

Flip for *Just For Guys*

2017-2018

JUST FOR GIRLS

Be Strong for YOUR Life's Journey



You live in a busy world that is constantly changing. Stress with school, activities, sports, home life, it can all be hectic at times. You may not know it, but you have a plan and it's working. You're on a journey to becoming a person that is strong, independent, and willing to work for a better life. There are benefits to staying on track and to reaching your goals. You are pretty confident that you have this all worked out, but there is growing pressure to conform to the norm. With new experiences, new people, physical and emotional changes, how do you continue to grow as a strong woman?

Being a strong woman means:

- Loving yourself when society tells you that you don't fit in.
- Being "ok" with not having a boyfriend.
- Making your own choices in life to keep you on your path to reach your goals.
- It's ok saying no to sex before marriage.
- Not compromising your values or trading sex for favors, clothes, homework or money.
- Knowing your limits - don't let your boyfriend pressure you to have sex.
- Loving your body and protecting it from STDs.
- Finding your own strength and ability to function without temptation to solo-sex.
- Resisting the urge to follow the crowd if you get pregnant.
- Not being afraid to stand out, no matter what the media wants to sell you.
- Refusing to be shamed for what you believe is good for you – waiting for sex until marriage.

It's your life's journey and you will have to live with your choices
...read more on how to navigate these issues in this addition of
Just for Girls/Just for Guys.

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Abstinence:

Refraining from all sexual activity, including oral sex.

Sexual Integrity:

Sexual integrity is more than saying no to sex. It's expressing who you are in all areas of your life in an honest and pure way. When saving your sexuality mentally, emotionally, and physically, you become healthy, whole and empowered!

Fallen short? It's not too late!

Read about other women and their personal stories in this magazine. Tell us what you think at humanlife.org.

humanlifealliance

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Human Life Alliance is a non-profit, educational organization whose publications have reached over 219.9 million people around the globe.
Just for Girls/Just for Guys has been produced since 2005.



Looking for Love

I grew up in an abusive and incestuous environment. The concept of “staying pure” or “saving myself for marriage” was something I agreed with in theory, but could not embrace for myself. I did believe that it was wrong to have sex outside of marriage, but I felt I had no purity to begin with, and nothing to save for marriage.

What I wanted, more than anything in the world, was to feel loved. I had such a low opinion of myself that I didn’t think I had anything to offer besides sex. It was the only thing anyone seemed to want from me, and the only thing I could imagine that might possibly earn me that love, that feeling of closeness and security that I was looking for...even if it was only temporary.

One of the biggest regrets I have in my life is having lost that purity—first having it taken from me, and then willingly giving it away. So much damage was done to me physically, emotionally and spiritually. I wish I could change the past...if only for that one thing.

I didn’t know that someday, later in my life, I would learn the way I was treated as a small child and as a teenager was wrong...that I never deserved to be abused. I didn’t know that someday I would begin to believe I was valuable and worthwhile...that I would find people in the world who would offer friendship and love to me, who would be able to see something beautiful in me.

Briana



THE DECEPTION OF PERFECTION

Somebody once told me, “Your body is part of who you are, but your body doesn’t define you.” It was a life-changing moment for me. My body is how I move around and navigate life, but there is so much more to me than how I look. It is liberating to realize that what I see on Instagram and featured Snapchat stories does not need to define who I am, what I should look like, or how I should act. These things bombard and shame young women everywhere we look. We have to choose to say no to those unrealistic expectations of a distorted reality every day.

It breaks my heart to see people filtering every selfie and moment to appear like it’s perfect. Because, deep down, we all know that there is no such thing as a perfect person or a perfect life. Deception is making someone believe something that isn’t true. And that’s just it – perfection isn’t real! You are empowered to make the choice to love yourself, to choose authenticity, and to be who you are. You can be quirky, thoughtful, opinionated, intelligent, funny, courageous and caring. You are a whole and complete person, no matter what anyone says. Defining yourself by who you are and what you do, rather than how you look is a brave choice to defy the deception of perfection that society tells us to buy into.

It can be scary at first, but the world needs to know that real, imperfect women exist, daring to break the rules, claiming our imperfections, and being ourselves. We can write our own stories and can think our own thoughts. We don’t have to follow the crowd. We can choose to surround ourselves with people who encourage and uplift us. We are bold enough to reject deceit and believe that we ARE beautiful.

