

## Wait. Think. Talk.



**“Decisions about sex and relationships may be the most important decisions you’ll ever make, so think before you act.”**

### 等一等、想一想、找人談談

決定要不要有男女朋友與性關係，  
應該是你生命中最重大的決定之一。  
行動之前，想一想！

**Most Teens Are Saying "No."**

*Don't be fooled into thinking most teenagers are having sex.*

**THEY AREN'T!!**

*There's a lot to know and think about before you decide to say "yes" to having sex.*



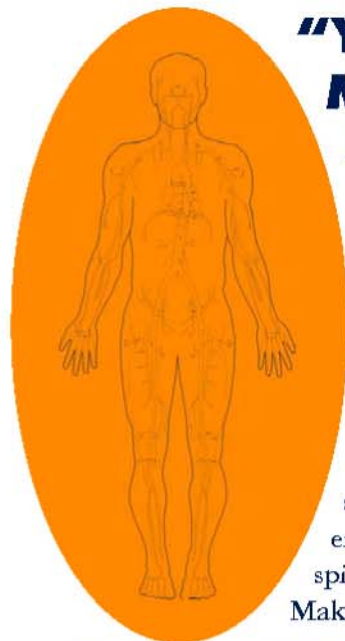
**大多數的年輕人正在說「不」**

別傻了！你如果認為，現在大多數的年輕人已經有性經驗，你就是被耍了！

**他們是沒有的**

在你決定對性行為說「是」之前，正有一大堆的事情需要你去了解和思考！

**"You Are More Than Just a Body"**



**D**uring the teen years, you may be strongly attracted to another person. Your body may send you strong messages that make you want to get closer to that person. But your body won't tell you how having sex may harm you physically, emotionally, socially, spiritually, and financially. **Make the choice to wait!**

**你不僅僅是一個身體**

在你青少年時期，你可能會對某些人感到強烈的吸引。你的身體會發出很強烈想跟那個人更親近的訊息，但是你的身體並不會告訴你，性可能會對你造成身體上、情緒上、社交生活上、心靈上、財務經濟上的傷害。選擇等待吧！

**You may not know that:**

- ✓ Almost 850,000 teens become pregnant each year. Not having sex is the only 100% sure way to protect against the risk of pregnancy.
- ✓ Teens are more likely to have problems during pregnancy.
- ✓ Babies of young teen mothers are more likely to be born with serious health problems.
- ✓ Sexually transmitted diseases (STDs) are at epidemic levels. Not having sex is the only 100% sure way to avoid herpes, syphilis, gonorrhea, chlamydia, and HIV/AIDS. One in four teens who has sex gets an STD.
- ✓ One in four new STD cases occur in teens.

If you choose to wait, you won't have to worry about any of the above!!

**你可能不知道：**

- \* 每年接近 85 萬青少年未婚懷孕。沒有婚前性行為能唯一 100% 保證你免於未婚懷孕的危險。
- \* 多數青少年因未婚懷孕而產生許多問題。
- \* 未婚懷孕的嬰兒通常有許多健康上嚴重的問題。
- \* 性病的傳染在性行為中是極為流行的，沒有婚前性行為是唯一 100% 保證你避免被傳染？疹、梅毒、淋病、菜花和愛滋病的方式。
- \* 每年有 1/4 新的性病患者是青少年。

**如果你選擇等待到結婚，你將不必擔心以上這些問題！！**

QUIZTRON  
FORM 71004

NAME \_\_\_\_\_

SUBJECT \_\_\_\_\_

ANSWERS ON PAGE 19

DATE \_\_\_\_\_ HOUR \_\_\_\_\_

FEED THIS DIRECTION ↑

**QUESTION 1:**  
Which condition(s) can be caused by an STD?

- A Pelvic Inflammatory disease
- B Infertility
- C Pain
- D Cancer
- E Death
- F All of the above

**QUESTION 2:**  
How much do you know about STDs? (True or False)

- T  F Many STDs don't have symptoms.
- T  F You usually can't tell by looking at someone if they have an STD.
- T  F STDs can cause serious, life-long problems and sometimes death.
- T  F STDs can be transmitted orally.
- T  F The only way to be sure whether someone has an STD is by testing.

1. 哪一種情況是因性病而引起？
  - A. 子宮頸發炎 B. 不孕症 C. 疼痛
  - D. 癌症 E. 死亡 F. 以上皆是
2. 你對性病有多少了解？（請填入正確 T 或錯誤 F）
  - ( ) 許多性病沒有症狀
  - ( ) 你無法從外表得知哪一個人有性病
  - ( ) 性病會導致嚴重的、終生的問題，甚至死亡。
  - ( ) 性病可以經由口交傳染
  - ( ) 驗血是唯一可以得知一個人是否得到性病的方法



## “You Are More Than Your Feelings”

Sexual feelings can be pretty strong, so make sure you've thought this through! Be sure to *think* before you act. *Think* about your future. *Think* about the consequences.

