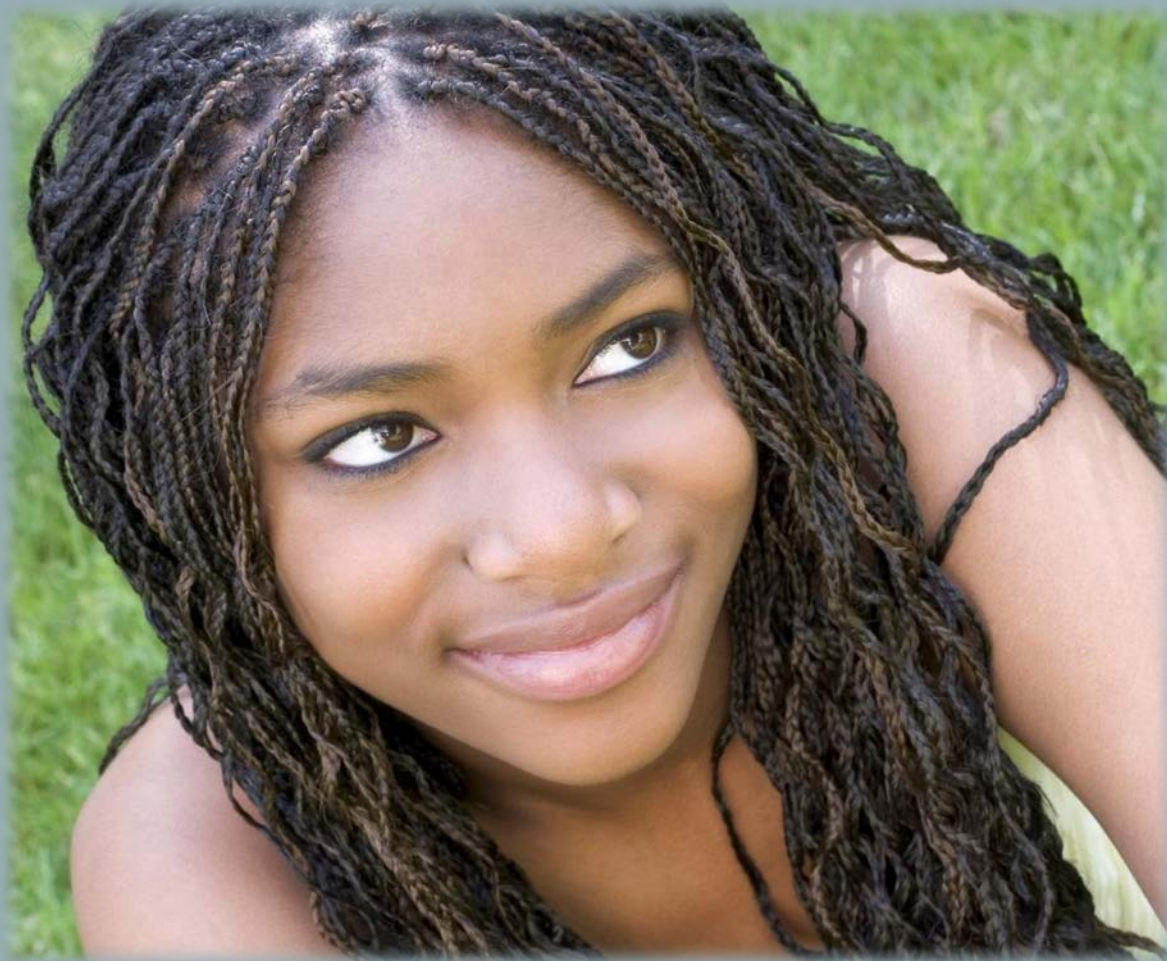


Why Abstinence Is Important for Your Teen



Helping Your Teen Value Sexual Abstinence is Important to Their Sexual Health

- Every survey of teens reveals they want to hear about sex, relationships, and setting dating guidelines from their parents...more than from their peers.....more than from their teachers...more than from their house of worship...

- Remember! Your children can learn from mistakes you have made, rather than making the same mistakes themselves. Never underestimate the powerful and positive influence you can have on your children!

What if Your Teen is Already Sexually Active?