Monica

Ask Amanda

Dear Amanda,

I just started dating and I want to know where I am supposed to draw the line when it comes to being physical with my boyfriend. Be specific—How far is too far to go with a guy?
—Drawing the Line

Dear Drawing the Line,

Good question. If you define an exact action as the line for “too far,” you’ll be more likely to dance around it. The trouble is, if you dance on the edge of a cliff long enough, you’re bound to fall off. Instead, try using a reference point that can guide you in your interactions as a whole. For example, it’s helpful to ask yourself, “Would I be comfortable doing this if my mom or dad were in the room?” This will help you be respectful of his purity as well as your own.

Dear Amanda,

It seems like all the girls at school have a boyfriend besides me. I can’t help but feel a little jealous and well, to be honest, desperate. I can’t help it. I just really, really want a boyfriend! What should I do?
—Really Want a Boyfriend

Dear Really Want a Boyfriend,

I understand where you’re coming from. What girl doesn’t want a guy to put his arm around her and tell her she’s special? It’s a natural part of being a girl. Maybe you just want to have someone to do things with. Do you need the reassurance of another person to feel worthy of being loved? You are not alone. It’s important to love yourself before you can learn to love another person. Concentrate more on developing into the right kind of woman—socially, physically and mentally.

Dear Amanda,

The other day my boyfriend told me he’s going to break up with me if I don’t have sex with him. I really love him and don’t want to lose him. What should I do?
—Conflicted

Dear Conflicted,

It’s unfair of your boyfriend to pressure you into doing something you don’t want to do. If he really loves you, he will respect your boundaries. His commitment won’t be dependent on the level of physical intimacy in your relationship. I know it’s hard to accept, but it’s better to risk losing him. Tell him no. If he leaves, let him go. You deserve better.

Dear Amanda,

I wanted to go on a date with a guy the other day and my dad wouldn’t let me leave the house in my favorite short shorts and tank top. I thought I looked cute, but I feel like he wants me to wear a bag. What’s his deal?
—Get With the Program

Dear Get With the Program,

Your dad wants your true beauty to shine. He loves you and is trying to show you how to attract the right kind of attention. The truth is that he’s a guy and knows how strong visual images can be a challenge for young men. I’m glad to know you have a dad who cares about you!

Romance VS. Reality

Are you looking for your one true love? Do you want to meet that perfect partner—someone you’ll spend the rest of your life with?

Today, it seems like everyone has a different idea of romance. Hollywood tells us one thing. Our friends tell us another. Maybe your parents have told you the story of how they first met. But what can you expect today? Have you ever thought about where your romantic notions come from?

Maybe you binge the latest rom-com or romance shows on Netflix. How do these shows influence your ideas? Do they cause you to re-think your idea of romantic relationships?

“

I used to love watching romantic movies and reading stories about heated, passionate relationships. It was an escape for me and like, for a moment, I was living that girl’s life. These girls seemed to have perfect lives. They were beautiful, had flawless boyfriends and perfect relationships. Who wouldn’t want that?

I didn’t realize, right away, how these fictional stories were influencing my thoughts and ideas about relationships. It became apparent one day when I realized how dissatisfied I was with my boyfriend. My emotional satisfaction from seeing these types of shows had penetrated my real relationships. I created standards for the person I loved that could only exist in a fantasy world.

I realized these stories had a negative effect on me on an emotional level. It was unhealthy for me to want to be someone else and it was unfair to expect guys to live up to this unnatural standard.

As I took control of my own thoughts, I now appreciate more important qualities in real men. Men who treat me with honesty, respect, and trust. I’m also selective in the movies I watch, books I read, and shows I binge. I don’t think these stories are fun and entertaining anymore—they are destructive to my real-life relationships.

Sophie

”

I screwed up.

As a teen, I played the third wheel because my twin had many boyfriends and I didn't. I became depressed and wondered why guys didn't like me.

When I finally got a boyfriend, it ended in an abusive relationship. I added more guys to my list of exes and the last one was Steve. Even though our values didn't match and my family didn't approve, I thought Steve was "the one."

I wanted to remain a virgin before marriage, but Steve and I got physically closer until that one night...I jumped out of bed and curled up in the corner crying. I couldn't take it back, ever. I felt like it no longer mattered, so we kept sleeping together in secret, for years.