- ✓ Think about yourself! Think about how you may feel! Ask yourself, “Is it better to wait for sex with my spouse?”
- ✓ Face it! Sex for teens is pretty risky to your body, your feelings, and your future!
- ✓ Exercise your intellect... take time to write down the consequences of sex. Then ask yourself if it's worth the risk.
- ✓ Sex isn't a decision you should make because you think everyone else is doing it.
- ✓ STDs can be painful emotionally and physically. They can make it impossible to have a baby. Some are incurable, and some may even cause death.

### 你比你的感覺更多

性的感覺可以很強烈，因此，在你行動之前，你得很確定你都想清楚了！想想你的未來，想想後果。

- \* 想想你自己！想想你自己的感受！  
問問你自己：為你未來的另一半等待會不會更好？
- \* 面對這個事實！青少年時期的性，對你的身體、情感和未來是相當危險！
- \* 訓練一下你的理智，花點時間寫下來有性行為的後果，然後問你自己這風險是否有價值
- \* 性不是你必須做的決定，因為你可能想每一個人都在做。
- \* 性病會造成身體和情感上的痛苦。  
它們可能導致不孕。有些無法根治，有些甚至造成死亡。



## “What Should I Know About Romantic Relationships?”

They're great... but good relationships don't develop overnight. They take time. Sex is not what makes a relationship work.

Watch out for lines like, “If you care about me, you'll have sex with me.”

### JUST KNOW...

- ✓ You don't have to have sex with someone to prove you like or love them.
- ✓ Sex should never be used to pay someone back for something. All you have to say is “Thank you.”
- ✓ Sharing time, thoughts, beliefs, feelings, and mutual respect is what makes a relationship strong.
- ✓ Saying “No” can be the best way to say “I love you.”

### 什麼是我應該知道的浪漫關係？

浪漫關係是極好的，但是好的關係絕不是發生在深夜。這關係是須要時間的。性行為決不是讓關係良好的方法。注意如這樣的句子：「假如你在乎我，你就必須和我發生性關係！」你應該知道的事：

- \* 你不須要和某人發生性關係只為了證明你喜歡或愛他／她們。
- \* 性不應該成為回報某人的方式。你最多需要說「謝謝」。
- \* 分享時間、想法、信仰和彼此的尊重，才是增強浪漫情懷的最佳良藥。
- \* 說「不」可以說是表現「我愛你」的最好方式。

## “Should I Have Sex Now Or Should I Wait?”

It's true some teens decide to go ahead. But you have to live with the consequences of your decision.

Ask yourself these questions before making up your mind:

- ✓ Am I willing to risk *STDs*, including *HIV/AIDS*, and risk *becoming sterile* so I can't have a baby in the future?
- ✓ Am I willing to risk getting *pregnant* or getting someone pregnant?
- ✓ Am I ready and able to support *a child* on my own?
- ✓ Can I handle the *emotions* and *conflict* I may feel?
- ✓ Will my decision *hurt* others - my parents, my friends?
- ✓ If we're fully committed as a couple, why not *wait* until we're married?



### 我現在就要有性嗎？或是我應該要等待到結婚？

有些年輕人決定現在就有性關係，但你必須去面對你的決定所產生的後果。所以，做決定之前，請先問自己以下的問題：

- \* 我真的願意冒得愛滋病、性病和不孕的風險嗎？可能會導致我以後沒有小孩？
- \* 我真的願意冒著自己懷孕或使女朋友懷孕的風險嗎？
- \* 我已經準備好而且有能力去扶養自己的小孩了嗎？
- \* 我已經可以處理我所感受到的情緒和衝突了嗎？
- \* 我的決定會不會傷害到其他人嗎？我的父母、我的朋友？
- \* 如果我們彼此間有強烈的承諾，為什麼不能等待到結婚呢？

## “Why Should I Wait Till Marriage To Have Sex?”

- ✓ You'll have more self-respect and more respect for each other.
- ✓ You'll know the other person wants you for more than just your body.
- ✓ You'll give yourself a chance to develop deeper relationships and feelings.
- ✓ You'll worry less about breaking up, being betrayed, or having your parents disapprove.
- ✓ You're more likely to have a more trusting marriage.
- ✓ You're less likely to get divorced.
- ✓ You're more likely to have better sex when you are married.
- ✓ There will be two of you to care for your children, and possibly two incomes!



