

# JUST4GIRLS

2016-2017

INSIDE!

## WHY WAIT?

Looking for Love

SEXUAL MATHEMATICS

Safe dating tips

*Romance* vs. Reality

◀ Flip for Just 4 Guys

# WHY WAIT?



**W**atching 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 of 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!

*Jaime*

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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](http://humanlife.org).

**humanlifealliance**

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Human Life Alliance is a non-profit, educational organization whose publications have reached over 201.3 million people around the globe. *Just 4 Girls/Just 4 Guys* has been produced since 2005.







# Looking for Love

Growing 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 that 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 that 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.

*Emily*

If you feel you are in an abusive situation, talk to a trusted adult such as a teacher, counselor, social worker, health care professional or parent.

## 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*



# MAKE A COMMITMENT to SEXUAL INTEGRITY

## I made a decision to save sex for my future husband at the age of 16.

I told my parents, and my dad was so happy he asked if I wanted a ring as a reminder of my commitment. I said yes and a week later, he gave me a beautiful silver ring that read, “I Will Wait for My True Love.” I felt empowered by this visible sign of purity and, at the time, never would have guessed how much this simple gesture would influence my life. Wearing the ring gave me an opportunity to talk to my friends about why I was waiting, it gave me an easy way to bring up expectations when dating and served as a daily reminder of what I really wanted—the chance to give myself completely as a gift to the person who would love me forever—my future husband.

Two years later, I began dating my future husband. It touched him that I was so committed to saving sex for marriage. To my surprise, he bought me a new purity ring that read, “Love Waits” as a sign of appreciation and respect for my commitment. I wore the ring until the day he proposed and replaced it with my engagement ring. We have been happily married for almost two years and I have no regrets.

*Sarah*

## *Tips for Staying Pure*

1. **Make a commitment to sexual integrity** and use reminders, such as a ring or inspirational quote, to motivate yourself.
2. **Be comfortable with who you are.** Staying pure is a decision which shows your strength and respect for yourself.
3. **Set standards** before you're in a relationship and **don't compromise** for what someone else may think is acceptable.
4. **Don't be afraid to end a relationship** if you're being pushed beyond your comfort level. If he really loves you, he'll respect your desire to wait.
5. **Plan fun dates which require a lot of activity**—not alone time that could lead to physical intimacy.
6. **Go on double dates or group dates** when possible. They're fun and reduce the pressure to be intimate.
7. **Try to have integrity in all aspects of life:** how you dress, how you speak to others and how you interact with guys.
8. **Try to avoid pushing the limits of your boundaries.** It can be hard to draw lines when you're in the heat of the moment.



# Sexual Mathematics

condom + pill  $\neq$  100% protection

Some people think they are 100% protected from the possibility of pregnancy if they use more than one form of contraception. "If using a condom gives 82% protection from pregnancy and the pill gives 91% protection, then I'm 173% protected...right?"<sup>1</sup> Not a chance. Using two methods together does not give you 100% protection. **The only 100% guarantee of avoiding pregnancy is abstaining from sex.**

<sup>1</sup><http://www.cdc.gov/reproductivehealth/unintendedpregnancy/pdf/family-planning-methods-2014.pdf> "Effectiveness of Family Planning Methods" Center for Disease Control, 2014

**Think you're pregnant? Need Help?**

**Call 1-800-712-4357**

Available 24/7

**Had an abortion? Need to talk?**

**[abortionrecovery.org](http://abortionrecovery.org)**

(Click on the Care Directory)

## I screwed up.

Growing up, I played the third wheel because my twin had many boyfriends and I didn't. I became depressed and wondered why the 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.

