

My partner says he/she will leave me if I don't give in.

- Is threatening a mature way to handle disagreements in relationships?
- Will your partner use this tactic to get what they want in the future?
- If you refuse to give in will you feel better about yourself?
- Does having sex equal a commitment?
- If you do have sex, could your partner leave you anyway?
- Would you rather choose to be in control of your decisions, or would you rather pay for them later?
- It makes me feel attractive and special knowing my partner wants to sleep with me.
- Shouldn't your partner find you special even if you don't have sex with them?
- Wouldn't you feel special having the self-confidence to stand by your convictions?
- Does sex make you 'more' special?
- How special would you feel to be emotionally secure and to share all of yourself on your wedding night?

I want to prove that I love my partner.

- Aren't there other ways to show your partner you love them besides having sex?
- Doesn't showing someone you love them mean you care enough to wait or to support each other's decisions?
- Can't you express your love for each other without having sex?
- Does love equal sex?
- Ship with someone you know you love and who loves you.

Finally, you may just know you are not ready to have sex at this point in your life. Sex is not something that you should just rush into

because others want you to or think you should be doing it. Not being ready is a good reason not to do it.

Dating Guidelines for Teens

Talk with your parents before you begin dating.

- Out of respect for your parents and yourself you should always let them know: where you are going, a phone number where you can be reached, who you are going out with, what you will be doing and when you will return.
- Make it a point to be home by curfew.
- Make sure your date does not get home late.
- If you run into trouble and you are going to be late, call and let both sets of parents know
- Show respect to your date.
- If you are a guy, go to the door to pick up your date and make it a point to meet her family.
- Avoid risky situations where things might happen that you will regret later.
- If you are a girl, make sure you have an emergency plan in place in case your date becomes forceful or violent. The "It won't happen to me," plan is not good enough.
- Consider group dating - the whole point of dating is learning how to develop growing friendships - not about getting sexually involved.
- Don't mistake raging hormones for love. They are two entirely different things.
- What messages do the clothes you are or are not wearing send to your date? Seductive is out, modesty is in.
- Don't date anyone significantly older or younger than yourself. A sixteen-year-old should not be dating a fourteen-year-old. A nineteen-year-old should not be dating a sixteen year old.

Why Wait?



health

Department of
Health
FREE STATE PROVINCE

Why Wait?

There are many valid reasons why you should wait to have sex until you are married. Only you will be able to decide for yourself the best reasons to wait. It is important when you do decide on your reasons to wait that you defend your reasons.

Here are some reasons to wait that you may want to consider:

- You may want to focus on your school or establishing your career at this point in your life. Sex can be very distracting and can often get in the way of your goals either by causing an unplanned pregnancy or disease.
- Abstinence is the only sure-fire way to prevent pregnancy.
- Abstinence is also the only way to keep you free from STDs including gonorrhea and HIV. STDs can haunt you for the rest of your life and being abstinent is the only way to remain disease-free.
- You may believe that sex belongs only in a marriage. It is okay to believe in this idea and it is important for you stand by what you believe to be true.
- You may value your family's respect for you and don't want to let them down. Your family may be more important to you than a boyfriend or girlfriend.
- You may want to show your future spouse how much you love them by being a virgin on your wedding night. Waiting until you marry to have sex is a very special act of love.
- You may respect yourself more knowing you have the self-control to abstain. Self-esteem is very important and comes from trusting yourself to make the right decisions.

You may not be completely sure you love the person you are with. Your partner may be pressuring you to do something that you may not want to do with them. It is important to say no if you are not sure of your feelings toward that person and wait until you are in a committed relation. Why Do I Want To?

Teens give many reasons for having sex, but too many times the decision to "go all the way" is influenced by others rather than by a true desire to experience sex. Reasons for having sex often stem from pressures from peers, media or boyfriends and girlfriends.

It is important to look at the real reasons behind your decisions-either to have sex now (which could change the course of your life through sexually transmitted diseases, HIV/AIDS, emotional hurt or unwanted pregnancy), or to save sex for the true commitment of a monogamous marriage relationship.

Here are a few of the more common reasons teens give that affect their decision to have sex:

My partner puts a lot of pressure on me to have sex.

- Shouldn't sex be a mutual decision-one you can both be happy with?
- Why should your partner's desire to have sex override your desire to wait?
- Will you feel better about yourself if you asked your partner to wait?
- Is sex by force or manipulation love, or is it abuse?

My partner wouldn't want to have sex if he or she didn't love me.

- Wouldn't a partner who really loved you respect your decision to wait?
- Is a relationship always based on sex? What about your other friendships?
- Wouldn't you really love yourself if you asked your partner to respect your decision?
- Are you 100% sure your partner has never been with anyone else?
- How many other people has your partner 'been in love' with?
- If your boyfriend or girlfriend says they are a virgin, will you be their first of many partners?

If I don't, my partner won't like me anymore.

- Can sex make someone like you?
- If a person likes you, will they like you regardless of whether you choose to have sex with them?
- If someone really likes you, will they endanger your life or hurt your reputation just to please themselves?

- Will you like yourself better if you don't have sex?