

We live in a culture that makes sexual activity very enticing. You need to know for sure what you believe and why you believe it. It is important to recognize chastity as a great value, as something that is good for you and your future life. You can act in a way that supports your intention to remain a virgin.

You can do this in many specific ways:

1. Carefully choose your friends. Choose among those who have high standards and dreams, who value themselves and their sexuality, who believe as you do. Don't think you can reform the others.

2. Avoid dangerous situations and temptations. Don't park, don't date alone night after night. If you end up in a dark, secluded place with someone you care for, get out of there as fast as you can!

3. Make concrete plans for fun things to do. When you make a date, work together, for example, on a school committee, go to sports events, the early movie, dances, picnics, take your kid brother to the zoo. Go to church together, join the youth group. Do fun things with other people.

4. Don't pet. Hugging and kissing feels wonderful, but it builds up a desire for more and more intimacy. As a girl, you need to know that by their very nature, boys become sexually aroused faster than girls do when "making out". You may be feeling only very affectionate, but the boy may be approaching passion. That fire, built up by prolonged kissing and fondling, can cause teens with very good intentions to get carried away.

5. Refuse to drink or use drugs, and expect your date to do the same. These can be lethal to good intentions because they cause you to lose inhibitions and a sense of personal resolve. And drinking is a leading cause of death on the highway.

6. Wear clothes that put the emphasis on you as a whole person. Clothes give messages about the wearer. Girls and boys advertise their values by how they dress. Mini skirts, revealing sweaters, skin-tight jeans, whatever focuses attention on the body, can put ideas in a person's mind that you are interested in sex.

7. Express your intentions by how you communicate. Modest language tells people what a person is. So, too, do dirty stories, vulgar language, or sexually suggestive comments, even though they might be used to impress others. If you give this message, your date may expect you to live up to it. NEVER permit a date to bring in pornographic magazines or videos.

8. Be ready with a response if you are pressured to have sex. There are many possible answers to many possible "lines" that boys use. Here are a few of them:

Boy: "If you really loved me, you'd say yes."
Girl: "If you really loved me, you wouldn't pressure me."

Boy: "I just don't understand-why won't you do it?"
Girl: "I don't understand why you keep asking. I've made a decision: No sex until marriage."

Boy: "You say you love me; how could it be wrong to make love?"
Girl: "I think you're terrific and I really care. But sex for me means total commitment, and we just aren't there yet."

Boy: "I'm so crazy about you. I just can't wait any longer!"
Girl: "I'm sorry; you'll have to find another girl because I'm going to wait."

Boy: "You know I'll respect you and love you after we have sex. Nothing will change."
Girl: "Maybe it won't for you, but it will for me. I'll lose my respect for myself, and that matters to me."

Boy: "You look so beautiful and I feel so romantic. Getting together would make everything perfect."
Girl: "I feel romantic too, but I'm not looking for perfection. I'll settle for a few hugs and a kiss."

Boy: "I've got protection. What are you afraid of?"
Girl: "I'm afraid of people who try to make me do things I don't want to do. And I don't want to have sex."

There other good answers. You might want to figure out a few of your own. The key is to know that you are going to say no.
But sometimes girls, especially the young and inexperienced, are afraid to turn a boy down because they fear they will lose him. The truth is, if a boy really cares about a girl as a person, not just as a sex toy, he will continue to be interested even when she says 'no sex'.
Of course, there are some teens who may not handle rejection. If your "no" causes a boy to withdraw from a relationship, as painful as it may be, he isn't worth crying over. He probably did not care about you in the way you deserve. That doesn't make him bad, but self-centered and immature.

Most of all, each person needs to believe that you are not a sex object to be used, but a person to be valued and respected.