

HOW TO BE A BETTER LOVER.



U.S. Department of Health and Human Services

Office of Public Health and Science
Office of Population Affairs

RESPECT YOURSELF. If you don't respect yourself, no one else will. You don't have to have sex just to please someone else. Sex isn't the only thing that makes you worth loving.

BE CONFIDENT, HAVE A MIND OF YOUR OWN. No one likes a wimp. People like people who aren't afraid to stand up for what they believe in. So don't have sex just to follow the crowd.

DON'T GET TRAPPED. Relationships can get very heavy very fast once sex is involved. If commitment and responsibility hit a relationship too early, it brings out the worst in everyone.

CARE ABOUT THE OTHER PERSON. Pressure isn't sexy. If the person you're with isn't ready for sex, don't push. Show that you know your relationship is a two-way street.

KNOW ABOUT THE OTHER PERSON. People love to be with someone who understands them. Taking time to find out what the other person really wants will make your relationship better.

KISS THE FEARS GOODBYE. Fears about pregnancy, AIDS and other diseases can make you worried, confused, mad, anxious—and not very attractive or fun to be around.

KEEP SOMETHING YOU CAN BOTH LOOK FORWARD TO. If it's the right person, your feelings will grow and last without sex. Just knowing that you're saving sex for marriage can make your relationship even more special.

BE TOTALLY FREE. No getting pushed around by what other people say. No pressure to make commitments to someone until you want to. No fears about disease or pregnancy. No risking your whole future for a few minutes of fun now. This is the freedom you have when you decide to save sex for later. And that's the kind of attitude it's very easy to fall in love with.