### 為什麼要等待到結婚才擁有性關係？

- \* 你將會擁有更多來自於你自己和彼此之間的尊嚴。
- \* 你將會更了解，愛你的人更勝於愛你的身體。
- \* 你將給自己一個發展更深關係和情感的機會。
- \* 你將減少許多來自有關分手、背叛或是父母不贊同的憂慮。
- \* 你將更有機會擁有一個建立在相互信任基礎上的婚姻。
- \* 你將會減少以後離婚的可能。
- \* 你將擁有一個更美好的婚後性關係。
- \* 未來是你們二人共同照顧子女而且比較可能是雙薪家庭。



## “What Should I Know If I Decide Not To Have Sex?”

Maybe you didn't know, over half of all teens decide not to have sex. Many teens worry about hurting the other person's feelings, BUT it's not so hard to say “No” and still remain friends. For example, you might say:



- ✓ “I like you a lot, but I'm just not ready to have sex.”
- ✓ “I don't believe in having sex before marriage. I want to wait.”
- ✓ “I enjoy being with you, but I don't think I'm old enough to have sex.”
- ✓ “I don't feel like I have to give you a reason for not having sex. It's just my decision.”
- ✓ “If you really loved me, you wouldn't pressure me to have sex.”

10

### 我決定不要有婚前性行為，有什麼事我必需要知道的？

也許你不知道超過一半的年輕人已經決定不要有婚前性行為。更多的年輕人擔心會傷害未來另一半的情感。但是說「不」卻不是那樣的困難，而且還可以繼續維繫朋友的關係。舉例來說，你可以這樣說：

- \*我非常喜歡你，只是我還沒準備好要有性關係。
- \*我不信任婚前性行為，我願意等待到結婚。
- \*我喜歡和你在一起，但我不認為我年紀夠大到可以發生性關係。
- \*我不覺得要給你一個不發生性關係的理由。我已經決定不要有婚前性關係。
- \*假如你真的愛我，你不應該給我要發生性關係的壓力。

## “What Should I Know About Pressure?”

- “Be Popular”    “Be Part of the In-Crowd”
- “Be a Man/Be a Woman”    “Everybody's Doing It”
- “Sex Is Fun. If It Feels Good, Do It”



11

### 有哪些壓力是我必須認識的？

- 「要跟得上流行。」
- 「跟我們是一掛的。」
- 「成為真正的男人/女人。」
- 「每個人都在發生性關係。」
- 「性很有趣，如果感覺很好，就是做！」

It comes from everywhere... advertising, friends, movies, TV shows, songs, and books.

### BUT STOP... ...AND THINK

Will having sex really make you more popular, more mature, or more desirable? No. In fact, having sex may even cause your partner to lose interest. The one sure thing about having sex is that you may be in for problems you don't want to deal with. Besides, don't let an act with someone determine your worth. Strive to be your own person!

12

壓力來自各地方……廣告、朋友、電影、電視劇、流行歌曲和書籍等等的訊息。

### 但是，停下來... 並且想一想

擁有性真的會讓你更受歡迎、更成熟、更有魅力嗎？不！事實上，婚前性行為可能使你的朋友逐漸對你失去興趣。只有一件事情是確定的，就是婚前性行為發生後，只會有一拖拉庫你不想處理的問題。此外，不要讓性行為，決定你整個人的價值。努力成為一個真正的自己！

### "When I Decide Not To Have Sex, How Do I Stick To My Decision?"

- ✓ If you decide to wait, don't be afraid to *take a stand* about your decision.
- ✓ *Talk about your goals* and what seems right for you.
- ✓ Try to *avoid situations* where sexual feelings become strong. "Stopping" is much harder once feelings build up.
- ✓ If you and your partner can't agree, then maybe you need to find someone whose beliefs are closer to your own.



13

### 當我決定不要有婚前性行為時， 我要如何堅持我的決定？

- \* 如果你決定等待到結婚，不要害怕堅持你的立場。
- \* 常常檢視你所作的決定，這樣的檢視對你是有利的。
- \* 試著避免讓性感變強的情境，「喊停」是很難一次就建立起來。
- \* 如果你或你的另一半對婚前性行為的意見不一致，也許你們需要找一個跟你信念接近（拒絕婚前性行為）的人。



## Meanwhile...

- ✓ Set goals for your future.
- ✓ Join a community- or faith-based organization.
- ✓ Help start a neighborhood project.
- ✓ Join an afterschool activity like band, the choir, a sports team, etc.
- ✓ Decide what you want to do after you graduate from high school ... military, college, work, etc.
- ✓ Look for summer programs and internships.



