

Parent Workshops

Your partner in teaching teens to make healthy choices.

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You've had the talk...

Now What?

What happens after Jerry Bruckheimer or George Lucas produces a spectacularly successful show? They do it again. And again. Why else would there have been multiple CSI shows? Maybe you have already talked with your kids about sex, or they told you that they have already decided to wait. Maybe after tonight, you go home and have a great two-hour conversation with your son or daughter. Great! You can start preparing for the sequel.

Here are some ways to begin...

- ▶ Log onto TeenDecision.org and check out our resources for parents. There you can sign up for our blog, keeping you up-to-date on all things "teen"! You will find not just facts and alerts, but advice from a parent who has been there, as well as links to articles to help you parent your teen.
- ▶ Visit TeenDecision.org to see our resources for teens.
- ▶ Contact us with any questions: Program Director, Tori Libby: tori@teendecision.org.
- ▶ Pick one book from the reading list, find it in the local library or download it to your ereader, and read it!
- ▶ Sit down with your teenager to discuss the purposes and rules of dating (see "Dating Quiz")
- ▶ If you don't already have them, set rules for curfews, dating, and going to parties.
- ▶ Ask your child what he or she thinks! Find out what "normal" is in their school.
- ▶ Refresh the conversation regularly by looking for opportunities to talk.

NOTES

A Primer on Teen Sex, Dating & Relationships

Definitions:

Sexual Activity = Intercourse, Oral Sex, Anal Sex, Touching of Private Areas
Abstinence = Not engaging in sexual activity outside of marriage

Teen Sexual Behavior:

47% of high school students have had sexual intercourse.¹

15% of high school students have had 4 or more sex partners during their lifetime.²

48% of males (45% of females) aged 15-19 had engaged in oral sex and more than 11% of males and 13% of females aged 15-19 had engaged in anal sex.³

Consequences of Sexual Activity:

STDs

- ▶ 1 in 4 teenage girls has an STD (sexually transmitted disease).⁴
- ▶ 1 in 2 sexually active young people will contract an STD by age 25.⁵
- ▶ There are more than 25 STDs (prior to 1960 we knew about 2).
- ▶ Most STDs present no symptoms for at least some (or even most) people, but can still be transmitted and can still do internal damage.⁶
- ▶ There is no available test for males to detect HPV (the most common STD).⁷
- ▶ According to the Centers for Disease Control and Prevention, oral sex can transmit syphilis, gonorrhea, genital herpes, chlamydia, HPV and HIV (rare). Anal sex can also transmit most STDs. Some STDs (like herpes and HPV) can be spread by hand to genital contact or deep kissing.

Pregnancy

- ▶ 30% of all teen girls will get pregnant at least once by age 20.⁸
- ▶ Once pregnant, a teen faces 3 outcomes: parenting, adoption, or abortion.

Emotional Consequences:

- ▶ Girls who have had sex are about 3x as likely to be depressed as girls who are virgins. Boys who have had sex are twice as likely to be depressed. (Note that a full 60.2% of sexually inactive girls report that they "rarely or never" feel depressed.)⁹
- ▶ Nearly 3x as many girls (8x as many boys!) who have had sex attempt suicide.¹⁰
- ▶ Oxytocin, a chemical released in the brain during physical contact, produces social and emotional bonds and a sense of trust.¹¹ When a sexual relationship ends, the effectiveness of oxytocin may be compromised, affecting future relationships.¹²

Social Consequences:

- ▶ Reputation & future expectations (girls are seen as easy, guys as a “player”)
- ▶ Viral STDs can last for life, bringing shame and embarrassment, as well as affecting future intimate relationships. Infertility can result from even bacterial STDs, as well as cancers, chronic illness, and even death.
- ▶ 1.6% of mothers who have children before 18 complete college by the age of 30.¹³
- ▶ About 64% of children born to unmarried teenage high-school dropouts live in poverty, compared to only 7% of children born to women over age 20 who are married and high school graduates.¹⁴
- ▶ Teen childbearing in Illinois costs taxpayers \$501 million annually.¹⁵

Proposed Solutions:

Contraceptives

48% of women with an unintended pregnancy said they were using birth control during the month they got pregnant.¹⁶ Oral contraceptives have a lower failure rate than condoms, but do not prevent other consequences of sexual activity (such as STDs).¹⁷

Barrier Method (Condoms)

