

1: ABSTINENCE

Failure rate: 0%

The only way for a person to eliminate the risks of pregnancy and sexually transmitted infections is to practice abstinence.

ABSTINENCE: the act of not having sex (intercourse, oral sex, anal sex or genital to genital touching)

Many teens feel that abstinence is the best decision for them at this point in their lives. Teens choose abstinence for a number of reasons:

- They think sexual intimacy should be reserved for a long-term committed relationship, such as marriage
- They do not feel ready to take on the added responsibilities that come with a sexually intimate relationship
- They want to keep their focus on achieving current goals such as athletics or getting into college
- They want to be certain to avoid pregnancy and sexually transmitted infections (STIs)

Choosing abstinence does not mean avoiding intimate relationships. Abstinent couples have the opportunity to get to know each other on a deep emotional level and to develop a relationship based on understanding, caring, and trust.