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The Challenge

This book is about sex, and I warn you, I'll be challenging you and speaking bluntly. I'll say things that are ugly and scary. So if you don't want to know the truth—DON'T READ THIS BOOK!

Youth are being constantly bombarded with stimulating sexual content on television, billboards, and the Internet, as well as in magazines, books, movies, video games, and music. Sexy teenage pop stars with their provocative clothing dance suggestively and sing lyrics that are sometimes violent. The promoters of these shows want kids to model these stars. The results? Millions of kids are imitating them without realizing the disastrous pitfalls that await them.

Multitudes of these sexually active young people are being infected each year with sexually transmitted diseases (STDs). Not only will these young people suffer from their initial infections, but many will suffer a lifetime of both physical and emotional difficulties. Will you become one of them?

If you're sexually active, there's an excellent chance you will get an STD. These diseases are not just humiliating and painful; they can also lead to infertility, cancer, and even death. In contrast, there are millions of youth who will never encounter these problems because they, and the person they will one day marry, made abstinence until marriage their choice. Unfortunately, many have abandoned their beliefs due

to the false message of “safe” sex. What we need today is a new generation of youth who will challenge the teachings of “safe” sex and unashamedly declare their support for a lifestyle guaranteeing them a bright future.

This book is to help youth have a successful future. Some will listen; others will only listen after being hit on the head with a sledge hammer. My aim is to help youth avoid being clobbered. There needs to be an awareness of the many dangers of premarital sex and the tremendous benefits of abstinence until marriage. Let me say this loud and clear:

**Abstinence Doesn't Mean Never Having Sex.
It Means Saving Sex For Marriage.**

You'll be reading stories and getting facts. But I warn you, some facts will be repulsive. “You're not scaring me!” you may say. “I'm living for maximum fun now!”

I'd answer, “Be foolish. Stuff cotton in your ears. Reject the truth and have your fun now. But remember, there's always tomorrow.”

“Who cares about the future?”

“If you don't care about your future, then don't complain when your body is racked with pain and you suffer the rest of your life for your foolish decision to ‘live for the now.’”

**This Book Is for Intelligent Youth,
Not for Dummies**

This book is for intelligent youth, not for dummies. Some of you fell into the trap of today's foolish culture and engaged in

premarital sex. You've been hoodwinked and burnt; you know it's wrong. You want to change. The good news is there's hope for you. Later we'll discuss this issue in "Renewed Purity."

Many teens have the "It can't happen to me" mentality concerning getting STDs. I've got bad news: It's happening, and at an alarming rate. Dr. Ray Bohlin, in "The Epidemic of Sexually Transmitted Diseases," stated: "Prior to 1960, there were only two significant sexually transmitted diseases: syphilis and gonorrhea. Both were easily treatable with antibiotics."¹

But today The Associated Press reports that 1 in 4 teen girls has an STD, and "among those who admitted having sex, the rate was even more disturbing—40 percent had an STD."² What happened? Today our society is unconcerned about premarital sex; its primary concern is about the number of unwed pregnancies. Our society has falsely propagated that casual sex is okay as long as protections are used. This false message has caused STDs to flourish and brought untold tragedies to millions of teenagers and young adults. It's time to tell youth the truth.

I've written many award-winning children's books that teach children principles for successful living. Many children who read these books are today's youth. Their sex hormones are active, and if they make wrong decisions, their entire lives could be ruined.

I'm writing this book to counter the disastrous teachings about permissive sex in today's culture. I urge you to carefully consider your future. Remember, you won't remain a teenager forever. Don't think you can live any way you want without consequences. That's a fool's dream. Be

intelligent. Think! The life you live now can lead to a bright or to a disastrous future. Don't endanger that future because of some dumb sexual decision you made in your youth. The aim of this book is to challenge and help you to live a happy and successful life.

Misconceptions, Myths, and Plain Lies About Sex

There are many misconceptions, myths, and plain lies about sex. The media distorts sex by portraying that as long as people are using protection and having fun, sex outside of marriage is normal and okay. Today premarital sex is also called recreational sex.

Many in our culture think youth are like animals, unable to control their passions. People ridicule abstinence until marriage as old-fashioned, unrealistic, unnatural, and unhealthy. They claim kids will be kids, and they'll have sex. So provide them with mountains of information on how to have "safe" sex. Follow these lies of our sex-saturated society, and you'll likely reap a lifetime of misery.

Today's Youth Aren't Animals

Today's young people aren't animals; they can control their passions. Over 50% of high school students claim they have never had sex. However, when these same high school students enter college, they face tremendous pressure to engage in casual sex. The media also increases this pressure by its unrealistic portrayal of sex and relationships. Today's youth are seldom shown the serious and fatal consequences of the sexual liberation movement. They've been hoodwinked.

Psychiatrist Fearful of Being Ostracized, Maligned, and Unemployed

Miriam Grossman, M.D., has been a psychiatrist at the University of California, Los Angeles (UCLA) Student Psychological Services for over 10 years, and has worked with students for over 20 years. She is the author of *Unprotected*,³ a book that exposes the false and dangerous sexual advice students are provided in today's politically correct environment. She was so fearful the professional establishment would perceive her as being intolerant and then be ostracized and unemployed that she used "Dr. Anonymous" as her pen name. What a sad commentary on our so-called "tolerant" educational system when a trained psychiatrist must fear exposing the detrimental teachings taking place in today's schools.

