Committed to Abstinence

It is important to have goals for the future. It can help prepare you for all of the challenges life might bring you way. Planning for your future at this stage of your life is one of the best ways to make sure you are on the right course to accomplish your goals.

Why is it important to think about your future now, before you reach adulthood?

Accomplishing your goals does not just happen by chance. You have to make a plan and stick to it. Setting goals can help you accomplish your dreams. If you could have 3 wishes for the future, what would they be?

How does your behavior and work ethic in school now affect your goals for the future?

Every day you make decisions. Some of them will have a significant effect on your life both now and the future. List what you believe are the most important decisions that can affect the future direction of your life.

If you or someone you know has chosen not to be sexually active, what are some of the reasons for this decision?
Abstinence: sexual abstinence is the choice to refrain from sexual activity. The most common meaning of sexual abstinence is not having sexual intercourse. Oral sex can be considered sexual activity and would therefore be considered an activity to stop if you make the decision to be abstinent. It is important to discuss with your partner what abstinences means to you, especially if you are developing a new relationship.

Statement: Abstinence is the only 100% effective way of protecting you from the physical, emotional and social consequences of sex before marriage.

Is this a statement of opinion or fact?

Who is responsible for determining if you are abstinent?

Most teens surveyed who have been sexually active wish they would have waited. Why do you think this is?

If you were to choose to be sexually active, is it possible that some things may happen to you that you didn’t expect? In each of the four categories listed below, write down some of the possible negative consequences that can happen to you in each category.

<table>
<thead>
<tr>
<th>Physical (What can happen to my body?)</th>
<th>Emotional (How I feel about myself)</th>
<th>Mental (What I now think about)</th>
<th>Social (How it affect my relationships with family and friends)</th>
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