- About 2/3 of all teens who have had sex say they wish they had waited longer.
- This means they are open to making a healthier decision next time.
- Sexually experienced teens can choose abstinence again if they receive the encouragement and skills to make this change. Will you be their cheerleader?

Helping Your Teen Value Sexual Abstinence is Important to Their Sexual Health

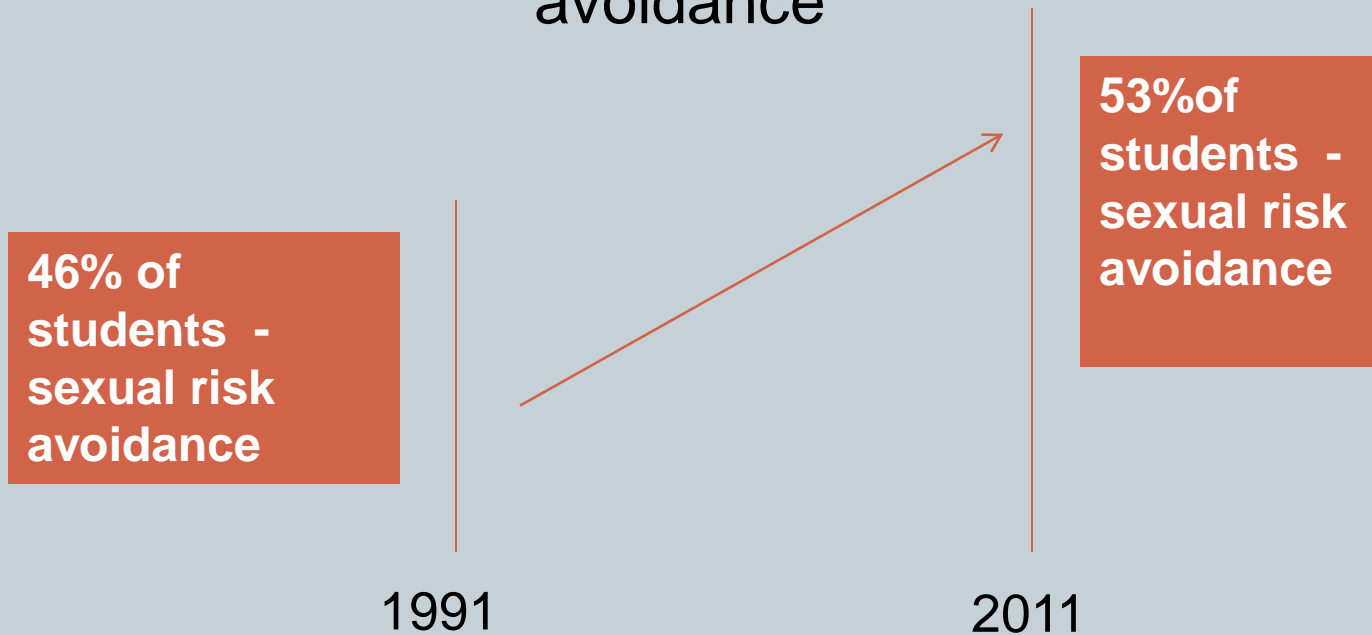


- Abstinence is the only way to avoid all the risks associated with sex – physical, emotional, financial, and as it impacts future success.
- Every year your teens delay sex, their risks are significantly reduced.
- The following graphs show why abstinence is the best choice for your teen.