Why did Grossman write such a book exposing the false teaching of "safe" sex? It's the same reason I'm writing this book. For years I've devoted my life to produce materials to train children for a life of success. Today, the advocates of "safe" sex promote a message that can lead youth to a lifetime of failure and suffering. The central teaching of "safe" sex is behaviors once considered destructive and immoral should now be taught as normal and natural. They teach casual sex is fine, even beneficial for mental health, so long as proper protection is used. However, Grossman reports, "On my campus, sexually active students are much more likely to seek counseling, and to rate their relationship as stressful."

Grossman tells about Olivia, an 18-year-old freshman who was the valedictorian of her senior class with hopes of going

to medical school. When Olivia came to Grossman, she was vomiting up to six times a day. Olivia told about a short-lived relationship that resulted in her first experience with intimacy. “When it ended, it hurt so much,” she said weeping. “I think about him all the time, and I haven’t been going to one of my classes.” Then she asked this piercing question, “Why do they tell you how to protect your body—from herpes and pregnancy—but they don’t tell you what it does to your *heart*?”⁴

Grossman tells about Heather, a 19-year-old freshman. Heather came to Grossman because of her moodiness and crying spells. She finally told Grossman about a friend she really liked. Heather wanted to build a relationship with him, doing things like going shopping or seeing a movie together, but he just wanted to be with her and get his sexual benefits without bothering with a relationship. This so upset this normally upbeat and social freshman that she became withdrawn and filled with self-hate.⁵

In her book, *Unprotected*, Grossman writes:

For those who trust academic journals more than Mom’s wisdom, take a look at some recent research. In a study of 6,500 adolescents, sexually active teenage girls were more than three times more likely to be depressed, and nearly three times as likely to have had a suicide attempt, than girls who were not sexually active....

Sure, there are women on campus who are making wise choices in their relationships. But if you think Heather and Olivia are unusual, I have news for you: our schedules are overbooked with them. They’re lining

up for appointments and flooding our phone lines. I've seen so many students like these, they blur together in my mind, a pitiable crowd of confused, vulnerable young women, ill prepared for campus life, making poor choices, and paying high prices.

No amount of Prozac or Zoloft is going to solve this problem. These young women must, for their physical and emotional well-being, change their lifestyle.⁶

Are you listening? Can you picture this “pitiable crowd of confused, vulnerable young women, ill prepared for campus life, making poor choices, and paying high prices”? Remember, this is from a psychiatrist reporting from her years of personal experiences what's happening to many women who have listened to the detrimental teaching that there's no harm in casual sex as long as proper precautions are used.

Many men have no intention of having a serious relationship with their girlfriends. They use their girlfriends as free prostitutes. Many foolish women throw away their convictions and yield to the sexual advances of their boyfriends in hopes of satisfying their longing for love. Instead of finding a loving relationship they crave, many reap diseased bodies and broken hearts.

The sexually active often believe they only need to fear getting pregnant or getting an STD, but they're greatly mistaken. They don't realize the psychological and emotional problems that can accompany casual sex, or the haunting sense of being used and abused. It's time educators stop trying to be “politically correct” and tell students the truth about the detrimental effects

of casual sex. What we need today are many more individuals like Grossman telling the truth regardless of the consequences from the politically correct.

Your Body Is Like an Expensive Car

Your body is like an expensive car. Would you put the cheapest oil into it or take care of it so it would give you years of excellent service? Life is a road trip. Are you looking for a life of cheap thrills and excitement that lead to failure, or will you plan for a successful future? Unfortunately, many youth feel empowered and throw off their shackles. In their so-called “freedom,” they engage in behaviors that have serious consequences.

To be successful, you need short- and long-term goals for your life. Do you want to graduate? Do you want to have a career, be healthy, have a happy marriage, and raise a family? What must you do to achieve your goals? Plan your actions and write them down. Take a wrong turn, and you may have a head-on collision that will shatter all your goals.

If you had an expensive car, you'd take care of it. Why not do the same for your body? If you put junk into your body, what do you think will happen? It's obvious, you'll suffer for it. Youth tend to take risks. That's why auto insurance rates are so much higher for young drivers. Since sex is such a driving force in youth, many disregard the dangers and engage in risky behavior. Intelligent youth apply brakes to their turbocharged bodies in order to have a successful and happy future.

The First Rule for Success—Be Disciplined

The first rule for successful living is: Be disciplined! Look at successful athletes. How do they become successful? They

practice discipline. Do you think that exercise and practice are always fun? They're not. Exercise and practice are hard work. But because great athletes are disciplined, they reap the fruits of their hard work.

Let's look at sex. Sex is beautiful, healthy, and good if experienced properly in marriage. We're programmed for sex. Between the ages of about 9 to 13, our bodies change. As a young kid, I had absolutely no use for girls; but one day things began to change. The opposite sex began looking attractive. That happens to all of us. It's natural.

Our sex hormones become extremely active in our teens, and we must be disciplined to avoid letting our passions destroy us. Sex is like fire. Controlled, it has tremendous benefits; uncontrolled, it's a disaster. With controlled fire we cook, heat our homes, drive our cars, and fly our jets. Uncontrolled, fire destroys our forests, homes, and lives.

Stand Up!

