




# 10 Emotional Dangers of Premarital Sex, & 10 Rewards of Waiting

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- The decisions you make about sex are some of the most important decisions you'll ever make.
  - They will affect your character, your life, and the lives of others—now and in the future.



# **THE SEXUAL REVOLUTION**

The sexual revolution, beginning in the 1960s and still spreading across the world through the mass media, is the dominant cultural revolution of the past half-century.

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- The sexual revolution promoted an ideology of radical sexual freedom.
  - It said that sex can be enjoyed without marriage, without commitment, even without any kind of emotional connection to the other person. “Just do it.”

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- The sexual revolution fostered more open communication about sex—a good thing—but it has also created a permissive sexual culture of that has caused a host of well-documented problems.




In 2016, Dr. Gabriele Kuby, a German sociologist published

*The Global Sexual Revolution:  
Destruction of Freedom in the  
Name of Freedom*



*Kuby says:*


“Everybody knows from experience that the urges and drives of the body need to be controlled, be it sex or food or drink. Otherwise they will control us.”



“Therefore temperance—self-control—is one of the cardinal (hinge) virtues.”


“But we are now in a cultural revolution that is overthrowing sexual morality.”






Because of the sexual  
revolution, as a young person  
today you are under  
enormous pressure to be  
sexually active.

- **“Sexual activity** is defined as genital contact and sexual intimacy that can lead to genital contact. This includes mutual masturbation, as well as oral, vaginal, and anal intercourse. While only vaginal intercourse can result in pregnancy, all sexually intimate behavior can spread STIs and/or lead to emotional trauma.
- **“Abstaining from all sexual activity is the only 100 percent safe and effective way to avoid teen pregnancies, STIs, and the emotional fallout of adolescent sexual activity.”**—Alean Zeiler, MD, **“Abstinence Education,” American College of Pediatricians (acpeds.org), 2010.**




All of you belong to  
one of 4 groups.




1. You have never been sexually intimate with another person, and you don't intend to do so until you get married.

# "Sexual Intimacy" includes:


- Sexual intercourse
- Other forms of intimate sexual touching.



2. You have never been sexually intimate, but you're not sure what you think about sexual intimacy before marriage.




3. You have been sexually intimate, and you don't see anything wrong with it.



4. You have been sexually intimate, but you now want to wait for marriage—or you're not really sure what you want to do in the future.






Whichever of the 4 groups  
you're in, I hope you will listen  
with an open heart and mind.



Don't think,  
"It's too late for me to  
change."



You haven't saved sex?  
Start saving it now.

—Molly Kelly

## **Kathy's Story (at 22)**

“I lost my virginity when I was 15. My boyfriend and I thought we loved each other. But once we began having sex, it completely destroyed any love we had.

“I felt he was no longer interested in spending time with me—he was interested in spending time with my body.”

## *Kathy's Story (cont.)*


“After my boyfriend and I broke up, I resolved to wait for the person I would marry.

“Every time I said ‘No’ to a guy, I wrote a letter to my future husband—telling him I had done that and that I was waiting for him.”

## ***Kathy's Story (cont.)***

“I won't be able to give my fiancé Jason the gift of my virginity on our wedding night, but I'm going to give him those letters.


“He accepts the mistakes I've made in the past. He loves me for the person I have become.”



*Becky, a high school junior:*

“I’ve had sex with a lot of guys, but I was always drunk so I didn’t think it mattered. Now I realize I gave each of those guys a part of myself.

“I’m going to make a new beginning and not have sex again until I’m married.”




You can't change the past, but  
you can choose  
the future.



# THE EMOTIONAL DANGERS OF PREMARITAL SEXUAL INVOLVEMENT

- In discussions of sex, not much is said about the emotional dangers. That's a problem, because the dangers are very real.
- Being aware of them can help you make the decision to refrain from sexual involvement outside a truly committed relationship—both to avoid getting hurt and to avoid hurting someone else.


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- The problematic emotional consequences of sexual experiences vary from person to person. Some are short-term but still serious. Some last a long time, even into marriage. Many are hard to imagine until they've been experienced.
  - In all cases, the emotional repercussions of sexual experiences are not to be taken lightly. A moment's reflection reminds us that **emotional problems can have damaging, even crippling, effects on a person's ability to lead a happy and productive life.**

# THE REWARDS OF WAITING

- If we're going to save sexual intimacy for a truly committed love relationship, we also need to know the rewards of waiting.
- Why is sex is most joyful, meaningful, and fulfilling, most emotionally safe as well as physically safe, within a loving, total, and binding commitment?
- *Let's look at 10 dangers and 10 rewards.*

# How do we know about these dangers and rewards?

- Moral reasoning, natural law
- Medical and social science research  
(Individual studies; reviews of research)
- Testimony of experts (doctors, mental health workers)
- Other wisdom sources (religion, wisdom of the ages)
- True stories from the lives of young people and others.