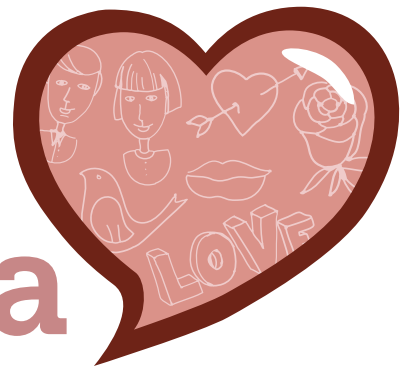
I vowed not to date again until I was 100 percent sure whom I would marry and that he would respect my sexual integrity.

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.

Ashley



# 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,

*I’m freaking out because I keep hearing rumors that this guy I don’t like is going to ask me out. What should I do if he does ask me out and I don’t want to date him?*

—Not Interested

## Dear Not Interested,

*That can be awkward, can’t it? I’ve gone to school dances with guys I didn’t view as the “man of my dreams,” but it was a one-time event with no expectations. If a guy is hoping to be in a relationship with you, it’s better to be honest than to make him think you “might” be interested when you’re not. It might seem nice at first, but will end with a broken heart. Say something as simple as, “That’s really nice of you to ask, but I’m not dating right now.” Don’t be pressured to give details about why you’re saying no.*

## 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!*

## TELL US WHAT YOU THINK!



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# Romance vs. Reality



## Unrealistic Expectations About Love



I used to love watching romantic movies and reading stories about heated, passionate relationships. It was an escape for me and was almost 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?

One story that captivated me was the story of *Noah and Allie in The Notebook*. Noah seemed so perfect. He was handsome, strong, sensitive, and let's face it, would never stop fighting for Allie. He seemed to focus every ounce of his energy on spending time with Allie and reaching out to her when they were apart. I saw Noah as everything I wanted in a guy and became consumed by his and Allie's fictional love story.

I didn't realize right away how this fictional story was influencing my thoughts and ideas about relationships. It became apparent one day when I realized I was dissatisfied with my boyfriend because he wasn't like Noah. My emotional satisfaction from seeing this movie had penetrated my real relationships. *I had begun creating standards for the person I loved that could only exist in a fantasy world.*

I realized these stories were negatively affecting 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.

I now appreciate important qualities in real men such as respect, honesty and trust. I'm also selective in the movies I watch and books I read. *I don't think these stories are fun and entertaining any more—they are destructive to my real-life relationships.*

Sophia

NOT  
JUST A  
GUY THING...

“Being a girl, this is hard to admit, but I struggled with

**masturbation** since I was 15 years old. Growing up, 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. —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 your self 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/](http://candeobehaviorchange.com/healthy-sexuality/masturbation/how-it-works/).

# How well do you actually know him?

It was a Saturday night and I was out with my friend Jennifer when I came across **the best-looking guy I had ever seen**. We were at our favorite hangout spot listening to music and dancing when I met Jake. We talked for a while, and he and his friend asked Jennifer and me to go somewhere with them after the dance.

Since Jennifer had her car, we decided to split up. I rode with Jake and Jennifer left with his friend.

I was overwhelmed by his good looks and flirtatious behavior. In the car, he was saying nice things to me, but I sensed something a bit “off” about him.

We parked in an area with a lot of trees and Jake took a blanket out so we could sit on it and talk. Our conversation didn't last long, because the bugs were bad and we decided to get back in the car. That's where the real trouble began.

Jake became physically aggressive, trying to force me down in the seat. He said he wanted to “make love” to me. I told

him his actions had nothing to do with love and tried to keep him talking. I fought him off as well as I could and in the process he kicked me hard in the side.

At that point, another car pulled in. It was Jennifer and Jake's friend. She had forced him to tell her where I was after Jake and I didn't show

up at our planned destination.

If Jennifer hadn't shown up, I have no doubt I would've been hurt a lot worse and raped. This experience taught me that appearances can be deceiving and I no longer go on dates with people I don't know.

*Lexi*



## 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 new 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.



# JUST4GUYS

2016-2017

Damaging effects of:

- porn
- masturbation
- sexting

Inside scoop on girls

HOW TO GET BACK UP  
WHEN YOU FALL

◀ Flip for Just 4 Girls

# 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 seriously pursuing a wife. Why should I wait? If I truly love someone and I am attracted to them, isn't it in our nature to desire sex, especially at a young age?