I developed a dependency on him and knew something needed to change. Breaking up with Steve was the hardest thing I've ever had to do. I told him I loved him and he was perfect for me except for one thing—my purity.

I vowed not to date again until I was 100 percent sure whom I would marry and that he would respect my sexual integrity.

While I was single, I sought out a strong group of friends who shared my values. An honorable guy in the group, Aaron, later became my beloved husband. He understood that abstinence was important so we remained pure until our wedding night. I was his first girlfriend; his first kiss! I am so content now with a real man who knows what love is.

Emily



**NOT
JUST A
"GUY THING"**

As a girl, this is hard to admit, but I struggled with masturbation since I was 15 years old. I'd been exposed to a lot of sexual content on TV and in magazines. I saw things that made me curious about sex, which led me to my struggle with masturbation.

It started out as a desire to experiment sexually, but after a while, I noticed that the desire increased when I was really stressed out or bored. I convinced myself it was healthy and okay to do because it would help me relax after a long day. Some nights, it got to the point where that was all I was looking forward to when I came home from school.

I was terrified that someone would find out and was ashamed of myself. I knew guys struggled with it, but thought it was considered very rare for a girl. Because of this, I remained silent and never sought support or help.

Today, I no longer struggle with masturbation and am happy to be free of it. I cannot say the temptation ever fully disappears, but finding healthy ways to control stress is a great way to eliminate the desire. If you can relate to my story and are not sure where to turn, consider seeking help from a confidential support group.

Masturbation may seem like a benefit at the time, but it is such a relief to be free from it.

—Anonymous

Did you know masturbation can interfere with healthy sexuality in marriage?

The same neurochemicals that, during marital intimacy, enhance your relationship with your spouse, redirect this desire toward yourself rather than your spouse. Over time, "self-sex" becomes your brain's preferred method for achieving sexual gratification, leaving out the one you love. Learn more about the potential dangers of masturbation at candeobehaviorchange.com/healthy-sexuality/masturbation/how-it-works/.

Hormonal Contraception Has Consequences

According to the Center for Disease Control, 9 out of 100 women each year who take the Pill faithfully as directed will get pregnant.¹ Besides that, hormonal contraceptives, the Pill, the Patch and the Shot have side effects—some minor (uncomfortable and inconvenient) and some major—even life threatening.

Some Minor Side Effects:

- Weight Gain
- Depression
- Dizziness
- Headaches
- Breakthrough Bleeding
- Breast Tenderness
- Nausea
- Mood Changes

Some Major Side Effects:

- 2–3 times the risk of lung blood clots.²
- The Pill can make it easier to get potentially lethal infections.³
- The Pill increases your risk of human papilloma virus (HPV) and human immunodeficiency virus (HIV).⁴
- The Pill can cause cancer. The Pill is a known Group 1 carcinogen for breast^{5, 6, 7} and cervical cancer⁸ according to the UN's International Agency on Research of Cancer (IARC). Long-term hormonal contraception was associated with an increase in glioma, a brain cancer.
- Development of Multiple Sclerosis has been linked to hormonal contraception.⁹
- The Pill also causes miscarriages (spontaneous abortions) by acting as an abortifacient.¹⁰

Is it ever worth
taking a Group
1 carcinogen
to control
fertility?

1. Effectiveness of family planning methods adapted from World Health Organization (WHO) Department of Reproductive Health and Research, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP). Knowledge for health project. Family planning: a global handbook for providers (2011 update). Baltimore, MD; Geneva, Switzerland: CCP and WHO; 2011; and Trussell J. Contraceptive failure in the United States. *Contraception* 2011; 83:397–404.

2. van Hylckama Vlieg A, et al. Venous thrombotic risk of oral contraceptives, effects of oestrogen dose and progestogen type: results of the MEGA case-control study. *BMJ* 2009; 339 doi:10.136/bmj.b2921.

3. Wang CC, et al. Risk of HIV infection in oral contraceptive pill users: a meta-analysis. *JAIDS* 1999; May 1 21(1):51-58.

4. Franceschi S, et al. Genital warts and cervical neoplasia: an epidemiological study. *Br J Cancer* 1983; 48:621-28.

5. Kahlenborn C, et al. Oral contraceptive use as a risk factor for premenopausal breast cancer: A meta-analysis. 2006 Mayo Clinic Proc 2006; 81(10):1290-1302.