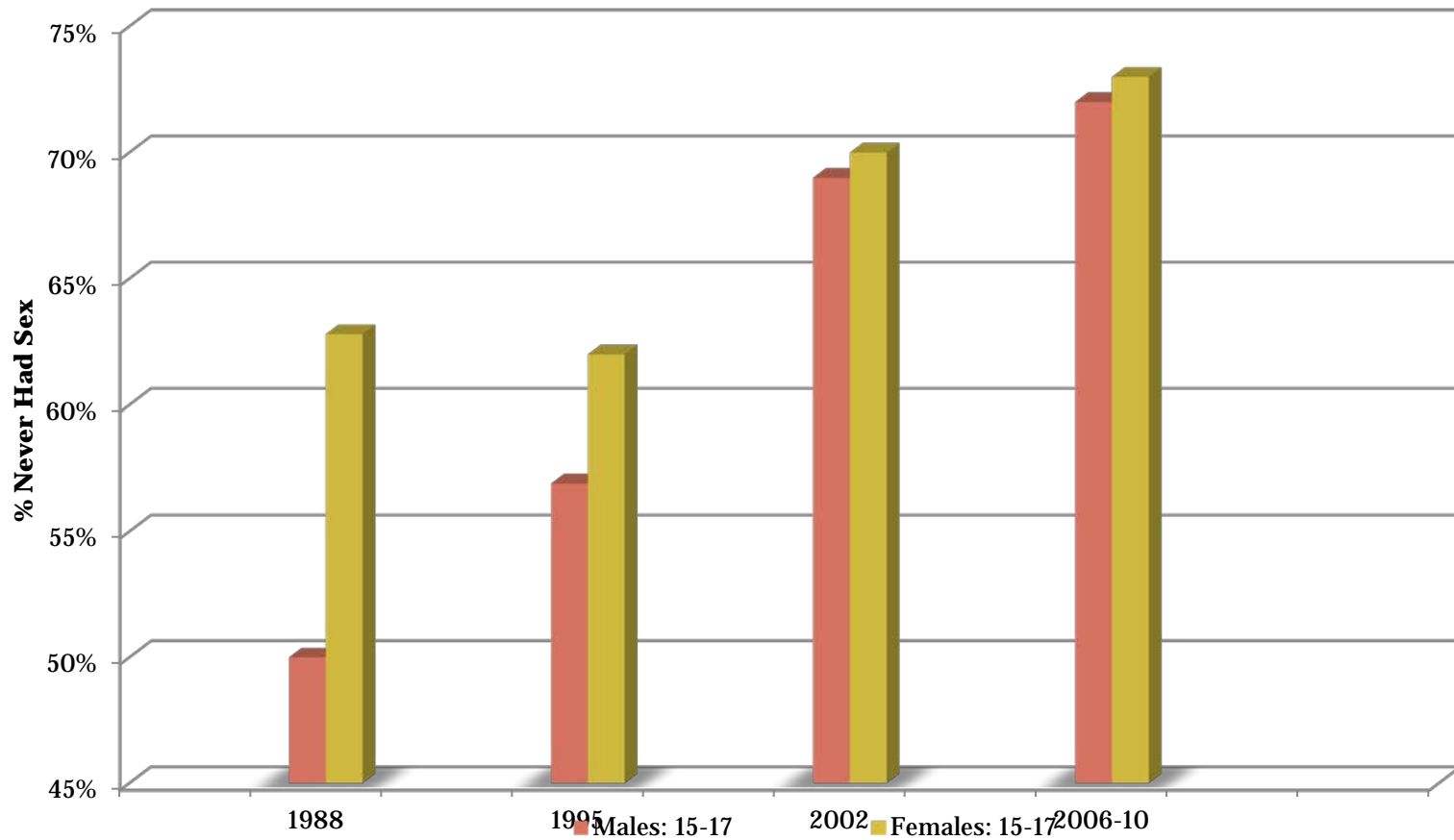
Most Teens are Abstinent



In the US, over the past 20 years, there has been an increase in the number of high school students choosing sexual risk avoidance



Over the Years More Teens are Choosing Abstinence



Why Does it Matter?

