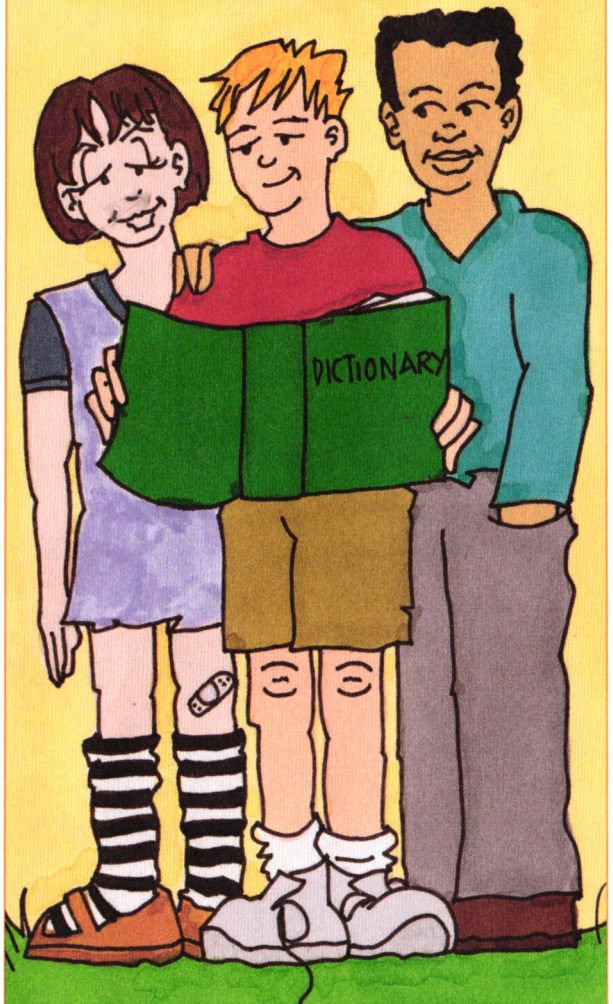


SAYING NO TO SEX

# What Is Abstinence?

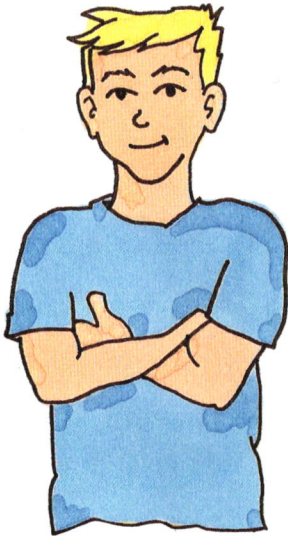


GET THE FACTS

## WHAT IS ABSTINENCE?

### Abstinence means not having sex – at all.

Having sex too soon can get in the way of other important things in your life – like school, friends and family.

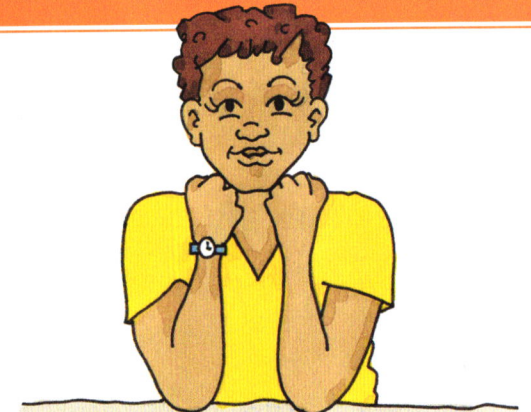


### Abstinence is a good choice because...

- ✓ You are someone special. Sex too soon could get in the way of your future.
- ✓ You can get diseases from sex (called sexually transmitted infections or STIs).
- ✓ If you have sex, you may have a baby before you are old enough to care for it.
- ✓ Choosing not to have sex means you'll be able to focus on other things, like sports, friends and school.

### What are STIs?

Sexually transmitted infections or STIs are infections that can be passed from one person to another during sex. Some STIs cause painful sores and other health problems. Some, like HIV and AIDS, can cause death. The best protection from STIs is not to have sex at all.