For human beings, sex is about much more than the body.

Our whole person is involved—mind, body, and feelings (even if we're trying to suppress them).


That's why sexual intimacy has potentially powerful emotional consequences.



# Emotional Danger #1: **Stress**

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- “To me, sex represents *stress*. It involves way too many worries: where and when to do it, how you’re going to get condoms, not to mention little bundles that show up 9 months later. I grew up in a poor neighborhood. Out of the girls I grew up with, I’m the only one who doesn’t have a kid.”

—Melissa (20), quoted in *The Quinceanera Program* by Lisa Rue, Friends First



**High school boy:** “My girlfriend just told me she’s pregnant, but I’m not ready to become a father. I’m thinking of telling her to get an abortion. I’m even willing to pay for it. What should I do?”

**Matt Paquette, M.D.:** “We shouldn’t be having sex if we’re not ready to be a parent. But if you do become a father before you intend to, the last thing you should do is to kill your child. Post-abortion syndrome affects men as well as women.

“There are thousands of couples waiting to adopt. My mother was 16 when she placed me for adoption.”

—*Just for Guys/Just for Girls*, [humanlife.org](http://humanlife.org)






Miriam Grossman, M.D.


*Sense and Sexuality:*


*The College Girl's Guide to  
Real Protection in a  
Hooked-Up World*


- “This bold and brilliant physician has done the nation and its children a great service.”

—*Robert P. George, McCormick Professor of Jurisprudence, Director of the James Madison Program in American Ideals and Institutions, Princeton University*

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- “I am a physician and a psychiatrist. For more than ten years I worked at a campus counseling center. Hardly a day went by without my meeting a young woman who was in crisis.”
  - “By the time she came into my office, she’d already made decisions she regretted. She was involved with the wrong guy or infected with genital warts or herpes.”

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- “Natural reactions to finding out that you have an STD are shock, anger, and confusion. Who did I get this from, and when? Who will want me now?”
  - “These concerns can affect your mood, concentration, and sleep. They can deal a blow to your self-esteem and GPA.”
  - “These are huge issues that affect women more than men.”

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- “Most guys who have an STD don’t know it. Routine testing of men does not provide information about HPV or herpes.
  - “Condoms reduce the risk by only 60-70%.
  - “So you may still pay a price, even if you both are tested and you use a condom every time.”

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- *“The best course is to delay sexual activity—or if you’ve already started, to stop. And eventually commit to someone who has also waited.”*

# LARRY'S STORY

“Larry had not heard of HPV before he had sex with his girlfriend. Soon after, he noticed some bumps on his penis. His doctor told him he had warts caused by HPV. The warts did not respond well to acid treatment, laser techniques, or surgery. He began to worry if he would ever be able to marry because of the warts.”

—*Medical Institute for Sexual Health*



# *Reward of Waiting:* **PEACE OF MIND**

- “I see some of my friends buying home pregnancy tests. They are so worried and so distracted every month, afraid that they might be pregnant. **It’s a relief to me to be a virgin.**”

—*High school girl*



***Brett:***

“I’m 19 and saving sex for marriage. I saw my friends do things they ended up regretting.

“Besides the STDs I’ve avoided, I haven’t had to deal with breaking up with someone I’ve had sex with, or becoming a father before I’m ready for that. It can be tough to wait, but the payoff will come when my wife and I can enjoy the gift of sex we’ve saved for each other.”

—*Just for Guys/Just for Girls*, [humanlife.org](http://humanlife.org)



# “No to sex meant yes to fun.”


- “My high school and college years were the best years of my life. I learned that no to sex meant yes to fun. My reputation as a virgin got out fast. I had more dates, better grades, and good, quality friendships. Guys knew they didn’t have to perform [sexually] for me, so we could concentrate on getting to know each other and having a great time.” —*Jennifer, 22*



## **REWARD OF ABSTINENCE: GREATER SAFETY**

“Teen sexual initiation is associated with a higher likelihood of experiencing sexual exploitation (e.g., statutory rape), dating violence, and unwanted or forced intercourse/rape.”


—S . Weed & T. Lickona, “Abstinence Education in Context,” in Maureen Kenny (Ed.), *Sex Education* (Nova Publishers.com, 2014).

