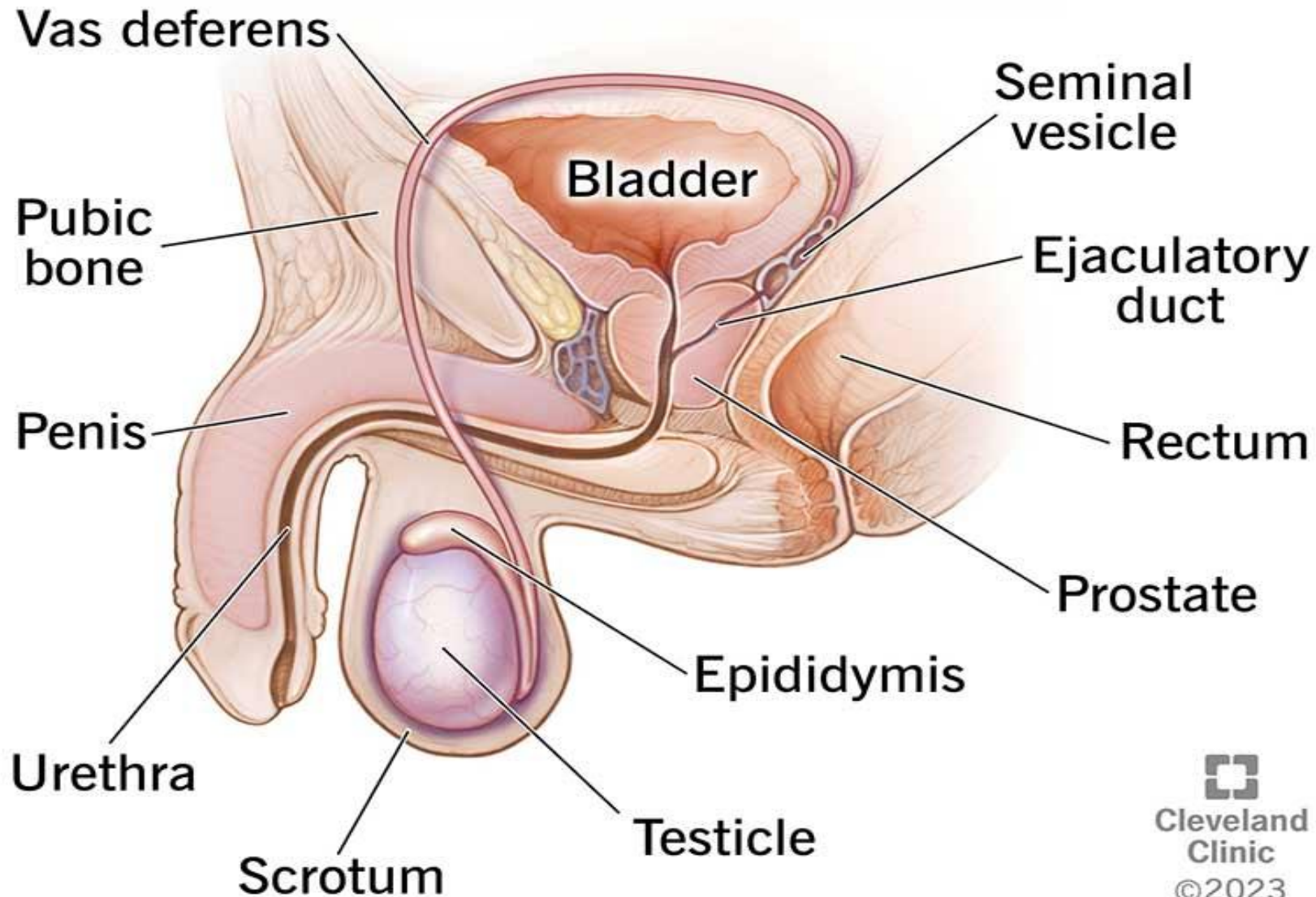
# FEMALE REPRODUCTIVE SYSTEM



- **Vagina** – female sex organ & passageway at childbirth
- **Cervix** – opening to the uterus
- **Uterus** – prepares for implantation of an embryo; sheds blood from endometrium if not pregnant (period); houses a fetus until birth
- **Endometrium** – inner lining of uterus that releases blood monthly
- **Fallopian tubes** – connect the ovaries to the uterus; receives an egg from the ovaries each month during monthly cycle; where an egg is fertilized with sperm after sex
- **Ovaries** – produce eggs for fertilization and release the hormones estrogen and progesterone



