



# Strategies for Sexual Health

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## ***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.

Source: Douglas A. Abbott & Joseph M. White, *Flying High: Helping Teens Choose Abstinence*, Synthesis Press, 2001