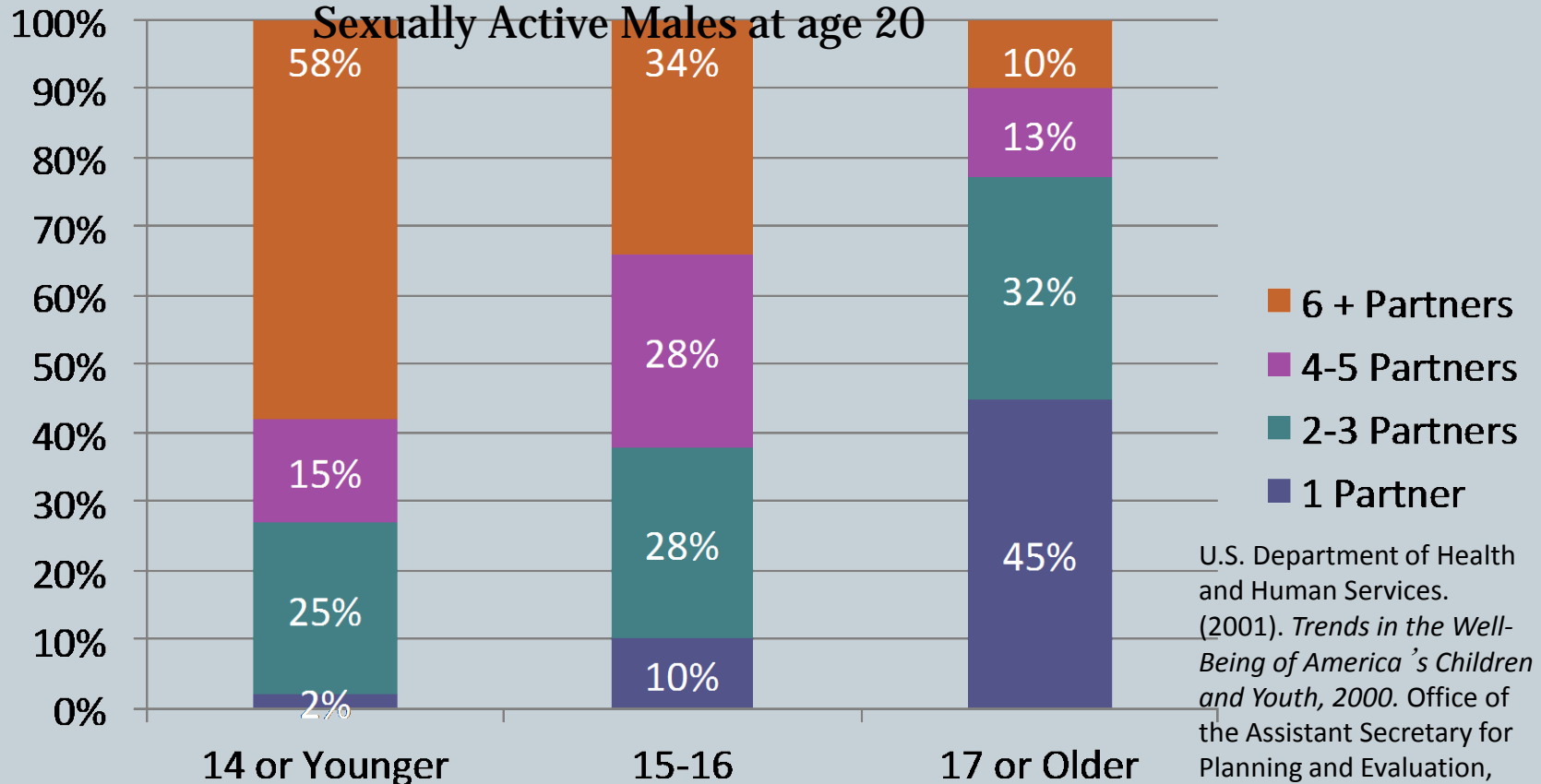
**DOES IT
REALLY
MATTER THAT
MY TEEN
CHOOSES
SEXUAL
ABSTINENCE?**



The Younger a Man Begins Sex, the More Partners He will Have....and the Greater His Risk