6. IARC 2007 Monograph 91. Combined estrogen-progestogen contraceptives and combined estrogen-progestogen menopausal therapy. Available at: <http://monographs.iarc.fr/ENG/Monographs/vol91/mono91.pdf>

7. Dolle J, et al. Risk factors for triple negative breast cancer in women under the age of 45. *Cancer Epidemiol Biomarkers Prev* 2009; 18(4):1157-65.

8. Moreno V, et al. Effect of oral contraceptives on risk of cervical cancer in women with HPV infection. The IARC multicentric case control study. *Lancet* 2002; Mar 30; 359(9312):1085-92.

9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4780760/>

<http://www.jcpjournal.org/journal/view.html?volume=21&number=4&page=294>

<http://www.foxnews.com/health/2014/02/28/oral-contraceptives-linked-to-increased-risk-multiple-sclerosis.html>

10. <http://medlibrary.org/lib/rx/meds/zovia-135e-28/>

Forever Might Not Be Forever

My boyfriend and I had been dating for over a year when I learned I was pregnant. We were both in college. We hadn't talked about marriage, but I assumed we would always be together.

John told his parents about the pregnancy. They said he was too young and should "just forget it happened." John said he had been thinking about breaking up with me anyway.

I was absolutely devastated. I asked him if he could at least be there when our daughter was born, but he decided to travel to England to study and I was left alone.

I called John when my daughter was born, but he denied she was his and demanded a blood test. I never expected someone who said they loved me to leave me feeling so alone and abandoned.

Hannah

Safe Dating Tips

Dating can be fun and exciting, but you need to keep your head on straight and be careful. Many girls become victims of rape through relationships with acquaintances. This is not meant to scare you, but help you be smart and stay safe when you're looking to start a new relationship. Here are a few tips that can help you protect yourself while dating.



1

Stay with the group

If you don't know the person well, it's better to date in a group setting or to go on a double date with a couple you know. **Be aware of the dangers of human trafficking.**

2

Stand your ground

Don't be tolerant of a guy who violates your personal boundaries. If he doesn't respond when you tell him to stop, leave the situation.

3

Watch your beverage

Don't accept beverages from people you don't know and don't drink out of anything you've left unattended. "Date rape drugs" can be slipped into your drink when you're not paying attention.

4

Trust your instincts

If you sense something isn't right, end the date or get out of the situation.

Protect Yourself Against Sex Trafficking

Sex Trafficking is modern day slavery, happening everywhere in the United States. Many victims of sex trafficking, particularly women and children under 18, are exploited for purposes of prostitution, pornography and "slave" labor.

Sex traffickers lure victims through force, fraud, or coercion, to engage them in many forms of commercial sexual exploitation. Traffickers find individuals and prey on homeless or runaway youths, individuals at truck stops, motels, massage parlors, spas, and shopping malls. They may also use other means to lure individuals by using the internet or other victims to recruit individuals. They convince them that they are going to be a nanny in a home overseas or become the next big model sensation, then take them by force to be sold.



TECHNIQUES USED TO KEEP VICTIMS

Threatening them or their family with harm

Making someone pay off a debt by engaging in prostitution

Providing the victim with drugs or using deception to get the victim

Withholding the victim's identification documents

For help or more information call:
National Human Trafficking Resource Center
1.888.373.7888

Why Wait?

I love knowing that someday when I get married, I will be able to have a level of intimacy with my husband that I have never had with anyone else.



Watching my single mother blindly rushing into relationships, giving away her body, and losing pieces of her heart, I was always pretty sure I wanted to wait until marriage to have sex. But after hearing a camp counselor share how wonderful it was to give herself as a wedding gift to her husband, I was positive I wanted my wedding night to be as amazing as hers.

As I got older, my reasons for commitment grew deeper. I started to realize the physical, emotional, and relational risks involved in sex outside of marriage were serious. I was also relieved to not have to worry about having an STD. I witnessed the self-esteem of my girlfriends and mom plummet as guys slept with them and then moved on to the next relationship seemingly unfazed. I was grateful for the confidence I had in the guys I dated. They were interested in me because of who I was and not what I had to offer physically.

I love knowing that someday when I get married, I will be able to have a level of intimacy with my husband that I have never had with anyone else. This intimacy will bond us together for life. I am committed to saving myself as a gift for him alone.

