

ARISE BRAIN FOOD

BEING SAFE

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50 TIPS FOR AVOIDING TEEN PREGNANCY

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1. Be aware that more than one million U.S. teenagers conceive children each year. One-third of babies in this country are born out of wedlock.
2. Protect yourself if you don't want the responsibility of children. Most teen parents never intend to get (their partners) pregnant.
3. Understand that you can say no to sex without hurting your partner's feelings. If you're not ready to be a parent, don't create a child.
4. Note that people who abstain from intercourse maintain better quality friendships with the opposite sex.
5. Wait for love and marriage. Ignore the messages you see on TV or in the movies; they are lies.
6. Teenage parents have a lifetime responsibility. They give up their "fun" years.
7. Remember this: If you think birth control is expensive, try children.
8. Engage in unprotected sex and you are asking to be a parent. It only takes one sexual encounter to produce a child.
9. Take responsibility for your life and for those affected by your actions.
10. Be aware that strength of character *and* body define manhood. Lack of self-control is a sign of weakness.
11. The consequences of sexual promiscuity outweigh the benefits.

12. Be assured that, contrary to popular belief, you will not die if you don't have sex.
13. Stay informed; it is normal to be curious about sex.
14. Seek professional advice from your doctor or counselor. Friends rarely know more than you.
15. Don't rush into sexual activity at a young age; it can cause emotional and physical problems later in your life.
16. Remember that when you're a parent, your days of personal freedom are over. Child-rearing is a 24-hour-a-day responsibility.
17. Be aware that babies and their parents rarely sleep through the night.
18. Realize that a child is the product of *two* people. Birth control and childcare are not only women's issues.
19. Don't be unfair and blame a girl for carrying your child or accuse her of lying or trying to trick you into being responsible. You created the problem; deal with it.
20. Don't pass on the experience that results from an absent father.
21. Realize that your role as a parent is a big responsibility! Your baby needs you for support, guidance and companionship as long as you live.
22. Understand that being a man goes far beyond sex.

SAYING HOW WE FEEL

Read the following situation and develop a dialogue in response to it.

Mary and Spencer have been dating for three years. One afternoon after a swim, Spencer proposed that they go back home and have sex. Mary is not ready to have sex with Spencer. How can she tell Spencer how she feels?

“Integrity is telling myself the truth. And honesty is telling the truth to other people.”

—*Spencer Johnson*

KEEPING BUSY

As a teenager, there are many activities you and your partner can participate in besides being intimate. Look at the following pictures and circle your favorite activities to do with your partner.



LIFE IS FULL OF GIFTS

The gift of life is a precious miracle to be taken very seriously. For couples, this experience brings joy when both parents are ready for the responsibility. As a teen, list some other things life has to offer you.


