

## 10 Tips for Saving Sex

1. Practice modesty in your speech, dress, and actions. Modesty sends a message.
2. Find at least one good friend who has made the commitment to wait, and support each other in that decision.
3. Date only people who share your values. Date mostly in groups.
4. If you do date singly, plan your dates and avoid sexual temptation—situations like the back seat of a car, or being alone together, in a dark room, or on a bed.



Avoid sexual stimuli such as most R-rated movies. Make a list of 10 ways you can have fun together that won't create temptation.

5. Limit your physical affection to light hugs and kisses.
6. Tap into support systems such as good websites: [www.iamworththewait.com/online/](http://www.iamworththewait.com/online/), [www.greattowait.com](http://www.greattowait.com), [www.lovesmarts.org](http://www.lovesmarts.org), [www.Relationships101.org](http://www.Relationships101.org), [www.chastityproject.com](http://www.chastityproject.com), [www.reallove.com](http://www.reallove.com), and [www.abstinence.net](http://www.abstinence.net). These websites offer lots of practical advice and often include stories from the lives of teens.
7. Read a good book that supports saving sex:

Sean Covey's *The 6 Most Important Decisions You'll Ever Make*  
Dawn Eden's *The Thrill of the Chaste: Finding Fulfillment While Keeping Your Clothes On*

Jason & Crystalina Evert's *How to Find Your Soulmate Without Losing Your Soul*

Jason Evert's *If Your Really Loved Me* and *Pure Love*

Tom & Judy Lickona's *Sex, Love & You*

Jonathan Doyle's *How to Get the Man of Your Dreams*

Wendy Shalit's *The Good Girl Revolution*

Check out the magazine *Just for Girls/Just for Guys* at [www.humanlife.org](http://www.humanlife.org).

8. Know how to resist sexual pressure. Be ready with comebacks to the standard "lines" (see box at right).
9. If you need to make a new start, have a game plan. A. C. Green, the former NBA Lakers basketball star known for his public stance on virginity, recommends 5 steps:

**Make a commitment** to start over. List the reasons you're choosing to change.

**Find friends who will support you.**

**Communicate.** Tell the people you date about your commitment.

**Set limits** so you don't go too far.

**Focus on your future.** When waiting gets difficult, remember your future goals and the reasons you have chosen to wait.



10. If you have religious faith, make personal prayer a daily habit and ask God for help in saving sex for marriage. Mother Teresa said, "Purity is the fruit of prayer."

—*Sex, Love & You: Making the Right Decision* by Tom and Judy Lickona and William Boudreau, M.D.

## Comebacks to Standard "Lines"



"Don't you love me?"

*"I love you enough to say no."*

"If you really loved me, you would."

*"If you really loved me, you wouldn't ask. If you love somebody, you don't pressure them to do something they don't want to do."*

"Listen, everybody's doing it."

*"Everybody but me."*

"Really, everybody's doing it."

*"Then you shouldn't have any trouble finding somebody else."*

"Don't you find me attractive?"

*"I find you very attractive. I like you a lot—that's why I don't want to wreck our relationship by getting too physical."*

"I'll use protection."

*"You can still become pregnant or get an STD even with protection. And there's no condom for the heart."*

"I'll stop whenever you say."

*"How about right now?"*

"I love you."

*"Then prove it by respecting my values."*

"What are you waiting for?"

*"The person I'm going to marry."*

"Are you repressed or something?"

*"No, I'm free—from the pressure to have sex."*

"I want to show you that I love you."

*"Then respect my decision not to have sex."*

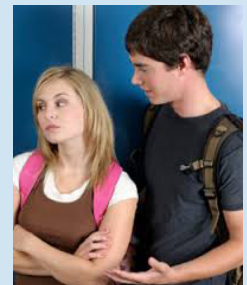
"Look, sex is no big deal."



*"Yeah, well, it's a big deal to me, a big deal to my future husband (wife), and a big deal to God. Besides, I made a promise to wait."*

"You owe it to me."

*"I don't owe you anything."*



—from *Sex, Love & You*