I found my answer to this question several years ago, while sitting in my room reflecting on my beliefs. If I want to marry someone, I want to love them. Completely. In order to do this, what must I do? Well I think that means I need to save sex for marriage.

If I don't wait, what happens? Well, I demonstrate my complete lack of self-control, and a selfish desire to feel good. Frankly, it makes me look like a pathetic man who follows sudden whims and cravings. To me, it just seems... well, it seems rather easy to have sex before marriage. And if I'm going to take the easy path to this woman I want to 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 isn't love. It's selfish. So I found my answer. I will save sex for marriage, because it shows that I actually do love this woman, not only to her, but to myself.

Many people have given me grief for this decision. My fellow college students do not seem to agree with my line of thinking, which has made things 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 your weakness?

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

*Jacob*

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## Abstinence:

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## 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!

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**H**ave 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.**

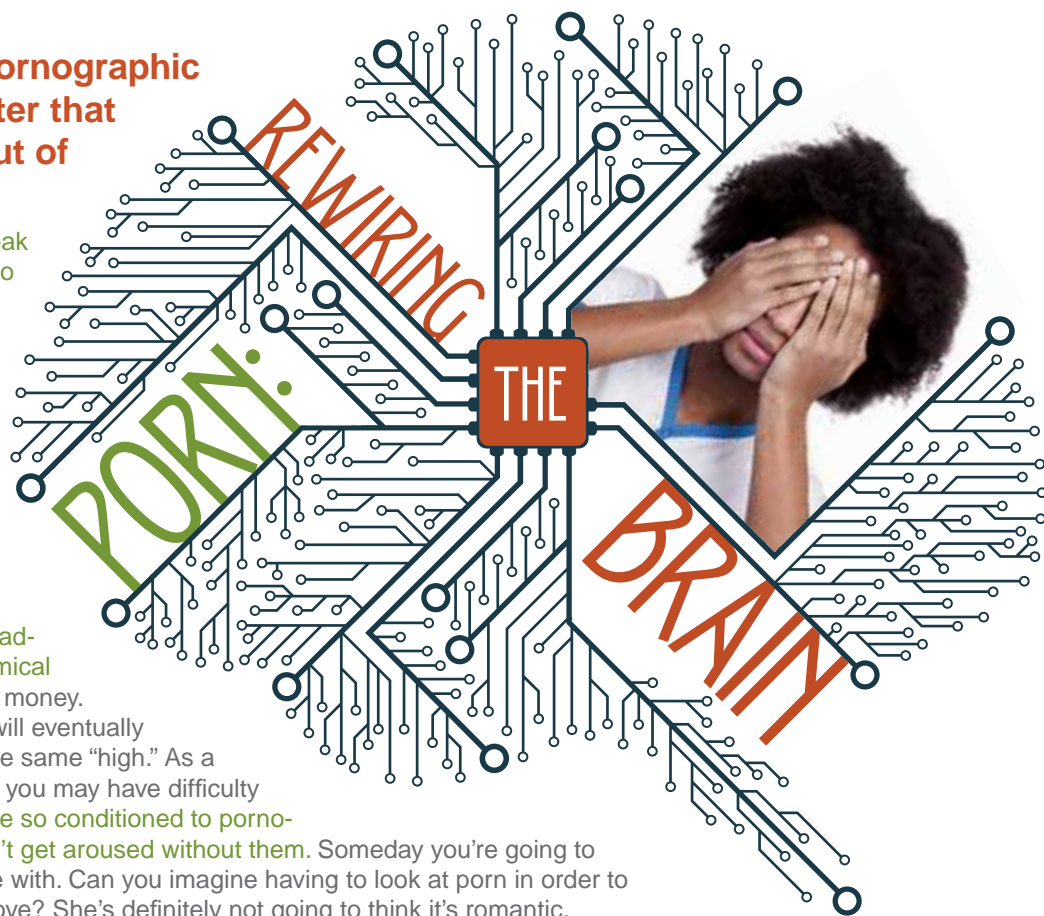
Porn causes a chemical response in our brains that actually changes the way we think about, and experience, sex. Viewing porn conditions and rewires our brain to become aroused at the sight of erotic images.<sup>1</sup>

