

# TOP 10 REASONS

## *to abstain from sex before marriage*

**1** You'll be free to be physically intimate with your spouse without being haunted by past sexual relationships.

**2** Once you have a sexual relationship with another, it cannot be undone. You are permanently changed. Oxytocin is released in the brain during intimate relations. Oxytocin acts as "superglue," bonding us to the person we've been intimate with. When you break up and get a new partner, your ability to bond with a new partner is damaged. It's like leaving pieces of yourself with everyone you've been with.

**3** Avoid sexually transmitted diseases, some of which are a death sentence and others that will be with you for a lifetime. There are 141 different STI's.

**4** Prevent the emotional pain of feeling used; discarded or rejected by someone you have given the most intimate part of yourself.

**5** Avoid unintended pregnancies and the problems that they cause.

**6** Time to focus on your school work, sports, talents and grow as an individual.

**7** No contraceptives polluting your body.

**8** Escape divorce—couples who have sex before marriage, especially those living together, have a much higher rate of divorce.

**9** Remain true to your religious and moral beliefs. Abstaining proves a commitment to your future spouse.

**10** Know you're giving your spouse the total gift of yourself, something never given to another. Real love desires the best for another.