

# Facts About ABSTINENCE



## What is "Abstinence"?

Abstinence is deciding not to have sex.

## How does it work?

Saying firmly that you really do not want to have sex. And, saying "NO" even when it is very hard to do.

## How well does it work?

Abstinence is 100 percent effective! When you choose not to have sex, you also protect yourself from HIV (Human Immunodeficiency Virus) and other diseases you can get when you have sex. Remember: Sexually Transmitted Diseases (STDs) can be spread through vaginal sex, oral sex, IV drug use, and anal sex.

## How do you do this?

Say "No" as much as you need to. Sometimes it is very hard to do, but you and your partner can enjoy hugging and kissing and being together without having sex. Remember: Sexually Transmitted Diseases can be spread through contact with a sore in the mouth or wound from oral surgery, as well as skin to skin contact of infected areas.

DOCTOR/CLINIC PHONE NUMBER:

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## Tips:

It is easier to say "No" if you decide to do it ahead of time. Plan what words you will say and try not to put yourself in a place that makes it hard to say "No." Remember that when you drink or use drugs, it is harder to say "No." If you need help to figure out what to say, ask your parents, a nurse, a doctor or a social worker to help you.

Your body is yours and no one should make you have sex if you don't want to. Even if you have had sex before or even if you already have a baby, it is OK not to have sex.

## REMEMBER:

Abstinence will usually keep you from getting HIV and other sexually transmitted diseases you can get when you have sex – unless you also use IV drugs or have unprotected oral sex or anal sex, or have direct skin contact with an infected area – but only if you say "No" every time.