

**You didn't
get pregnant.**

**You didn't
get AIDS.**

**So why
do you feel
so bad?**



U.S. Department of Health and Human Services

Office of Public Health and Science
Office of Population Affairs

November 1996

No one's invented a contraceptive against getting hurt.

How many teens who had sex still have each other?

What's wrong with having sex with someone you love so much? Especially when you're sure it will last forever? Well, most teenage relationships don't last. Just because their bodies were ready for sex doesn't mean their minds and hearts were.

Getting pregnant and catching diseases aren't the only ways that sex can hurt you.

Contraceptives fail more often than you probably imagine. In fact, there's no such thing as completely "safe sex." But even if you're "lucky," premarital sex can leave emotional scars that you'll feel for the rest of your life.

You may have thought it was love, but it was really just sex.

When you're having sex with someone, it's hard to tell what you love--the person or the sex. So it's easy to wind up in a relationship, or even a



marriage, with someone who's wrong for you. Waiting to have sex lets you find out if it's really someone you can love.

Having sex is no guarantee you'll stay together.

Lots of teenagers give in and have sex to "keep" someone. And then that person leaves anyway. If you have to have sex to

keep someone you love-- is that person really worth keeping?

After you've had sex with someone, breaking up hurts twice as bad.

When you trust someone completely and then that person walks away, you'll feel used in a way you never have before. After all, you can have sex the rest of your life, but you can only give away your virginity once. If you give it to the wrong person, it won't take a baby or a disease to make you feel terrible. So think about waiting. You may be surprised at how good it can feel.