On June 25, 1950 the Korean War started. Sixteen months later I was ordered to report to Brooklyn for the draft. There the draft board had stamped on my papers, USMC (United States Marine Corp). I was sent to Parris Island, South Carolina, a plot of land 4 miles long and 3 miles wide. They took us new recruits and cut off our hair, gave every one of us a physical and new gear. They were going to make us into: "The Few. The Proud. The Marines!"

The first thing they taught us was discipline. In war you don't have time to debate. You must be trained to obey. Whatever the drill instructor (DI) said, we had to do. Period. We ate, slept, stood, marched, and ran whenever the DI gave the orders.

Parris Island is notorious for sand fleas. What do you do

when you're standing at attention and sand fleas land on your neck, face, and the back side of your hands sucking blood from you? You let them have their meal. Under no conditions will a DI let you swat them. The back of my hands and neck were swollen from the flea bites.

Picture a marine in the bushes crawling in the grass to attack an enemy. He must be quiet, otherwise he'll endanger the other marines with him. Marines must be brave and self-disciplined in order to become effective soldiers. When boot camp is over, the DI wants every marine to have discipline, pride, self-respect, and motivation to do his best. Every marine is trained to stand up straight and bear the motto of: "Semper Fidelis," Latin for "Always Faithful."

I'd like to enlist every one of you into the Marine Corp and put you through boot camp so you'd develop the guts to buck the crowd and stand up for what you know is right. Our country needs a new generation of wise, disciplined youth who will unashamedly expose and combat the destructive forces surrounding them both for themselves and for our nation.

Do you want a great future? Everyone does. The aim of this book is to ensure that you'll have a great future; it's not to make you miserable. Many young people see sex simply as an enjoyable physical act. But if the passion of sex is wrongly used, it can lead to emotional scars and devastating diseases that can destroy every plan you have for your future. I challenge you to stand up for what's right so you'll have a great future. Let's examine the battle youth face today.

The Dangers

Picture in your mind the most handsome boy or the most attractive girl. Imagine this boy or girl has a serious disease. When you examine their lips under a microscope you discover all sorts of ugly crawling creatures. Would you be interested in kissing these lips?

That's repulsive! Yes, it is. But I warned you not to read this book if you're not interested in truth. I'm not saying you'll get all kinds of diseases just from kissing, but I'm trying to make you realize that sex can expose you to all kinds of microscopic creatures that may cause you to get a sexually transmitted diseases (STDs).

Lifetime of Suffering

Some STDs can be cured, but some such as genital herpes, Human Papillomavirus (HPV), and Human Immunodeficiency Virus (HIV), which causes AIDS, have no cure. Some STDs that were once easily cured are now becoming resistant to some common antibiotics. Remember, sexual relations can be more than just intercourse whether vaginal or anal; it can also be oral-genital contact. From all of these one may get STDs. A person may look perfectly healthy on the outside, but still be infected.

One needs to realize that the sex organs of those engaging in casual sex may be filled with microscopic germs that can cause you a life-time of suffering. Do you understand what that means? As long as you live, you'll suffer. There's no cure!

Sex Is Fun

Is sex fun? Absolutely! Because it's so much fun, those engaging in it want more sex, and many are willing to take risks. However, engaging in premarital sex can be extremely dangerous. It's fun to drive a car fast—but getting an STD is like hitting a pole in a speeding car. You may survive, but you may also suffer a lifetime.

Just because you love someone doesn't mean that sex is okay. Sex may give you temporary pleasure, but it may result in pregnancy, disease, a broken heart, loss of respect, and ruined dreams. Those with self-respect refuse to give in to pressure. They know that true love does not equal sex; true love shows respect. If there's no respect, there's no true love.

Marriage is much more than having a sexual relationship. You have to be able to live with one another. There are many attractive women and handsome men, but not all of them make a suitable marriage partner. Some because of their vain and selfish attitudes would make a disastrous partner! In marriage, character is more important than appearance.

The same goes for dating. Here's an important bit of advice. When you date, be wise and seek someone with character and someone you can communicate with. Don't just focus on physical appearance.

Longing for Love

Deep within every man and woman is a longing to be loved. This dream person knocks on the door of your heart

and you fantasize about your relationship. Your whole being pulsates with emotion. You're in love. Your hopes are high to build a lasting romance. You talk and laugh together in hopes of learning more about your lover, for that's the objective of romance. Romance deals with communication; it's something every woman desires.

But along this road of finding this someone to fulfill this longing of love are many dangerous traps. Unfortunately, many become ensnared and never find love's ultimate fulfillment.

Deception and Heartache

Let's look at a girl who was raised by a single mother. We'll call her Amber. Amber's mother got pregnant twice as a teenager. Now she's busy with her full-time job at a food market checkout counter and with trying to meet the needs of her two children. Amber's mother tries to do her best, but Amber is always home alone after school taking care of her younger brother.

Amber knows about the dangers of sex from her "safe" sex instruction classes. Amber is well-developed and attractive, and many boys are interested in her. She loves the attention. One day she meets Troy, an older teen. He's athletic and handsome, and all Amber's friends are attracted to him. Out of all the girls, Troy asks Amber for a date. Amber feels honored and is thrilled.

In Amber's circle of friends, they talk freely about sex. Amber has no intentions of being a virgin. She plans to practice "safe" sex.

