

UniversityHealthServices

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ABSTINENCE

Abstinence is a Choice

Abstinence is a choice that can be made at any time. It can be a lifelong choice, or one that lasts until the time for having sex is right for you and your partner.

Abstinence is the best protection against an unwanted pregnancy. It is also the best protection against sexually transmitted infections (STIs) including HIV/AIDS.

Abstinence gives you time for you and your partner to get to know each other in other important ways. It allows time for trust and closeness to grow.

Sex can affect you in many ways – physically, emotionally, and mentally. Waiting until you are ready is the best protection from serious problems.

Abstinence is always a choice.

When Are You Ready for Sex?

You are ready when: *

- You know what you want and expect in a sexual relationship.
- You have discussed and agreed on protection, limits, wants, and needs.
- You learn about STIs, HIV and safer sex, because the more you learn, the easier it will be to talk about.
- You are both comfortable with your current level of involvement.
- You take responsibility and acknowledge that no person, no act of sex, no matter how spontaneous, beautiful, or wonderful is worth taking the risk of unwanted pregnancy or contracting a STI.
- You are aware that there are always risks associated with sexual activity and are committed to reducing those risks.
- You feel comfortable being intimate with your partner with the light on.

* Provided with the permission of Prevention and Wellness Services of the Western Washington University

Resources

- HIV Testing, Free and confidential: Call 865-6538
- HealthWorks Peer Sexual Health Educators: Call 865-2500
- Clinical Services Appointments: Call 863-0774

Test Results and Advice Nurse

Please call the nurse for test results and advice: 863-4463

Appointments

Appointments can be made in person or by phone. If you are unable to keep your appointment, please call and cancel. Otherwise you will be charged for the visit.

To schedule or cancel appointments, call: 863-0774

For more information about health care issues, visit the UHS Web site at www.sa.psu.edu/uhs

This publication is available in alternative media on request.

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