If you have already shared your gift and had your heart broken, you can still reap the benefits by recommitting to purity. Wrap your gift back up with a tag that says "Reserved for Someone Special" and vow to save it for your wedding night!

Olivia

TELL US WHAT YOU THINK



◀ Flip for *Just For Girls*

2017-2018
JUST
FOR
GUYS



How to be a strong man

Navigating life today can be difficult. You're told to work hard in school, perform for the team, be a great friend, brother, son, boyfriend, etc. The pressure to excel in all areas of your life is demanding.

So what does it even mean to be a strong man?

Well, if you're working out and focusing on your body, it's easy to see what strong can mean. How often do you go to the gym? Can you bench twice your body weight? That's what some people think strong is.

Other people think strength is the ability to stand up for a friend, speak out against bullying and take a stand for what you believe. That's strong, too.

So, how do you handle relationships? Are you ready to date? Do you treat others with respect? Do you respect yourself? Have you ever thought about these important questions?

Just for Girls/Just for Guys is designed to help you answer these kinds of questions. Inside you'll read challenging articles to help you think about the type of man you want to be in a relationship. The challenge for men today is not to be only physically strong, but mentally and emotionally strong.



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Abstinence:

Refraining from all sexual activity, including oral sex.

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Have you ever seen a pornographic image and realized later that you just can't get it out of your mind?

Do you feel compelled to go back and sneak another peek? Well, don't worry—you're no different than most men, but there's a real danger here. Porn causes a chemical response in our brains that actually changes the way we think about, and experience, sex. Viewing porn conditions and rewires our brain to become aroused at the sight of erotic images.¹ These images cause the release of massive amounts of natural chemicals, such as dopamine, in our brain and can cause powerful addictions.² By this point, you'll need to see more images and seek additional experiences to get that same chemical rush. This is how the porn industry makes money. The effect of this conditioning is that you will eventually need to see more and more porn to get the same "high." Consequently, when you want to have sex you may have difficulty becoming aroused. Your body may become so conditioned to pornographic images and thoughts that you can't get aroused without them. Someday you're going to meet a woman you want to spend your life with. Can you imagine having to look at porn in order to be able to have sex with the woman you love? She's definitely not going to think it's romantic.

For more information, visit fightthenewdrug.org

¹Reisman, "Biologically Arousing Sexual Imagery as Psychopharmacological 'Toxic Media' 'Harmful to Minors,' Overriding Left Hemisphere Cognition, Subverting Informed Consent and Free Speech" (1993, 1996) | ²Harmer, John L., Smith, James B. *The Sex Industrial Complex: America's Secret Combination – Pornographic Culture, Addiction and the Human Brain*, Lighted Candle Society, (2007)



A SECOND CHANCE



The temptation started gradually...

The guys at work would tell dirty jokes or show off the new porn site they found over the weekend. Eventually I was hooked on pornography. During that time, I was also involved with a girl and sex was the dominating force in our relationship. It wasn't communication or love that held us together; it was sex. I now understand this is not how relationships were designed to progress. The physical side of the relationship should be saved for marriage. Eventually, my relationship with that girl dissolved. After that, I went through a lot of growth in my life. I decided from that moment on—no matter how many mistakes I had made—I wanted to wait for whatever my future would hold. Later on, I met a beautiful woman named Beth who had similar struggles throughout her life and had also chosen to recommit to sexual integrity after her mistakes. Our relationship is so much stronger because it was based on communication and not on sex.

If you've messed up, STOP and make a commitment to follow higher standards.

An important part of staying pure is to find a wise, trusted friend who will encourage you to make good decisions. Stay away from porn so you won't have the pain of those images intruding on your future relationships. Set standards before you start dating. If you make a mistake, set boundaries to keep it from happening again. Learn from my mistakes. You will never regret waiting until marriage.

Nick

THE SCIENCE OF SEX

During sexual activity, powerful hormones are released in the brains of men and women that produce lasting bonds with their partner. The most influential bonding neurohormones are oxytocin and vasopressin.

Oxytocin is a bonding hormone released during childbirth and nursing that causes the mother to bond with her infant. It is also released during sexual activity and acts as an emotional “super glue” between partners.¹ Both men and women have oxytocin and release it during sexual activity, but women are more affected by oxytocin and men by vasopressin, another bonding hormone released during sexual activity. Vasopressin

helps a man bond to his partner and instills a protective instinct toward his partner and children.^{2,3}

Research suggests the ability to bond and produce oxytocin is damaged by stress hormones released during a break-up. In addition, previous sexual experiences reduce the ability to bond correctly. Oxytocin levels can return to normal if sexual activity is stopped and time is given to address physical and emotional healing.⁴ Refrain from getting into a new relationship for a year or two and commit to save sex for marriage.