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- Sexually active high school girls are almost **five times more likely to be victimized by dating violence** than girls who are not sexually active (Silverman, Raj, & Clements, 2004).



**Danger #2:**

**Regret**

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- Two-thirds of teens (including 77% of girls) who have had sexual intercourse said they wish they had waited.


—*National Campaign to Prevent Teen Pregnancy*

National Campaign to Prevent Teen Pregnancy. (2003). *America's Adults and Teens Sound Off About Teen Pregnancy: An Annual National Survey*. December 2003.

# PRINCETON UNIVERSITY STUDY

## Gender Differences

- Before the hook-up, 34% of college women “hoped a relationship might evolve. Only 17% of the males did.
- After the hook-up, 80% of females “wished the hook-up hadn’t happened.”




“I wish someone had been preaching abstinence in my ear when I was in high school. That’s when my sexual activity started. I don’t even want to *think* about my college years. I wish I had saved this for my wife.”

—*a 26-year-old husband*

# A SINGLE MOM'S STORY

- “I am an 18-year-old mother of a beautiful 5-week-old boy. I love my son with all my heart. But I wish I would have had him five years down the road to a man I was married to.
- “Raising a baby is hard. My son has not seen his father since the day he was born. He said that he would be there for me. He lied.”



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- If, during high school, you become pregnant or cause a girl to become pregnant, that child, if allowed to live in the womb and not put up for adoption, will most likely grow up without a father's presence and influence.
  - Children born to teenage mothers are at increased risk for many kinds of problems. Those include anxiety, depression, troubles in peer relationships, difficulties in school, dropping out of school, doing drugs, and getting pregnant and having a baby as a teenager.<sup>21</sup>

Youth.Gov. Adverse Effects. Available at: <https://youth.gov/youth-topics/pregnancy-prevention/adverse-effects-teen-pregnancy> Accessed August 10, 2020.

# A Psychiatrist's Letter at 33

“I was a virgin when I left at 18 to do a year of study abroad. Unbeknownst to my parents, I got an IUD. During that year I was very promiscuous. The longest lasting wound I gave myself was heartfelt.

“The sick, used feeling of having given myself to so many and for nothing, still aches. I never imagined I'd pay so dearly and for so long. Young people should know that sex without commitment is very risky for the heart.”

# REWARD OF WAITING: NO REGRETS

- “It wasn’t easy, but I’m so glad we waited. I’m healthy, I love my wife, and I just don’t have the baggage some of my friends do.”

—Rick, 30


—Joe McIlhaney, M.D. & Freda Bush, M.D. , *Hooked: New Science on How Casual Sex is Affecting Our Children* (2008)



# Danger #3:

## **Guilt**

Guilt is a feeling of having done something morally wrong. It's a sign that your conscience is working.



In his book for teens, *Love, Dating, and Sex*, George Eager offers this advice to young men:

“When the breakup comes, it’s usually a lot tougher on the girl than it is on the guy. It’s not something you want on your conscience—that you caused a girl to have deep emotional problems.”



A *New York Times* article on teen sex quoted Carlos, a 16-year-old California student who said he stopped having sex because he could see the pain he was causing girls.

- “They come up to you the next day in school and say they love you, but you don’t love them.”



## *A wife:*

“Sometime during my wild college days, I picked up an infection that damaged the inside of my fallopian tubes and left me infertile.

“I am now married to a wonderful man who very much wants children. We are looking into adoption, but the guilt I feel is overwhelming.”

- Chlamydia infects at least 1 million sexually active women each year. If the chlamydia bacteria reach the fallopian tubes, they can cause pelvic inflammatory disease (PID) and then scarring of the fallopian tubes. This scarring can narrow or block the tubes through which a woman's egg must pass in order to be fertilized by a man's sperm.
- Teenage girls have a 10 times higher risk of developing pelvic inflammatory disease than older women. After just one infection of PID, a girl has as high as an 8-12% chance of not being able to get pregnant and have a baby. After a second infection of PID, there is a 25-40 % chance of being unable to have a baby.
- Pelvic Inflammatory Disease (PID) - CDC Fact sheet. <https://www.cdc.gov/std/pid/stdfact-pid-detailed.htm> Accessed August 10, 2020.<sup>9</sup>



# Lucian's Story

A *Newsweek* magazine cover story on “the new virginity” included a story about Lucian Shulte, a Roman Catholic. His parents had always taught him the importance of chastity, and he had planned to “wait until marriage.”


But one warm summer night he found himself with a girl who was very willing—and they had intercourse.