In 2011, among the 34% of currently sexually active high school students, 40% did not use a condom during last sexual intercourse.¹⁸ Even among women who do use condoms for birth control, in 1 year 11% are expected to become pregnant within that year.¹⁹ Although condom use has increased since 1991, one study found that 30% of sexually active teen girls got an STD over a 6-month period even when condoms were used.²⁰ Why? Some of the most common STDs (HPV, genital herpes, and syphilis) are contracted through skin-to-skin contact. Condoms do not cover the entire genital area and are therefore much less effective in preventing the transmission of these diseases than they are in preventing other less common STDs.²¹

Abstinence is the only 100% effective way to prevent HIV, other STDs, and pregnancy.²²

Barrier Method - Parents 😊

On his website, humorist Bruce Cameron posts 8 Simple Rules for Dating my Daughter.²³ Rule #4 states: *I'm sure you've been told that in today's world, sex without utilizing a "barrier method" of some kind can kill you. Let me elaborate: when it comes to sex, I am the barrier, and I WILL kill you.*

Realistically, we can't be there 24/7 to protect our children, and these days boys also need protection from the sexual advances of girls. But parents can at least help reduce the opportunities and pressures to have sex. Family rules and household routines, parental supervision of dating activities, and monitoring of teens have all been associated with teens not having intercourse.²⁴ Research gives us some guidance for what we as parents CAN do.

Sensible Rules for Your Teen

Restrict Media (what they listen to, see, read, etc.)

Social Networking and Cell Phones

The ability of teens to send inappropriate pictures and communications via their cell phones and internet, and teens' tendency to hide their activities, pose a challenge to parents. Research in 2012 revealed that 70% of teens hide online behavior from their parents, and that includes online cell phone activity. It's imperative that we "go back to school" and put the time and effort into learning as much about our teens' devices and online behavior as we can.²⁵

Pornography

With 11 years old now the average age of first-time exposure to pornography, teens are suffering the consequences. Research shows teens who view pornography experience earlier onset of sexual activity (and consequent increased risk of STDs), lasting negative or traumatic emotional responses, the belief that superior sexual satisfaction is available without having affection for one's partner, the belief that marriage and family are unattractive prospects, an increased risk for sexual compulsions and addiction, and skewed views of what is "normal" human sexual behavior.²⁶

Music, Television and Movies

A Rand Corporation study showed a connection between music where women are depicted as sex objects and men as "sex-driven studs" and early initiation of sexual behavior in teens.²⁷ Teens who are exposed to more sexual content in movies start having sex at a younger age, have more sex partners, and engage in riskier behaviors than their peers who watch less sexual content. Similarly, "Youths who viewed the greatest amounts of sexual content were two times more likely than those who viewed the smallest amount to initiate sexual intercourse during the following year or to progress to more-advanced levels of other sexual activity." And even hearing sexual talk on TV has the same effect as watching depictions of sex.²⁸

*Talk about internet and media safety with your teen and use
the online resources in this booklet!*

Get to know your teen's friends/dates

- ▶ A review of 68 studies showed that 1 of 3 major factors in teen sexual choices was what they perceived to be "normal" teen sexual behavior.²⁹
- ▶ Teens with sexually active friends are likelier to be sexually active themselves, and more than 6.5 times likelier to drink and 22.5 times likelier to have tried marijuana.³⁰
- ▶ If there is a two year or more age difference in a couple, there is a greater chance they will become sexually active.³¹

No Alcohol/Drugs

22% of high school students who had sexual intercourse during the past three months drank alcohol or used drugs before last sexual intercourse.³²

Delay Dating Until Later Teen Years

- ▶ A study of 2500 students showed that nonsexual romantic relationships in 7th grade led to the onset of sexual intercourse by the 9th grade for both males and females. The authors emphasized. . .“the importance of supervision and monitoring even in seemingly ‘innocent’ situations.”³³
- ▶ Statistics show that of those who are older than 20 when they initiate sex, 50% will have committed sexually to only one partner. Youth who have sex at sixteen will have had 5 or more sexual partners by the time they are in their 20s.³⁴

Reduce the opportunity for privacy

No entertaining in bedrooms, or even the basement hangout area (how many times can you check what’s in the basement freezer?). Avoid groups of friends with even numbers that can divide into couples.