Amber has high expectations for herself. She gets good

Sexually Transmitted Diseases

What makes sex so dangerous? One of the reasons sex is so dangerous is youth trained in “safe” sex often feel like supermen or superwomen resulting in an epidemic of sexually transmitted diseases where millions of new infections are occurring every year. Many youth today have no fear from sex.

I’ve got bad news for you. One microscopic STD bug can enter your system and cause a lifetime of suffering and pain. Getting one of these bugs can cause genital warts or cancer. Another bug can cause genital painful sores and ulcers. Yet another bug can lead to female infertility, forever destroying any dream of bringing children into the world.

If you refuse to abstain from sex until marriage—a foolish course—condoms do offer some physical protection. But they offer no protection from guilt, heartaches, disappointments, and shame. Some falsely promote condoms as the magic cure, but condoms aren’t totally safe. Some fail; and some STDs, such as herpes, HPV, and syphilis, are spread by skin-to-skin contact, so these diseases aren’t stopped by condoms. Remember, condoms offer “risk reduction,” not “risk elimination.”

Let’s look at two teenagers, Jennifer and Brian. Think of Jennifer’s emotions when she yielded her virginity to Brian and a month later developed painful blisters around her sexual area. When she went to the doctor she learned she had herpes, an incurable disease affecting millions!

Brian had two previous sexual encounters which infected

you are having sex with everyone they have had sex with for the last ten years, and everyone they and their partners have had sex with for the last ten years.”

In other words, your sex partner may be carrying the germs from any other sex partners down the line. That’s how infections spread and grow. If you engage in casual sex, the silent transmission of disease-causing viruses or bacteria may make you a victim.

Superbugs

Over sixty years ago, Dr. Alexander Fleming discovered the first widely used antibiotic, penicillin. For decades, doctors have been prescribing antibiotics to combat various diseases. But now scientists are warning us that the overuse of antibiotics has created another serious problem—superbugs.

Here’s what happens. At first the antibiotic kills practically all the germs. However, a few survive. These few are weakened, but they survive the attack from the antibiotic. These weakened germs reproduce. Again the antibiotic is used and kills most of them, but again some survive. The survivors are more resistant to the antibiotic than before. This process continues until we have “superbugs,” bacteria that are totally resistant to antibiotics.

One of the sexually transmitted diseases that has joined the ranks of superbugs is gonorrhea. This disease can leave men and women infertile and places them at a higher risk of getting AIDS. *USA Today* in the article “Gonorrhea mutates to resist antibiotic treatment” reports: “Gonorrhea has become so resistant to one class of antibiotics that the Centers for Disease

Pregnancy and Abortion

Let's imagine a teenage girl named Emily who is deeply in love with Bob. She's been dating Bob for a while, and one day in a highly charged moment she breaks down and yields to Bob's sexual advances. The barrier is broken. Both have been taught about "safe" sex and try to use all the safe procedures they learned. They believe they can continue to safely experiment for a more satisfying sexual experience. They don't realize, though, that some of the "safe" sex practices fail.

You're Pregnant!

One day Emily notices she missed her regular period. She goes to the doctor and he announces, "You're pregnant!"

Emily's world falls apart. She's overwhelmed with despair, guilt, shame, and confusion. "I can't believe this happened to me!" she groans over and over again. "What did we do wrong?"

Questions and thoughts race through her mind, "What shall I do? I'm too young to have a baby. What will my parents, relatives, and friends say? Should I have an abortion? Is it right to have an abortion and destroy an unborn child? How am I going to pay for all the needs of a baby? Should I give up the baby for adoption? Why did this happen to me?"

Counselor's Advice

Emily visits a counselor. "You're too young and immature for a child," the counselor advises. "Two out of three teenage mothers live in poverty. Many teenage mothers drop out of school and have limited social opportunities. Your life as a mother will be dramatically different. No longer will you be able to do the things you want. Your child will determine your limits.

"Besides, babies are expensive. As a parent you'll spend much of your time taking care of the baby and making ends meet. You'll have a living baby with you that needs to be fed, changed, and constantly taken care of. You'll need to provide food, clothing, diapers, baby furniture, and health care. Taking care of a baby requires 24 hours a day, 7 days a week. Your life will never be the same.

"I encourage you to have an abortion. The fetus is just a blob of tissue. If you do it now, no one will ever know you're pregnant. Abortions aren't dangerous; they'll use gentle suction to end your pregnancy."

Emily leaves the counselor confused and depressed. "I don't want to destroy this baby," she tells herself. "What should I do?"

Get Married

Emily likes Bob, but she doesn't love Bob enough to want to marry him. She was just having fun dating. But now that she's pregnant, she thinks, "Maybe Bob and I can get married and raise the child together."

Emily breaks the news to Bob and says, "I'm pregnant."

“What!”

“I’m pregnant.”

“Are you sure you’re going to have a baby?”

“I’ve been tested by the doctor.”

Bob doesn’t want a baby. He’s a teenager and plans to go to college. Having a baby would ruin his career plans. Bob has a simple solution, “Emily, you **MUST** get an abortion!”

“I can’t kill my baby!” Emily says as tears begin to flow.

“It’s not a baby, it’s a fetus!” Bob says, trying to convince her to have an abortion. “The fetus becomes a human only after it’s born.”

“That’s not true. You even called it a ‘baby.’ It’s a growing human being that shouldn’t be killed. If I killed my unborn child, I’d be committing murder.”

“That’s pure nonsense! You **MUST** get an abortion.”

