

your timeline, your rules.

Anyone can choose abstinence.

You can choose abstinence if you've already had sex, and you can choose abstinence if you've already had a child or pregnancy.

You can even choose abstinence if you're in a relationship already.

Abstinence is a decision and a plan not to have sex.

It's understanding what your boundaries are and communicating them to the people in your life.

For example, a person who chooses abstinence may be ok with kissing, but does not want to have sex.

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 let's talk about

 abstinence



showing you care



Sex isn't the only way to show you care for someone.

Some people think that having sex is the main way to show you love someone else. But, there are many ways to show you love someone.

Some examples include:

- Spending quality time together
- Talking about topics that are important to you
- Helping with homework, chores, and challenges they have
- Writing notes and sharing feelings

What are some ideas you can think of?

abstinence and STIs

Abstinence doesn't only prevent unintended pregnancy. It also prevents sexually transmitted infections.

Sexually transmitted infections, like HIV, chlamydia, gonorrhea, HPV, and syphilis, can all be prevented through several methods, but abstinence is the most effective.

* REMEMBER

Waiting is a valid and healthy choice, for any reason.

You deserve relationships that make you feel safe, respected, and in control.

peer pressure

It's your body, your choice, and your timeline.

No one has the right to pressure you into doing something you're not ready for – not friends, not a partner, not anyone.

Tips for handling pressure:

- Know your boundaries. Decide what you're comfortable with before you're in the moment.
- Have a go-to excuse ready. ("I'm focusing on school right now" or "I don't feel ready yet.")
- Change the subject, or walk away.
- Surround yourself with people who respect you.