No guy and girl home alone. The Journal of Adolescent Health found that of three predictors of adolescent sexual behavior, one was environmental: TIME HOME ALONE.³⁵

Take steps to slow the relationship

Consider requiring a period of “group dating” before one-on-one dating. Hanging out with friends and family will give everyone a chance to get to know one another. When they are ready to date, go through the Dating Quiz (p. 9) and explain how to date in the “safe zone” (see RAM on p. 7).

Going slow will help your teen

...evaluate character & compatibility.

Teen sexual relationships are inherently transitory and unstable. Sixty-one percent of teen sexual relationships end within three months; 80 percent end within six months.

...avoid premature bonding.

The bonding hormone Oxytocin is produced when there is sexual contact, and even when just holding hands. It is significantly stronger in females than males. Studies show it causes feelings of trust, and emotional bonding.³⁶

...get past the initial infatuation.

Dopamine and other “love” chemicals kick in with a hard-to-resist intensity that literally creates “euphoria, craving and addiction.”³⁷ When you’re kissing, you’re not talking, and when you’re not talking, you’re not getting to know someone.

“The following places are not appropriate for a date. . .Places where there are beds, sofas, or anything softer than a wooden stool. Places where parents, policemen, or nuns are not within eyesight. Places where there is darkness. Places where there is dancing, holding hands, or happiness. Places where the ambient temperature is warm enough to induce my daughter to wear shorts, tank tops, midriff T-shirts, or anything other than a goose down parka zipped up to her chin. Movies with a strong romantic or sexual theme are to be avoided; movies which feature chain saws are okay.”

*Rule #8 from
8 Simple Rules for Dating my Daughter*

Why Wait?

Teens who abstain have a healthier, happier today and a better tomorrow

Men and women who were virgins at age 18 (compared to those who were not), when evaluated approximately 20 years later, had half the risk of divorce. The study of over 7000 people controlled for ethnicity and previous educational or economic disadvantage, and the benefits weren't explained by merely avoiding teen pregnancy or fatherhood. In other words, the outcomes were "inherent to remaining abstinent."³⁸

Couples who delay sex until their wedding night have more stable and happier marriages than couples who have premarital sex, and report quality sexual relationships.³⁹ This was true even for those who had had sex in a previous relationship but decided to wait with the person they married – so its never too late to choose abstinence.

Teens who abstain from sex are

- ▶ Less likely to be depressed and to attempt suicide
- ▶ Less likely to experience STDs
- ▶ Less likely to have children out of wedlock
- ▶ Less likely to live in poverty and welfare dependence as adults.⁴⁰
- ▶ More likely to have stable and enduring marriages as adults.⁴¹

Teen sexual abstinence is associated with

- ▶ A 40 percent lower rate of school expulsion;
- ▶ A 50 percent lower rate of dropping out of high school;
- ▶ A 70 percent increase in the probability a youth was currently attending or had graduated from college;
- ▶ A 66 percent increase in college graduation.

An analysis of The National Longitudinal Study of Adolescent Health (Add Health), a nationally representative survey of 14,000 youth funded by more than 17 federal agencies, found that teen abstinence is a strong and significant predictor of academic success independent of other social variables.

Even when girls who give birth before age 18 are excluded from the analysis, the academic differences between the sexually active and abstaining teens remain largely unchanged. (Analysis by the Heritage Foundation can be found at heritage.org)

Let's Talk About Sex

First, Communicate Love...

The Five Love Languages...

1. Words of Affirmation
2. Receiving Gifts
3. Quality Time
4. Acts of Service
5. Physical Touch

Your children need to know you love them...in their language. Try showing love in each way listed, and see what causes your teen to "light up." Then make sure to include lots of expressions of love in individually meaningful ways. Conversations about "sticky" topics will come easier when you develop trust. (The Five Love Languages of Teenagers, Gary Chapman)

Then, When Talking About Sex, Dating & Relationships...

