



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 3rd 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

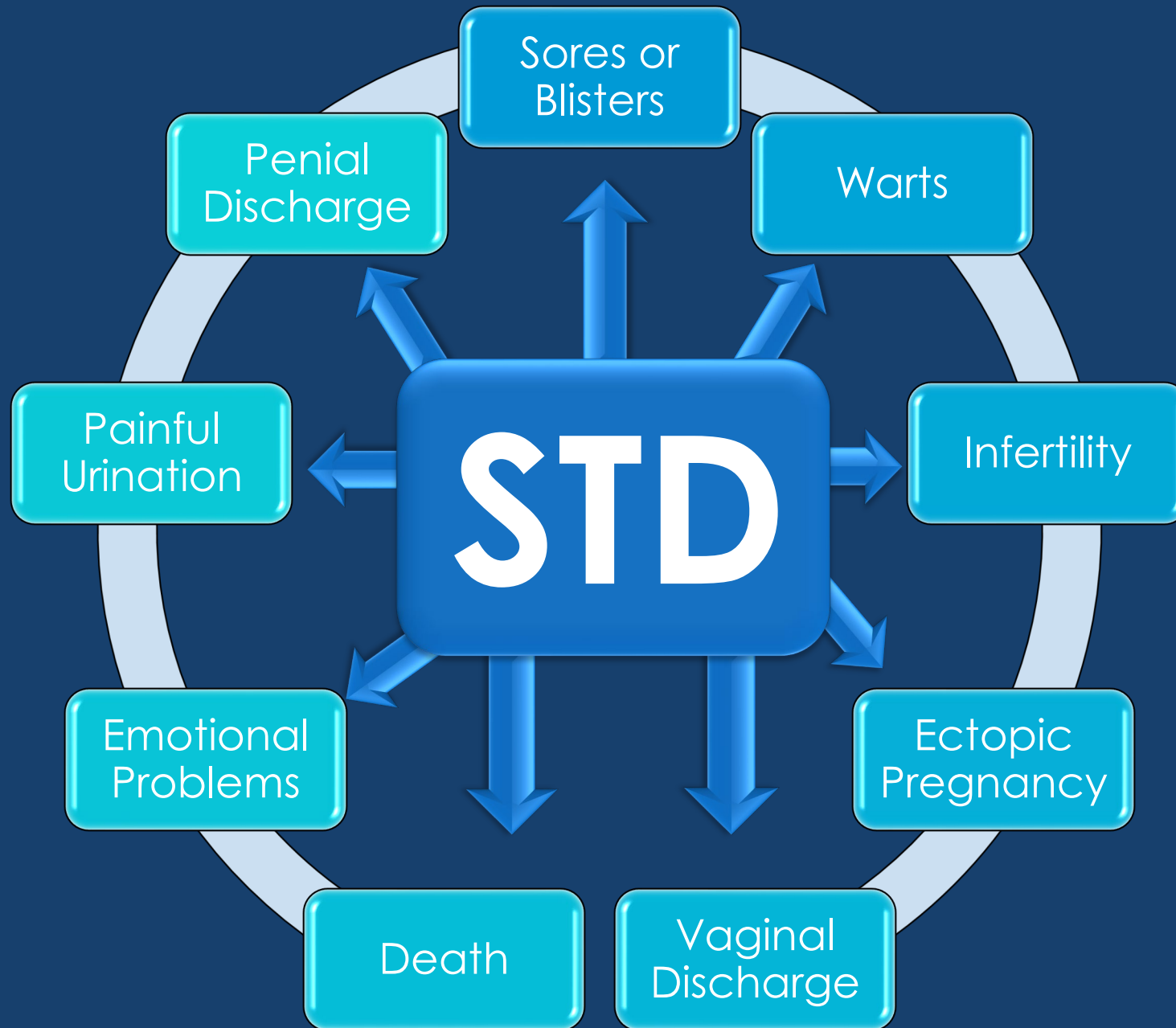
**Another physical problem is the
possibility of getting an**

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
→.....←