These images cause the release of massive amounts of natural chemicals, such as dopamine, in our brain and can cause powerful addictions.<sup>2</sup> 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." As a consequence, 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.

There is a way out. You can get help. Counseling is available for addiction to pornography.

**Don't give in, take control.**



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

For more information, visit  
[fightthenewdrug.org](http://fightthenewdrug.org)

## A SECOND CHANCE

**The temptation started gradually...**

**T**he 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. If you want to experience great sex—save it for marriage. Learn from my mistakes.

**You will never regret waiting until marriage.**

*Michael*

# OUTRUNNING TEMPTATION



**I** can honestly say that the biggest struggle I've faced in this life is my struggle against sexual temptation; my dad once told me that I'll be free of it about five minutes after I'm dead. It was after this statement I realized I needed a way to fight this effectively. This was a real struggle for me and I was losing. A couple years later a buddy of mine said, "don't white-knuckle it." I realized I was going about this all wrong! I had tried to win the fight against sexual temptation by just not giving into it—with little success—and now I saw a better way; after this I was, and have been, able to avoid the fight all together. **The best way for me to do this was to keep my mind busy when temptation would**

**rear its ugly head.** I found activity was the best solution. I started picking up hobbies, whenever I got bored and temptation crept in; I would put my mind on the hobby. Later I found an equally effective and different strategy: exercise. If I just wore myself out, any urge just disappeared. I found out that sexual temptation was conquerable; a huge weight had been lifted from my shoulders. I learned I could master this part of my life, and could discipline myself to do anything!

*Steven*

## WAITING... IT'S WORTH IT

I'm 19, and saving sex for marriage has been a huge part of my principles from very early on. I saw my friends do things they ended up regretting, and even though I have "missed out" on a lot of irresponsible fun at this age, **I've saved myself from emotional and physical damage.** Along with all the **STDs I avoided**, I haven't had to deal with the immense burden of breaking up with someone I've had sex with, having sex with multiple people, and becoming a father when I'm still growing up myself.

Having sex before marriage **not only cheats me, it cheats my future wife** out of everything she deserves. She deserves to have all of me and not have to share me with anyone in the past, present, or future. So not only does abstinence have some benefits in the present, it is most importantly a view towards the future.

Right now it is difficult to abstain and save all of that fantastic sex for the future, **but the payoff will come** when I can give myself completely to my wife and together we can enjoy the gift of sex that we have saved for each other.

*Andrew*

**P.S. Maybe you've made some mistakes. DON'T GIVE UP. Recommit to saving sex for your future wife. You won't regret it.**



*Tips in*  
**KEEPING  
YOUR  
THOUGHTS  
PURE**



**Did you know your body and mind are driven to seek sex?**

*It's true! We're all built this way. The chemicals cascading through your brain and body are there to help you build a sexual relationship.*

*While this is natural, it creates certain challenges when committing to "saving sex for marriage."*



# 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 emotional super glue between partners.<sup>1</sup> 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.<sup>2,3</sup>

This bonding effect of sex, due to the hormones oxytocin and vasopressin, can be compared to duct-taping a couple's arms together. Imagine ripping off the tape and using the same piece of duct tape to wrap the girl's arm to a new guy's arm.

After switching partners a few

times, particles of skin and hair left on the tape reduces its stickiness. The same is true of sex. **Research suggests the ability to bond and produce oxytocin is damaged by stress hormones released during break-up.** Just like debris on duct tape, 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.<sup>4</sup> Refrain from getting into a new relationship for a year or two and commit to save sex for marriage.