DO

- ▶ be available and approachable
- ▶ listen (giving your whole attention)
- ▶ tell each of your children how precious he/she is
- ▶ model and teach good decision-making in relationships
- ▶ get to know your child's friends, dates, boyfriend/girlfriend
- ▶ be a good advertisement for marriage (if you're married)
- ▶ hug your teenager (their affection tank should be filled by you)
- ▶ be specific in explaining what abstinence is: (No intercourse, oral sex, anal sex, or touching of private areas)
- ▶ be informed (see our book and website suggestions)
- ▶ continually encourage your teen to wait for marriage

DON'T

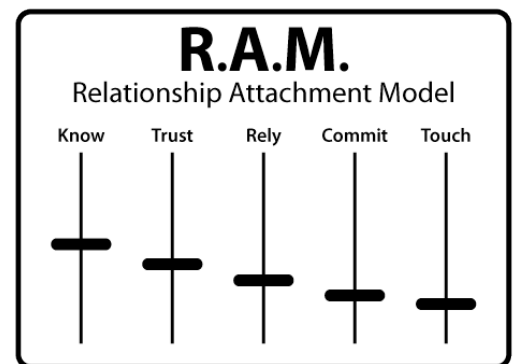
- ▶ stop communicating...EVER
- ▶ talk down to or put down your teen
- ▶ feel you need to have it perfect before you talk
- ▶ do all the talking (kids tune out when we lecture)
- ▶ be embarrassed (or try not to show it at least!)
- ▶ assume what they do or don't know
- ▶ try to control your teens, rather guide and influence
- ▶ be afraid to help them by setting some basic rules (like curfew, no hanging out in a bedroom, etc.)
- ▶ feel you need to have been abstinent to talk about it
- ▶ give in to the pressure to lower the standard
- ▶ give up hope on a lost or rebellious child
- ▶ let someone else do your job. Teachers and mentors can help, but your teen needs to hear from YOU.

The Relationship Attachment Model

This chart shows the dating "safe zone." The key is to KNOW someone more than you TRUST them; make sure they are trustworthy before you RELY on them; test their reliability before you COMMIT to them; and establish commitment before you TOUCH.

Studies show it takes 90 days to BEGIN to see patterns in another person's life. This is why most relationships don't last past 90 days. Waiting to touch or even commit until after 90 days will allow you to work on the Know, Trust, and Rely. Once those are built you will have a solid foundation for your relationship, whether as friends, or dating partners. Remember to always draw a line at sexual activity to keep you and your relationship healthiest of all.

Teen Decision



(The RAM is from Love Thinks LLC, Dr. John Van Epp founder)

Suggested Readings

Sex and Relationships

- ▶ *Dateable: Are You? Are They?* by Justin Lookadoo and Hayley DiMarco
- ▶ *SexSmart: 501 Reasons to Hold Off on Sex* by Susan Browning Pogany
- ▶ *Don't Take Love Lying Down* by Brad Henning
- ▶ *The 7 Habits of Highly Effective Teens* by Sean Covey
- ▶ *How to Avoid Falling in Love with a Jerk* by Dr. John Van Epp

For Young Women

- ▶ *Decent Exposure* by Connie Marshner
- ▶ *A Return to Modesty* by Wendy Shalit
- ▶ *Girls Gone Mild* by Wendy Shalit

For Parents

Any of the above, as well as . . .

- ▶ *Unprotected* by Miriam Grossman, M.D. (also, *You're Teaching My Child What?*)
- ▶ *Hooked: New Science on How Casual Sex is Affecting our Children* by Joe McIlhaney and Freda Bush
- ▶ *Oral Sex is the New Goodnight Kiss* by Sharlene Azam
- ▶ *Girls Uncovered: New Research on What America's Sexual Culture Does to Young Women* by Dr. Joe McIlhaney, Freda McKissic Bush and Stan Guthrie
- ▶ *Porn Nation: Conquering America's #1 Addiction* by Michael Leahy
- ▶ *Raising Cain* by Dan Kindlon and Michael Thompson
- ▶ *Real Boys* by William Pollack
- ▶ *So Sexy So Soon: The New Sexualized Childhood* by Diane Levin and Jean Kilbourne
- ▶ *Growing Strong Daughters* by Lisa Graham McMinn
- ▶ *Reviving Ophelia* by Mary Pipher
- ▶ *Fighting Back: How to Promote Abstinence in a Sex-saturated World* by Keith Deltano
- ▶ *How to Talk to Your Child About Sex* by Linda and Richard Eyre
- ▶ *Questions Kids Ask About Sex* by Medical Institute for Sexual Health
- ▶ *National Guideline for Character and Sexuality Education* by Medical Institute for Sexual Health
- ▶ *The Case for Marriage* by Linda Waite and Maggie Gallagher

NOTE: Teen Decision also has a book list we hand out in church or religious school settings. Feel free to email us at info@teendecision.org if you would like that list e-mailed to you.

