

Life and Liberty for Women

A Non-profit Abortion Rights
Educational Organization

TEENS

ABSTINENCE

What Is It

And

How Can You Commit

To Being Sexually

Abstinent

Until You Are In An

Adult Committed

Relationship

Sexual Abstinence Means:

NO Sexual Intercourse:

(Penis in Vagina)

NO "feeling up"

NO Oral Sex

NO Anal Sex

NO Mutual Masturbation

ABSTINENCE must be practiced Correctly 100 percent of the time or It WILL FAIL to Protect You

From:

- **Becoming Pregnant**
- **STD's - (Sexually Transmitted Diseases)**
- **HIV - (The Virus that Causes AIDS)**

Should Teens Be Expected To Be Abstinent Throughout Their Teen Years

AND

Can They Be Abstinent?

YES ABSOLUTELY!

Parents, Teachers, Clergy, and other important adults in your life - should let you know - **and often** - that they **EXPECT** you to remain abstinent until you are in an Adult Committed Relationship

Life and Liberty for Women Expects That of YOU!

While It Is Not Easy to Remain Abstinent
YOU should know that YOU ARE Absolutely Capable
of setting Relationship Boundaries with your Boyfriend/Girlfriend
AND sticking to **YOUR** decision to remain

Sexually Abstinent
Alcohol Free
and Drug Free

How Not To Become Involved In These Risky Behaviors

1. COMMIT TO RESPECTING AND PROTECTING – First and Foremost -
YOURSELF
2. COMMIT to Protecting Your Future – The Future May Seem Along
Way Off To You Right Now – BUT IT WILL COME – and You Want it to
Be Filled With Fun and Opportunities NOT an Unintended pregnancy
– An STD – Or
A Certain Death from AIDS
3. Commit to Involving a Parent or Other Trusted Adult in Your Life
4. Be Involved In a School Sport or other School or Community Activity
5. Have a Part-time Job
6. Commit to Doing Well in School
7. Always Double Date
8. Don't Put Yourself in the Position of Being Alone with Your Date in
your house or theirs when Parents aren't home or Alone in a Bedroom
9. Learn/Practice Refusal Skills

CONSEQUENCES OF AN UNINTENDED PREGNANCY

ALL THREE OPTIONS TO AN UNINTENDED PREGNANCY
HAVE LIFE-LONG CONSEQUENCES

- Adoption – (closed and open)

Giving away your baby and parental rights to someone else who will become your child's parents. In a closed adoption you'll never have any contact with your child

- Abortion:

terminating or ending the life of a pre-viable human fetus in the uterus

- Parenting:

a life long total commitment of time, money, and self-less caretaking of another human being

RESPECT YOURSELF

PLAN FOR and PROTECT YOUR FUTURE

DON'T EVER PUT YOURSELF IN THE POSITION OF HAVING TO MAKE SUCH A DIFFICULT AND LIFE ALTERING DECISION WHILE STILL A TEENAGER

Life and Liberty For Women

www.lifeandlibertyforwomen.org

Supports Roe vs. Wade, the 1973 Supreme Court Decision that legalized Abortion in the United States, because the History of **ILLEGAL** Abortion clearly shows us that it didn't stop desperate determined women from having an abortion but **it did make abortion more dangerous to women's health and life**. Most women who died when abortion was illegal – died from self-induced abortion.

Supports reducing the number of abortion performed in the United States by reducing the number of unintended pregnancies through:

1. **Abstinence-based age-appropriate comprehensive sex education in schools**

2. More birth control research

3. Better birth control availability – including health insurance coverage of prescription female birth control

Men and Condoms – **IF** used **correctly and consistently (100% of the time)** **LATEX Condoms** are 98% effective in preventing pregnancy, HIV, Bacterial STD's and offers some protection against viral STD's.

Life and Liberty for Women

*Abortion - Safe and Legal
Today - Tomorrow - Forever*

PMB 213
1015-M South Taft Hill Road
Fort Collins, CO 80521
(970) 416-6872
Fax: (970) 416-0963
www.lifeandlibertyforwomen.org

E-MAIL:
peggy@lifeandlibertyforwomen.org

Peggy Loonan
Founder and Executive Director
and
Mother of Two Daughters

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