

ABSTINENCE

What is abstinence?

Sexual abstinence means different things to different people. To some it means **not** having any or all of the following:

- Vaginal sex
- Anal sex
- Oral sex
- Skin to skin contact including genital touching

It can be a life choice or just a temporary decision; therefore, you could choose to abstain after having been sexually active for some time. *You could simply be taking a break!*

Why choose abstinence?

- It is the best protection against pregnancy and sexually transmitted infections (STIs)
- Abstinence is a choice that everyone is entitled to make and because of that, it gives a person a sense of control over his or her decisions
- It is consistent with their religious and moral beliefs

How will I know if I am not ready for sex?

There are many ways to know if you are **not** ready to have sex with your partner. When this is the case, abstinence is the best decision. You are not ready for sex if:

- You have not found the right partner
- You are unsure about your partner
- You are not sure about the state of your relationship
- You feel you are being pressured into having sex
- You are not comfortable talking to your partner about sex

Ways to express love without sex:

If you are with someone you really care about, anything can be fun. There are many ways to show a person that you care about them, such as:

- Spending time with them
- Going to the movies
- Holding hands
- Hugging
- Sharing fantasies (sexual or non-sexual)

Remember...

Abstinence is **your** choice. It is only 100% effective method against STIs and pregnancy if you do not have vaginal, anal, oral sex or skin to skin contact

For more information, please contact The Clinic at 519-663-5317.

Reference

The Society of Obstetricians and Gynecologists of Canada
www.sexandu.ca

Last modified: February 2022

DISPONIBLE EN FRANÇAIS

www.healthunit.com