

FREEDOMS OF ABSTINENCE OR RENEWED ABSTINENCE

Freedom to be more in control of your life

Freedom to enjoy being a teenager

Freedom to focus on establishing and realizing your goals

Freedom to develop healthy relationships

Freedom to make dating fun and creative without worry and stress

Freedom to develop respect for self

Freedom to have greater trust in marriage

Freedom to give your future spouse the gift of knowing you waited for them

Freedom from sexually transmitted diseases

Freedom from unwanted pregnancy

Freedom from exploitation by others

Freedom from guilt, doubt, disappointment, worry, and regret

Freedom from unspoken sexual expectations