# Male Reproductive System



- **Scrotum** – regulate temp of testicles
- **Testicles** – make sperm & produce testosterone
- **Epididymis** – stores mature sperm
- **Prostate** – produces semen
- **Ejaculatory duct** - Forcefully pushes sperm through & closes off the urethra to bladder
- **Seminal vesicles** – transport sperm
- **Vas deferens** – transports mature sperm to the urethra for ejaculation
- **Penis** – external male sex organ
- **Urethra** – allows the passage of urine and semen
- **Bladder** – holds & releases urine
- **Rectum** – collects & holds poop

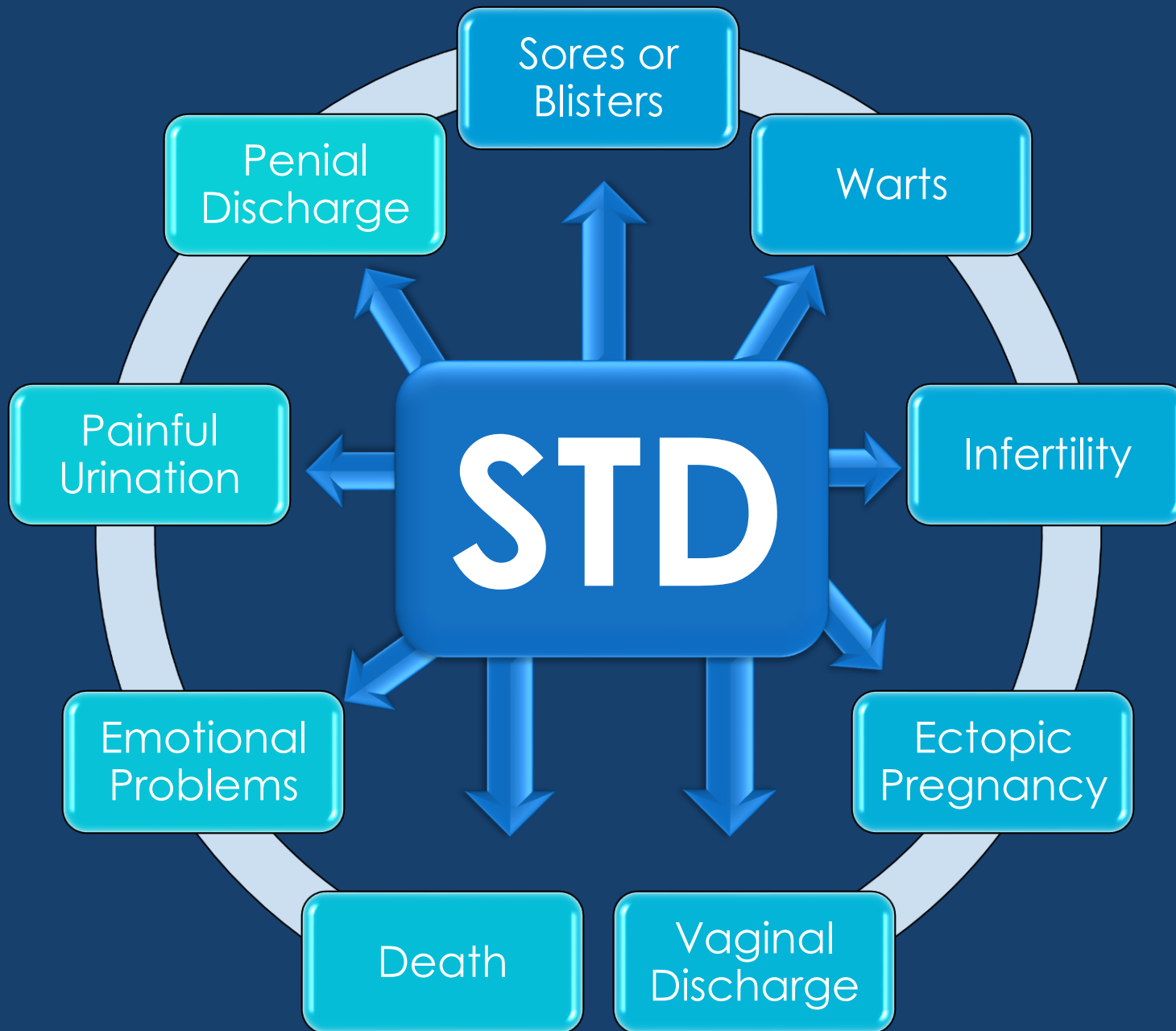
**Another physical problem is the possibility of getting an**

