

IT'S WHO I AM

Growing up is hard - so many choices, so many pressures to do what "everyone else" is doing. How do you make the right choices for yourself when it comes to sex?

Get the facts, learn what's true – and then be true to you!

IT'S WHO I AM

IT'S WHO I'LL BE

IT STARTS TODAY

IT STARTS WITH ME

WHAT'S YOUR ABSTINENCE I.Q.?



THE "LOVE YOURSELF FIRST" PLEDGE

When the pressure's on to be accepted or prove you're cool to other people, remind yourself that you are your own reason – and your own rhyme!

LA SALLE NEIGHBORHOOD NURSING CENTER

Through the development and implementation of exemplary community health, public education and educational programs, the La Salle Neighborhood Nursing Center supports and enhances the teaching, learning and service mission of the School of Nursing.



IT'S WHO I'LL BE

Thousands of teens like you across the country are considering all the factors and risks and making the smart choice to wait to have sex.

You own life, feelings and future. Only you can decide if it's the right time and the right person.

[IT'S WHO I AM](#)[IT'S WHO I'LL BE](#)[IT STARTS TODAY](#)[IT STARTS WITH ME](#)

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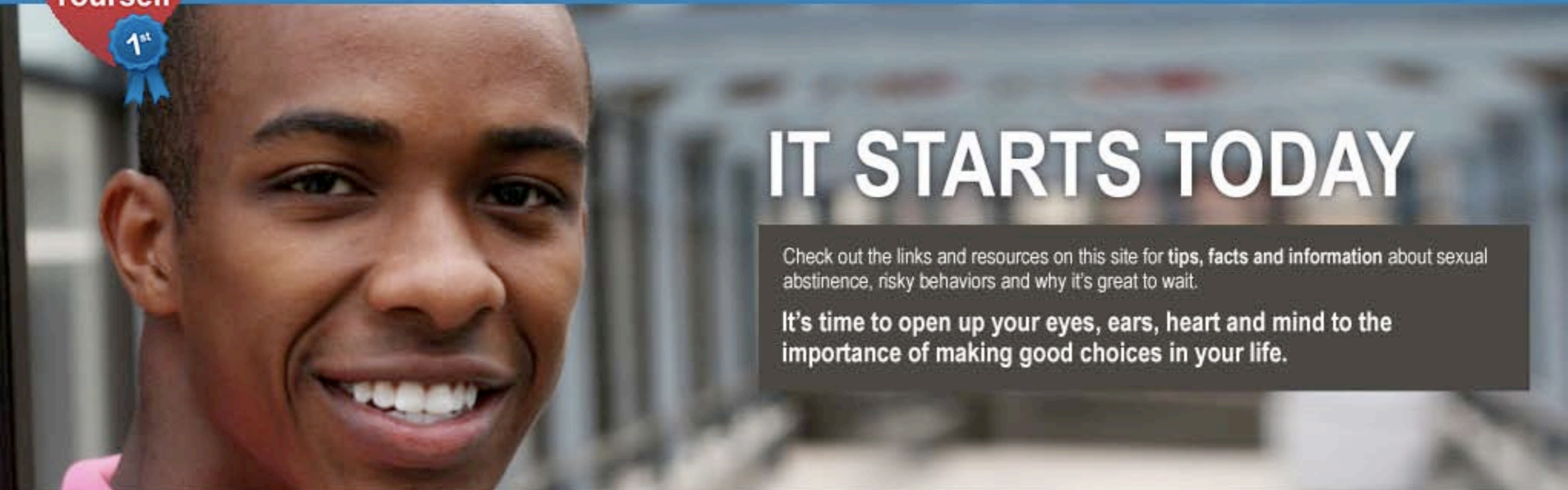


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IT STARTS TODAY

Check out the links and resources on this site for **tips, facts and information** about sexual abstinence, risky behaviors and why it's great to wait.

It's time to open up your eyes, ears, heart and mind to the importance of making good choices in your life.

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IT STARTS WITH ME

No one else's heart beats to the unique song you started creating when you took your first breath. No one else but you lives your life.

Listen to your inner voice, remember your values and beliefs and love yourself first, best and always.

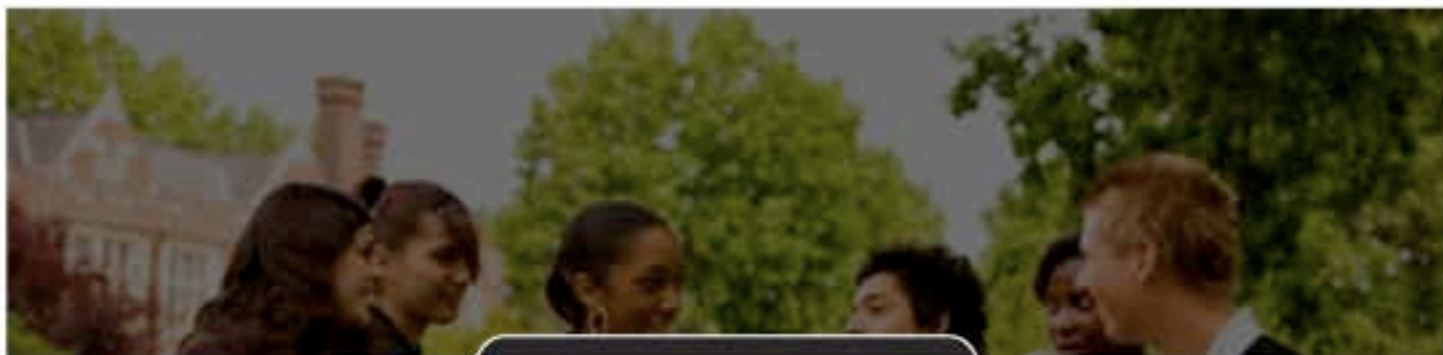
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PEER PRESSURE

[Peer Pressure](#) >[How To Say No](#) >

WAYS TO AVOID PEER PRESSURE

Hang out with friends who also believe it's OK to not be ready for sex yet.