“Why don’t we get married?”

“Are you crazy? I’m too young to get married. I’m going to college.”

“Please! Let’s give it a try. I’ll make going to college easy for you. I’ll get a job and support you while you go to school.”

“Sorry,” Bob says as he leaves. “There’s no way I’m getting married. You have a very simple solution. Get an abortion. If you don’t, you’ll have to take care of the baby by yourself. Don’t count on me!”

The door slams, and Emily is alone. Bob promised over and over again how he loved her and wanted her to be part of his life forever. In the heat of passion she believed him. But now that she’s pregnant, he’s gone.

Bob tells his close friend, Troy, “I got Emily pregnant, and

Wake up teenagers! Getting pregnant will dramatically alter your future in ways you haven't planned. Many propose the solution to prevent teen pregnancy is abortion. But that's not the solution. The solution is abstain from sex until you're married. It's 100 percent effective in preventing pregnancies.

Post-Abortion Stress

Miriam Grossman, M.D., in her book *Unprotected* tells about 19-year-old Kelly who knew a boy just for one week. They went to a party, drank too much, and engaged in sex using protection. Kelly had no fear when her period was late, for the boy had used a condom. She went to get examined and the nurse told her she was pregnant. Something must have happened to the condom.

Kelly went to Planned Parenthood. The counselor assured her both surgical and medical abortions were many times safer than giving birth and psychological problems were rare. Kelly had the abortion and felt relieved it was over. But now she feels sad, guilty, and alone.⁴ Grossman asks:

Now I don't know if Kelly will end up with long-term symptoms or not, but why is there an *assumption* she'll be fine? Why does student health not schedule a postabortion follow-up, to check on how she is coping? Why are women like Kelly sent home from Planned Parenthood knowing what to do in case of fever or heavy bleeding, but without a number to call or a Web site to visit if she is distressed? And why, if she is seen in the future at the campus counseling center, will she surely

be asked whether she was ever beaten or neglected by her parents, but not if she ever had an abortion?⁵

Grossman goes on to tell about the website www.afterabortion.com where women can seek help after an abortion. The website states: “We don’t allow discussion of prolife or prochoice views or issues here.”⁶ It’s open only to women who had an abortion so they can chat with other women and try to find answers and comfort from their disturbing abortion experiences. Grossman goes into details about the sufferings some of these women encounter because of their abortions. Then she reports:

As a psychiatrist, what do I learn from this Web site? First, I see in these women what I see in many of my patients—exceptional strength and courage. They continue to function, even with their hideous flashbacks and raw emotions....Second, many women here have textbook cases of PTSD [Post-Traumatic Stress Disorder]. Some have severe cases, and would benefit from therapy and medication. A few are hopeless and suicidal, and sound to me to be in need of hospitalization.

It’s disturbing that these women are neglected by mainstream mental health. I am dismayed to learn they have nowhere to turn but a Web site. I am alarmed that girls and women being prepared for abortion are left unaware of the possible scenarios ahead of them.⁷

This is what *Ms. Magazine* had to say on their website about post-abortion stress disorder:

Pornography

Is viewing pornography just harmless fun? Are those opposed to pornography just old fashioned prudes? Some argue that pornography doesn't influence people. Then why is sex used so much by the advertising industry? What we see does affect our behavior. Listen to these teenagers:

One day I was hanging out with a friend when I was 12. My friend showed me some pictures. I looked up websites and things would pop up and lead to other sites. It led me to having sexual intercourse at age 13, trying to do what I saw on the Internet. I got into drugs and wound up at House of Hope, a home for hurting teens.¹

Here's another testimony from 16-year-old Bobby:

When I was 11 years old I was on AOL and stuff started popping up. I said, "Oh, wow!! What's this?" Oh, I never saw anything like this and my curiosity caused me to go deeper and deeper. I downloaded pornographic pictures and then I started putting into practice some of the weird things I saw.²

Donna Rice Hughes in *Kids Online: Protecting Your Children in Cyberspace*, reported: "In a study of convicted child molesters, 77 percent of those who molested boys and 87

percent of those who molested girls admitted to the habitual use of pornography in the commission of their crimes.”³

Deception of Pornography

Pornography is built on lies. It doesn't portray the real world of human sexuality. Pornography portrays women as hungry sex machines willing to accommodate men's sexual fantasies. This deception of the dehumanization of females leads to many social evils. The *Canadian Institute for Education on Family* reports:

Canadian society has become an increasingly pornographic society in recent decades with disturbing implications for the children raised in it. Numerous scientific studies have demonstrated a strong correlation between exposure to pornography and subsequent deviant sexual behavior by children. The explosive growth of the Internet over the last decade and the freely available pornography to be found on this new medium pose an additional significant public health and safety threat to children....

US study of teenagers exposed to “Hard core” pornography, “Two-thirds of the males and 40% of the females reported wanting to try out some of the behaviors they had witnessed. And, 31% of males and 18% of the females admitted doing some of the things sexually they had seen in the pornography *within a few*

Myths and Truths

There are many fallacies about sex. Let's examine some of the myths and the truths about sex.

1. Myth: STDs can be effectively treated with antibiotics.

Truth: Antibiotic resistance is increasing. Some infections can be cured; others may appear cured but create future complications. Some STDs are incurable and will be with you until you die. For the rest of your life you could be taking medicine trying to stay healthy.

