



# Abstinence provides freedom from

- ...being used
- ...AIDS and other sexually transmitted diseases
- ...pregnancy
- ...hurry-up school or career decision
- ...hurry-up marriage decision
- ...abortion, birth, adoption decision
- ...guilt

## Abstinence provides freedom to

- ...understand our human sexuality
- ...maintain self respect
- ...develop friendships
- ...plan future
- ...resist temptation
- ...make a permanent commitment
- ...act out of love not lust

#### We'll Help You Win Project Respect

Our speakers are young teens, teachers, counselors and health care professionals. They can tailor a presentation to meet the needs of your classroom, school, social club or church group.

### (516) 243-0870

#### Tel-A-Teen

...Need to talk? Call Tel-A-Teen helpline. Talk to young people who understand what you're going through...don't gamble your life away...BE A WINNER

(516) 796-BE-OK

7pm-Midnight, 7 days/week. This is a regular rate call. Tel-A-Teen is a