

REALtalk

How to Build a Healthy, Balanced Relationship

- Think about how your future goals can be influenced by your decisions today.
- Consider practicing abstinence until marriage.
- Ask yourself – do you want to live in the long term or the short term? How might this decision affect me physically, mentally, emotionally, socially, or spiritually?
- Choose friends that have the same values and goals as you because they will have a big influence on you.
- Tell your boyfriend/girlfriend your limits and goals... be upfront with them and honor each other's limits.
- Discuss with your boyfriend/girlfriend the consequences of your actions before you act. Stop and think, is this worth the risk(s)?
- Know that you can say, “NO” and mean it. Many of your peers are also saying no.
- If someone is questioning you about why you are waiting, you can ask them why they are *not* waiting.
- Don't put yourself in situations where you find yourself alone with your boyfriend/girlfriend. You might feel pressured to have sex... hang out with a group of friends that have the same values and goals as you.
- Remember that drugs and alcohol alter your ability to make good decisions.

And remember, *it is never too late* to start practicing sexual abstinence!



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