Online Resources for Teens & Their Parents

For parents

TeenDecision.org

Medinstitute.org

<http://teendecision.org/blog/>

CPYU.org

Projects.waitingtillmarriage.org/abstinence-websites

For teens

<http://teendecision.org/for-students/> (all teens)

Chastityproject.com (Catholic)

Fightthenewdrug.org (about pornography)

GirlsGoneMild.com (includes Facebook)

Projects.waitingtillmarriage.org/abstinence-websites

Media info

Billboard.com (top songs)

Kids-in-mind.com (movie reviews)

CommonSenseMedia.org

PornHarms.com

Noslang.com (internet & texting slang)

Fightthenewdrug.org

Internet Safety

For young children: Google offers a "safe search" option that you can learn about at safesearchkids.com. Be aware, however, that the lock is browser-specific. (Microsoft's Bing.com and Yahoo have similar options). Remember, nothing is foolproof. You still need to keep an eye on kids when they're online.

For tweens and teens: Look into filtering or monitoring options. And of course the best filter for older teens is the one between their ears, so discussions are ultimately better than blocks in protecting our children. Become informed as a parent with these online resources:

Wiredsafety.org and its teen site Teenangels.org

Review of cell phone parental controls: cell-phone-parental-control-software-review.toptenreviews.com

Review of internet filtering software: internet-filter-review.toptenreviews.com

Parental control and monitoring software: www.pcmag.com/products/26690

Covenanteyes.com (monitoring/reporting and accountability for internet and mobile devices or phones)

Commonsensemedia.org has a search box for your questions related to monitoring and blocking internet use

Parent-Teen Agreements *(can adapt for your use, or use as guidelines for expected behavior)*

Contracts for various situations, such as driving and cell phone use, staying home alone, dating, chores, spending, etc. may be found at: http://parentingteens.about.com/od/parentingcontracts/Parenting_Contracts.htm. More links for contracts can be found at <http://puresight.com/useful-tools/family-online-safety-contract.html>.

DATING QUIZ

1. What do you think are the purposes of dating? (list at least 3)
2. How many times a week should you "hang out" with the person you are dating?
How long should a date be?
3. How many times a week should you talk on the phone or online? How much should you text?
How long should those conversations be (in minutes or hours)?
4. List at least 5 activities appropriate for a date
5. List 5 situations that might prove tempting
6. What is a good hour to return from a date? Weeknight_____Weekend_____
7. How much of your dating will be one on one, and how much will include friends, family, or groups?
8. Do you think it is important to keep both sets of parents informed of dating relationships? If "yes," how will you do this? If "no," why not?
9. What things do you think you should know about someone before you date? What should you know before you become boyfriend/girlfriend?
10. How can you get to know someone before the first date (other than texting and social media)?
11. What are your standards for physical intimacy while dating? (Be specific: "I'll wait until we've dated for 3 months until I kiss," "no touching under clothes," etc.)
12. When should you discuss boundaries with the person you are dating? What will you say to start the conversation?
13. How will you handle a breakup?

Endnotes:

¹ CDC (Centers for Disease Control). <http://www.cdc.gov/healthy-youth/sexualbehaviors/> (2011)

² Ibid.

³ CDC. <http://www.cdc.gov/nchs/data/nhsr/nhsr056.pdf> (2012)

⁴ CDC <http://www.cdc.gov/stdconference/2008/press/release-11march2008.htm> retrieved 8/2/2010

⁵ Abstinence Clearinghouse. 2005. STDs-General: Report: STDs Among Young Rampant. <http://abstinence.net/library/index.php?entryid=1975> retrieved 7/22/05

⁶ CDC, Division of STD Prevention, <http://www.cdcnpin.org/scripts/std/prevent.asp> retrieved 8/2/2010

⁷ CDC. HPV Infection Fact Sheet. <http://www.cdc.gov/std/hpv/stdfact-hpv-and-men.htm> retrieved 8/2/2010

⁸ National Campaign to Prevent Teen Pregnancy. *Why It Matters*. Retrieved 1/12/09.

⁹ <http://www.heritage.org/Research/Reports/2003/06/Sexually-Active-Teenagers-Are-More-Likely-to-Be-Depressed>

¹⁰ Ibid.

