

LIVE IT!

Ten Ways to Practice Chastity

- 1) Pray. Thank God for the gift of sexuality, and ask for the strength to live a life of chastity.
 - 2) Seek out a parent or another adult that you can talk to when you have questions about sexuality.
 - 3) Focus on making friends—not romance—with people of the opposite sex.
 - 4) Learn to turn a critical eye toward media messages that use sex to sell products.
 - 5) Remind yourself that your value is not dependent on whether and how much you date.
 - 6) Stay away from drugs and alcohol. Impaired judgment on a date can lead to trouble.
 - 7) If you are on a date and things get out of hand, call a friend or a parent for a ride home.
 - 8) If you have a boyfriend or a girlfriend, communicate openly and set boundaries about touching.
 - 9) Remember that more teenagers are not having sex than are having sex.
 - 10) Make a pledge to avoid intimate sexual activity until you get married (visit the Web [site-www.truelovewaits.com](http://www.truelovewaits.com)).
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