Conversely, imagine the duct tape was never removed. The duct tape would begin to feel like a part of the arm and the adhesion would be strong.<sup>5</sup> **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.**

<sup>1</sup>The Female Brain. 2006 | <sup>2</sup>Nature. Oct. 7, 1993 | <sup>3</sup>Progress in Brain Research. 1998 | <sup>4</sup>Keroak, Eric, M.D. "Oxytocin: Is This Nano-Peptide a Chemical Type of Human Super Glue?" 2006 | <sup>5</sup>Ibid. | <sup>6</sup>The National Campaign to Prevent Teen Pregnancy. 2007

## TOP 10 STD FACTS

STI

**Sexually Transmitted Infection:**  
An infection that is usually passed through intimate bodily contact.

STD

**Sexually Transmitted Disease:**  
Damage caused by an STI.

Medical Institute of Sexual Health. Accessed 9/1/01.

- 1 About 50% percent of all STDs occur in **people under age 25**.<sup>1</sup>
- 2 At least **1 out of 2** sexually active people get a genital HPV infection at some point in their lives.<sup>2</sup>
- 3 **Abstinence** is the most reliable way to prevent STDs.<sup>3</sup>
- 4 There are at least 25 different STIs, many of which are **incurable**.
- 5 Untreated STIs can cause **Chronic Pain, Infertility, Cancer and Death**.<sup>4</sup>
- 6 You can **still** get an STI such as herpes or HPV if you use a condom.<sup>5</sup>
- 7 Girls on the pill are at an **increased risk** of contracting an STD.
- 8 In 2009, Chlamydia infection became the **largest** number of cases ever reported to CDC for any condition. (1,244,180 cases).<sup>6</sup>
- 9 **Gonorrhea** is the second most commonly reported disease in the United States.<sup>7</sup>
- 10 27% of gonorrhea strains are now **multi-antibiotic resistant**.<sup>8</sup>

<sup>1</sup>Centers for Disease Control. January 2009. | <sup>2</sup>Centers for Disease Control. December 2007. | <sup>3</sup>National Prevention Information Network. Accessed 8/3/09. | <sup>4</sup>Cincinnati Children's Hospital Medical Center. August 2008. | <sup>5</sup>Centers for Disease Control. Accessed 8/17/09. | <sup>6</sup>Centers for Disease Control and Prevention. Sexually Transmitted Disease Surveillance 2009. Atlanta: U.S. Department of Health and Human Services; 2010. | <sup>7</sup>Ibid. | <sup>8</sup>Centers for Disease Control and Prevention. Sexually Transmitted Disease Surveillance 2009. Atlanta: U.S. Department of Health and Human Services; 2010., <http://www.cdc.gov/std/stats09/default.htm>



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, so I knew that sex should wait for marriage. These values were infused in me by my family and a positive environment. I dated my first girlfriend during my sophomore year of college and things started off pretty well with hand holding and hugging.

When we became “official,” we made-out quite a bit and my desire to be more physical took over. **Lust is like a devouring beast that is never satisfied.** It’s a difficult thirst to quench. As we became focused on one another’s bodies, we crossed the line numerous times. I learned about her past experiences 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, and 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 by reading books and living 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.

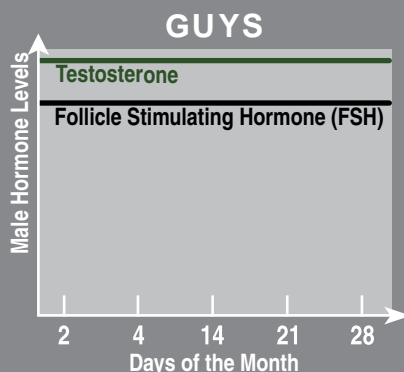
John

***Lust is like a devouring beast that is never satisfied.***

Have you ever said to yourself, “I just don’t understand women!?! 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 psycho!” Well, before you decide to give up, there is a logical answer. Take a look at these two hormone charts.

