

Abstinence:



- **How Does It Work?**
 - **Abstinence** means not having sexual intercourse. At any point in your life you may decide not to have intercourse. If you change your mind, you must choose another **birth control method** to keep from getting pregnant.

- **Is It Safe?**
 - Yes! There are no health risks with **abstinence**. As long as there is not genital contact you are not likely to get pregnant.
 - Abstinence is extremely effective at preventing both infection and pregnancy. It is only 100% effective method of preventing sexually transmitted infections and unwanted pregnancy.

- **What Are The Health Benefits Of Abstinence?**
 - Your relationship may get stronger because you and your partner can get to know each other without the pressure of sex. Abstinence may encourage people to build relationships in other ways.
 - It's free!
 - It's safe!
 - It's 100% effective!

- **What About *Sexually Transmitted Diseases/Infections* and *HIV/AIDS* While Practicing Abstinence?**
 - Remember, some STD's can be spread by oral-genital or skin-to-skin contact even if you do not have sexual intercourse.

- **What Do I Need To Know About Abstinence?**
 - Abstinence offers no protection if you change your mind and decide to have sexual intercourse. You must be prepared by having another birth control method handy. Remember that some STD's can be spread by oral-genital or skin-to-skin contact even if you do not have sexual intercourse.

- **When Do I Start?**
 - Abstinence can be started at *any* time in a persons life.