

# Lesson 37

## Choosing Sexual Abstinence





# Abstinence

# Abstain



***Abstinence***  
**means choosing  
not to have sex.**

**Choosing  
abstinence is  
one way to  
stay healthy and  
respect yourself.**

# The Benefits of Abstinence

## Micah

"I've never had a real crush on anyone before, but I do now! I've liked J. since the beginning of the year and I've spent hours wondering what I'd do if J. asked me out. I'd say yes, of course! But then what?"

"Last week the school nurse talked to our class about puberty. The nurse told us about getting pregnant and about getting HIV or other diseases. It was kind of scary. But it made me think.

"I know I'm way too young right now to date or get serious with someone. Just because I like J. doesn't mean I have to do anything about it. It keeps things easier and I don't have to worry."

## Tran

"My older sister is in ninth grade and all of a sudden she's gone 'boy crazy.' She used to be my best friend, but not any more. Now it's as if I don't even exist. All she talks about are boys. I know my parents are starting to worry about her.

"Last year my cousin got his girlfriend pregnant. He had to quit high school and get a job at a restaurant. Now he's trying to get his GED, but it's tough. Even though they broke up, he still has to spend a lot of time helping with the baby and working to make enough money. And it's even harder for his ex-girlfriend, having a baby to raise.

"My parents had a long talk with my sister the other night (that I wasn't supposed to be listening to). I wish I could have talked to her myself. I would have told her what other people are starting to say about her, and that I'm worried she might end up like our cousin and his old girlfriend."

## Louise

"You know what stinks? Being one of the only girls in fifth grade who *has* to wear a bra. Some of the other girls wear them, but they don't have to. The boys in my class joke about it and even some of the girls seem to think it's kind of weird. And it's creepy how older boys try to flirt with me and stuff. I'm not ready for *that*!"

"Luckily my older sister went through puberty early, too, and she knows how I feel. She goes shopping with me and helps me pick out clothes that look good but not sexy. She says boys have been flirting with her a long time, but she knows there's more to her than just her body. She feels good about herself, so nobody takes advantage of her. I want people to respect me for a lot more than my looks, too!"

## Jamie

"Our youth group had its own class about puberty. We had that class at school, too, but at the youth group we talked more about making good decisions and respecting ourselves and others. At first I didn't think we needed to talk about all of this. We're only in fifth grade and I don't think any of us are ready for dating or kissing or any kind of sex stuff.

"But we talked about how making a decision to be abstinent now will help us make good choices when we're ready for dating. It made a lot of sense. If I make a decision now not to get so wrapped up in dating and how I look, then I've got more time for other things—like soccer. I really want to make the soccer team when I get to middle school."

**My 5 top reasons for choosing to be abstinent:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Of all these reasons, number \_\_\_\_\_ is the one that's most important to me because...

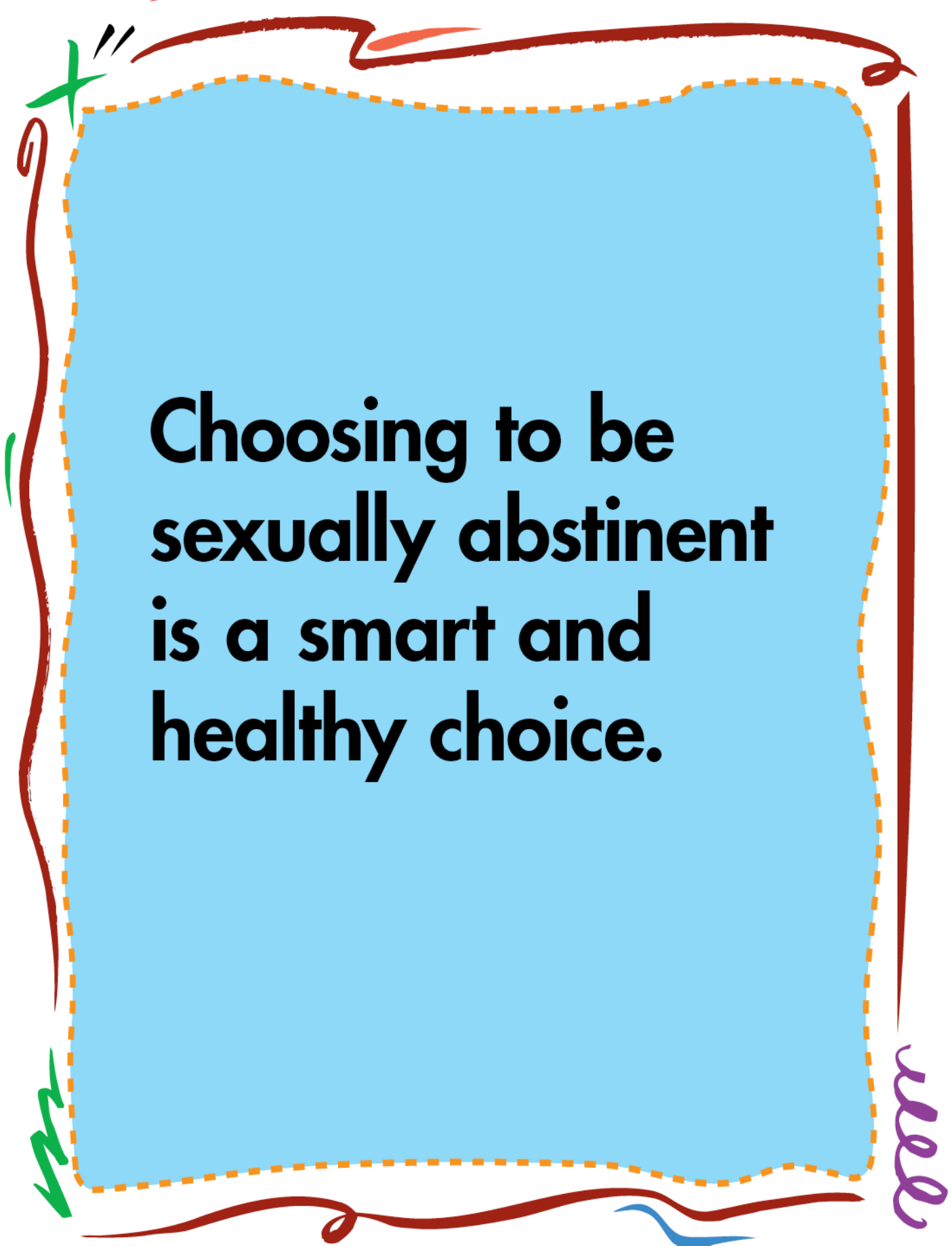
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These are the people who can support me in choosing abstinence:

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**Choosing to be  
sexually abstinent  
is a smart and  
healthy choice.**