***Lucian says:***

“In the movies when people have sex, it’s always romantic. Physically, it felt good, but emotionally it felt really awkward.

“I was worried that our relationship was now going to be a lot more serious than it was before. It was like, ‘Now what is she going to expect from me?’”



He felt guilty about what he had done. He promised himself, “Never again.” As a college student, he’s still faithful to that decision.

He says: “I’m looking forward to intimacy with my wife, someone I’ll truly love and want to spend the rest of my life with. It sounds corny, but it’s for real.”

# REWARD OF WAITING: A CLEAR CONSCIENCE

- “If you keep in mind the person you will some day meet and marry, you’ll wait for them. In the meantime, you won’t do anything to disrespect or hurt a person who will someday be another person’s husband or wife.
- Keep in mind how you will expect a young man to treat your daughter one day.
- By listening to your conscience in this way, you’ll have a good idea of where to draw the line.”

—*Jason Evert*




# **Danger #4:**

**Emotional Trauma Hurt/  
“Broken Heart”**

- ***Research finding:*** “Entering into and then breaking up with serious romantic partners is emotionally traumatic, particularly for teenage girls and adult females.”
- ***W. Bradford Wilcox, A scientific review of abstinence and abstinence programs (2008).***  
Retrieved at  
<http://reengageinc.org/research/ScientificReviewof%20abstinence.pdf>

## *New York Times Magazine* article on hook-up sex:

- “If you want it to be a hookup relationship, then you don't call the person for anything except plans to hook up. You don't invite them out with you. You don't call just to say hi. You don't confuse the matter. **You just keep it purely sexual, and that way people don't have mixed expectations, and no one gets hurt.** But, invariably, people do [get hurt].”

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- “When Irene was 15, she hooked up for a while with a boy (‘We basically became ‘friends with benefits,’ she says) who never came around to asking her out officially, as Irene secretly hoped he would. In the end, she was devastated.”





## Brian's Story

“I first had intercourse with my girlfriend when we were 15. I'd been going with her for almost a year, and I loved her very much. She was friendly, outgoing, and charismatic. We'd done everything but have intercourse, and then one night, she asked if we could go all the way.”



## ***Brian's Story***


“A few days later, we broke up. It was the most painful time of my life. I had opened up to her more than anybody, even my parents. I dropped out of sports and felt like a failure. In college, I've had mostly one-night stands. I'm afraid of falling in love.”



**There is no condom for  
the heart.**

# ORAL SEX

- Emotional trauma may happen after oral sex, just as with sexual intercourse. On April 2, 2000, a *New York Times* article, "The Face of Teenage Sex Grows Younger," quoted New York City psychotherapists counseling children, usually girls, who were emotionally distraught because of early sexual activity.
- Dr. Allen Waltzman, a Brooklyn psychiatrist: " I see girls, 7th- and 8th-graders, even 6th-graders who tell me they're virgins, but they've had oral sex 50 or 60 times."



**Danger #5:**  
**Sex loses its  
connection to love,  
becomes “no big deal.”**



## YOUNG PEOPLE NEED A VISION: THE RELATIONSHIP BETWEEN SEX & LOVE

Sex is most meaningful, most fulfilling, when it's part of something bigger—a continuing, loving relationship between two human beings. When you're married, ***your sexual intimacy expresses your total commitment*** to each other.

You join your bodies when and because you join your lives. **The ultimate intimacy belongs within the ultimate commitment.**

# “You start looking for another fix”

- “I won’t pretend that passionate physical exchange isn’t enjoyable. But outside marriage the enjoyment is short-lived. When it’s over you’re left disappointed. You start looking for another fix to appease your lust, like an addict craving another hit.”

—A college guy

## *New York Times Magazine* article on hook-up sex:

- “Many teenagers said they were hurt by hookups— usually because they expected or hoped for more.”
- “But they often **blamed themselves** for letting their emotions get the best of them. **The hookups weren't the problem. They felt *they* were the problem.**”



# “I keep my emotions in check”

- “Since then [when I got hurt by a hook-up], I've become really good at keeping my emotions in check. I can hook up with a guy and not fall for him.”

—**Irene, 15** (the same girl quoted by the *NY Times* who had been “devastated” by her first hook-up with a boy that she fell for)

# Sex becomes just “something to do.”

- In the **South Bronx**, New York, where the teen pregnancy rate has been nearly twice the national norm, a community agency sponsored a teen essay contest on “*How Can the Problem of Teenage Pregnancy Be Solved?*”
- One of the winning essays argued that many teens have sex “because they are bored—they have nothing better to do.”