2. Myth: You can always tell if someone is infected with an STD.

Truth: Many STDs show no external symptoms.

3. Myth: You're cured once the symptoms of an STD go away.

Truth: Some symptoms go away even though the infection remains. Symptoms may reappear in the future and create serious complications.

4. Myth: Condoms protect you from STDs.

Truth: Condoms offer risk reduction for STDs, not total protection. Sometimes condoms fail.

5. Myth: Birth control pills protect you.

Truth: They may protect you from pregnancy, but offer no protection from STDs. They also fail.

6. Myth: You're not a man until you have sex.

Truth: It takes more manpower to abstain from sex than to yield to one's passions.

7. Myth: You're missing all the fun by abstaining from sex. We're having a blast with our boyfriends, partying, dancing, drinking, and having intimate relations.

Truth: I may be missing some temporary fun, but I'll have a much brighter future because I made a vow of abstinence till marriage. Besides, sex doesn't equal love, but sex can produce babies, STDs, depression, loneliness, despair, heartaches, loss of self-esteem, and a ruined reputation. I'm saving myself for my true lover on the day I get married.

Clean Girls

I was in the United States Marine Corp during the Korean War. After training I went to Camp Pendleton in southern California. Since I was from New York City, I decided to take a trip to a foreign country, Mexico. As I walked the streets of the border town of Tijuana, some taxicab drivers asked me, "Do you want a clean girl?"

Was I foolish enough to believe these drivers could provide a "clean girl"? They were out to make a buck. I wasn't the least bit interested. Some street girls are just painted sewers. They may be attractive, but who knows how many infectious diseases they carry?

Being Popular

Some of those loose girls are not walking the streets, but walking in school halls. They think having premarital sex will bring them ultimate feelings of love and fulfillment. They're

Solutions

We've examined the many dangers of premarital sex, and they're scary. There's a very simple solution that will guarantee you'll never get a sexually transmitted disease: you and your spouse abstaining from sex until marriage. I want to stress that abstinence doesn't mean abstaining from sex forever; it means waiting for the time when true love can be expressed in a marriage union between a man and woman where ultimate sexual satisfaction can be realized.

Sex-Saturated Culture

Fulfilling this vow in our sex-saturated culture isn't easy. We're bombarded by print and video advertisers showing men and women embracing each other and glowing in ecstasy. They portray an artificial world. What they don't show you are the heartaches and devastating diseases that result from such freewheeling lifestyles. You need to be vigilant in your pursuit of purity because our culture over-emphasizes the body and sexual freedom apart from marital relations. Don't believe the lie that sexual liberation brings freedom.

When I grew up, girls guarded themselves from the passion of boys. Now, with educators teaching boys and girls that it's okay to engage in casual sex so long as proper precautions are employed, we have a rampant increase in sexually transmitted diseases. To stop this explosion of STDs and the associated heartaches and suffering, educators, parents, and youth need

to firmly reject casual sex. Parents need to get into the driver's seat and teach the values that will teach their children how to become successful, rather than let today's sex-saturated culture dictate their children's future.

“But we live in a new age.” We certainly do. But that's no excuse to follow the crowd. We need young people with backbones who will stand up and say, “Don't count me in when it comes to casual sex. My future is too important to be sacrificed for temporary pleasure.”

Don't mistake infatuation for love. You may feel like you're walking on clouds and the sun is shining full force on your life—but when thunderstorms arise, your dreams will be shattered. True love will take you through storms. Infatuation is fleeting emotional love. Sadly, many youth make choices because of infatuation and suffer bitter consequences for their decisions.

The intelligent and simple solution: NO SEX UNTIL MARRIAGE! Sounds too simplistic? It's the solution that will guarantee you'll never pass on syphilis, genital warts, chlamydia, genital herpes, gonorrhea, trichomoniasis, or HIV/AIDS to your future marriage partner.

Sexual Abstinence Till Marriage

There is one, and only one, sound policy that provides guaranteed immunity from sexually transmitted diseases: Sexual abstinence until marriage for each marital partner. If humankind would adopt this policy, we'd see a screeching halt to the epidemic of STDs.

The Benefits

You're young now, but one day you'll probably want to get married. Would you want to marry someone who had numerous sexual relations? I was fortunate that my wife and I were virgins when we married. Did I have sexual temptations? Certainly. At the age of 21 I was drafted into the Marine Corps during the Korean War. For two years I served my country. Then I met my wife in church and dated her for 1 ½ years. Did I have sexual passions? You bet I did.

But what did we do? We're normal. Our sexual hormones were aroused, but we controlled the fire within us. We refused to do anything sexual. We were happy and had many fun times together. We discovered that we were deeply in love, and we decided to get engaged. We set our wedding date, got married, and finally fulfilled that ultimate longing for intimacy. What happened afterward is too personal to reveal, that sacred moment when two virgins have the right to fulfill their sexual desires.

Did I ever have to worry about contracting a sexually transmitted disease? Never. Why? Because both of us never engaged in premarital sex. I made a marriage vow that I'd be faithful to her, and to this day I've never broken that vow. We never had any fears of sexual diseases. Think of that statement. No fear of genital herpes, gonorrhea, HIV/AIDS, genital warts, syphilis, or a host of other STDs. Pity those who listened to the "safe" sex advocates that recreational sex is okay so long

as proper precautions are used, but somehow, in the heat of passion, they contracted an STD.

