

8 Ways to Wait

1. Set your standards and limits

- * Know your values.
- * Set a clear physical boundary that you are comfortable with and will not make being abstinent difficult!
- * Decide your boundary ahead of time.

2. Focus on the friendship

- * How you support each other as friends is the most important aspect of the relationship.
- * There is no rush to become physically involved. Take the time to get to know the person you are dating and allow him or her to get to know you.

3. Date those who have the same values as you

- * Date someone who will respect you.
- * Do not date anyone who will put you in an uncomfortable position and does not accept your dreams, ideas, and beliefs.

4. Be creative in your dating

- * Date to get to know the person better.
- * Choose situations that will help you to be abstinent; date in groups, be where others are around, go on daytime dates.

5. Find friends who support your decision

- * Choose friends that won't pressure you into bad decisions.

6. Avoid Drugs and Alcohol

- * Drugs and alcohol will increase your chances of doing something you will regret later.

7. Know all the consequences of being sexually active

- * Emotional/ spiritual/ mental consequences, pregnancy, and sexually transmitted diseases (STDs).

8. Be proud of your decision to wait!

- * Never make excuses about your decision.
- * Be an example for other to follow.