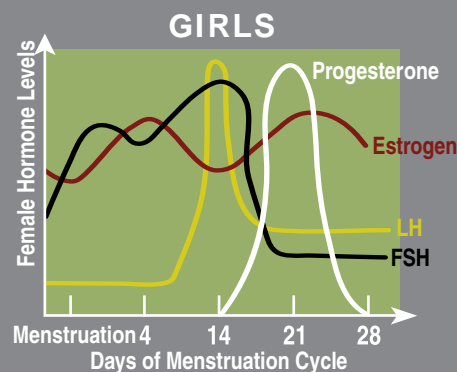
## THE INSIDE SCOOP ON GIRLS

A girl is dealing with a lot of hormonal changes all the time. A guy on the other hand is hormonally very 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 classmate can have twenty different moods in 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 cut her some slack.



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

<sup>1</sup> [http://www.yourhormones.info/hormones/follicle\\_stimulating\\_hormone.aspx](http://www.yourhormones.info/hormones/follicle_stimulating_hormone.aspx), 1/7/15.



“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.”<sup>1</sup>



# 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.

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.<sup>1</sup> 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 Google you and find compromising photos of you, chances are good they won't hire you over your competition.

Once a photo or message is sent, there is no guarantee it won't end up online where it is impossible to control who sees or uses it. **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.**<sup>2</sup> An act that takes just seconds can have life-long impact. Think before you text.

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

## Okay, so you dropped the ball

and gave in to sex. Next, you try with all your might to do better, but you still 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 the "temptation", swear they'll never do it again, have some type of sexual thought, try to push it out of their mind, eventually get trapped in the cycle of guilt and confusion, and start the whole cycle all over again. **So what should you do if you fail?**

## TIPS FOR GETTING BACK UP WHEN YOU FALL

- Find a same sex friend with matching values whom you can confide in.
- Don't get down on yourself.
- You can always choose to stop dating for a while if it gets tough.
- If you fail while spending alone time, remove this temptation by planning public dates.
- Stay away from porn.
- Go out on group dates or double dates.
- Set high standards and create boundaries that will help you live them.
- Recommit to living pure (do it again and again if necessary).
- Don't focus on temptation, learn to retrain your brain.
- Be mindful of your own weaknesses.

# Despite being a virgin, I 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!

*Tyler*

Do you feel **out of control** like Tyler?  
Do you feel **caught in a cycle** of addiction  
and **can't take charge** of your own actions?

## YOU'RE NOT ALONE

Masturbation, like porn, causes massive amounts of neurochemicals to flood through your body—they act just like a powerful drug for pleasure or escape. Overtime these chemicals build pathways in your brain and may lead to feelings of shame, guilt, emptiness or stress. Reinforced over time, they form habits caused by chemical dependency—that's called an addiction.

**Do you want to change your habit?**

It's difficult, but can be done. Learn more about the brain science behind masturbation and addiction at [candeobehaviorchange.com/healthy-sexuality/masturbation/how-it-works/](http://candeobehaviorchange.com/healthy-sexuality/masturbation/how-it-works/).

## — NOT — EVERYONE'S DOING IT

A survey released by the Centers for Disease Control indicates **most teens do not have sex**.

The 2006–2010 Vital and Health Statistics report, released from the National Center for Health Statistics, proves **72% of guys and 73% of girls (age 15–17) have never had sexual intercourse**.<sup>1</sup>

<sup>1</sup> [http://www.cdc.gov/nchs/data/series/sr\\_23/sr23\\_031.pdf](http://www.cdc.gov/nchs/data/series/sr_23/sr23_031.pdf) Teenagers in the United States: Sexual Activity, Contraceptive Use, and Childbearing, 2006–2010 National Survey of Family Growth, page 14.