

1. Freedom from pregnancy and sexually transmitted diseases.
2. Freedom from the problems of birth control.
3. Freedom from the pressure to marry too soon.
4. Freedom from abortion.
5. Freedom from the pain of giving your baby up for adoption.
6. Freedom from exploitation by others.
7. Freedom from the guilt, doubt, disappointment, worry and rejection that come with a sexual affair.
8. Freedom to be in control of your body.
9. Freedom to get to know your dating partner as a person.
10. Freedom to plan for the future and for the kind of life you want to live.
11. Freedom to respect yourself.
12. Freedom to be unselfish: not taking pleasure in sex at the expense of your boyfriend or girlfriend.
13. Freedom to look forward to marriage and choose and be chosen by the kind of person you will want for the mother or father of your children, without worrying about his/her learning about your sexual past.
14. Freedom to enjoy being a teenager, with many friends and boy-girl relationships.
15. Freedom from severe pain when you break up.
16. Freedom to form a strong marriage bond with one person only for life. Such couples can trust each other to be sexually faithful in marriage because both of them have practiced resisting sexual temptation before marriage.
17. Freedom to later remember your high school dating experiences, after you're grown up, with pleasure and happy memories, and no shame.