## *An 8<sup>th</sup>-grade girl, describing her experiences with oral sex:*

- “I did it first in the fall with a boy I kind of liked, thinking it would make him like me. It didn’t.
- “Then I did it a couple more times in the spring at parties. *We would go outside, then come back in and sit around and talk about it.* It was no big deal.”

# ***American Girls: Social Media and the Secret Lives of Teenagers (2016)***

- The award-winning journalist **Nancy Jo Sales** visited 10 states and talked to more than 200 girls who let her inside their social media lives. Her book reports in detail how they think about sex, their bodies, the hook-up culture, how to attract the attention of boys, and how to stay plugged into the latest hot thing on social media.

- Sydney, one of the girls interviewed by Sales, attends a public school in New York City. She used to go to a private school, but her father was laid off and the family could no longer afford the tuition. At her private school, she says she wore a uniform.
- At her public school, she “couldn’t believe what the girls wear. They wear, like, tube tops, bandeaux, and those high-waisted short-shorts that show all your butt cheeks. If you don’t dress like that, you will get shunned.”

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- “Everything on TV and websites tells you to look like this. They say this is how to get a guy. Everything is a competition based off looks and how many likes you can get.
  - “So a lot of girls post pictures with literally nothing on, or bikini shots.
  - “Other girls see that and want to compete for more likes and hotter pictures.”



***Sales asked Sydney what the current social scene is like.***

- ***Sydney:*** “There’s no such thing as dating anymore. *The way people get together is they hook up at a party* and he’ll ask for her number. *It all starts with hooking up.*”
- “There are a lot of parties [typically in houses where the parents aren’t home]. *The guys try to hook up with as many people as possible.*”



**Sales:** “At one party?”

**Sidney:** “Yeah. The boys keep lists and stuff.”

**Sales:** “Does that ever seem awkward, hooking up with more than one person at the same party?”

**Sidney:** “It’s not considered a big deal. The ‘in’ thing for girls to do is to really just go nuts at parties, just go insane. They feel the more they drink and the crazier they act, the more guys will come to them.”





Reward of Waiting:  
**SEX IS A BIG DEAL.**

# Love as the “Gift of Self”

*A 17-year-old girl:* “One of the greatest gifts I will ever be able to give my husband is the total gift of myself. To me it would be a lie to give myself totally to someone before we’ve made public our permanent commitment to each other.

“I believe sex is a deep communication, not just between two bodies but between the two complete persons involved.”

## *A college girl:*


- “I'm going with this guy and we're getting serious, but I still don't know if he's the one. The other night we were kissing, and it started to get heavy. I pulled back and said, ‘Whoa—I want to save this for my husband.’”
- *“Saving sex for marriage” means saving all of it for marriage.* —Mary Beth Bonaci



From Sean Covey's *The 6 Most Important Decisions You'll Ever Make* (2006)


*A 19-year-old girl:*

“I had the same boyfriend all the way through high school. Instead of having to say no to a lot of guys, I just had to say no to him. But I almost gave in a few times because I was sooooo sick of having the same argument over and over.”



“I have a new boyfriend now who totally respects my values, and we have a wonderful relationship.

“If there is a girl out there who is struggling with the decision to wait, I would say, ‘Stick to your beliefs. If your boyfriend or friends don’t respect that decision, they’re not your friends.’”




***She says these, for her, have been the rewards of waiting:***


1. I don't worry about pregnancy and disease.
2. I've escaped the emotional traumas I've seen some friends go through.
3. I have tremendous self-respect.
4. I know my decision is pleasing to God and my family.
5. I'll be able to give the person I marry a gift no one else will ever have.

# THE JOURNEY TOWARD SEX HAVING GREATER MEANING

- “I regretted losing my virginity even as it was happening. I was 17. I’d been dating my boyfriend for five months. He was a total manipulator. He’d say things like, ‘I respect that you’re a virgin. We can wait.’
- “But then he started pressuring me, saying sex would bring us closer and crap like that. When it happened, we were fooling around and he kept saying, ‘*Trust me, trust me.*’ He probably would have beaten me up if I hadn’t gone along with it. I broke up with him on the phone.”

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- “Then I decided I needed to sleep with someone I really cared about so I could consider that person to be “my first.” I had a huge crush on a friend, and we ended up sleeping together. It didn’t last. **Now I look back and think what an idiot I was.”**



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- “For the past two years, I’ve been with a boyfriend who is one of the best things that’s happened to me. About a year ago, I told him I didn’t want to sleep together anymore. My decision had to do with religion.
  - “The more I went to church, the stronger my feeling became. *The decision not to have sex has brought us closer together.* It’s something we’re determined to accomplish together.”

