

The Pregnancy Center



240 N. Bluff Blvd
Clinton, Iowa

563-242-6628

800-395-HELP (24 hours)

www.pregnancycenterclinton.org

We can help.

Free & Confidential Services

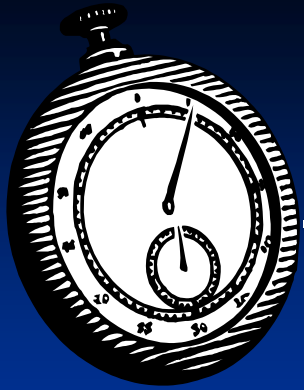
- Pregnancy Testing
- Limited Ultrasound
 - Pre-natal Classes
 - Parenting Classes
- Boutique (clothes, diapers, etc.)
 - Sexual Health Education
& Support
- Post-Abortion Grief Assistance
 - Friendship & Fun!



Definitions

Reserve- To set apart for a special purpose.

- Sexual- To influence the emotions, thoughts, or desires for sex.
- Sex- Anything connected with sexual gratification or reproduction.
- Expression- Giving something of oneself to another.
- Sexual Expression- Giving of oneself in such a manner as to create sexual desire or gratification.



Goals

■ 5 Years

■ 10 Years

What are you doing to protect your goals?

Characteristics of Marriage/Permanent Relationship





What is Abstinence?

Abstinence is choosing to save all sexual activity for marriage. Sexual activity refers to any type of genital contact or sexual stimulation. Abstinence is the only sure way to protect your body, mind and heart from the various consequences of sexual activity. Abstinence is the safest, healthiest lifestyle and one of the best ways to prepare for a healthy future marriage.

What is Maturity?

- R esponsibility
- R espect
- R estraint



Got Character?



**Choosing the
harder right over
the easier wrong.**

What do you think?

Is Abstinence Realistic?

What are the benefits?

What are some pressures teens face that can make it difficult to wait?



Fear of losing the relationship/rejection

Drug/alcohol use

Curiosity



PAIN

MEDIA

5,000 msg/day!

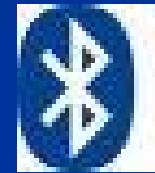
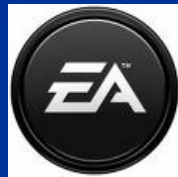
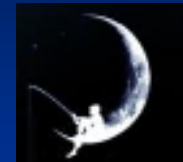
Trusting in contraception

(53% of women who have unintended pregnancies were using some form of contraception)!

Worth the RISK?

- 53% of women who have unintended pregnancies were using a contraceptive method during the month they became pregnant. All barrier methods have a failure rate.
- A sexually active person who does not use contraceptives has a 90% chance of becoming pregnant within first year.
- Source: Alan Guttmacher Institute Center for Disease Control

Know the Media Logos?



Possible Result of Sexual Activity

Pregnancy

- Each year, almost 750,000 women aged 15–19 become pregnant

1 in 5 sexually active girls

3,000 today!

THE REAL WORLD

70% of teen moms will not graduate from high school

Sons of teen moms are more likely to **end up in prison**

Today, almost **3000** teen girls will become pregnant



Possible Result of Sexual Activity

Sexually Transmitted Infection

2 Types: Viral=Incurable
 Bacterial=Curable

- **25 STI(s) affecting approximately 25% of 15-19 year olds (which is 1 of 4 teens)**
- **STDs are contracted through skin to skin sexual contact including oral and anal sex**
- **Take STD Quiz & get tested! www.stdwizard.org**



Emotional Results of Sexual Activity

- Pain if relationship ends
- Guilt, shame & depression
- Hard to trust and form healthy long-term relationships
- Suicide



DATE RAPE

- When the person you know takes advantage of you against your will.
- This is a crime and should always be reported to someone you trust.
- Its not your fault and help is available.

Benefits of Abstinence!

- Freedom to pursue your goals & dreams!!
- No baggage to carry around the rest of your life
- Avoid unplanned pregnancy, guilt & shame
- Protection from STDs & future consequences
- Self-Respect and the respect of others
- Healthy marriage & children
- Peace!

Live Life & Be Free!

Starting Over



- Value & respect yourself and protect your body & future!
- Talk to a trusted adult if you have any sexual trauma/date rape pain
- Forgive yourself and start over
- Set boundaries & find non-physical ways to express you care.
- Use a keepsake as a daily reminder of your decision!

YOU ARE WORTH THE WAIT!

Oxytocin and Vasopressin

Even if you don't particularly feel attracted to someone, if you have enough sexual stimulation with them, oxytocin and vasopressin may cause an

“involuntary chemical commitment”

or

strong emotional attachments.

Run to Win!

- Set goals for your life (90%)
- Chose friends WISELY
- Don't smoke, drink or use drugs
- Avoid pressure situations!
- Save the best for last and chose an abstinent lifestyle!



Oxytocin Engenders Trust

- Oxytocin is naturally released in the brain after a 20 second hug from a partner – sealing the bond between the huggers and triggering the brains trust circuits.
- **WARNING:** “Don’t let a guy hug you unless you plan to trust him.”

