For Teens

✓ Make THE decision that you are going to avoid all sexual activity until marriage.
✓ Choose friends who share your values and have made the same choice.
✓ Actively participate in religious and/or community service activities.
✓ Get involved in sports, theatre, music and/or other extracurricular clubs.
✓ Plan dates to include fun activities and avoid a lot of time alone.
✓ Set boundaries on physical intimacy and practice ways to refuse unwanted sexual advances.
✓ Choose to avoid alcohol and drugs.
✓ Have a plan with your parents or another trusted adult for rescue should you find yourself in a dangerous situation.
✓ Always tell your parents or another trusted adult if anyone’s sexual conduct makes you feel uncomfortable.
✓ Realize that choosing to avoid all sexual activity until marriage is the healthiest choice for you.
✓ Realize that the only "Safe Sex" is “Saved Sex.” Condoms and birth control do NOT prevent pregnancy and/or disease 100% of the time, and provide ZERO protection from emotional pain.
✓ Remember that even if you have already made unhealthy sexual choices, it is NEVER too late to make a healthier choice.
✓ Make THE decision that you are going to avoid all sexual activity until marriage.