# ***FACTORS THAT DELAY SEXUAL INVOLVEMENT:***

- Parents' clear disapproval of teen sex
- Close relationship with parents
- Teenager's personal commitment to waiting until marriage
- High grades
- Religious beliefs about waiting until marriage.


—M.D. Resnick et al., “Protecting Adolescents from Harm: Findings from the National Longitudinal Study of Adolescent Health, *Journal of American Medical Association*, 1997, 278.

# PRACTICING A FAITH AFFECTS MULTIPLE YOUTH BEHAVIORS

Teens who regularly practice a faith and rate their religion as important to them are:


- More involved in service activities.
- Less likely to steal, be violent, or use drugs and alcohol.
- Less likely to have sex.

—Child Trends, “*Religious Involvement and Children’s Well-Being*” [www.childtrends.org](http://www.childtrends.org)




“One of the ways religion deters adolescents' involvement in self-injurious or anti-social behaviors is by influencing them to choose friends who do not engage in those activities.”

—J. M. Wallace and D. R. Williams, “Religion and adolescent health-compromising behavior.” In J. Schulenberg et al. (Eds.), *Health risks and developmental transitions during adolescence*. (New York: Cambridge University Press, 1997).




**Danger #6:**  
**Loss of Self-  
Esteem/Self-Respect**

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- Treating others selfishly, as sexual objects to be used for our pleasure, can lower self-respect.
  - “You feel pretty crummy when you get drunk at a party and have sex with some girl, and then the next morning you can’t even remember who she was.”

—*A college guy*

# A DOWNWARD CYCLE


- Sometimes the loss of self-esteem after uncommitted sex leads a person into further casual sex, leading to further loss of self-esteem in an oppressive cycle from which it may be hard to break free.
- This pattern is described by a young woman who is a residence hall director at our college:



“There are girls in my dorm who have had multiple pregnancies and multiple abortions. The ironic thing is that practically all the girls who talk to me say they hate the whole scene—the bars, the parties, the attitudes and sexual expectations of guys.

“But because they have such low self-esteem—last year, the girls on one wing called themselves ‘the sluts from hell’—they will settle for any kind of attention from guys.”




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- “I don’t think I’m as cute as some of my friends, and I don’t hang out with popular kids. I have to go all the way with boys for them to like me. I’d rather have sex than be alone again.”


—Rachel, 16

—Joe McIlhaney, M.D. & Freda Bush, M.D. , *Hooked: New Science on How Casual Sex is Affecting Our Children* (2008)




# **Danger #7:** **Depression**


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- Infection with an STI has long been recognized as a cause for depression among teens.
  - More recently, however, adolescent sexual activity alone has been acknowledged as an independent risk factor for developing low self-esteem, major depression, and attempting suicide.

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- “Those who get an STI are more likely to experience physical pain, guilt, and shame and are therefore more vulnerable to depression.”
  - “Females are more likely to acquire an STI from any given sexual encounter than are males.”

—W. Bradford Wilcox, *A scientific review of abstinence and abstinence programs* (2008).

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- **Casual sex** (no romantic relationship) is associated with *higher reports of depression* than is romantic sex, especially among females.

—W. Bradford Wilcox, *A scientific review of abstinence and abstinence programs* (2008).




One study using the National Longitudinal Study of Adolescent Health found that teens who **engaged in sex** (but *not* drugs and alcohol) were:

- **3 ½ times more likely to be depressed** than adolescents who abstained from sex, alcohol, and drugs.

—W. Bradford Wilcox, *A scientific review of abstinence and abstinence programs* (2008).

# GIRLS MORE AT RISK


- Controlling for demographic factors, only 4.5% of girls who abstained from sex, drugs, and alcohol were depressed, compared to 15% who experimented with sex (but not drugs or alcohol).
  - 3.6% of boys who abstained from sex, drugs, and alcohol were depressed, compared to 8.8% who experimented with sex (but not drugs or alcohol).
- W. Bradford Wilcox, *A scientific review of abstinence and abstinence programs* (2008).



As the number of sex partners increases, so does depression.

—Joe McIlhaney, M.D. & Freda Bush, M.D. ,  
*Hooked: New Science on How Casual Sex is Affecting Our Children* (2008)





The attempted suicide rate for 12- to 16-year-old girls who have had sexual intercourse is 6 times higher than for girls who are virgins.