When a couple waits until marriage to have sex, and remains faithful to each other during marriage, oxytocin and vasopressin increase the biological bond between the husband and wife.

1. Brizendine, Louann, MD. *The Female Brain*. Broadway Books: 2006. p. 68-72. | 2. Winslow JT, Hastings N, Carter CS, Harbaugh CR, and Insel TR. “A Role for Central Vasopressin in Pair Bonding in Monogamous Prairie Voles.” *Nature*. Vol. 365, no. 6446, (Oct 7 1993), pp. 545-8. | 3. Wang Z, Young LJ, De Vries GJ, and Insel TR. “Voles and Vasopressin: A Review of Molecular, Cellular, and Behavioral Studies of Pair Bonding and Paternal Behaviors.” *Progress in Brain Research*. Vol. 119 (1998), pp. 483-99. | 4. Keroak, Eric, M.D. “Oxytocin: Is This Nano-Peptide a Chemical Type of Human Super-Glue?” PowerPoint Presentation. 2006. | 5. Ibid.

SEXTING

Sexting is electronically sending nude, sexually suggestive or explicit photos, videos or messages.

You might think it's just a little “innocent fun”... but it can have devastating, life-long effects.

Did you know sexting is treated the same as child pornography in most states?

Distribution and possession of child pornography is a federal offense. Teens can be labeled sex offenders and treated as felons for sexting. Philip Alpert, who sent a nude photo of his girlfriend to her family and friends after an argument, was convicted of sending child pornography, sentenced to five years of probation and labeled a sex offender until he's 41.¹ Jessica Logan wasn't so lucky. Her boyfriend sent nude photos she had sent him to teens in several different schools. After months of teasing and ridicule, she committed suicide.

Are you hoping to have a successful career with a great company? Savvy employers regularly run extensive background checks on potential employees. If they search your social media accounts and find scandalous photos of you, chances are good they won't hire you over your competition.

Even apps like Snapchat are no guarantee that your photo won't end up going viral...a few quick finger taps can save that picture before it disappears.²

An act that takes just seconds can have life-long impact. Think before you text.

1. Feyerick, Deborah and Steffen, Sheila. “Sexting Lands Teen on Sex Offender list.” *CNN's America Morning*. Retrieved 9/29/09. | 2. Steinberg, Joseph. “A Warning about snapchat, Teenagers, and Online Photo Sharing.” *Forbes.com*, 2/11/13.

For a listing of Teen Sexting Laws by state visit: <http://www.criminaldefenselawyer.com/crime-penalties/juvenile/sexting.htm>

TELL US WHAT YOU THINK





AS A VIRGIN, I STILL STRUGGLED.

When I was younger, I made the decision to save sex for marriage, but I struggled with my virginity. Despite not having made love to a woman, I'm a very passionate man. It was hard for me to control those passions. For years—I'm being really honest now—I struggled with masturbation. I justified it by telling myself I needed release. At the height of my struggle, I surfed the Internet and viewed porn. I felt guilt and shame.

Many, many times I wanted to seek help, but I told myself "what would they think of me!" I thought, "I am a man, I need to be accountable to me." Eventually, though, I talked to my parents who helped me work my way out of the struggle.

It's ironic, but virgins can be enslaved to sex, too. If you are struggling with an addiction to masturbation or pornography, there are people who can assist you. Don't be ashamed to seek help, it can set you free!