**STD**

**(Sexually Transmitted Disease)**

# What is an STD (Sexually Transmitted Disease)

- It is a bacterial, virus or parasite that is passed from person to person through sexual activity (vaginal, anal, oral, or skin to skin contact)
- It is passed through blood, semen, vaginal and bodily fluids, skin to skin contact
- You cannot tell by looking whether someone has an STD
- Many STD's do not have any symptoms
- 25% of all Americans have an INCURABLE STD (that's 83 million people)
  - That's the population of California, Texas, and Florida combined
- There are 20 million new cases of STD's a year in America
- Some STD's can cause infertility
- Some STD's can cause death
- Some STD's have NO CURE, you have them for the rest of your life
  - Only the symptoms are treated



# 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**

# CYBER ASSAULT

- The internet creates easy access to sexual images (pornography)
- Abusers often pretend to be teens when “talking” on websites or in chat rooms
  - Abuse can occur on any device that has internet access

## WHAT CAN YOU DO?

- Never give any personal information online
- Never arrange to meet in person with someone you met online
- Don't “talk” with people you don't know in person
- Realize that people lie on social networks
- How many of you know people who lie about their age on internet sites
- Sexting is against the law (sending or getting sexually explicit or suggestive images, messages or video on a smartphone, computer, tablet or other device) for anyone under the age of 18.
- Report internet crime to a parent, teacher, counselor, doctor or coach



# 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

# DANGERS OF PORNOGRAPHY:

- Can increase aggression behavior
- Can cause anxiety
- Can cause depression
- Can give you a distorted view of sex and intimacy
- Leads to a desire for more and cause sexual fantasies
- Can cause sexual addiction
- Can cause you to be promiscuous (sex with many people)
- Can create a problem with having a healthy relationship in the future



# 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**

# REMEMBER...

- If a situation makes you feel uncomfortable, YOU have the RIGHT to say NO!!!
- If you feel uncomfortable, listen to that feeling and get away from that person or that situation
- If you are abused, YOU have the RIGHT to tell someone
- If you are abused, it is NEVER YOUR FAULT

**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 anus, breasts, or genitals with the intent to arouse or gratify sexual desire**
- **It is against the law and considered sexual abuse for someone 17 years 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, STD'S & EMOTIONAL TRAUMA
- TO BE A POSITIVE ROLE MODEL & PROTECT YOUR CHARACTER
- TO HAVE AN OVERALL HAPPIER, HEALTHIER LIFE AND ENJOY BEING A KID

Have fun, enjoy  
your friends and  
being a kid




# DREAM BIG





*You* ARE THE  
**CHOICES**  
THAT YOU MAKE

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