D. Orr, M. Beiter, & G. Ingersoll, "Premature sexual activity as an indicator of psychosocial risk," *Pediatrics*, 87, 141-147.

In another study, it was 3 times higher.  
(The findings for boys are mixed.)

# WHICH CAUSES WHICH?

- Is teen sexual activity the cause or the result of depression?
- Among among adolescent girls, sexual activity is frequently followed by depression.
- By contrast, depression is not consistently followed by sexual activity.

D.D. Hallfors et al., "Adolescent depression and suicide risk: association with sex and drug behaviors," *American Journal of Preventive Medicine*, 27, 2004, 224-230.

# Reward of Abstinence


Teens who avoid risky behavior—such as sex, drugs, and alcohol abuse—are the **least likely to experience depression.**


—M. W. Waller, et al., "Gender differences in association between depressive symptoms and patterns of substance abuse and risky sexual behavior," *Archives of Women's Mental Health*, 9,139-150, 2006.



**Danger #8:**

**The Corruption of  
Character**

- 
- We create our character by the choices we make.
  - Each choice we make affects the kind of person we are becoming—our character.

- 
- Teen sex is associated with entry into a “problem behavior syndrome” that encompasses substance abuse, antisocial behavior, and academic difficulties.
  - “When teens start to have sex, it may indicate that they are taking their cues from risk-taking peers rather than from parents and teachers. In this way, sexual activity may serve as a gateway to other risk-taking behaviors.”

—W. Bradford Wilcox, *A scientific review of abstinence and abstinence programs* (2008).

# REWARD OF ABSTINENCE

- A large body of research suggests that abstinence is associated with more virtuous behavior among adolescents, particularly teenage boys.
- Studies indicate that teenage virgins are significantly more likely to avoid alcohol, drugs, delinquency, crime, and educational problems.

—W. Bradford Wilcox, *A scientific review of abstinence and abstinence programs* (2008).

# LOSS OF SELF-CONTROL

- A college guy, on how his sexual activity was becoming an addiction:

“I had always heard that having sex was a way to get rid of sexual tension, but the more sex I had, the more I wanted. I couldn't stop myself, but at the same time I wasn't satisfied at all.”





Sean Covey, *The 6 Most Important Decisions You'll Ever Make* (2006):

*“Pornography is the addiction of the 21<sup>st</sup> century.”*

- The sexual revolution normalized pornography.
- The Internet made it ubiquitous.

# **“The Impact of Pornography on Children”**

**October 2015, [www.acped.org/](http://www.acped.org/)**

- A comprehensive research review.

- It defined pornography as:

“the depiction of erotic behavior (sexual display in pictures or writing) that is intended to cause sexual excitement in the viewer.”



## ***Findings:***

- Pornography use by youth is linked to increased depression, anxiety, violent behavior, early sex, sexual promiscuity, and teen pregnancy.
- Children under 12 who view pornography are more likely to sexually assault peers.


## Zillman/Bryant series of studies (*Journal of Family Issues*, 1988; before the Internet)

- Subjects were college students and non-college students, **randomly assigned to the experimental and control groups.**
- The study had the experimental group view pornographic material for 6 weeks (*note: this is ethically problematic*); the control group viewed non-sexual TV and movies.
- Subjects completed a pre-post survey to assess *attitudes on relationship issues.*



***Compared to the control group, subjects exposed to pornography over 6 weeks:***

1. Demonstrated increased callousness toward women.
2. Considered the crime of rape less serious.
3. Were more accepting of non-marital sex.
4. Became more interested in more extreme and deviant forms of pornography.



5. Were more accepting of sexual infidelity in a relationship.

6. Valued marriage less.

7. Among males, expressed a decreased desire for children.

8. Among female subjects, expressed a decreased desire to have a daughter.



# Internet Porn's Effects on Teens

“The Impact of Internet Pornography on Adolescents: A Review of the Research,” *Sexual Addiction and Compulsivity*, 19, 2012.

- Examined studies in diverse cultures, including China, Sweden, the Netherlands, the United Kingdom, and the United States.



*The more teens view pornography, the more they:*

- approve of casual sex
- engage in higher-risk sexual behaviors (e.g., multiple partners, anal sex, sex on drugs)
- become more aggressive in their sexual behavior
- agree that it is acceptable to hold a girl down and force her to have sex.





## *Conclusion:*

“The negative impact of Internet pornography on adolescent behavior appears to be a global trend.”



# **Danger #9:**

# **Ruined Relationships**



## **Jennifer, 24:**

“Sex became the center of our relationship. Like a cancer, it took over. New things entered—anger, impatience, jealousy, and selfishness. We just couldn’t talk anymore. We grew very bored with each other.”