Possible Results of Sexual Expression

Pregnancy

Parenting Adoption Abortion

Sexually Transmitted Diseases

Over 25 in US – affecting 1 of 4 teen (mostly women) 5 viral - Hep B/C HIV/Aids Herpes HPV

Emotional Fear, jealous, anger, guilt, shame, deep regret

Social: get a reputation

Thanks!



Your Brain

What happens inside the brain
when teens have sex?



The prefrontal cortex is not fully mature until the mid-twenties and is the source of:

- Judgment
- Seeing into the future
- Seeing how behavior can affect the future
- Moral intelligence
- Abstract thinking
- Seeing what is not obvious
- Planning for the future
- Rational behavior and decision making
- Understanding rules of social conduct

1. Giedd, et al. Neuroscience, 1999
2. Weinberger, et al. The Adolescent Brain, 2005.

Run to Win!

- Set goals for your life (90%)
- Chose friends WISELY
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- Avoid pressure situations!
- Save the best for last and chose an abstinent lifestyle!



Oxytocin and Vasopressin

- Sexual intercourse releases large amounts of oxytocin into the female brain and vasopressin into the male brain
- Both hormones promote bonding with a sexual partner¹

1. Lechman, 1999

2. Brizendine, 2007, p. 71

What's your plan?

“Those who fail to plan
....plan on failing!”



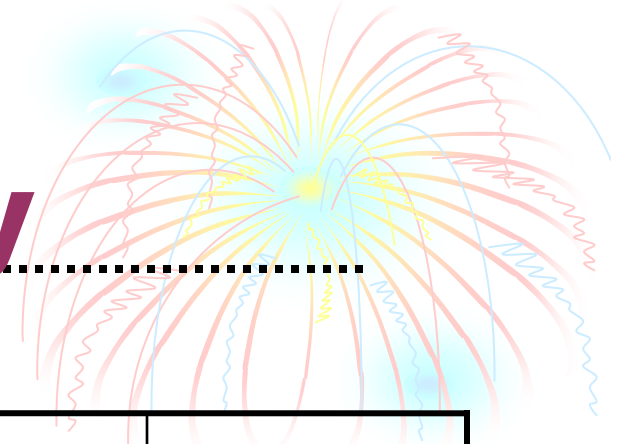
How to Pick Boundaries

- Have a vision for your future marriage
- Focus on your education
- Focus of Relationship (Friends First)
- Avoid Arousal
- Avoid STD's
- Reduce Risk of Date Rape (eliminate oppty)
- Protect your BRAIN and your HEART!

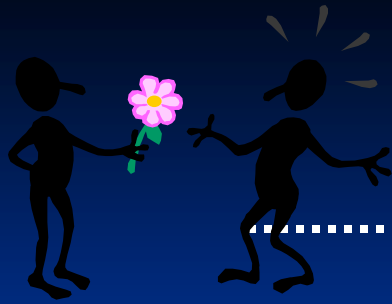




Levels of Intimacy



Lowest	Low	Moderate	High	Highest
Facts & Info	Others Opinions	Own Opinion	Info about Self	Anything
Weather, Clothes, Etc.	Sue said...	I like...	Back-ground, Values, Dreams, Goals	Hurts, Fears, Secrets



Love vs. Infatuation



Love is wanting the best for another person and sacrificing selfish desires for the others best interest. It does not mean that you compromise your values or put yourself at risk to fulfill the other person's selfish desires.

Infatuation is a passionate or obsessive desire.

Love

- ♥ Grows from friendship
- ♥ Self-giving
- ♥ Thinks ahead
- ♥ Patient with imperfections
- ♥ Trusts
- ♥ Does what is best for others

Infatuation

- ◆ Happens quickly
- ◆ Wants to possess the other
- ◆ Blind, glosses over faults
- ◆ Only physical
- ◆ Instant desire
- ◆ Chooses for the moment

Alcoholism, Violence, and Depression

	Cohabitation	Marriage
Alcoholism	29.9%	8.9%
Severe Violence	5 times <u>higher</u>	5 times <u>lower</u>
Depression	3 times <u>higher</u>	3 times <u>lower</u>

Cohabitation, Marriage, Divorce and Remarriage in US -CDC

Divorce and Break Ups

	Cohabitation	Marriage
Divorce or Break up within first 5 years	49%	20% First Marriage
Divorce or Break up after 10 years	62%	33% First Marriage

Cohabitation, Marriage, Divorce and Remarriage in US -CDC

Building a committed relationship



Acquaintance - first meeting, a phone call, become friends, talking

Friendship - explore interests, strengths, weaknesses, meet family, work through differences, talk about life goals & desires

Courtship - make commitment to relationship to move forward, engagement period, deal with pressures together

Marriage - commitment for life, trust & honesty, sexual oneness, children, legacy



Starting Over



- Make a decision to start over and stick to it.
- Value yourself and your decision.
- Avoid compromising situations.
- Communicate your standards to your friends.
- Find non-physical ways to show you care.
- Use a keepsake as a daily reminder of your decision.

Run to Win!

- Set goals for your life
- Commit to abstinence until MARRIAGE!
 - Chose friends WISELY
 - Don't smoke, drink or use drugs
 - Avoid pressure situations!
- If you fail; get up/start over again

YOU ARE WORTH THE WAIT!



THANKS!

Here's the plan?

- Choose your destination
- Education – Marriage – Family!
 - Avoid detours & traps
 - Enjoy the journey!