Jacob

TOP 10 STD FACTS

- 1 About 50% percent of all STDs occur in people under age 24.¹
- 2 About 79 million Americans are currently infected with HPV. About 14 million people become newly infected each year. HPV is so common that most sexually-active men and women will get at least one type of HPV at some point in their lives.²
- 3 Abstinence is the most reliable way to prevent STDs.³
- 4 There are at least 27 different STIs, many of which are incurable.⁴
- 5 Untreated STIs can cause Chronic Pain, Infertility, Cancer and Death.⁵
- 6 You can still get an STI such as herpes or HPV if you use a condom.⁶
- 7 In 2015, Chlamydia infections became the largest number of cases ever reported to CDC at 1,526,658 cases, an increase of 5.9% compared with the rate in 2014.⁷
- 8 Chlamydia, gonorrhea and syphilis are the three most commonly reported conditions in the nation and have reached a record high level.⁸
- 9 Many gonorrhea strains are now multi-antibiotic resistant.⁹
- 10 Girls on the pill are at an increased risk of contracting an STD.¹⁰

1. CDC (Center for Disease Control and Prevention), Oct. 2016, *Sexually Transmitted Disease Surveillance 2015*

Div. of STD Prev., U.S. Dept of HHS, Natl Ctr for HIV/AIDS, Viral Hepatitis, STD, and TB Prev. Atlanta, Georgia, p.62

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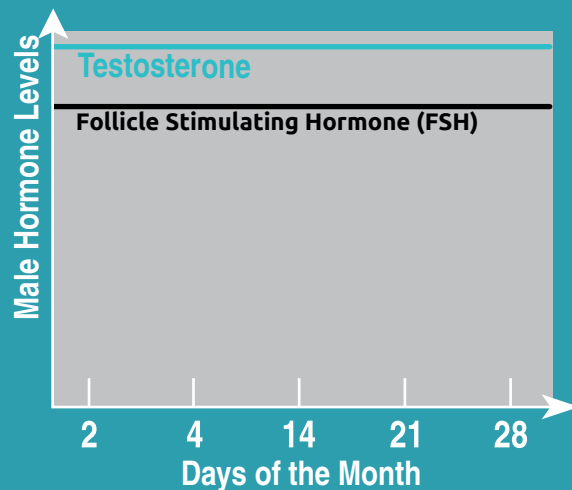
THE INSIDE SCOOP ON GIRLS

Have you ever said to yourself, “I just don’t understand girls?! I never know what they want, and sometimes I think they don’t even know what they want. One minute they’re happy and the next minute they’re crazy!” Well, before you decide to give up, there is a logical answer. Take a look at these two hormone charts.

Females deal with a lot of hormonal changes—all the time. Males on the other hand are hormonally level. This isn’t an excuse for girls to be mean, but it might help you understand a little better why your mother, sister, girlfriend, or classmates might have twenty different moods in just one hour.

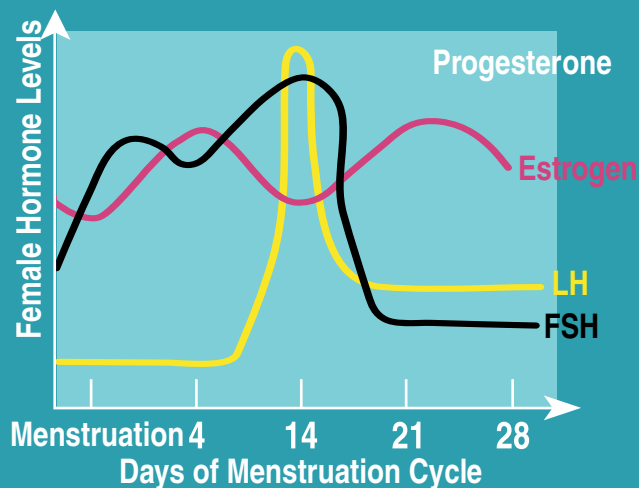
So the next time you’re ready to tear your hair out trying to figure out what “she” wants, remember she’s not on the same “wavelength” as you—literally—so give her a little space. You’ll be glad you did.

GUYS



“In men, **follicle stimulating hormone** acts on the Sertoli cells of the testes to stimulate sperm production (spermatogenesis).”¹

GIRLS



“In women, this **[follicle stimulating] hormone** stimulates the growth of ovarian follicles in the ovary before the release of an egg from one follicle at ovulation. It also increases oestradiol production.”¹

¹ http://www.yourhormones.info/hormones/follicle_stimulating_hormone.aspx, 1/7/15.

GETTING BACK UP

Every person, no matter how well rooted they are in their values, gets tempted at one point or another—this is my story. I went through high school without dating anyone, had strong morals and an innocent mind for the most part. I knew that sex should wait for marriage. These values were infused in me from my family. I dated my first girlfriend during my sophomore year of college and things started with hand holding and hugging.

