

SEX: WHY SHOULD I WAIT?

The Abstinence Quiz

1. Abstinence Means:
 - a. Saying you won't have sex
 - b. Hoping you won't have sex
 - c. Deciding and planning to wait
2. Abstinence protects you from:
 - a. Becoming a parent too soon
 - b. Catching a sexually transmitted infection (STI or STD) such as HPV, chlamydia, or HIV
 - c. Feeling guilty or embarrassed
 - d. Worrying about how you look naked
 - e. All of the above
3. Compared to other birth control methods, abstinence is:
 - a. Free
 - b. Easy to use
 - c. Available without a doctor's visit
 - d. Guaranteed not to break, leak, run out or fail
 - e. All of the above
4. What percentage of all sexually active teens wish they had waited longer?
 - a. 34%
 - b. 45%
 - c. 54%
 - d. 23%
5. Your friends and partner think abstinence is:
 - a. Cool
 - b. Weird
 - c. A small town in Russia
 - d. It doesn't matter what other people think. I'm smart enough to make my own decisions!

TRUE or FALSE?

6. ___/___ It's normal to have sexual feelings, but you don't have to act on them.
7. ___/___ Even if your partner wants to have sex, you can still say no.
8. ___/___ Abstinence is the best protection against sexually transmitted infections and pregnancy.
9. ___/___ You can choose to wait now even if you've had sex before.
10. ___/___ All sorts of young people, gay and straight, have decided to wait.
11. ___/___ Alcohol and drugs make it harder to say no to sex.

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12. How can you respond to sexual pressure?

Match these lines with the responses below.

- "You would if you loved me."
- "Everybody else is doing it."
- "I have needs."
- "I thought you'd be happy."

1. "I'm not everybody else!"
2. "Me too. I need to know that you care enough to wait."
3. "I'll be happy if you respect my decision to wait."
4. "If you loved me you wouldn't pressure me."

13. The TOP TEN LIST

Why do you want to wait? Pick your top reasons from the list below or add your own.

_____ I'm just not ready yet.

_____ I don't want to get a sexually transmitted infection or disease (STI or STD)

_____ I'm not willing to risk HIV.

_____ Waiting supports my religious beliefs.

_____ Waiting supports my values.

_____ I want to wait until I'm older and in a covenant relationship.

_____ It's my body and my decision!

_____ I'm not ready for the emotional stress of a sexual relationship.

_____ I'm not ready to have a baby.

_____ I don't want to deal with birth control.

_____ I respect myself and my decision.

_____ YOUR REASON HERE: _____



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