Abstinence

The most effective way of protecting yourself from unplanned pregnancy and sexually transmitted infections is to abstain from all forms of sexual activity. It is 100% effective when used correctly.

What Does it Mean to You??

Abstinence can mean different things to different people. The real question is, what does it mean to you? Although there are technical definitions you have to decide what it means to you and if/how you will utilize this practice. It is also important to discuss this with your partner to be sure that he/she is aware of your personal definition!

Talking to your Partner

One building block of a health relationship is communication. This mean communicating with you partner about your sexual desires. If your partner respects you, they will understand your stance on sex — including your decision to abstain from sexual activity. If your partner does not agree or tries to pressure you into changing your decision, you may want to reevaluate your relationships. You have the right to decide what you want from your relationship. Keep the doors of communication open. You may be comfortable with some form of sexual activity but not others. Talk about this with your partner!

A Quick Definition..

\ˈab-stə-nən(t)s\

1. abstention from sexual intercourse
2. the act or practice of abstaining
3. to deliberately refrain from something

(Thanks Merriam-Webster)

Making Abstinence Work

Know the advantages and disadvantages

+ no medical or hormonal side effects
+ it's free
- some may find it difficult to abstain for long periods of time
- some may be ill prepared to protect themselves against pregnancy or STI's if they are not informed on other birth control methods

Sticking with your decision

- Remind yourself daily why you chose to be abstinent
- Be cautious of decisions that may affect your judgment and decision on being abstinent (i.e., using drugs of alcohol and/or sexually charged situations)
- Find supportive people that you can talk about your decision

(Source: www.plannedparenthood.org)

Know Your Resources

IUP Health AWAREness…….. 724-357-4799

IUP Health Services…….….. 724-357-2550

ADAGIO Health…… 724-349-2022

IUP Counseling Center……..724-357-2621

Health AWAREness a part of the Center for Health and Well-Being
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