

## TEN STEPS TO SEXUAL PURITY

Nearly 50% of all children have engaged in sexual activity by the time they finish high school. For many of these young people, their sexual activity may have been a one-time or short-term event. Nonetheless, even one sexual encounter may lead to terrible diseases, pregnancy, emotional or social stress, guilt and the initiation of other risky behaviors. Below are ten steps that researchers have identified for parents to help their children avoid sexual activity.

1. Guard against single dating - encourage group dates. Early and frequent single dating is a warning sign to parents.
2. Monitor your child's activities and friends. Children who are not monitored are more likely to make bad choices with friends and activities.
3. Get your children involved in church activities and become involved yourself. Religion is a great motivator for sexual purity.
4. Teach your family's religious and moral values concerning sexual activity.
5. Spend time talking to your children about intimate issues (including sexual issues) so they feel comfortable turning to you, rather than their peers or other outside sources.
6. Help your child make a plan on how to get out of awkward situations if they get trapped. Be ready to assist in the plan in whatever way you can. Remember, most teens regret sexual encounters, they just didn't know how to say "no" when they were faced with the situation.
7. Discuss the messages being sent by movies, ads and television regarding sex. Help your child distinguish between true love and sex.
8. Talk about diseases, pregnancy and other negative consequences associated with sex outside of marriage.
9. Do not permit significant age differences in dating. Mature dates are often more experienced and tend to Pressure younger adolescents.
10. Talk with your child about future goals and education plans. Children with goals tend to engage in sex less.

For more information or help, please call:

### **MASTERPEACE Center for Counseling and Development**

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