Number of Lifetime Sexual Partners among Sexually Active Males at age 20

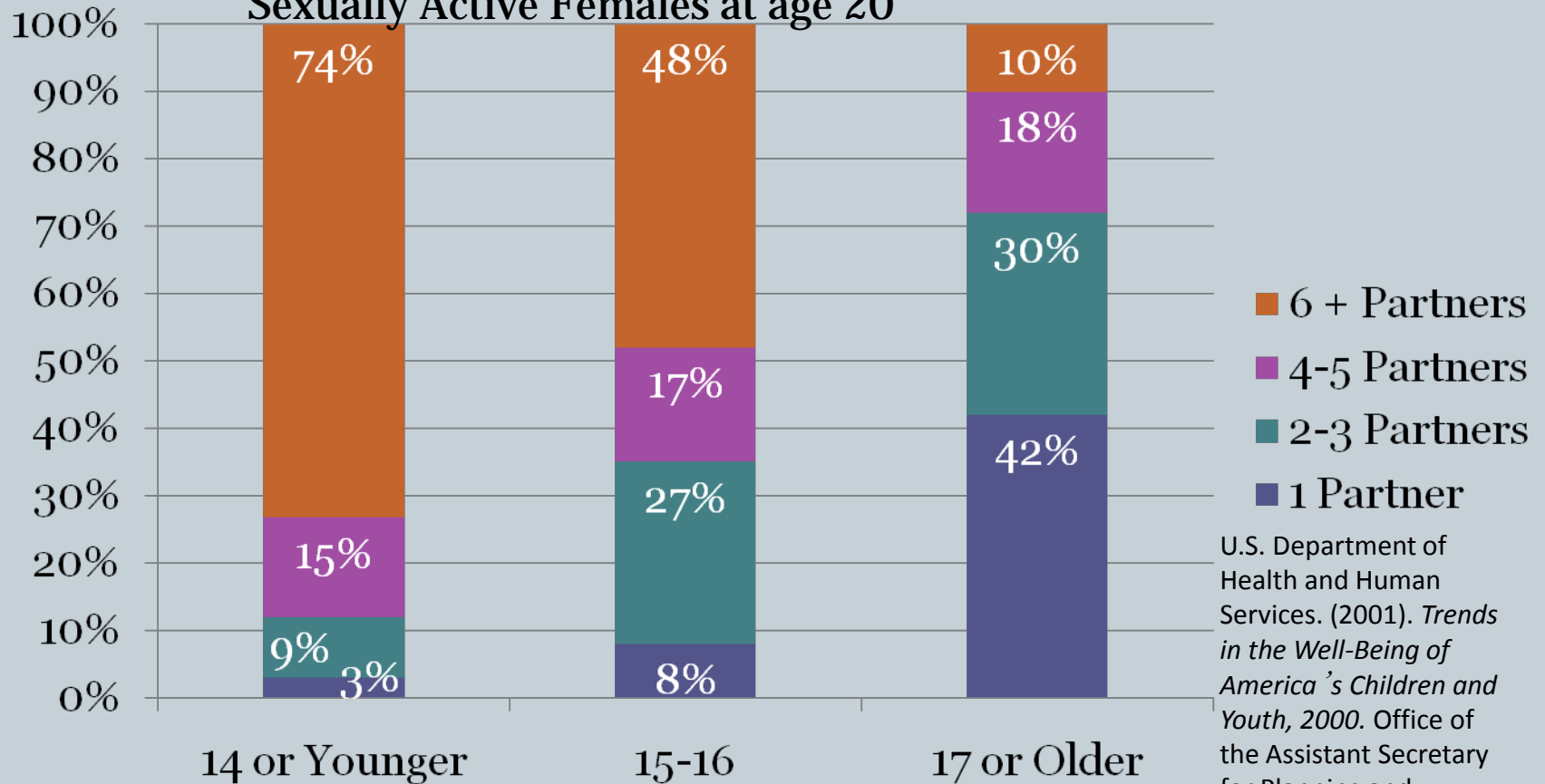


U.S. Department of Health and Human Services. (2001). *Trends in the Well-Being of America's Children and Youth, 2000*. Office of the Assistant Secretary for Planning and Evaluation, Washington, D.C.

The Younger a Women Begins Sex, the More Partners She will Have....and the Greater Her Risk