Does that mean my wife and I don't encounter sexual temptations? Certainly we do. But since we were disciplined to be pure before marriage, we continue to reject all sexual temptations. Like many married couples, we encountered sickness, disagreements, and financial difficulties, but since we vowed to stay together until death do us part, we worked through them and continue to love and enjoy one another.

Children came along and witnessed happy parents still in love. They in turn found mates and became happily married. Today, we've been happily married for 53 years, and have five children and 19 grandchildren.

Traditional and Modern Wedding Vows

Unfortunately, today some have modernized the traditional wedding vow for a more personalized one. Now some are saying their wedding vow as: "For as long as we continue to love each other," or "For as long as our love shall last," or "Until our time together is over."

Is marriage reduced to staying together until either partner loses interest in another? Can you find true happiness in that kind of temporary commitment? Let's look at a traditional wedding vow for the man:

Will you love her, comfort her, honor and keep her, in sickness and in health, for richer, for poorer, for better, for worse, in sadness and in joy, to cherish

and continually bestow upon her your heart's deepest devotion, forsaking all others, keep yourself only unto her as long as you both shall live?

When I got married, I made that vow for as long as we both shall live. We combined our bank accounts and all our belongings. That was 53 years ago. Regardless of what happens to my wife, I vowed I'll always be by her side. If she's sick and disabled, I'll be there for her. I've told my sweetheart numerous times, "Honey, regardless what happens, I'll always take care of you."

A number of years ago my wife had difficulty walking because of a problem with one of her knees. We had a cruise planned to Europe. I took a wheelchair along and wheeled her around. I limited myself because of her weakened condition. I wanted to make my wife happy.

Elizabeth Cohen of the CNN Medical Unit reports, "Terminally ill cancer patients have a higher-than-average divorce rate, and it's almost always the husband leaving his sick wife."¹ Imagine how that woman feels. How would you like it if you became sick, and the one you married said, "Remember, we made a vow, 'For as long as our love shall last.' Well, my love is gone, so I'm leaving." You'd be devastated.

My wife and I made a vow to remain together whether "for richer, for poorer, for better, for worse, in sadness and in joy." It took me ten years to write my first book, *Schools in Crisis: Training for Success or Failure?* I took a year's leave of absence from a teaching position as a high school teacher in New York

City to write that book. We have five children, and I used up all my savings when I was on this leave of absence. I told my wife not to purchase cake for dessert in order to save money. My wife never complained. She was willing to live a poorer lifestyle because of my vision to transform the educational system. Today, I own three businesses, and one of them is the largest of its kind west of the Mississippi River. It didn't matter to my wife whether we were rich or poor.

Forsaking All Others

There's another very important aspect of the traditional vow: "To cherish and continually bestow upon him your heart's deepest devotion, forsaking all others." That means there'll be no more love affairs with others. Will you be tempted once you're married? Absolutely! There are handsome men and gorgeous women that have no qualms about going with someone who is married. But we made a vow—**FORSAKING ALL OTHERS!**

An interesting incident happened to my wife and me. Our publishing company had a booth at the American Library Association in Washington, D.C. Since our hotel was near a park close to the White House, we decided to rest awhile by sitting on a bench under a flowering crepe myrtle. I had my arm around my wife, and we were holding hands. Two women came by. Seeing us being affectionate with each other, one of the women asked with tears in her eyes, "How long have you been married?"

"We've been married 52 years," I replied.

We talked awhile, and this woman told us that she hoped

she would have a marriage like ours. Her ten-year marriage was filled with difficulties.

Here we were, an old couple just simply in an unobtrusive way showing our affection for one another. Everyone longs to be loved; it's universal. My love for my wife is not a put on. We kiss each other when we get up in the morning, when one of us leaves the home, when we return, and when we go to bed. I often tell my wife I love her. Now don't laugh, but I still call my wife sweetie, honey, sweetheart, and babe. My goal in life is to make my wife happy. That's her goal, too, to make me happy. We're not perfect, but the ideal marriage is when both husband and wife constantly aim to make each other happy.

It's a paradox. If you aim only to make yourself happy you'll be miserable. Aim to make others happy and you'll find fulfillment and joy. Try it; you'll discover it works.

Often I introduce my wife as "my sweetheart." When I mention how long we're married, the response I often get is, "Don't hear of marriages lasting that long anymore."

Why not? Too many have swallowed the lies of our popular culture. Everyone wants a happy future, and most want their future to include a happy family. But today we're witnessing the breakdown of the family in America. But it doesn't have to be that way for you. You can have a happy marriage if you take the proper steps.

Wish

How many of you wish that on your wedding day you could give your lover-for-life the pure body of a virgin? Can you

imagine the happy and unifying sexual experience when you marry and join together in a lifetime commitment to unity? This type of sexual unity is something much bigger than a temporary joyride; it's a loving, total commitment when two become one. Make this wish for sexual purity one of your highest priorities. Don't sacrifice your virginity for a temporary thrill that can lead to devastating results.

Devastated Marriages

However, think of those marriages where the husband and wife in their youth were flippant about their bodies and satisfied their lustful passions. If it felt good, they did it with numerous partners. They never mastered the art of building a nonsexual loving relationship. Instead, their sexual exploits sowed seeds of mutual distrust. The husband doesn't trust his wife, and the wife doesn't trust her husband.

