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## Should I Or Shouldn't I?

One of the most difficult choices you may have to make as a teenager is whether or not to have sex (sexual intercourse). Your friends say one thing — your parents say another — TV and movies say something else. Who's right?

Not everyone is having sex! In fact, half of the boys and two-thirds of the girls in U.S. high schools are virgins.

**Abstinence (saying "no") is the best form of birth control for teens.** It's safe, free, always with you, and you don't have to worry that your parents will find out. Like any birth control method, you have to use it every time!

### Ten Good Reasons to Wait to Have Sex:

- You don't want to
- You're not ready
- You don't want to be pregnant or get someone pregnant
- You don't want to get a sexually transmitted disease (STD)
- Your religion says it's wrong
- You want to wait until you're in love or married
- It would upset your parents
- Your reputation might be hurt
- Your boyfriend or girlfriend isn't ready
- You're not using birth control

### Ten Bad Reasons to Have Sex Now:

- Everyone is "doing it"
- Your boyfriend or girlfriend is pushing you
- Your friends are pushing you
- To be grown-up
- To find out what it's like
- To hold on to a relationship
- To make your parents mad
- To stop feeling lonely
- To be popular
- To hurt someone or get back at them