Number of Lifetime Sexual Partners among Sexually Active Females at age 20

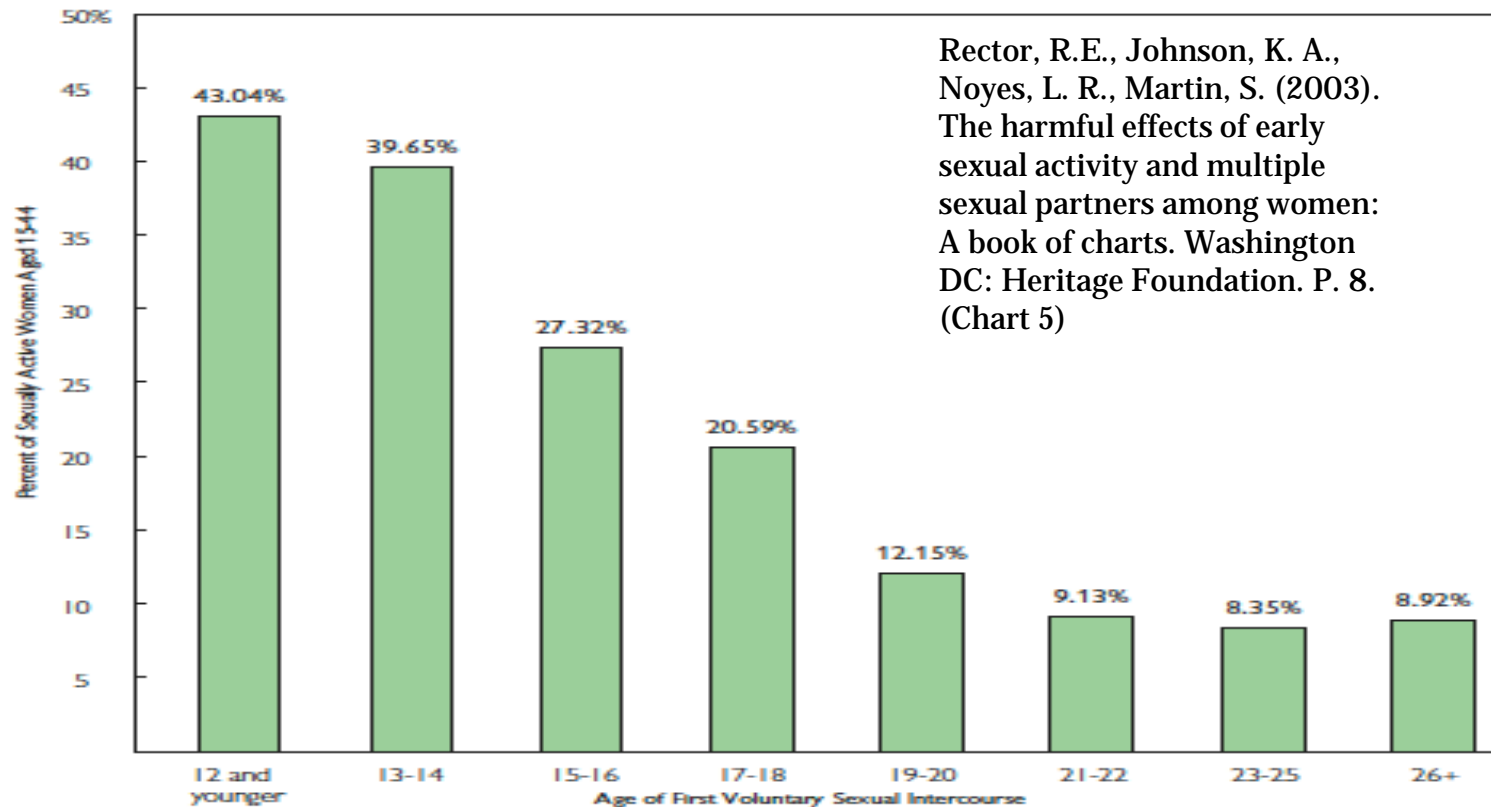


U.S. Department of Health and Human Services. (2001). *Trends in the Well-Being of America's Children and Youth, 2000*. Office of the Assistant Secretary for Planning and Evaluation, Washington, D.C.