When we became “official,” we made-out quite a bit and my desire to be more physical took over. For me, lust was like a devouring beast that never satisfied. It’s a difficult thirst to quench. As we focused on each other’s bodies, we crossed the line numerous times. Then I learned about her past with an ex-boyfriend and that she had done some things she regretted. I forgave her, but all the same, I struggled and hated picturing her with another guy. It plagued my thoughts and I began to think, “If she was willing to do those things with another guy, would she do them with me?” I became curious and began looking up sexual things and how to push her further in our physical relationship. It was wrong and I knew it. But my body was taking over my mind. Several months passed and it became the only reason why I’d see her. When I was with her, all I thought about was, “How can I get what I want from her?” It was a horrible and poisoned mindset, at one point I realized that I wanted out.

Eventually, after much soul-searching and guidance from family and friends, we ended our relationship. I apologized for how I hurt and mistreated her. I was humbled when she forgave me. It takes two, but I should have led with pure actions and real love. This leadership role is one I decided to strive for ever since. I took time to renew myself and learn how to live a pure lifestyle. Now, two years later, I have learned how to treat a woman’s heart. It’s through pure motives and selfless actions that the best and greatest of relationships can blossom.

Jim

Tips for Getting Back Up

Okay, so you dropped the ball and gave in to sex. Next, you try harder to do better, but fail. So what can you do to stay pure? First, realize you’re a sexual being; your body chemistry wants to drive you toward sex and procreation. Many people try to resist “temptation” and swear they’ll never do it again, but you will still have some type of sexual thought. You try to push it out of your mind. Eventually you’ll get trapped in a cycle of guilt and confusion. It happens over and over again. So what should you do if you fail?

- Find a guy friend with matching values whom you can confide in.

- Stay away from porn.
- Go out on group dates or double dates.

- Don’t get down on yourself.
- Say no to hookups and one night stands.

- Stop dating for a while if it gets tough.

- Recommit to living pure (do it again and again if necessary).

- If you fail while spending alone time, remove this temptation by planning public dates.

- Don’t focus on temptation, learn to retrain your brain.

- Set high standards and create boundaries that will help you live them.

Why Save Sex for Marriage?

What a deep and intricate question. One that has caused major changes in the way our world views sex.

It feels good, right? Why not enjoy it?

I had to answer this question for myself when I began getting serious in a relationship. Why should I wait? If I truly love someone and am attracted to them, isn't it in our nature to desire sex, especially as an 18-year-old?

I found my answer to this question a few years ago, sitting in my room trying to decide what I believe. I thought, if I want to marry someone, I should love them completely. What does this mean? I guess it means I need to save sex for marriage.

If I don't wait, I demonstrate my complete lack of self-control, and a selfish desire to feel good. Frankly, it makes me look like a weak man, following my whims and cravings. To me it just seems...well, it seems rather easy to have sex before marriage. And if I am going to take the easy path to this woman I think will be my wife, how can I look her in the eye and tell her I love her? If I'm not willing to make this sacrifice for her, it's not love. It is selfishness. So I found my answer. I decided to save sex for marriage, because it shows that I actually do love this woman; not only to her, but to myself.

Some people have given me grief for this decision. Many college friends don't agree with my line of thinking, which has made things a little more difficult. But no one said love would be easy, so I take this difficulty as a direct challenge, and one that I can overcome.

So, what about you? Will you take this challenge with me? Now is the time to prove your manhood to the woman you claim to love. Do you love her, and will you wait for her? Or do you want to give in to weakness?

I choose the difficult path, and believe it will lead me to happiness. What will you choose?

Didon

Reasons to Wait?

Sexual relationships with another cannot be undone. You are permanently changed. Oxytocin is released in the brain during intimate relations and acts as "superglue," bonding us to the person we've been intimate with. Your ability to bond with a new partner will be damaged. It's like leaving pieces of yourself with everyone you've been with.

- Avoid sexually transmitted diseases, some of which are a death sentence and others that will be with you for a lifetime.
- Prevent the emotional pain of feeling used, discarded or rejected by someone you have given the most intimate part of yourself.

- Avoid unintended pregnancies. Leave time to focus on your school work, sports, talents and grow as an individual.
- No contraceptives polluting her body.
- Escape divorce—couples who have sex before marriage, especially those living together, have a much higher rate of divorce.
- Remain true to your religious and moral beliefs.
- Know you're giving your spouse the total gift of yourself, never shared with anyone else.