¹¹ Michael Kosfeld. 2005. *Oxytocin increases trust in humans*. University of Zurich Institute for Empirical Research in Economics. <http://www.iew.unizh.ch/home/kosfeld/ottruste.html> retrieved 7/26/06

¹² McIlhane & Bush, *Hooked: New Science on How Casual Sex is Affecting Our Children*, 2008

¹³ Hoffman, S.D., *By the Numbers: The Public Costs of Adolescent Childbearing*. 2006, The National Campaign to Prevent Teen Pregnancy.

¹⁴ *Why It Matters*, 2009.

¹⁵ National Campaign to Prevent Teen Pregnancy 2011 Fact Sheet

¹⁶ Testimony Before the US House of Representatives, 2008 Stan Weed, Ph.D.

¹⁷ FDA. 2003. Birth Control Guide. <http://www.fda.gov/fdac/features/1997/babyguide2.pdf> retrieved 7/25/06

¹⁸ CDC. Youth Risk Behavior Surveillance - United States, 2011. <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss6104a1.htm>

¹⁹ FDA. 2003. <http://www.fda.gov/fdac/features/1997/babyguide2.pdf> retrieved 7/25/06

²⁰ Testimony Before the US House of Representatives, 2008 Stan Weed, Ph.D.

²¹ CDC. 2005. STD Prevention Fact Sheets. <http://www.cdc.gov/std/HPV/STDFact-HPV.htm>, <http://www.cdc.gov/std/Syphilis/STDFact-Syphilis.htm>, <http://www.cdc.gov/std/Herpes/STDFact-Herpes.htm>, <http://www.cdc.gov/std/Trichomonas/STDFact-Trichomoniasis.htm> retrieved 5/16/05. For details about condom use and the transmission of various STDs, go to <http://www.medinstitute.org/public/92.cfm>

²² <http://www.cdc.gov/HealthyYouth/sexualbehaviors/index.htm>

²³

http://www.brucecameron.com/index.php?option=com_myblog&show=8-simple-rules-for-dating-my-teenage-daughter.html&Itemid=59

²⁴ Miller, *Family Influences on Adolescent Sexual and Contraceptive Behavior*, *The Journal of Sex Research*, Vol. 39, No. 1, February 2002, pp. 22-26

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<http://www.mcafee.com/ca/about/news/2012/q2/20120625-01.aspx>

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<http://www.heritage.org/research/testimony/pornographys-impact-on-marriage-amp-the-family>

²⁷ <http://www.rand.org/news/press/06/08/07.html> retrieved 8/2/2010

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<http://www.healthdailyusa.com/kidshealth/kids-sexual-behavior-influenced-by-movie-scenes-study.html> ; http://www.rand.org/pubs/research_briefs/RB9068/index1.html

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<http://www.jahonline.org/article/S1054-139X%2806%2900383-1/abstract>

³⁰ The National Center on Addiction and Substance Abuse. 2004. *Sexually Active friends and dating practices can signal increase in a teen's substance abuse risk*. Columbia University.

³¹ CASA 2004 Teen Survey

³² CDC, 2009

³³ Early Predictors of Sexual Behavior: Implications for Young Adolescents and their parents. Lisa D. Lieberman *Perspectives on Sexual and Reproductive Health*, Vol. 38, No. 2 (Jun., 2006), pp. 112-114

³⁴ McIlhane and Bush, p. 65

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<http://www.jahonline.org/article/S1054-139X%2806%2900383-1/abstract> retrieved 8/3/2010

³⁶ McIlhane and Bush, pp. 36-38

³⁷ "Love Chemistry"

http://www.sciencebuzz.org/buzz_tags/adrenaline

³⁸ Finger; Tonya Thelen, B.S.; John T. Vessey, Ph.D.; Joanna K. Mohn, M.D.; and Joshua R. Mann, M.D., M.P.H. To view the full study, visit the Adolescent and Family Health Journal website at www.afjournal.org/toc.asp?issue=0304

³⁹ 2010 Journal of Family Psychology

⁴⁰ Denise Hoflers, et al., "Adolescent Depression and Suicide Risk: Association with Sex and Drug Behavior," *American Journal of Preventive Medicine*, Volume 27, No. 3, 2004.

⁴¹ Robert E. Rector, Kirk A. Johnson, Ph.D., Lauren R. Noyes, and Shannan Martin, *The Harmful Effects of Early Sexual Activity and Multiple Sexual Partners Among Women: A Book of Charts*, The Heritage Foundation, June 23, 2004.

