



Fill in the blanks on the diagram to the left.

Now draw bars on the diagram to illustrate the  Safe Zone.

Sexual activity includes these actions:

### Sex and the Brain

OXYTOCIN	DOPAMINE	WORD BANK
Released during:	Released during:	Reward / Attachment / Birth
Makes you feel:	Makes you feel:	Drugs / Trust / Exciting Acts
Caution: beware of false trust!	Caution: beware of addiction!	Positive Memories / Nursing
		Sexual Activity (2) / Cuddling
		Desire to Repeat Action

### Building Healthy Relationships

T \_\_\_\_\_ + T \_\_\_\_\_ + T \_\_\_\_\_ = KNOW

How many days does it take to see patterns in a person's behavior? \_\_\_\_\_ days

## How To Choose Abstinence and Stick With It

### 1) Decide Now

Before you start dating, have your mind made up to save sexual activity for marriage  
If you have been sexually active, take a break from relationships (at least 6 months)  
and follow the remaining steps when you start to date again

### 2) Date Only Those With the Same Physical Touch Boundaries and Be Clear From the Start

Someone with a lower standard will wear you down over time  
Talk about your goal of abstinence at the beginning of the relationship

### 3) Avoid Tempting Situations

Super late nights, hanging out in the bedroom, too much time alone as a couple ☐ even people with great self-control will compromise in these (and similar) situations

### 4) Friends

Have close friends who share your values and who will help you keep to your goals  
Give them permission to ask you anything; and you have to be honest  
Stay connected to your friends; don't isolate with boyfriend/girlfriend

### 5) Mentors

Talk to older, trusted people about your dating relationships and listen to them

### 6) Activities

Be involved in sports, music, drama, art, youth group, student clubs, hobbies  
Give your energy and excitement to more than just your relationship  
(When you are single, involvement in these can also transform periods of singleness into times of growth, learning, contentment, and passion for life that is not dependent on any one person ☐ in short, you become a very interesting individual!)

### 7) Take It Slow: 90 day challenge (wait to kiss)

The physical stuff can wait, and you'll never regret it  
Low pressure dating, have fun, group dates, keep it light, creative dates ☐  
*Get to know them!*

## Resources

Teendecision.org ~ pregnanthehelp.com (630) 455-0300 ~ STD clinic: (630) 682-7400  
pornography addiction: fightthenewdrug.org ~ rape/assault/violence: YMCA (630) 971-3927

## Contact Info

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