



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 in
- Social comparison: You may be constantly comparing yourself to others 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

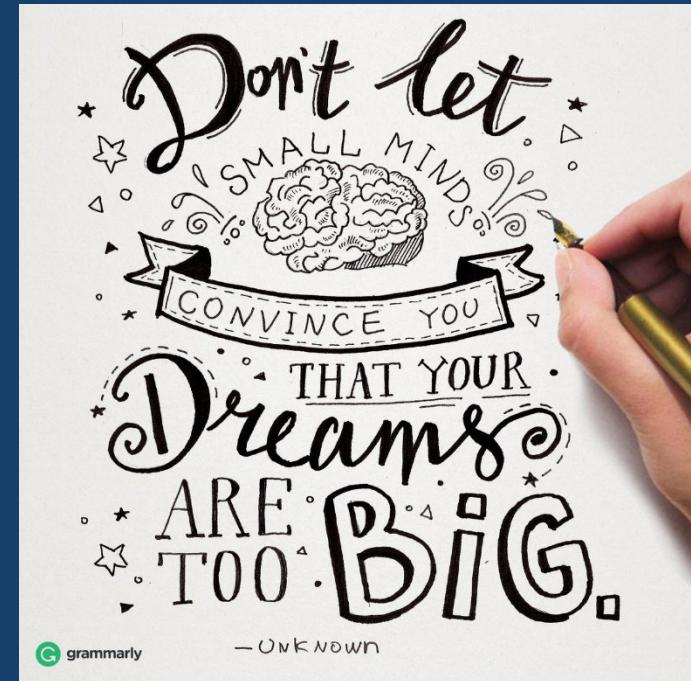
REASONS TO NOT HAVE SEX AS A TEEN ARE...

- 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

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