# SEX OFTEN LEADS TO BREAK-UPS

- “Sexual intimacy produces more broken relationships than strengthened ones. In one study, more engagements were broken by couples who had intercourse than those who did not.
- “The more frequent the intercourse, the larger the proportion of rings returned.”

—Robert Blood, *Marriage*



**Danger #10:**  
**Negative Effects on**  
**Marriage**

- 
- Most (75%) of entering college students still rate “raising a family” as an “essential” or “very important” life goal. (Annual UCLA *American Freshman* report)—a finding that has remained over 40 years.
  - “What decisions about sex now will help you achieve your dream of a happy marriage and family?”



## Negative effects of premarital sex on marriage:

- Comparisons with prior partners.
- Infidelity
- Infertility
- A greater chance of divorce.

# MARITAL CONFLICT

- Couples who have sex before marriage, especially couples who cohabit, are more likely to experience marital difficulties.
- A study of 2,034 married adults: **Those who had cohabited prior to marriage reported less marital happiness and more marital conflict**, compared to similar couples who did not cohabit.

**W. Bradford Wilcox, *A scientific review of abstinence and abstinence programs (2008)*.** Retrieved at

<http://reengageinc.org/research/ScientificReviewof%20abstinence.pdf>



# REWARD OF WAITING: LONGER- LASTING MARRIAGES

- “Cohabitation is associated with an increased divorce risk, with estimates ranging from as low as a 33 percent increased divorce risk to a 151 percent increased risk of dissolution.”
- “Men and women who marry as virgins are significantly less likely to divorce.”

**W. Bradford Wilcox, *A scientific review of abstinence and abstinence programs* (2008).**

# REWARD: BETTER SEX


- *National Health and Social Life Survey*: “A “monogamous sexual partnership embedded in a formal marriage produces the greatest satisfaction and pleasure.”
- “Adults in marriages characterized by fidelity over at least the last 12 months were more likely to indicate that they were ‘extremely’ or ‘very’ emotionally satisfied by their sexual relationship, compared to cohabiting and non-cohabiting adults—especially adults who had more than one partner.” Laumann, Edward et al. *The Social Organization of Sexuality*.

# REWARDS of WAITING

- A better chance of finding someone who loves you for the person you are, who will make a **faithful mate in marriage, and who will be a good role model** for your children.
- **A better life for any child you bring into the world**, because your child will have two married parents committed to each other and who can share the responsibilities of raising their children.

# TRUE LOVE CHARACTER TEST

1. Is this person kind and considerate?
2. Does this person ever bully me?
3. Does he/she always expect to get his/her way?
4. Does this person bring out the best in me?
5. Does this person respect my values?
6. Is this person jealous?
7. Can I trust him or her?
8. Does this person make poor decisions?
9. Use drugs or pornography?

- 
- True love demands good character. If a person doesn't pass the character test, don't stay in that relationship.


*“Is this someone I'd want to spend my life with?”*



# Summarizing the Dangers: **LOVE WAITS**


“Love is patient; love is kind. Love wants what is best for another person. Love will never cross the line between what's right and wrong.

“It's wrong to put one another in danger of having to deal with hard choices, choices that could change your lives forever.”



“Having sex before marriage may feel right for the moment. But the possible costs of an unexpected pregnancy, abortion, and sexually transmitted disease—as well as the deep hurts that can come from a broken relationship—outweigh the feelings of the moment.

“The feelings are temporary; their consequences are long-lasting.”



“All good things are worth waiting for.  
Waiting until marriage to have sex is a  
mature decision to control your desires.

“If you are getting to know someone—  
or are in a relationship—remember: If  
it's love, love waits.”





## Rewards of Waiting: *Waiting will . . . .*

1. Make your relationships better.
2. Increase your self-respect.
3. Gain you respect for having the courage of your convictions.
4. Teach you to respect others.
5. Take the pressure off you.
6. Give you a clear conscience and peace of mind (no regrets).
7. Help you find the right mate.

## *Waiting will . . . .*

8. Enable you to bring a healthy body to your marriage and have a good sexual relationship (based on trust, free of comparisons).
9. Develop the virtues (respect, self-control, responsibility) that will make you a person of character and a good marriage partner.
10. Help you *attract* a person of character—the kind of person you'd like to marry and have as the father or mother of your children.



# **Center for the 4<sup>th</sup> and 5<sup>th</sup> Rs**

**(Respect and Responsibility)**

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