Waiting for Sex Reduces Single Parenthood

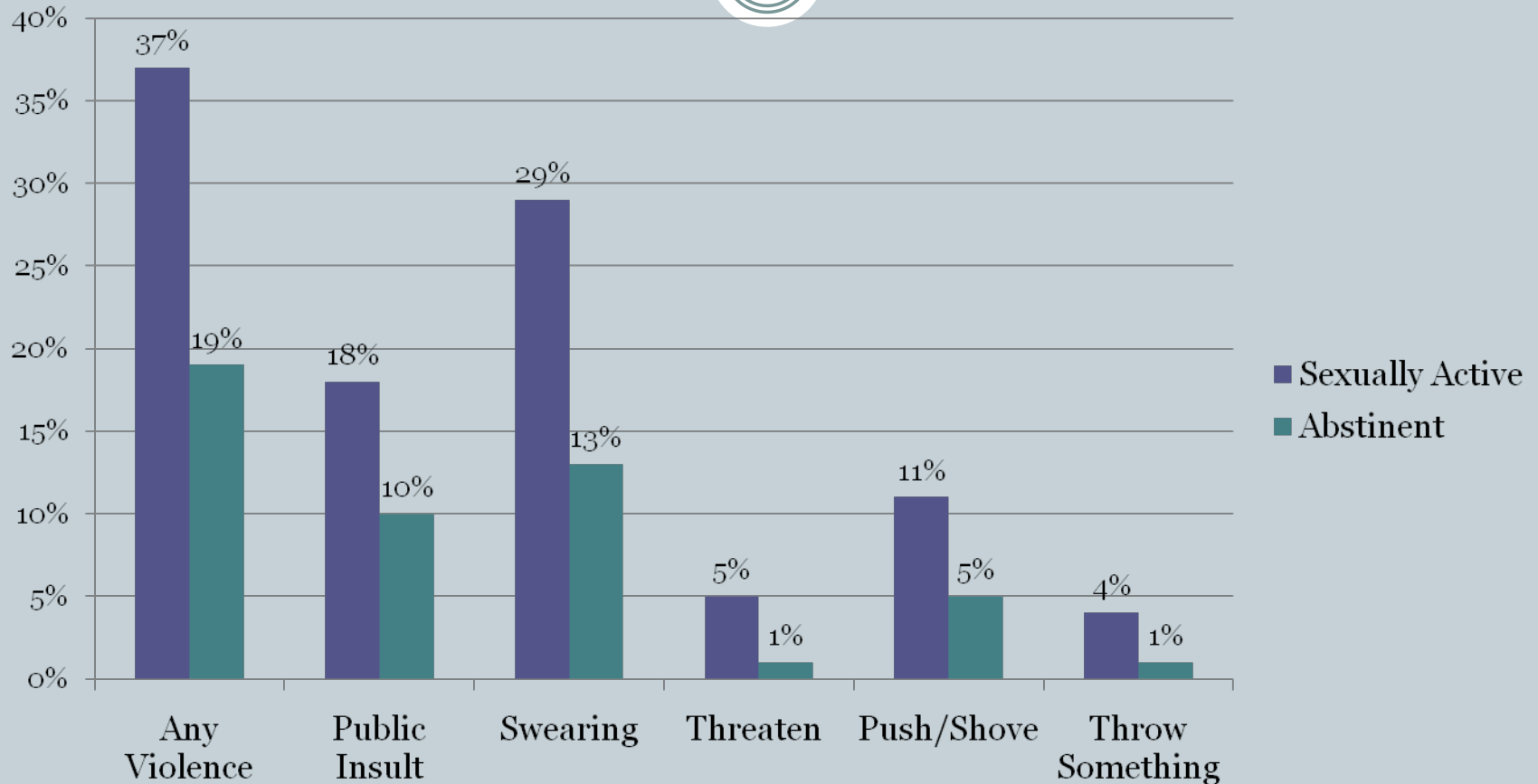


Delay in Sexual Activity Reduces the Odds of Out-of-Wedlock Childbearing



Rector, R.E., Johnson, K. A.,
Noyes, L. R., Martin, S. (2003).
The harmful effects of early
sexual activity and multiple
sexual partners among women:
A book of charts. Washington
DC: Heritage Foundation. P. 8.
(Chart 5)

Abstinent Teens Experience Less Abuse in Romantic Relationships



Journal of Adolescent Health (2005); data from the National Longitudinal Survey of Adolescent Health, Wave II

Better Marriages



- Girls who become sexually active early, are about twice as likely to divorce as their peers who waited for sex



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University of Iowa News Release

June 14, 2011

UI study examines link between teen sex and divorce rate



A University of Iowa study found that women who make their sexual debut as young teens are more likely to divorce, especially if "the first time" was unwanted, or if she had mixed feelings about it.

Published in the April issue of the *Journal of Marriage and Family*, the analysis found that 31 percent of women who had sex for the first time as teens divorced within five years, and 47 percent divorced within 10 years. The divorce rate for women who delayed sex until adulthood was far lower: 15 percent at five years, and 27 percent at 10 years.

Author Anthony Paik, associate professor of sociology in the UI College of Liberal Arts and Sciences, examined the responses of 3,793 ever-married women to the 2002 National Survey of Family Growth.

A first sexual experience that was unwanted or not completely wanted was strongly associated with divorce. If the young woman chose to lose her virginity as a teen, the results were more nuanced.

When the first intercourse took place early in adolescence -- before the age of 16 -- the women were more likely to divorce, even if that first sexual experience was wanted.

Need More Information?



- For more information or help on being the primary sex educator for your child, contact NAEF at info@AbstinenceWorks.org