14

### 同時：

- \* 設定你未來的目標。
- \* 加入一個團體或有信仰的組織。
- \* 協助展開一個社區睦鄰計畫。
- \* 參加課後活動，例如樂團、唱詩班、各類體育性團體等。
- \* 決定你高中畢業後的出路：... 從軍、上大學或是工作等。
- \* 尋找可以參與的暑期活動和實習機會。

## “What If I Already Had Sex? Is It Too Late To Start Over?”

It's never too late to make healthy choices. You are worth it!!! Deciding to start over is the hardest part, but here are some tips to help you stick to it:

- ✓ Make your decision to start over and stick to it.
- ✓ Value yourself and your decision.
- ✓ Avoid compromising situations.
- ✓ Communicate your standards to your friends.
- ✓ Find nonphysical ways to show you care.
- ✓ Find a keepsake as a daily reminder of your decision.



## 我已經有過性經驗了，<sup>15</sup>重新開始會不會太晚？

作一個健康的決定絕不會太晚。你值得再為自己作一次決定。雖然作這樣的決定是很困難的，但是有一些方法可以幫助你達成：

- \* 為你自己作出決定，從新開始並堅持到底。
- \* 看重你自己和你的決定。
- \* 避免向情境妥協。
- \* 多和你的朋友溝通你的標準。
- \* 找出與人非身體上親密接觸的方式，來表達你的關心。
- \* 找一個紀念品，例如日記，提醒你的決定。



## “Where Can I Get Information That Will Help Me?”

If you want more information or help, talk to someone who cares about you. Ask your parents, an older brother or sister, other family members, or an adult you feel will listen and give you good advice. There are people and organizations in your community who want to help: your family doctor; your faith leader; your school nurse or counselor; or local health care providers.



16

### 哪裡有我找得到可以幫助我的資訊？

如果你要更多的幫助或資訊，多和關心你的人談一談。詢問你的雙親、哥哥、姊姊或是其他家庭成員，或者是一個願意聆聽你，並可以給你忠告的長輩。還有很多在你的社區附近的人或機構，他們都很願意幫忙，例如：你的家庭醫生、信仰輔導、學校護士、輔導老師或是在地的衛生健康組織。

## “How Do I Talk to My Parents?”

Do you ever feel like talking to a parent about not having sex, but something's holding you back? Maybe you're too embarrassed? Guess what - your parent(s) probably feel that way too! But they DO care, and they DO want to talk to you. Someone has to take the first step. Maybe that someone is you.



17

### 我要如何和我的父母親開口？

你是否曾經想和父母親討論不要有婚前性行為，卻很難開口？或是你實在太害羞了？試著想想，你的家長可能跟你一樣！但是他們真的很在乎你並且非常想和你談一談。總要有人踏出第一步！也許那個人就是你！

Here are some icebreakers for talking to your parents:

- ✓ Look for opportunities to start a conversation.
- ✓ Use a TV show, a book, or an article as a starting point.
- ✓ Start out with less awkward questions and work your way up to the complicated ones.
- ✓ Ask about their own teenage years. What choices did they make? Do they regret any of their choices?
- ✓ Once you've got a discussion going, you can steer it toward your own concerns, possibly by these:
  - ✓ What's so great about marriage anyway?
  - ✓ Abstinence seems kind of hard. How do I say "No" to someone who is pressuring me to go farther than I want to?
  - ✓ How do I say "No" and keep my boyfriend or girlfriend?

Now give it a try. Parents have so much to offer.

18

### 這裡有一些和父母開口破冰秘訣：

- \* 找一個可以開始聊天的機會。
- \* 藉著一齣電視劇、一本書、或是一篇文章當作一個開始。
- \* 從一個比較不尷尬的問題開始，逐漸引導進入複雜的部份。
- \* 問一問有關於他們的年輕歲月，他們曾經作了什麼樣的決定？問一問他們有沒有作過遺憾的決定？
- \* 如果有機會進行一個像這樣的討論，你可以帶領進入你所關心的話題，這些話題可以是：
  - ◎ 什麼是結婚最美好的事？
  - ◎ 貞潔似乎很難。我要如何對那些給我性壓力的人說「不」，特別是當我並不想那樣做的時候。
  - ◎ 我要如何說「不」，卻又同時維持男女朋關係？

現在給自己一個機會，家長們有很多經驗可以提供喔！



### Answers to questions asked earlier:

**Question:** Which condition(s) can be caused by an STD?

**Answer:** **F** All of the above

**Question:** How much do you know about STDs? (Answer True or False)

**Answer:** **T** All are true

19

### 前面的問題解答：

1. 哪一種情況是因性病而引起？  
答案：F. 以上皆是
2. 你對性病有多少了解？  
答案：全部皆對 (T)