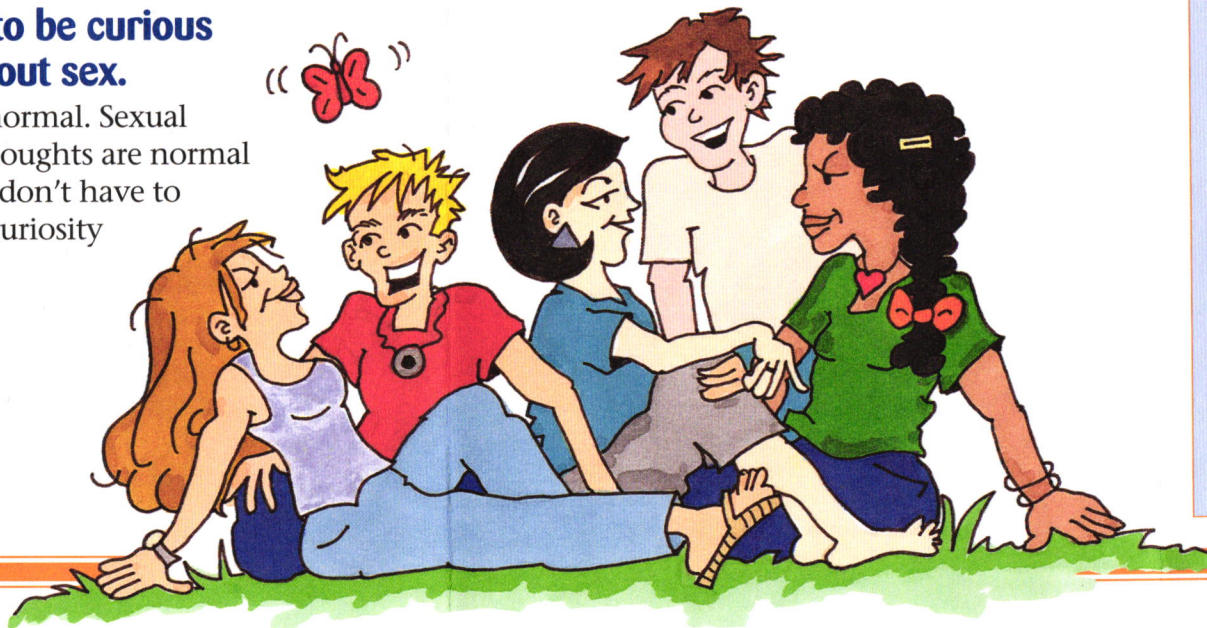
### What can you do if someone is being pushy about sex?

People can be pushy about sex. The way they talk or act can make you feel uncomfortable. If people make you feel uncomfortable about sex, you can:

- ✓ Walk away.
- ✓ Ask for help from an adult you trust.

### It's OK to be curious about sex.

Curiosity is normal. Sexual feelings or thoughts are normal too. But you don't have to act on your curiosity or feelings.



### If someone tries to touch you in a way you don't like...

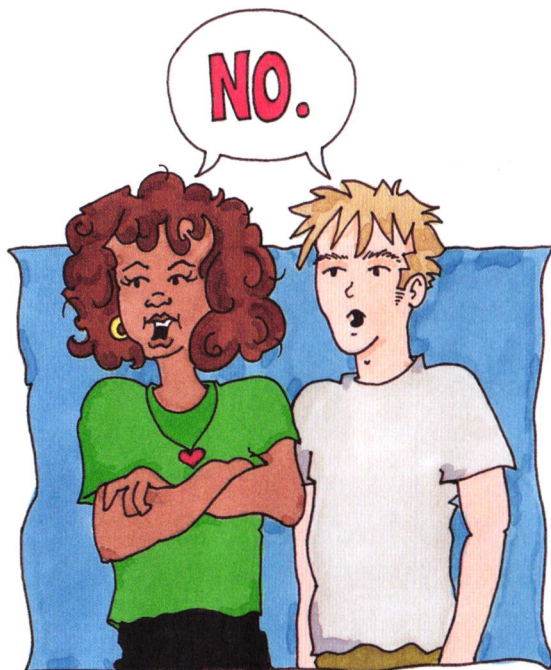
Tell the person to stop. Then tell your parent, teacher, doctor or another adult you trust. They can help you stay safe.

### If someone tries to give you alcohol or other drugs...

Say no and tell an adult you trust. The person may be trying to get you drunk so that you will have sex.

## Here are some good ways to say no to sex:

- ✓ You can just say, "No way. I don't want to have sex."
- ✓ If you really like the person, you can still say no. You can say, "I really like you, but I'm not ready to have sex."



**If you have questions about sex and abstinence, talk to a parent or another adult you trust. Talking things out can help you say no to sex.**

**Thinking about sex and being curious are normal. But you don't have to act on your curiosity. Today many young people are choosing abstinence. Look inside to see why.**

Bay County Health Department  
Family Planning  
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**Clinic Brochure Review Form**

Name of Brochure: \_\_\_\_\_

Date of Publication: \_\_\_\_\_

Brochure Audience: *Check all that apply*

- Teens
- Females Only
- LGBTQ Youth
- Males Only
- Young Adults
- General Public
- Pregnant Women
- Other: \_\_\_\_\_

Brochure Topic: *Check all that apply*

- Birth Control Methods
- Sexually Transmitted Infections
- Sexuality
- Pregnancy Planning
- Pregnancy
- After Pregnancy Care
- Alcohol/Drug Use
- Mental Health
- General Health
- Other: \_\_\_\_\_

Brochure Feedback: *Check only one response for each statement*

- The brochure has factual information that is not dated.  Yes  No
- The brochure could be easily understood by the audience.  Yes  No
- The brochure considers the values and beliefs of the audience.  Yes  No
- The brochure is free of biases (e.g., racial, sexual, cultural, religious, political).  Yes  No
- The audience would find this brochure appealing.  Yes  No
- The audience would read this brochure for health information.  Yes  No

If you selected 'No' for any statement, please explain why:

Do you have any other comments to share?

Brochure Recommendation: *Check only one response*

Do you recommend the clinic use this brochure?  Yes  No

Reviewed by: \_\_\_\_\_

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