Go out in groups with friends instead of only a date.

Invite your friends over to meet your family. Stick up for your friends if they're being pressured to have sex.

Think in advance of what you would say in case someone tries to pressure you.

Always carry money for a telephone call or cab in case you feel uncomfortable.

Program the number of a local cab company into your cell phone.

Say no and mean no if that's how you feel.

PRESSURE POINTS

Not everyone your age is having sex. In fact, most aren't.

QUOTE ME!

"Our purity rings are a constant reminder to live a life with values. It's like putting a string around your finger to remember to wash your car or take your dog for a walk."

- *Kevin Jonas*

DUDE, HOW DO I LOVE THEE?

Did you know that, in addition to kissing, hugging and touching, there are other ways to show someone you like them a lot without having sex? Here a few:

- **CHOOSE "YOUR" SONG**
- **MAKE COOKIES TOGETHER**
- **HIDE A LOVE NOTE WHERE SHE WILL FIND IT**
- **MAKE A LIST OF THINGS YOU LIKE ABOUT HIM**
- **HAVE YOUR PICTURE TAKEN TOGETHER**
- **GO FOR ICE CREAM TOGETHER**

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HOW TO SAY NO

Peer Pressure >

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SAY YES TO SAYING NO

Despite what rumors and gossip may suggest, virgins are a majority in most high schools, not a minority.

Intimacy takes many forms and sexual intercourse is not the only, or best way, to show someone the depth of your feelings. **Don't let anyone tell you otherwise.**

If you kiss somebody passionately or get into heavy fooling around, it does not mean you are a tease, or have to go all the way.

BELOW ARE SOME WAYS TO TELL SOMEONE YOU ARE ATTRACTED TO THAT YOU AREN'T READY FOR SEX.

Take a deep breath and say, **"No, I don't want to have sex."**

If the question arises while you are kissing or fooling around, stop what you are doing and **change the tone of the moment**. Emphasize your words with actions and body language.

Be prepared for objections or questions, then **stay true to yourself** and your stated feelings.

WHAT IS SECONDARY VIRGINITY?

If you aren't a virgin, you can still choose abstinence with pride. **Many young people who have had sex choose secondary virginity to reclaim their self-respect.** Secondary virginity is an opportunity to start over, heal past wounds and regain your self-respect.

LEARN MORE >

DUDE, HOW DO I LOVE THEE?

Did you know that, in addition to kissing, hugging and touching, there are other ways to show someone you like them a lot without having sex? Here a few:

- **LEARN TO SAY, "I LOVE YOU" IN A DIFFERENT LANGUAGE**
- **SNEAK A LOVE NOTE INTO HER LUNCH BAG**
- **DO HOMEWORK TOGETHER**
- **MAKE SURE SHE FEELS RESPECTED**
- **GIVE HIM A SCALP MASSAGE**



FOR PARENTS AND EDUCATORS

[Talk To Your Kids](#) >[Tune In, Tune Out](#) >

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In study after study, when asked what influences them the most, teenagers overwhelmingly said, "My parents."

Kids of all ages are desperate for their parents' attention, love and guidance. **It's not a matter of whether you have influence; it's a matter of how you use it.** If you are silent on the issue of sexual activity, your kids may take that as an endorsement of the behavior – or even a kind of permission.

CONNECT AND STAY INVOLVED

If you [talk to your kids](#) about the value of abstinence, show your love every day and never give up in the effort to connect with your kids, you can influence the choices they make as they grow.

You can be involved – and stay involved – with your kids by fostering strong relationships, developing family routines such as eating dinner together regularly, being aware of where they are, and monitoring their [entertainment, music and media choices](#).

THE FACTS

According to a 2009 Child Trends study, sponsored by the U.S. Department of Labor, positive parent-teen relationships are all linked to:

Delayed sex among teens

Lower levels of juvenile delinquency and violent behavior

WITH ALL DUE RESPECT...

Even small expressions of disrespect from your teen are never acceptable. There are things you can do to make sure the behavior doesn't become part of his or her permanent mindset.

[READ MORE](#) >

WEARING ABSTINENCE ON YOUR SLEEVE

...AND, UM, ELSEWHERE

Now even underwear makes a statement about waiting for sex until marriage.

[READ MORE](#) >

NO BODY'S PERFECT...

But kids as young as 10 are feeling the pressure from peers and popular culture to be thin.

[READ MORE](#) >



IT'S YOUR CHOICE

[Peer Pressure](#) >[How To Say No](#) >

KNOW YOURSELF FIRST, BEST AND ALWAYS

When it comes to sex, peer pressure can be hard to deal with. Some teens think they need to have sex because their friends think it's cool. It's NOT cool.

Others feel pressured by their boyfriend or girlfriend to have sex.

No one else in the world is entitled to make that decision but you.

Some get caught up in romantic feelings and believe they need to have sex to prove their love.

If someone truly cares about you, he or she will respect your decision, even if they feel differently.

Drugs and alcohol can make it difficult to think clearly and make the best decisions about sex. There are even some people who will take advantage of your poor judgment and force you to have sex if you are under the influence.

Your real friends will not encourage you to become someone else with drugs and alcohol, even for a little while.

DID YOU KNOW?

A seven-month study conducted by MTV reveals young people find the most happiness in family, religion is important to them, and they see marriage and children in their future.

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