What happens to those who followed the "safe" sex message when they get married and have never mastered resisting sexual temptations in their youth? Their sexual flame is short-lived, and many end up cheating and seeking extra marital partners. They forsake their vows of being faithful as long as they both shall live.

Their sexual exploits become discovered, and then the painful divorce process begins. But what you don't hear is the constant friction in the home before the divorce—the anger, yelling, accusations, depression, frustration, fears, tears, verbal and sometimes physical abuse, and anxiety. Their home becomes a perpetual battleground. After many arguments and

fighting over unfaithfulness, many get divorced. Some of these divorces involve children, and many children suffer because of living in this atmosphere of constant turmoil and accusations.

Cheating by a husband or wife is one of the major reasons for divorce. I'm not saying everyone unfaithful before marriage will be unfaithful after marriage. However, those who mastered a disciplined lifestyle of abstinence are far more likely to remain faithful after marriage and reap the many benefits of a happy and fruitful marriage.

There's much more about having a happy marriage, but making a permanent vow is an important first step. You can view the video, "Straight Talk" at www.advancepublishing.com under "Free Resources," where I share insight about sex, marriage, and a host of other relevant subjects.

Happy Future

We live in a culture that promotes sexual self-fulfillment. It's a false dream that leads many to a road of failure and despair instead of a happy future. The road to success and happiness is a road of self-discipline.

Abstinence till marriage is a life of self-discipline that suppresses sexual hormones and brings them under control. Abstinence brings freedom: freedom from comparisons of previous sexual encounters, freedom from all sexually transmitted diseases, and freedom to pursue a life of finding true love. Abstinence allows you to resist premature relationships so you can dedicate yourself to pursue your dreams. Abstinence is much more than just saying, "No," to sex. It's a choice that says, "One day I want a loving and enduring relationship that

will lead to a happy and fulfilling marriage where sex can be enjoyed in its fullness.”

It's difficult for youth to think that anything can eclipse sex. Everything around them screams this message of the joy of sex. But if you think marriage is all about sex, you're greatly mistaken. It's about having a loving relationship. Certainly sex is part of it, but only as it relates to a loving relationship. There's earning a living, shopping, cooking, children, financial decisions, taxes, careers, and many other decisions in keeping a happy home functioning.

Goals

What are your goals for one year, five years, and ten years? What actions can you take to prepare yourself for a great future? The many dangers of premarital sex can become a disastrous for your future in reaching your goals; whereas a life of abstinence for both you and the one you one day plan to marry can only result in benefits.

Abstinence till marriage is more than just protecting yourself from disease, pregnancy, and possible humiliation. It's preparing yourself for a wonderful relationship with a partner where you can experience the deepest level of untarnished love and intimacy.

Which will make you happier, healthier, and more successful—being active sexually or practicing abstinence till marriage? It's obvious. Is it difficult in this sex-saturated culture? Definitely! What's the solution for preparing the best future for yourself? The so solution if for *you* to join the new generation and challenge the sex-saturated culture.

A New Generation and the Challenge

Our nation needs a new generation of youth who are self-disciplined and unashamed of their virginity. When Erika Harold was chosen to be Miss America, she refused to be bullied into silence about the message of abstinence from sex until marriage. She said, “My personal commitment to abstinence from drugs, sex and alcohol in my opinion helped me to accomplish many of my goals. If I were prevented from speaking about that I think it would be very disingenuous in terms of serving as a role model.”² She stood her ground and won permission to speak on the values of abstinence.

Like Erika, these bold and intelligent youth will refuse to risk their futures with untimely pregnancies, contracting sexually transmitted diseases, and the emotional baggage left from sexual encounters. They understand the many dangers not mentioned by the “safe” sex advocates and the many advantages of remaining virgins until marriage. They’re more interested in making a better future for themselves than short-lived sexual adventures that may result in a lifetime of disasters.

These youth are neither intimidated nor deceived. They’re able to pierce the smiley fraudulent mask of the sexually active and boldly challenge them. They’ll expose the false claims of the evolutionary theory that states humans are designed for being promiscuous until they find the one with the best genes.

Instead, these intelligent youth will support scientific findings, who as Joe S. McIlhaney, obstetrician-gynecologist and founder/chairman of the Medical Institute for Sexual Health,

and Freda McKissic Bush, obstetrician-gynecologist for over 20 years, have reported in their book, *Hooked: New Science on how Casual Sex is Affecting Our Children*: “Modern breakthroughs in neuroscience research techniques and this new data now accumulating are leading to a major change in approach to sexual behavior understanding and recommendations. The science says that generally speaking, the healthiest behavior, both physically and emotionally, is for persons to abstain from sex until they can commit to one partner for the rest of their life.”³

These youth realize that giving their husband or wife their virgin body is one of the most priceless gifts they can provide on their wedding night. They have not yielded to their instincts, but have been disciplined. Now they'll reap the great reward of pure intimacy, free from any scarred memories, guilt, or remorse.

This new generation will stand up, put their shoulders back, and refuse to become discouraged or intimidated by the onslaughts of the entrenched bureaucracy of the “safe” sex advocates or by their favorite attack of labeling opponents as bigoted, religious, and intolerant. These brave youth are convinced that with abstinence as their standard for sexual behavior, they'll have much happier marriages, sex lives, children, and futures. In addition, they realize the future prosperity of our nation hinges on what this new generation will do.

Will You Proudly Join This New Generation?